

Potomac ALMANAC

WELLBEING

PAGE 9

Lilly Hassinger and Rick Heuwinkel on the historic Dentzel carousel at Glen Echo Park. The carousel opened for its 97th season on Saturday, April 29.

Carousel Day

Sounding Off
About Taller Monopole

NEWS, PAGE 3

Another Honor
For Churchill

NEWS, PAGE 3

Hometown Journey
Propels Her Career

NEWS, PAGE 4

NEWS, PAGE 3

CALENDAR, PAGE 10 ♦ CLASSIFIEDS, PAGE 11

PHOTO BY DEBORAH STEVENS/THE ALMANAC

MAY 3-9, 2017

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SHELL
— brothers —

Sounding Off about Taller Monopole

Residents question doubling height at Falls Road site.

BY PEGGY MCEWAN
THE ALMANAC

Only seven residents attended the public meeting to hear the county's proposal on increasing the height of the monopole at Cabin John Park Fire Station - Station 30 - on Falls Road at Potomac Elementary School on Tuesday, April 25, but the meeting still proved contentious.

C.O. North, who lives next to the fire station, objected to the new monopole, which will go from the current height of 90 feet to 185 feet. His argument was based on the history of the fire station and the parameters set when it was opened. [See North's letter on page 6.]

"The monopole takes away from the promises of the [1970s] to have Station 30 blend in with the neighborhood," North said. "The community doesn't want a 185-foot tower in its neighborhood."

Gerry Adcock, manager of Radio Communications Services for the Montgomery County Department of Technology Services, explained the purpose of the higher monopole is to increase communications coverage for county fire and police. It is planned as part of a 22 antenna system throughout the county.

"We already have 11 and are adding 11 more in order to fill our communication needs," Adcock said.

He assured the attendees that the monopole would only be used for official com-



View from Brickyard Road and Falls Road

munications, not for commercial purposes.

Still, residents were not convinced, asking if the county had considered other sites for the higher monopole. North suggested the Brickyard property, a nearby site owned by the county to be used as a future school site. Others suggested placing the monopole on park land closer to the Potomac River, as that is one of the areas that will most benefit from improved communications. Another suggestion was farther down River Road at the WSSC Water Treatment Plant.

Adcock assured the group that other sites were considered but each had a reason that made it incompatible or unusable.

The discussion hit a standstill when North asked about the approval process the county used to approve the new monopole.

Adcock said he did not know. "I'm not clear on the whole process," he said. "I run a technical group. I have a whole radio system to run and a project to run."

None of the other county officials at the meeting knew either.

Zac Trupp, legislative assistant to County

Council President Roger Berliner, was at the meeting and he said he did not know what the process is either.

"We are currently looking into [that]," he said on the phone later in the week. "I asked the project board to give me a timeline of when constituents would have input."

Another question was that of a fall line. Monopoles are supposed to be designed so that if they fall, they do not fall off the property on which they stand, Adcock said.

He does not consider that a problem with the Station 30 monopole.

"We have never had an antenna fall," he said. "We designed this ... so it could support half again its weight."

North summed up the meeting from his point of view with, "Nobody is objecting to better communications, we just don't want it [at Station 30]."

Adcock said he understands the objections but his mandate is to make fire and police communications coverage better.

"This is one of those necessary evils," he said. "It's necessary for public safety."

Another Honor for Churchill

School ranked 75th in nation.

BY PEGGY MCEWAN
THE ALMANAC

Winston Churchill High School in Potomac was ranked number 75 in the nation out of 22,000 public high schools across the U.S. according to a recent survey published by US News & World Report.

Churchill received the highest ranking of the 25 high schools in Montgomery County, making it number one among Montgomery County Public Schools.

"It's always great news for us when our schools are ranked nationally," said Gboyinde Onijala, MCPS spokesperson. "It shows what we already know, that MCPS has very good schools."

MCPS does not rank its schools, Onijala said.

According to the US News & World Report website www.usnews.com, the news magazine worked with RTI International, a nonprofit research institute, to rate the high schools. They used a four-step evaluation looking at student performance on required state tests in reading and math, how disadvantaged students — black, Hispanic and low-income — compared to those statewide, graduation rates that meet or exceed national standards, and college readiness based on Advanced Placement participation

SEE NATIONAL, PAGE 7



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Carousel Day The historic Dentzel carousel in Glen Echo Park opened for the season on Saturday, April 29. The carousel operates from 11 a.m. to 5 p.m., \$1.25 per ride.

Sherry Zhao on the carousel at Glen Echo Park.



Spring Carnival

Arvind Shah enjoys the Spring Carnival at Geneva Day School on Saturday, April 29.



Rishi and Niara Gupta



Farriah and Kian Taleghani



Madeline and Katherine Maiberger

PHOTOS BY
DEBORAH STEVENS/
THE ALMANAC



Maria Frarrzetti and Lauren Rouhanian of the Geneva Day School Parents Association. All proceeds from the carnival were given to the Parents Association for expenses and a scholarship fund.

Hometown Journey Propels Her Career

As pharmacist, Elisabet Tassis served people she grew up with.

BY ASHLEY CLAIRE SIMPSON
THE ALMANAC

When you grow up or raise your children in one neighborhood, there is a good chance you'll become friendly with your neighborhood pharmacist. Up until last month, residents who filled their prescriptions at the Potomac Village Giant Pharmacy had pharmacist Elisabet Tassis to thank for their health maintenance.

Tassis said the opportunity to serve the community that she herself grew up in — filling thousands of prescriptions every week — was enough of a “thank you” for her contributions to the health of the Potomac population.

“It is not lost on me that I got to serve people I grew up with,” she said. “I saw parents and friends who recognized me behind the pharmacy counter from the days when I back in school. It was very meaningful that I got to serve these people.”

It is also not lost on Tassis that she had a symbiotic relationship with the Potomac Village Giant Pharmacy as well as the patients that relied on her for their continued health. A grocery store like Giant, including the pharmacy, is for most people a place to shop for their sustenance. For Tassis, Giant laid an important foundation for her pharmaceutical career.

Now, Tassis embraces the next phase of her career, but she knows she couldn't pursue this next part of her professional life without her experience at Giant, where she supervised five pharmacists, five medical technicians and two clerks.

“My journey with Giant Pharmacy has been a great one and one that I will always hold dear to my heart,” said Tassis, who is not yet 30 years old. “In only a year and a half, I rose to the top and managed two pharmacies in Maryland. There are people who spend their entire career with Giant and never reach the manager level.”

She is now a medical science liaison for Osiris Therapeutics Inc., a biotechnology company headquartered in Co-

lumbia. But it was Potomac Village Giant where Tassis first discovered her passion for medicinal science. Having climbed through the ranks of Giant pharmacies quickly, becoming one of the youngest pharmacy managers in the company, Tassis has taken everything she's learned there to pursue a position in which she will be conducting life-saving research.

“I ultimately turned down the opportunity to manage the biggest store in the district, the 24-Hour pharmacy,” she said. “I decided to leave because I wanted more of a challenge and I wanted to help people on a broader level through healthcare management.”

This isn't the first Giant position that Tassis has walked away from. Before she even had her driver's license, she started her first paid job as an apprentice for the Potomac Village pharmacy manager at the time.



Elisabet Tassis

“When I was 15, I got a summer job at the same pharmacy I'm managing now, working for the then-pharmacy manager, Sherri Alpert,” Tassis said. “No one in my family is in medicine. I fell into it by accident. The woman whose position I took over, Sherri, is

the reason I became a pharmacist. I needed a job when I was 15, so I asked her if I could work for the pharmacy at that Giant. That's where I fell in love with the field. Sherri would bring me behind the counter and quiz me, so I learned so much. That's why, ever since I was 15, I knew I wanted to go to the University of Maryland to pursue my doctor of pharmacy.”

Tassis attended Montgomery County Schools from first grade through high school graduation. She was valedictorian of the Winston Churchill High School Class of 2008.

After graduating from Johns Hopkins University in 2012 with a degree in chemistry, she entered the University of Maryland's pharmacy program. Throughout the seven years of schooling necessary for her to become a pharmacist, Tassis would pop into her old stomping grounds. During breaks from school, it was a priority for her to visit her mentor, Alpert, the pharmacist who had taken the 15-year-old Tassis under her wing.

“I would go back and visit Sherri whenever I had breaks from school,”

SEE TASSIS, PAGE 11



Cyclists at a pit stop in Bethesda on their way to work on Bike to Work Day.

Bike To Work Day Is May 19

Commuter Connections and the Washington Area Bicyclist Association invite everyone to celebrate bicycling as a clean, fun, and healthy way to get to work on Friday, May 19. Be one of the first 16,000 to register and attend a pit stop in D.C., MD, and VA to receive a free T-shirt, refreshments, and be entered into a raffle for a new bicycle. To register, visit www.biketoworkmetrodc.org/.

More than 85 Bike to Work Day pit stop events will be held throughout D.C., Maryland, and Virginia. There are also a few pit stops open for the afternoon commute back.

In Montgomery County, there are pit stops in: Bethesda, FDA White Oak, Friendship Heights, Gaithersburg, National Institutes of Health Building One, Naval Support Activity Bethesda, North Bethesda at Pike & Rose, Rock Springs Business Park, Rockville – Falls Grove, Rockville – Town Center, Rockville – Twinbrook, and Silver Spring – Discovery Place.

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

SOBER-RIDE FOR CINCO DE MAYO

Free Sober Rides. Friday, May 5, 7 p.m. through Saturday, May 6, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter the code CINCODC in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. The SoberRide code is valid for the first 1,500 Lyft users who enter the code. Visit www.soberride.com.

THURSDAY/MAY 4

Public Meeting. 6-8 p.m. at Great Falls Tavern Visitor Center, 11710 MacArthur Blvd., Potomac. The National Park Service is inviting the public to review and comment on a plan to reduce overabundant deer populations that impact the natural and historic scenery at Harpers Ferry National Historical Park and Chesapeake & Ohio Canal National Historical Park. Comments from the public can be submitted through parkplanning.nps.gov/NHPdeermanagement or by written comment at the meeting.

Benefits of Bicycling to Work

Cycling is a healthy, quiet, clean, economical, and fun way to get to work. Thousands of DC-area commuters bike to work every day.

❖ **Cheaper** – Purchasing and maintaining a bicycle costs far less than driving to work. And a federal tax benefit for commuters allows participating employers to provide \$20 per month to cover bicycling related expenses.

❖ **Healthier** – Cycling allows riders to stay in shape while commuting. Arrive invigorated and work off some pounds at the same time, then work off the day's stress on the way home.

❖ **Viable Transportation** – Bicycles are a practical form of transportation to and from work one or more days a week. With the right gear it is possible to bike all year round.

❖ **Better Environment** – Bicycling to work means less pollutants and traffic congestion caused by automobiles. According to Clean Air Partners, each year cars and trucks travel more than 38 billion miles on the roads, accounting for 30-40 percent of the ozone-causing pollutants.

FRIDAY/MAY 5

Building Attachment Through Trust. 9 a.m.-4 p.m. at Silver Spring Civic Center, 1 Veterans Place, Silver Spring. Children exposed to trauma, abuse and neglect often have trouble trusting adults, which can contribute to challenging family relationships. Explore the newest neuroscience-based research and interventions on enhancing attachment and connection in families. Early Bird (through March 31): Parents, \$79, professionals (includes 6 CEUs), \$129; parents, \$99, professionals (includes 6 CEUs), \$149. Lunch will be provided. Contact awolf@familyworkstogether.org or 410-402-1121 for more.

TUESDAY/MAY 16

Grief Support Group. 1:30-3 p.m. at North Bethesda United Methodist Church, 10100 Old Georgetown Road, Bethesda. For anyone grieving the death of a loved one, six-week group that meets each Tuesday. Led by Montgomery Hospice professional counselors. Call 301-921-4400 for more.

SEE BULLETIN, PAGE 7



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OPINION

Get Update on General Assembly

BY CAROL VAN DAM FALK
WMCCA PRESIDENT

Every year, we invite our District 15 lawmakers to brief us on the session just completed in Annapolis. Please join WMCCA to hear about the work accomplished during the Maryland General Assembly's 90-day session, which ended on April 10. Here are just a few examples of a busy session:

❖ Maryland banned the hydraulic fracturing drilling process known as fracking.

❖ The General Assembly passed a resolution that enabled the Attorney General to sue the federal government without the Governor's permission.

❖ The Attorney General's office will receive \$1 million in future fiscal years to pay for added expenses to bring lawsuits against federal government actions that harm the state.

❖ The assembly passed a bill that requires businesses with 15 or more employees to provide five paid sick days.

❖ The assembly passed a bill against companies whose drivers or private individuals of vehicles (mostly trucks) are tampered with to alter vehicle emission controls. The companies or private individuals would face fines. Pedestrians and bikers in particular cannot avoid these clouds of black smoke from polluting vehicles.

❖ Ethics laws were tightened. Lawmakers must make additional conflict-of-interest disclosures and face more restrictions on their advocacy for businesses. A citizens advisory board was also created to recommend ways to further tighten ethics laws.

LETTER TO THE EDITOR

History Lesson On Monopole

To the Editor:

I wish to offer some history regarding the latest effort to install a radio tower at the fire station at 9404 Falls Road; much of this is personal since we have lived next door for more than 40 years.

In the early 1970s, the county proposed construction of Cabin John Fire Station 30 on the residential parcel at 9404 Falls Road. In consultation with residents, it was agreed that the station would be designed to look like other houses being built back then in the neighborhood. It was designed so that, should the fire station be deemed redundant in the future, the structure could simply be converted to a house where it would fit right in. Many years of peaceful coexistence followed, and the firemen were welcomed as good neighbors who provided necessary and much appreciated services to the area.

Years later, Cabin John Fire Station 30 decided to invite a cellular provider to lease part of their land for the construction of a 130-foot tower. Citizens, acting as individuals, as homeowner associations, and as West Montgomery Citizens Association, were strongly opposed. At considerable expense and effort, the

WMCCA Meeting

The next meeting of the West Montgomery County Citizens Association is Wednesday, May 10, 7:15 p.m. at the Potomac Community Center.

Speakers will be state Sen. Brian Feldman and District 15 Delegates Kathleen Dumais, David Fraser-Hildago and Aruna Miller.

The meeting is open to the public. If schools are closed because of inclement weather, the meeting will be cancelled.

❖ An energy efficiency law was approved. It requires Maryland's five biggest electric utilities to provide customers with energy-efficiency programs and service to reduce energy consumption by 2 percent per year.

It will be good to hear from our own legislators about these and other bills that made their way through the assembly, and to get an inside view of what led up to their passage. Efforts by District 15 legislators to enact laws that improve the lives of citizens in the district and across the state are always welcome.

We hope you can join us to come ask your own questions and express your concerns.

Park, Recreation and Open Space

BY GINNY BARNES

Maryland requires the Park and Planning Commission to update the Parks, Recreation and Open Space (PROS) Master Plan. On April 27, the commission met and reviewed the draft 2017 PROS Plan, set a public hearing for late May, and discussed strategies for delivering services and ensuring "the right parks to the right places" in an era of competing competi-

community appealed to the Board of Zoning Appeals to prevent the proposed tower. Citizens argued that such a visible structure on such a small lot would damage the residential character of the neighborhood, that a long-term lease to the cell company would negate the ability to convert the fire station property back to residential use should it no longer be needed, and that a 130-foot tower so close to neighboring houses would be damaging to those neighbors.

The BZA rejected the 130-foot tower.

Now comes Cabin John Fire Station 30 a second time with a proposal to lease part of their land, not to a cell company this time, but to another county agency which wants to build a tower of 185 feet to hold radio equipment the county wants. They have determined that putting the tower at 9404 Falls Road will be easier for the county than to place it on other more appropriate government lands in the area.

For those who benefit from a visual reference, the existing antenna at Cabin John 30 right now is about 90-feet in height, and "slim" in design. The proposed tower is more than twice as high as the existing tower, much thicker in width, and will have a significant platform at the top.

So now citizens and neighbors are confused how their own government, having been told

tion for park uses. The 2017 PROS Plan will concentrate on urban parks.

The Potomac Subregion includes a number of outstanding conservation parks including Blockhouse Point, Serpentine Barrens, as well as a network of Stream Valley Parks that protect riparian corridors leading to the Potomac River that contribute to the quality of our drinking water supply. WMCCA is committed to ensuring the parklands and facilities we need are planned and developed wisely, providing for future recreation needs while protecting vital natural resources unique to our community.

Election of WMCCA Officers and Board

The Nominating Committee proposes the following slate of officers and directors to the membership for a vote at our May 10 meeting. Nominations may also be made from the floor.

❖ President: Ginny Barnes.

❖ Immediate Past President: Carol Van Dam Falk.

❖ President Elect: Mark Israel.

❖ Vice President: Susanna Lee.

❖ Treasurer: Barbara Hoover.

❖ Secretary: Barbara Brown.

❖ Newsletter: Nancy Madden.

❖ Directors serving second year of a two-year term: Alison Mrohs, Ken Bawer.

❖ Nominees for a two-year term: George Barnes, Kathy Pettitt.

❖ Nominees for a one-year term: John Yassin, Jill Phillips.

Help support WMCCA efforts in defending the Master Plan: Renew or become a new member of WMCCA. See www.wmcca.org.

once by the BZA that a 130-foot monopole in that location would be incompatible with the residential neighborhood, that it would negatively impact close neighbors by looming over their houses, and that it would indeed prevent the later conversion of that property to the residential use originally intended, could themselves propose now to install a tower 55 feet taller than the tower rejected by the BZA before? Neighbors are right to be upset that they might have to fight their own government and their own fire station again on exactly the same issues as before. How can a 185-foot tower be deemed acceptable when the BZA ruled that a much shorter version on that exact same lot was not?

C.O. North

Immediate Neighbor,
Past President, West Montgomery County
Citizens Association

Write

The Almanac welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

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US News & World Report has placed Churchill High School 75th out of 22,000 public high schools.



PHOTO BY PEGGY McEWAN THE ALMANAC

National Recognition

FROM PAGE 3

and proportion of students who did well on those tests.

“A state-by-state breakdown of the 2017 Best High School rankings shows that Maryland is the leading performer for the third year in a row,” according to the web site. “This state-by-state performance rating is solely based on which states have the largest proportion of their high schools earning gold and silver medals.”

Gold medal schools are the top 500 ranked schools, silver medals went to schools ranked number 501 to 2,609 and bronze medals went to 3,432 schools who passed the first three steps in the rankings protocol but “does not offer AP

courses or otherwise did not meet the requirements for a silver medal.”

MCPS had the top five of the Maryland schools ranked. They are, after Churchill, Thomas S. Wootton High School in Rockville; Poolesville High School; Walter Johnson High School, Bethesda; and Richard Montgomery High School, Rockville.

Also named in the top 20 Maryland high schools were Col. Zadok Magruder High School, Rockville, listed number 13 and Damascus High School, number 19.

Churchill principal, Dr. Joan Benz, did not respond for comment on her school’s ranking. She has been principal of Churchill since September 1997.



PHOTO BY ANNE BOLEN

A car crash near the intersection of River Road and Seneca Road left a car engulfed in flames.

Crash Leaves Car in Flames

A fiery accident near the intersection of River Road and Seneca Road on Tuesday, April 25, sent two people to the hospital.

Pete Piringer, Montgomery County Fire and Rescue spokesperson, did not say how the incident occurred but reported that the accident between a

Buick and a Ford Excursion SUV caused the Buick to catch on fire.

“The driver was ejected,” he said.

Neither of the two people involved had life-threatening injuries, Piringer reported.

— PEGGY McEWAN

BULLETIN BOARD

FROM PAGE 5

GUIDE DOG FOSTERS NEEDED

Guiding Eyes for the Blind -

Montgomery Region is looking for volunteers to foster and train future guide dogs. Volunteers will foster a specially bred guide dog for 14 months, attend bi-monthly training classes, and teach the pup house manners, people skills and socialization within the community. Dog crates, training equipment and monthly medications are provided. Contact Margie Coccodrilli at 301-869-2216 or gebraiser@comcast.net or visit www.guidingeyes-md.org.

DATES FOR NEXT SCHOOL YEAR

The Montgomery County Board of Education approved the start and end dates for the 2017-2018 school year at its Nov. 15, 2016 meeting. The school year will begin on Tuesday, Sept. 5, 2017, and the last day of school will be no later than Friday, June 15, 2018.

SUPPORT GROUPS

The Alzheimer’s Association’s Memory Cafes offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through

social events that promote interaction and companionship. The memory cafe in Rockville (4860 Boiling Brook Parkway) operates the third Wednesday of each month from 2:30-4 p.m. Pre-registration is required. Contact Lindsey Vajpeyi at 240-428-1342 or lvajpeyi@alz.org.

Suicide Grief Support Group. At JSSA, 6123 Montrose Road, Rockville. This ongoing bereavement support group is for those who have lost a loved one to suicide. This group meets every first and third Monday. No charge. Pre-registration is required to attend. Call 301-816-2708.

Thinking about aging in place?

Learn more about
Potomac Community Village at
a Social Lunch
Thursday, May 11, 12 noon
Tally Ho Restaurant, Potomac Village
Participants pay for their own meal

“Grand Old Ditch – the C&O Canal”
Thursday, May 18, 7 p.m.
Bolger Center, 9600 Newbridge Drive

240-221-1370
www.PotomacCommunityVillage.org

Staying in the Home You Love

Love your home and neighborhood, but have simply outgrown your space? This is actually a very common situation. It could be that you are expecting a new baby, or you are now working from home and need office space, or possibly have older relatives moving in so that they can be close to you but at the same time desire a little independence and their own space. If any of these scenarios apply to you, then a home remodel may be the perfect solution.

The possibilities are endless when it comes to reconfiguring space in your home. Depending on the situation, you may be able to make modifications within your existing space. This could involve finishing a basement or attic, opening up walls to create more usable space, converting an existing room such as an extra bedroom into an office, or transforming a garage into an in-law suite. If your existing space is simply maxed out, building onto the back of your home or adding a second level may be the way to go.

The good news is that changes in your life and therefore your home’s needs, don’t mean you have to give up the house you love. An experienced designer will help you envision the possibilities and solutions to modify your home so that it works perfectly for you.



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications.

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March, 2017 Sales, \$775,003~\$1,060,000

IN MARCH 2017, 41 POTOMAC
HOMES SOLD BETWEEN
\$1,888,000-\$146,000.

1 13524 Broadfield Drive
— \$1,060,000



8 12024 Coldstream Drive — \$775,000

2 12807 Three Sisters Road — \$1,055,000



5 8804 Quiet Stream Court — \$893,500



4 11048 Powder Horn Drive — \$893,688

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	PostalCode	Subdivision	Date Sold	
1 13524 BROADFIELD DR	4	..	3	1	POTOMAC	\$1,060,000	Detached	0.23	20854	PINEY GLEN VILLAGE	03/03/17
2 12807 THREE SISTERS RD	4	..	3	2	POTOMAC	\$1,055,000	Detached	2.07	20854	BEALLMOUNT GROVE	03/15/17
3 10407 RIVERWOOD DR	4	..	3	1	POTOMAC	\$1,005,000	Detached	3.30	20854	POTOMAC	03/31/17
4 11048 POWDER HORN DR	4	..	2	2	POTOMAC	\$893,688	Detached	0.25	20854	FOX HILLS	03/17/17
5 8804 QUIET STREAM CT	5	..	3	1	POTOMAC	\$893,500	Detached	0.39	20854	EAST GATE OF POTOMAC	03/30/17
6 8605 TIMBER HILL LN	5	..	3	0	POTOMAC	\$851,000	Detached	0.31	20854	EAST GATE OF POTOMAC	03/30/17
7 9419 LOST TRAIL WAY	3	..	3	1	POTOMAC	\$785,000	Townhouse	0.07	20854	BEDFORDSHIRE	03/13/17
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Strategies for Maintaining Weight Loss

Study shows lifestyle changes are critical to keep off unwanted pounds.

BY MARILYN CAMPBELL

A 2016 study by the National Institutes of Health (NIH) shows that while most people who lose a significant amount of weight (10-percent or more of their original weight) tend to regain it, those who were successful in maintaining a weight loss were vigilant in maintaining lifestyle changes that led to the weight loss.

“One reason maintenance is so difficult is that your body isn’t seeing that weight loss as a good thing,” said Domenica M. Rubino, M.D., director, Washington Center for Weight Management. “It’s not just will power, it’s biology. It’s your hormones telling your brain that your body is really not full. There are medications that target the parts of the brain that are involved in cravings and feelings of hunger.”

The reasons that maintaining a significant

weight loss can be challenging range from inactive lifestyles, unhealthy diets and the side effects of medication to mental health issues and metabolic disorders, says Colleen Sanders, assistant professor of Nursing at Marymount University in Arlington, Va.

“The best recommendation for maintaining weight loss is making lifestyle changes and sticking with them,” said Sanders. “Surgery and weight loss medications will achieve weight loss, but if lifestyle choices are not made then weight is typically regained. Diet and exercise will foster weight loss, but once a healthy weight is achieved there has to be healthy eating and routine exercise to maintain that weight.”

Avoid fad diets and instead make lifestyle changes that can be maintained long-term, advises Nick Sborz, instructor of physical education at Northern Virginia Community College.

“Consistency is [necessary] and a better approach is going to include multiple strategies,” he said. “One of those is to increase your physical activity. [Type], amount and intensity will vary from person to person, but for some it will include walking, riding a biking, walking hills or swimming. For others ... some form of strength training. Recommendations vary, but should be close to 150-minutes of moderate intensity ac-

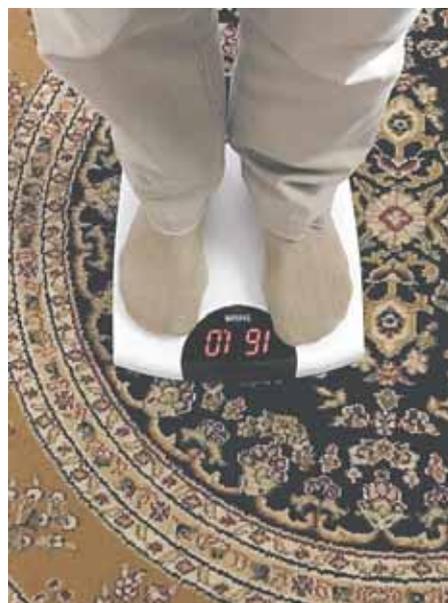


PHOTO BY MARILYN CAMPBELL

A lifestyle overhaul is necessary to maintaining a desired weight.

tivity or 75-minutes of high intensity activity each week.”

The dietary changes needed for weight loss and maintenance can be daunting, continued Sborz. “This is probably the most difficult thing to change, he said. “... [F]or

long-term success, try not to be perfect. I like the 90/10 rule. If 90 percent of the time I do my best to make a better, healthier choices then 10 percent of the time I can eat what I enjoy.”

Keeping track of food intake, counting calories and fat grams and avoiding skipping meals are strategies those in the NIH study credited with weight loss maintenance. “... [W]e need to eat and drink less sugar,” said Sborz. “Sugar is a big reason why people don’t see the results they are looking for. Eat more real food and less [processed] food. Generally speaking, to be considered real, food is must contain five ingredients or less. Focus on good quality carbohydrates [like] whole grains, fruit, beans and vegetables, which can provide additional nutrients to help you maintain a healthy weight.

Exercise is one of the most important aspects of maintaining your weight, adds Rubino. “People have to understand that obesity is a chronic disease,” she said. “You can’t just take medicine and not exercise and eat whatever you want. The medicines help, but you’re not going to be able to go back to living your life the way you did before you lost weight. The medicine works in conjunction with diet and exercise. There are no quick fixes, there’s no magic.”



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ENTERTAINMENT

Submit entertainment announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

The Three Billy Goats Gruff. Various times through April 30 at the Puppet Co. Playhouse 7300 MacArthur Blvd, Glen Echo Park. Three variety numbers precede the performance, demonstrating the making of a simple hand puppet, and manipulation of rod puppets and marionettes, as an introduction to the art of puppetry. Visit www.thepuppetco.org.

Tally Ho Toastmaster's Club. First and third Mondays each month, 7:30-8:30 p.m. in the Potomac Community Center, 11315 Falls Road.

2016 Inaugural Video Art Exhibition. 5-7 p.m. at Glen Echo Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Photoworks showcases a group of female visual artists who use video to reveal the personal, the intimate and the artistic. Desires, dreams and fears are all visually explored in Photoworks' Inaugural Video Competition and Exhibition, curated by Na'ama Batya Lewin. Free. Visit www.glenechophotoworks.org.

Children's Storytime. Wednesdays and Saturdays, 10 a.m. at Barnes & Noble Booksellers, 4801 Bethesda Ave., Bethesda Listen to employees read children's stories. Free. Visit www.storelocator.barnesandnoble.com/event/4824850-21.

VisArts Cocktails and Canvas Class. at VisArts in the Painting & Drawing Studio, 155 Gibbs St., Rockville. Price \$40. Visit www.visartsatrockville.org/cocktails-and-canvas.

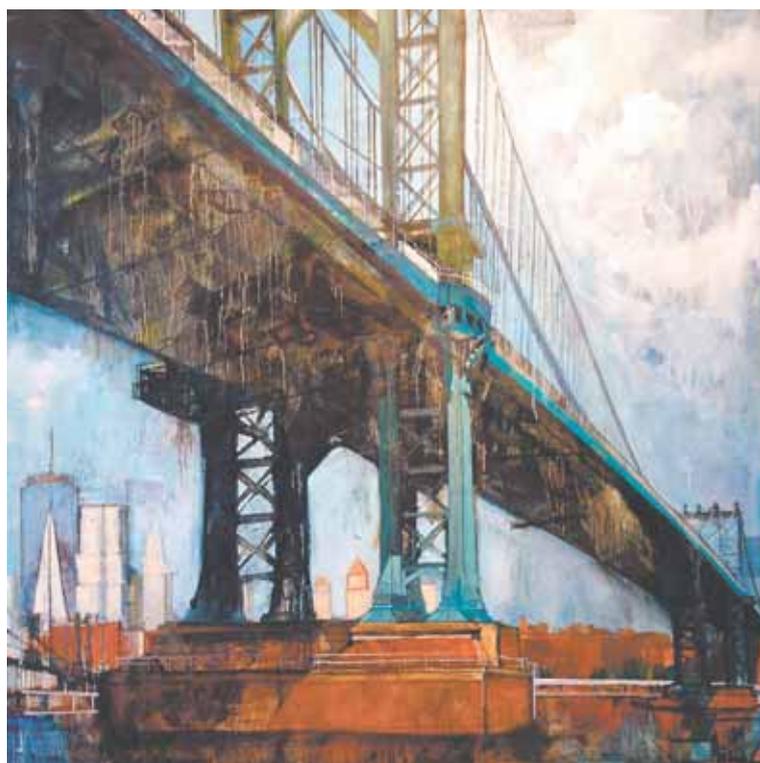
Thang Ta. Wednesdays, 6-7 p.m. at Sutradhar Institute of Dance and Related Arts, 1525 Forest Glen Road, Silver Spring. Learn the ancient art of the sword and spear. \$25. www.dancesidra.org.

Weekly Blues Dance. Thursdays 8:15-11:30 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd. Capital Blues presents rotating DJs and instructors with beginner workshop 8:15-9 p.m., no partner necessary. \$8 for all. capitalblues.org

Weekly Swing Dance. Saturdays, 8 p.m.-midnight. The DC Lindy Exchange presents a swing dance with live music in the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Beginner swing dance lesson at 8 p.m., followed by dancing. Admission \$16-\$18, age 17 and under \$12. www.glenechopark.org.

Argentine Tango with Lessons. Most Sundays, 6:30-11 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Argentine Tango lessons followed by a Milonga most Sunday evenings. Beginner lesson 6:30-7:30 p.m. and intermediate lesson 7:30-8:30 p.m. Cost is \$15/lesson and includes the Milonga. For just the Milonga, cost is \$10 and the open dance with DJ runs 8:30-11 p.m. No partner required. www.glenechopark.org, 301-634-2222.

Contra and Square Dance. Fridays and Sundays 7-10:30 p.m. in the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. The evening can include square dances, mixers, waltzes and other couple dances. All Contra and Square dances are taught, no partner necessary. Lessons at 7 p.m., followed by the called dance with live music at 7:30. \$13 for nonmembers, \$10 for FSGW members, \$5 ages 17 and under. www.glenechopark.org, 301-634-2222.



2222.
Late Night Comedy. Fridays (open mic night) and Saturdays (established comedians) at Benny's Bar & Grill, 7747 Tuckerman Lane, Potomac. Benny's is open 8 a.m.-1 a.m. Fridays and Saturdays. www.BennysBarGrill.com.

Drop in Art Activities. Every Saturday 10 a.m.-12:30 p.m. in the Candy Corner Studio at Glen Echo Park, 7300 MacArthur Blvd., parents and children can explore a new art form or theme. \$10/child, parent combo. Drop-in only. www.pgip.org.
Glen Echo Park Films. Saturdays and Sundays. Arcade Building, 7300 MacArthur Blvd., Glen Echo. Films about the Park's history are shown on rotation in the lobby. Free. Visit www.glenechopark.org.

SilverWorks Studio & Gallery. Wednesdays, Thursdays, Saturdays and Sundays, 10 a.m.-6 p.m. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. SilverWorks Studio & Gallery is a working silversmith studio and includes an ongoing exhibition, as well as sales of the work of artist-in-residence Blair Anderson. Free. Visit www.silverworksglenechopark.com.

Art Glass Center at Glen Echo. All day Wednesdays; Fridays, 10 a.m.-2 p.m.; Saturdays, 10 a.m.-4 p.m.; Sundays, noon-4 p.m. Art Glass Center, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Ongoing exhibitions feature work of resident artists. Sculpture, vessels, functional art and jewelry for sale. Classes are taught year-round for beginner, intermediate and advanced students. Visit artglasscenteratglencho.org.

Yellow Barn Studio & Gallery. Saturdays and Sundays, 12-5 p.m. The Yellow Barn Studio & Gallery presents free exhibitions of emerging artists' work. Each weekend features the work of a different artist. Most artwork is also for sale. www.yellowbarnstudio.com.

Potomac Games Group. Wednesdays, 6:30 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. The world is in the midst of a Golden Age of new board and card games for players of all ages. Free. Contact event host Randy Hoffman at 412-983-5411 or wrandyhoffman@gmail.com.

Strathmore Launches Food, Beverage Program. Partnership kicks off 2017 focusing on creative, upscale bar cuisine, sharable drinks, expanded service with Ridgewells.

For additional information or to purchase tickets, visit www.ampbystrathmore.com or call 301-581-5100.

CAMPS, CLASSES & WORKSHOPS

Art Explorers Open Studio. Every Saturday, 10 a.m.-12:30 p.m. at The Candy Corner Studio, 7300 MacArthur Blvd., Glen Echo. Art activities for parents and children. Activities change weekly and there is no pre-registration; \$10 per child. Visit www.glenechopark.org/saturday-art-explorers.

Ceramic Classes. Various dates and times. VisArts, 155 Gibbs St, Rockville. An opportunity to try the new ceramic workshops. Visit www.visartsatrockville.org/ceramics for a list of class dates, times.

STARTING IN APRIL

2017 Canal Boat Excursions Season Opens. At Great Falls Tavern Visitor Center, 11710 MacArthur Blvd., Potomac. April-October, Saturday and Sunday at 11 a.m., 1:30 p.m., and 3 p.m. June-August, Friday, Saturday and Sunday at 11 a.m., 1:30 p.m. and 3 p.m. To confirm the boat ride for your visit, call 301-767-3714 for details as special circumstances may affect this schedule. Prices: \$8 for adults (ages 16-61), \$6 for seniors (ages 62+), and \$5 for children (ages 4-15). Children aged three and under ride free. In addition to the boat fee, there is an entrance fee to the park of \$10.00 per single vehicle.

MAY 1-MAY 31

Art Exhibit. Throughout May at the Potomac Library, 10101 Glenolden Drive. Featuring the art of Potomac resident Dr. Meenakshi Mohan, an educator, painter, and art critic. Visit www.montgomerycountymd.gov/library/, or call 240-777-0690.

MAY 5-7

Azalea Festival. 10 a.m.-5 p.m. at Landon School, 6101 Wilson Lane, Bethesda. Gifts and gently used items, buy plants and flowers, food, live music, and carnival rides and games. Visit Landon.net.

SATURDAY/MAY 6

Pitch, Hit and Run Competition. 11 a.m.-2 p.m. at Plum Gar Local Park,



Art Festival

This Cherry Burl Bowl is the work of Mike Cruz to be featured at the Bethesda Fine Arts festival May 12-13 in downtown Bethesda.

Teresa Haag's painting of the Brooklyn Bridge will also be featured.

19561 Scenery Drive, Germantown. Major League Baseball Pitch Hit & Run a one day competition event for boys and girls. Parent/Guardian permission is required. Ages 7-13. Call 240-777-4919.

Move More Montgomery Festival. noon-4 p.m. at Bauer Drive Community Recreation Center, 14625 Bauer Drive, Rockville. This field day type festival features a community walk, sport and fitness demos, active performances and mini-classes, interactive health and wellness booths and the Fido Fitness Arena for pets. Visit 240-777-6922.

Celebrate Animals Fair. 1-4 p.m. at Christ Episcopal Church, 109 S. Washington St., Rockville. Meet representatives from the Animal Welfare League of Montgomery County and others who will highlight animal care and training demonstrations. Free. Call 301-762-2191.

Violin and Piano Concert. 8 p.m. at Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. Nurit Bar-Josef on the violin, and Audrey Andrist on the piano. Free, donations suggested. Call 301-229-7766.

SUNDAY/MAY 7

Waltz Workshop. 2:45-3:30 p.m. workshop, 3:30-6 p.m. dance at Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The 45-minute dance lesson begins at 2:45 p.m. with a half-hour introductory Waltz workshop and a more advanced move presented the last 15 minutes. Social dancing follows until 6 pm. Admission is \$10. No partner required. Visit www.WaltzTimeDances.org.

MAY 8-JUNE 26

Landscape Shooting with Gayle Rothschild. 10:30 a.m.-12:30 p.m. Mondays at Glen Echo Park, 7300 MacArthur Blvd. Class includes critiques, discussion and photo shoots at five different locations along the C&O Canal and Potomac River. National Gallery of Art Curator, Sarah Gordon will be guest lecturer. \$300 for 7 sessions. Visit www.ssreg.com or call 301-634-2222.

WEDNESDAY/MAY 10

Blues and Jazz Trio. 8 p.m.-9:30 p.m. at Bethesda Blues and Jazz, 7719

Wisconsin Ave., Bethesda. Featuring bassist Marco Panascia and drummer Ulysses Owens. Call 240-330-4500.

THURSDAY/MAY 11

Weekly Outdoor Concerts. 6-8 p.m. in Veterans Park, located at the corner of Woodmont and Norfolk avenues. Hayley Fahey band is kicking off a concert series by the Bethesda Urban Partnership, featuring free Thursday evening concerts during May, June, and July. Range of music includes rock, funk, jazz, swing, and reggae. 301/215-6660 or visit www.bethesda.org.
Brain Injury Lecture. 7 p.m. at Potomac Community Center, 11315 Falls Road, Potomac. What every athlete and parent should know about concussions, by Dr. Michael Lewis. Call 240-777-6960.

SATURDAY/MAY 13

The Grateful Shred. 9 a.m. to noon Clara Barton Community Center, 7425 MacArthur Blvd. Sponsored by the Friends of Clara Barton Community Center, suggested donation of \$5 per one-cubic-foot parcel of waste paper, \$3 per half parcel, \$2 per quarter parcel. Call 240-777-4910, or visit www.friendscbcc.org.
Photography Lecture. 4 p.m. lecture, 6 p.m. dinner in the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. Photographer John Gossage in conversation with Curator John Jacob, part of the Photoworks Lecture Series 2017. Visit www.glenechopark.org.

MAY 13-14

Bethesda Fine Arts Festival. Saturday, May 13 from 10 a.m.-6 p.m. and Sunday, May 14 from 10 a.m.-5 p.m. in Bethesda's Woodmont Triangle along Norfolk and Auburn avenues, rain or shine. Artists from across the country to showcase and sell their original painting, photography, furniture, jewelry, woodwork and ceramics. Visit www.bethesda.org or call 301-215-6660.

Artists Exhibition. noon-5 p.m. at the Yellow Barn Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Artists Jeff Erickson and Nancy Ramsey are displaying their works and will be meeting and greeting at the artists reception on Saturday, 6-8 p.m. Free. Visit nancyramseyart.com.

WWW.CONNECTIONNEWSPAPERS.COM

Tassis

FROM PAGE 4

Tassis said. "I'm glad I did, because she got to see me evolve."

When Alpert retired last year from her lead role at the Potomac Village Giant Pharmacy, where she had served for more than 30 years, she knew that there was only one person who could properly take over as the pharmacy manager: her protégé, Tassis.

Alpert said she saw something special in the teenaged Tassis, who was already eager to learn more about the field of pharmacy, and to serve her community.

"Even when she was 15, I was impressed by her keen intellectual aptitude, emotional maturity, commitment, and organizational skills," Alpert said. "She expressed a sincere desire to put her scientific academic excellence to bear in serving her community meaningfully. Elisabet interfaced brilliantly with customers and co-workers alike. Consequently, when I was contemplating retiring from my 34-year career as a Giant Pharmacy manager, most of that time in Potomac, it occurred to me that Elisabet would be ideally suited, despite her young age, to assume the helm. It was most important to me that my beloved customers and fabulous pharmacy team continue to be well-served."

By the time she left last month, Tassis had already come "full circle" within Giant pharmacies.

"I started at the Shady Grove Giant as a staff pharmacist in 2015," Tassis said. "The company promoted me to pharmacy manager within months. I was transferred to Potomac to manage the pharmacy after Sherri left. I was the youngest manager in the district. Without even a year's experience, I got promoted, which is pretty fast. It was a great honor to come full circle with such a great pharmacy."

Tassis said she did accomplish all her goals at Potomac Village, so she knew it was time to move on.

"I'm very excited to be joining the Osiris team," she said. "This company offers unique regenerative medicine products that are used in areas such as wound care, surgery, and sports medicine. I hope to contribute to research and publications and to get more people access to the wonderful products this company offers. I hope that my contributions will help this company grow and ultimately help people who will benefit from use of these cutting-edge products. In this current position, I will be able to interact with more clinicians, attend conferences, and help with research collection and publications."

Even though Tassis is no longer working with Giant, she encourages Potomac residents to take advantage of all the pharmacy's offerings. "Lots of people don't know that flu shots are available mid-August," she said. "I always recommend for people to get them early since it takes about two weeks for it to work. Giant is also always providing pneumonia and shingles shots as well. People do not need a prescription for the pneumonia shot and people over 65 years old do not need a prescription for the shingles shot."

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Hear Ye, Hear Ye



By KENNETH B. LOURIE

I can hear ye and I can see ye. And I don't need life insurance to pay for the cost of my funeral, and neither do I need supplemental insurance to co-pay my Medicare coverage. These are both solicitations/direct mail pieces I've received in my mailbox in the last week. I can't help but wonder why? Have I gotten older before my very eyes without regard to my actual age? Have I somehow become a qualified applicant without realizing the consequences of my living so many years beyond my original "13 month to two-year" prognosis? (I always place quotation marks around my prognosis as an indication of its having been said by my oncologist, and as a bit of a dig since here I sit and write eight years and two months post diagnosis.) Or do the people sending the direct mail pieces know something about me, my household and my neighborhood that I don't?

Not that I really want to think too deeply about why I've been bombarded with these presumptive age-sensitive solicitations but, the piling-on effect of the past two weeks has stoked my embers. It's not as if being target-marketed burns me up or increases the temperature under my collar, but it does cause me to think and consider; always dangerous. As Moe Howard of The Three Stooges said to brother Curly in a typical two-reeler story line: "Every time you think you weaken the nation."

I wouldn't say the onslaught has been at all equivalent to the volume mailboxes see in the weeks leading up to an election, however. The materials I've received lately have felt more personal than the usual and customary ones that arrive before an election promoting a candidate, a cause or an amendment. Those political pieces merely wanted my vote. The pieces I've received of late wanted my life. Not literally of course. But they want me, not exactly a pound of flesh, but more than a piece of paper (computer entry, actually).

I haven't had the opportunity as yet to speak with any of my neighbors to find out if the entire neighborhood was similarly solicited or was it just yours truly, the cancer patient whose survival has raised a marketing flag? I mean, with all the hacking/unauthorized access to phone numbers, addresses, bank accounts, Social Security numbers and private medical information, I don't suppose it's beyond a hacker's reach to secure lists of "terminal" (I also put quotation marks around 'terminal' because again, it's how my oncologist described me in late February 2009, and as yet another dig because I've lived so long beyond 'terminal') patients who quite frankly might be more open to/in need of and sensitive about certain conditions/situations/circumstances not necessarily characteristic of the general population.

Or maybe these direct mail pieces had nothing to do with me (I'm not a narcissist, really; just sort of writing for semi bemusement), but are simply modern-day equivalents of the old town cryer - without the bell? But with a similar goal: to reach as many people as possible, hopefully under favorable circumstances, not in the square, but rather in the privacy of their own homes.

Naturally, I tossed all of it. I didn't take offense though, nor am I the least bit defensive about it having landed IN MY MAILBOX. It's simply sound marketing. Find a neighborhood/zip code with the demographics that match your product and voila, a connection is made, supposedly. No connection here however, merely fodder once again for a column. (Besides, I have life insurance and I'm too young for a "med supp.")

Editor's Note: Learn more about Kenny and his adventures in life (and life with cancer) online at www.ConnectionNewspapers.com.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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