

Potomac ALMANAC

HomeLifeStyle

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Dawn Price and Toni Jones sell azaleas during the Azalea Festival at Landon School last weekend.

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PHOTO BY DEBORAH STEVENS/THE ALMANAC

MAY 10-16, 2017

ONLINE AT POTOMACALMANAC.COM

How To Manage Deer at C&O Canal Park

Lethal methods called only useful alternative.

BY PEGGY MCEWAN
THE ALMANAC

In a public information meeting Thursday, May 4, at Great Falls Tavern, National Park officials shared information on deer management op-

tions for white tailed deer in the C&O Canal and Harpers Ferry National Historical Parks.

The meeting was conducted as an informal open house with information boards placed throughout the tavern showing damage deer overpopulation can cause,

solutions to overpopulation and the next steps the National Park Service has to take to decide on and implement a plan to cope with too many deer. Park Service employees were on hand to answer questions and discuss problems and solutions.

“What we are doing is offering alternatives,” said Michelle Carter, National Parks Service natural resource manager. “We are asking for feedback from the public in case we missed anything.”

The problem is that deer population in the two parks has grown to unsustainable numbers, according to Carter. The deer population in the C&O Canal NHP in 2015 was estimated to be between 60 and 150 deer per square mile.

“Research suggests a density of 15-20 deer per square mile is necessary for a forest to be sustainable,” according to the website nps.gov.

For the parks, this means the deer feed on understory vegetation, destroying young trees and shrubs and reducing the ability of the natural habitat to regenerate. This causes erosion problems and loss of natural habitat for birds and other animals.

“In addition, deer browsing has resulted in damage to crops and associated vegetation that are key components of the historic landscape,” according to the website.

Another problem caused by overpopulation is the spread of chronic wasting disease, a fatal

neurological disease in deer. It is believed to be spread from animal to animal.

Basically, the alternatives offered at the meeting for dealing with the deer population ranged from doing nothing to “... combined lethal, and nonlethal deer management.”

This means hiring sharpshooters to cull deer populations, limited capture and euthanasia and use of reproductive controls.

Effective “reproductive controls,” deer birth control, has not yet been found, according to staff at the meeting. Leaving lethal methods the only useful alternative at this point.

“Safety is our biggest concern, both for our visitors and our neighbors,” Carter said.

She also said the purpose of the meeting was to let people know about the research that has been done concerning alternative solutions to deer overpopulation and to get citizen comment.

Public comments will be accepted until May 16 at parkpanning.nps.gov C&O Canal NHP and Harpers Ferry NHP Deer Management Plan and EA select Public Comment.

Farmers Market Returns

Offering fresh locally grown foods.

BY PEGGY MCEWAN
THE ALMANAC

It was windy and chilly last Thursday, but the atmosphere was warm as Potomac residents greeted vendors on the opening day of the 2017 season of Potomac Village Farmers Market.

Many of the eight vendors at the market are long-time regulars and market-goers greeted them as old friends.

“We’ve watched Hannah and her brothers grow up,” said Diane Bernstein, of Potomac, of Hannah McCleaf, who was behind the register at the McCleaf Orchard tent.

Bernstein and her son Joel, 13, were shopping and socializing, trying to remember how many years they have attended the farmers market.

Corey McCleaf, owner of the orchard, said he has been a vendor in Potomac for about seven years. He comes from Biglerville, Pa., just north of Gettysburg. There he grows 120 acres of fruit plus “a few” acres of vegetables.

“We focus more towards fruits,” he said. “But it’s early, we are not into fruit yet.”

On Thursday he had apples and cider, fresh eggs, several potted herbs, asparagus and onions. “Next week we should have some strawberries too,” he said.

Potomac Farmers Market is held every Thursday from 2-6:30 p. m. from May through November in the parking lot of Potomac United Methodist Church, at the corner of Falls Road and Democracy Blvd.

Visitors to the Farmers Market are greeted by the colorful display of flowers from Plant Masters, growers from nearby Laytonsville. Carol Carrier and her family grow two acres of plants, using a greenhouse and three hoop houses to have flowers to sell at eight markets, including Potomac, throughout the year.

Carrier has bouquets of cut flowers, plants, hanging baskets, herbs, tomato plants and a few other garden vegetable plants for sale.

Jeanette Lelchitski, of

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A Day with Horses Potomac Horse Center holds annual Open House.

BY PEGGY McEWAN
THE ALMANAC

Two stars of the New York stage entertained guests at the Potomac Horse Center Open House on Sunday. Cordoba and Nacho, two of the Horse Center's resident horses, have appeared with the Metropolitan Opera in both *Aida* and *Carmen* and Cordoba was also in a video with singer Norah Jones.

Visitors to the open house could read all about the horses and their resumes on cards posted by each stall. Mostly, though, the young guests and their parents wanted to pet the horses or get a good photo of children and horses together.

They also had a chance to take a pony ride in the center's large indoor ring, watch riding demonstrations, or enjoy the moon bounce, face painting or a hay ride.

Samuel Fisher, 2, was there with his parents and little brother Lucas. He spent a lot of time petting the donkeys, also residents of the Horse Center.

Sunday was the Fisher's first visit to the horse center, Katrina Fisher said.

"When we heard about it and the horses, we had to come," she said.

Most of the visitors at the open house do come from nearby communities, Renee

SEE HORSE CENTER, PAGE 6

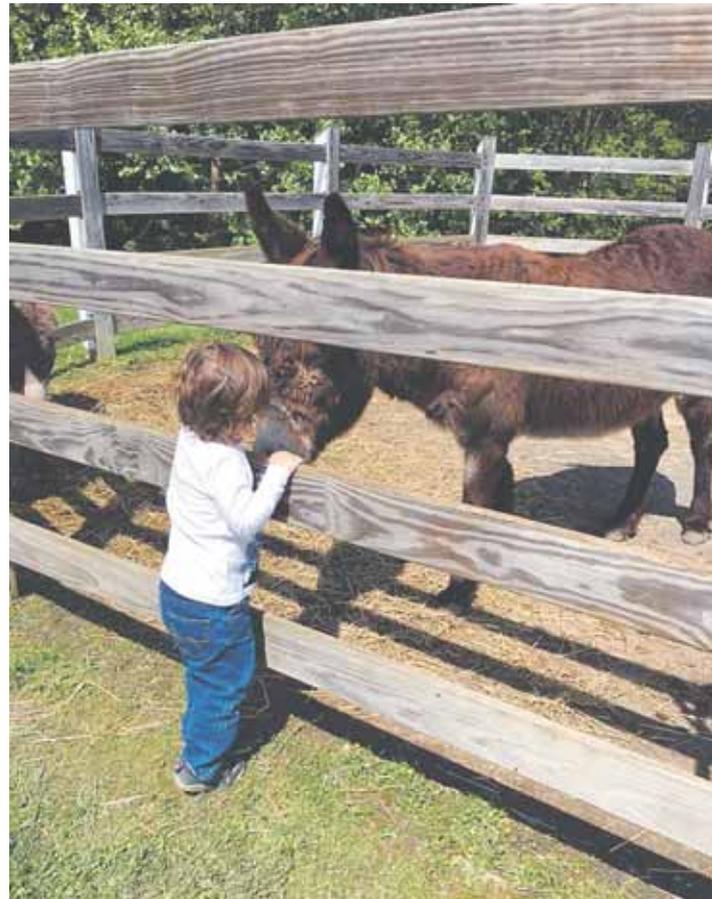


PHOTO BY KATRINA FISHER

Samuel Fisher, 2, pets Gabriel, one of two donkeys at Potomac Horse Center. The Horse Center held its annual open house on Sunday.

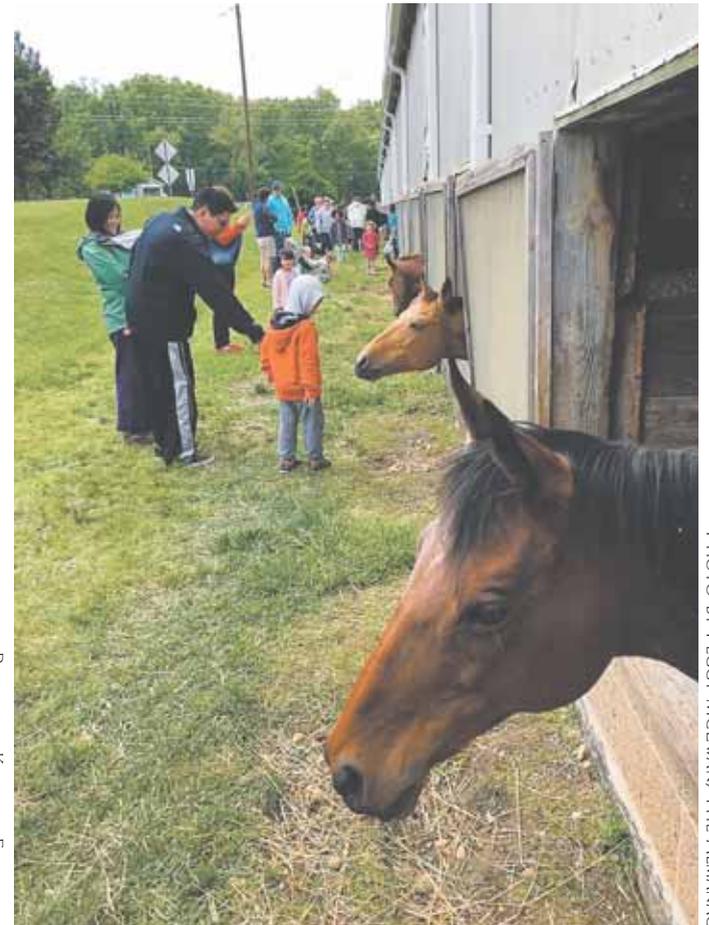


PHOTO BY PEGGY McEWAN/THE ALMANAC

Horses look at at their visitors during the annual Open House at Potomac Horse Center on Sunday.

Volunteers Needed for C&O Canal Pride Days

Rain-postponed cleanup could use more help.

BY SUSAN BELFORD
THE ALMANAC

Potomac residents are fortunate to have the C&O National Park in their backyard. Adults, children, and teens all use this natural playground for hiking, biking, jogging, rock climbing, bird watching, kayaking, fishing, painting, contemplation and more.

Here's an opportunity to give back to park: Participate in the single largest volunteer event that takes place in the park each year. On Saturday, May 13, volunteers will gather at the Historic Great Falls Tavern for the C&O Canal Pride Days from 9 a.m. – noon.

The C&O Canal Trust, in partnership with the C&O Canal National Historical Park, will host the 10th annual C&O Canal Pride Days at the Historic Great Falls Tavern. The Trust hopes that 130 or more volunteers from around the community will come to spend the morning working on projects to restore and revitalize the C&O Canal National Historical Park at Great Falls. This event was

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Volunteers paint the mule pasture fence.

originally scheduled for April 22 and was rained out.

Volunteers will help with painting historic buildings, improving the grounds, removing invasive plant species, picking up trash, getting the Charles F. Mercer Canal Boat ready and more around the area of the Historic Great Falls Tavern.

"Canal Pride Day is a great chance to give back to your local National Park and to demonstrate with action how much it means to you," said Becky Curtis, director of Programs and Partnerships for the C&O Canal Trust. "So many people use it as a place to recreate, exercise, and to get outdoors and enjoy nature and since this is the start of the summer, we need to prepare the park for the many visitors who come here. We were supposed to have this event on Earth Day – but Mother Nature did not cooper-



Pulling invasive plants.

ate. With the reschedule we lost some volunteers – so we are hoping others will come out. This year's event has special significance as the C&O Canal Trust celebrates its 10-year anniversary as the official nonprofit partner of the C&O Canal National Historical Park and prepares for its second decade of service to the Park."

Some local dignitaries are planning to serve as volunteers. U.S. Rep. Jaime Raskin; Kevin Mack, staffer for U.S. Rep. John Delaney; Del. Mike McKay; Montgomery County Councilmember George Leventhal; and Montgomery County Councilmember Marc Elrich will all be donning their work clothes, ready for their assigned jobs.

C&O Canal Pride Days are also scheduled for Saturday, May 6 in Brunswick and Saturday, May 20 at Spring Gap. An event in Williamsport was held on Saturday, April



Painting the restrooms.

29.

C&O Canal Pride 2017 is sponsored by the National Environmental Education Fund; REI; M&T Bank; Guest Services, Inc.; Community Foundation of Frederick County; Friends of Historic Great Falls Tavern; The Poole Law Group; Lafayette Federal Credit Union; FedEx; Minkoff Development Corporation; Younger Toyota; Bowman Trailer Leasing; Greg and Ruth Ann Snook; and Keller Stonebraker Insurance, Inc.

To volunteer, go to www.canaltrust.org, click on Volunteer and sign up to come out to the Park on Saturday, May 13. Registration for this event is required and families are welcome, although there may not be a lot that children under 10 can help with. Be sure to wear work clothes and comfortable shoes.

POTOMAC ALMANAC ♦ MAY 10-16, 2017 ♦ 3

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Home LifeStyle

Keeping Potted Plants in Shape

BY CAROLE FUNGER
THE ALMANAC

Most of us who grow flowers in pots during the summer know it can be a constant battle to keep things looking their best. We feed and water our plants diligently, yet in no time the flowers stop blooming and the stems become long and leggy. As a garden designer, I find that how to care for plants in containers is one of the most frequent questions I am asked. So, what can we do to keep our potted plants in shape all summer?

Water, water, water then water again

The most important thing to remember when caring for flowering potted plants is that they require:

- ❖ Regular watering and feeding
- ❖ Deadheading, pinching and pruning

Annuals and tender perennials, which are the flowers most commonly planted in pots, are shallow-rooted. This means they require a regular supply of water in order to survive. In fact, small root systems, which have limited capacity to store water, require water daily. Water your plants at the soil level so that liquid doesn't accumulate on the leaves (which can lead to leaf scorch or cause fungus to develop.) And wait until the water seeps out of the drainage holes in the bottom to make sure the potting soil has been thoroughly moistened.

GARDENING

Feed for more blooms

In addition to lots of water, potted flowers need regular feeding to keep on blooming. This is because as the potting mix breaks down, it naturally loses its nutrients as the plants absorb them. I feed my plants three times during the summer with a water-soluble fertilizer. (Miracle Gro All Purpose Plant Food works great.) Be careful not to overdo it though, because over-fertilization can lead to lots of lush foliage, but fewer flowers.

Groom to keep the shape

Deadheading, pinching and pruning are ways of grooming your potted flowers. Depending on the size of the stem, you can pinch off spent flowers and leggy branches using your thumb and forefinger, or snip them with scissors or pruning shears. These tasks help you maintain the form of your plants and stimulate them to keep on flowering.

Here are three popular annuals/tender perennials often grown in pots and how to groom them.



Geranium

Though grown as an annual in most areas, the common geranium, or *Pelargonium x hortorum*, is actually a tender perennial, meaning it won't survive the winter outdoors (though you can overwinter it indoors.) While it's tempting to buy this beau-

tiful flowering plant as soon as it hits the garden centers in early spring, it's usually best to hold off until around Mother's Day, when there's less risk of an overnight frost. A healthy geranium is commonly comprised of a few central stems and lots of side shoots (which is the optimum structure for a strong plant that will produce lots of flowers.) To keep your geranium looking good, prune back the central stems by about a third a week or two after potting it, using a pair of sharp scissors or pruning shears. This will encourage more side shoots to form and maintain the plant's fullness. As the season progresses, regularly pinch the side branches of your geranium down to the angle where the branches fork. This will prevent the plant from becoming too leggy. And dead-head (pinch at the base) all flower stems as soon as they have faded, which will encourage new flowering.



Petunias

Petunias can become leggy fast without some prudent intervention. They can also quit blooming almost entirely after an initial colorful flush. No worries, though. With proper watering, feeding and grooming, you can keep your petunias looking good all season long.

Petunias need to be regularly deadheaded to encourage new flowering, but unlike geraniums, removing the dead flowers from the plant accomplishes only part of the job. At the base of the petunia flower stem is a small, nugget-sized pod that produces seeds. If you leave the pod on the plant, the petunia will stop flowering. In order to stimulate the plant to produce more flowers, you'll need to remove the entire flower stem.

Deadheading the flowers (with stems) on a regular basis will keep your petunias looking neat; however, it won't solve the leggy problem. To control legginess, prune the plant every week, cutting back about a third of the petunia. You can do this by pinching branches selectively or grabbing clumps and shearing them off. Each week cut the plant back by another third. Rejuvenating petunias in this way will encourage new stems and blossoms to sprout from the interior branches.

Begonias

These brightly colored specimens require less care than geraniums or petunias, but still need regular pruning (though little deadheading) to help them maintain their compact shape. The same goes for the indoor varieties, by the way.

To keep your begonias looking their best, prune

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Could This Be FTD — the ‘Other’ Dementia?

Shedding light on frontotemporal dementia.

BY EDEN BROWN
THE ALMANAC

Family members said, more than once on Friday, that Frontotemporal Dementia (FTD) is the other dementia few doctors mention when patients come in describing cognitive changes. Usually the diagnosis is “Alzheimer’s” or normal aging, Parkinson’s, vascular dementia, or mini-strokes. Sometimes it’s depression, or bipolar disease.

The Annual Education Conference 2017 of the Association for Frontotemporal Degeneration (AFTD) held May 5 in Baltimore shed some light on the disease and offered support to those affected by FTD. Dr. Chiadi Onyike, a neuropsychiatrist and associate professor of Psychiatry and Behavioral Sciences at Johns Hopkins University, and director of the Johns Hopkins Frontotemporal Dementia and Young-Onset Dementias Program, talked about the symptoms of frontotemporal disorders, which gradually take away basic abilities: talking, walking, socializing — often striking people in



PHOTOS BY EDEN BROWN/THE ALMANAC

What a brain affected by FTD looks like: lots of empty space.

middle age, when they are working and raising families.

According to the NIH, scientists believe FTD (Frontotemporal Dementia) may cause up to 10 percent of all cases of dementia. Roughly 60 percent of people with FTL (the collective term for frontotemporal lobar degeneration) are 45-64 years old. There are three types of disorders: progressive behavior/personality decline; progressive language decline; and progressive motor decline. The disease has a genetic component in about 40 percent of cases, but more often the incidence is sporadic.

Onyike told the group of about 400 people that frontotemporal disorders are the result of damage to neurons in parts of

the brain called the frontal and temporal lobes. As neurons die in those regions, the lobes atrophy or shrink. Unusual behaviors, emotional problems, trouble communicating, difficulty walking, or issues at work can occur. Clumsiness, neuromuscular weakness, the inability to find words, apathy and lack of empathy, and social-interpersonal changes are just some of the symptoms that can appear in FTD cases. Their memories, however, appear more or less intact, and they enjoy activities, sometimes new activities they haven’t learned before.

Speakers at the conference acknowledged it is hard to diagnose FTD, but it is becoming easier thanks to ongoing research. A brain autopsy is the most definitive way to diagnose which kind of FTL the patient has: loss of neurons and abnormal amounts of proteins called “tau” and “TDP-43” accumulation in the FTLD neurons, for instance, tell the story clearly. If someone believes they or a family member has FTD, according to NIH, the best way to diagnose the disease in a living person is to record symptoms, put together a personal and family medical history, undergo a physical exam with blood tests, conduct a neuropsychological evaluation to assess cognitive functions, obtain brain imaging to look for changes in the frontal and temporal lobes, and go to someone who knows what FTLD looks like.



Charlene Palma, CDP, executive director of Arden Courts in Potomac, said the caregivers at Arden Courts are trained to know the difference between Alzheimer’s and FTD. Caregivers are specially trained to provide different therapies to FTD-affected clients. “My mom’s an RN, My grandmother was an LPN, and I did my undergrad in gerontology,” she said. “Taking care of people is in my genes. We know the difference a caregiver can make in the life of a dementia patient; these patients can still do things.”

Speakers at the conference also noted research has now uncovered several different genes that, when mutated, can lead to

SEE DEMENTIA, PAGE 11

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OPINION

In Defense of a Raspberry Patch

BY THE REV. MARK MICHAEL
RECTOR, ST. FRANCIS EPISCOPAL CHURCH

After last week's spot of yardwork, I feel like a real permanent resident of Potomac. I now have a deer fence. A "heavy duty" deer fence, to be precise, no mere agglomeration of netting and iron stakes, but a 7.5-foot-tall fence, its posts sunk deep into the ground, bound by high tensile wire top and bottom, staked every foot into the ground.

I've been wanting to plant a raspberry patch for years, and we identified a great spot in the backyard. I researched the varieties I wanted to use and worked out a plan for a raised bed. But if it would all be for naught if I didn't find a reliable way to keep out the local wildlife, if the saucy, bovine creatures that saunter through our yard and the woods around us really deserve the name.

I had invaluable advice in the matter from Leigh Alexander, one of my church council members, an expert in the defensive side of suburban horticulture. Leigh helped me get the fence and then turned up, his "grippler iron" in hand, to spend several hours straightening posts, tightening nettings and staking things in place. Though I was immensely pleased with the results, a half-dozen naysayers have already predicted that the persistent creatures will be munching berries within the month. We shall see.

I don't know if anyone has studied the number of semi-wild deer around Potomac, but the number per acre must be quite remarkable. I

grew up on a small farm in western Maryland, where we would often see a few deer in the pasture at sundown, and hundreds were bagged by hunters in the surrounding hillsides in the weeks after Thanksgiving.

But my parents never considered putting up seven-foot deer fence around their vegetable patch. Season and shade controlled the garden center's displays, not "deer resistance" (carefully phrased, of course, to be sure no one would ever assume a plant "deer-proof"). Our deer were timid and easily spooked. Increasingly they had predators (coyotes, and these days, sometimes, bears). It's more dramatic for them, I expect, but better for both them and us.

Occasionally, I can be as sentimental about a doe's eyes or a new-spotted fawn as the next would-be poet. But the costs associated with living in such close proximity with these large animals are very high. Even though the local residents seem remarkably nonchalant about oncoming cars, I'd hate to imagine how much damage they do to fenders and windows every year in communities like ours. They are voracious eaters, and though I've tried to plan my flowerbeds carefully around the things they don't like, it's clear that many neighbors have just given up on the whole project. They destroy the undercarriage of our forests, destroying habitat for smaller wild animals. Lyme disease and related tick-borne illnesses, are of course, the most frightening costs associated with their presence for humans and pets.

The deer themselves, though, must surely suffer for the change. They seem fat and happy this time of year, but when winters are severe, the overpopulation can be devastating for

them. At a deeper level, allowing a wild animal to become so deeply habituated to human contact seems to deprive it of its true dignity.

The Bible's poetry's, for example, is rich in metaphors about deer, but these are wild deer, elusive and swift. The Bible assumes deer who amaze us by the quickness of their delicate hooves and the majestic antlers perched oddly above their slim bodies. "Like as the hart desireth the waterbrooks," begins Psalm 42, "so longeth my soul after thee, O God." The passage evokes an animal rushing for miles across the desert hills, searching for a distant rill. The local grunter's enthusiasm for azalea buds and midnight forays into the tulip bed stand in rather sharp contrast. The desire is surely present, the grandeur, not so much.

It's good for wild things to be wild, and tame ones to be tame. God, in His creative wisdom, the Scripture, has "fixed the bounds of habitation" for the different kinds of beings (Acts 17:26). Humans find it perennially tempting to fiddle with such bounds, assuming that the results will be predictable and entirely under our control. We're currently living through the consequences of one of those projects gone awry, the reintroduction of white-tailed deer to our region in the first half of the 20th century. The bright and determined are on the job, they tell us. There will be some culling along the canal in the coming months, and the natural resources experts have other projects in mind. Perhaps someday we'll be able to enjoy deer as they are meant to be seen, running swift and free, far from the likes of us. Until then, I'm keeping that fence staked down tight, and hoping the local population has never really developed a taste for raspberries.

Horse Center Holds Annual Open House

FROM PAGE 3

Terselic, general manager of the center, said. "This is such historical hunt country that it's nice to have people come and learn about riding," Terselic said.

She also wants people to know that Potomac Horse Center on Quince Orchard Road in North Potomac has a lot to offer the community.

"You don't have to own a horse to ride," she said. "You can ride using one of our horses."

The center offers year-round riding lessons for all ages. It is open seven days per week, from 9 a.m. to 9 p.m. on weekdays and 9 a.m. to 5 p.m. Saturdays and Sundays. It has facilities for boarding horses and runs a summer day camp for children ages 5-13.

"We have a full day program for summer camp," Terselic said. "The campers have riding lessons, learn all about horses, about grooming and tack, do arts and crafts and play games on horseback."

Sunday's open house was about sharing with neighbors and friends what goes on in the big barns and fields at the corner of Quince Orchard and Dufief Mill roads.

The almost 42-acre site is owned by Maryland National Capital Park and Planning Commission which leases it to Potomac Horse Center, Terselic said. The Horse Center is owned by the family of Paul Novograd who owned

New York's Claremont Riding Academy in Manhattan until it closed in 2007 and owns a riding stable in New Jersey. Novograd died in March but the family plans to keep Potomac Horse Center operating as usual, Terselic said.

"We had a meeting about a month ago and



PHOTO BY PEGGY McEWAN/THE ALMANAC
Tony Chen, 5, of Silver Spring, takes a pony ride during the Potomac Horse Center Open House on Sunday.

they are continuing on," she said. "Carry on, that's what Paul would have wanted."

The Horse Center was started in 1962 by Frederick G. Harting who wanted a place to ride for himself and his family. Harting was active in the Potomac Hunt and in Potomac Pony Club. The property was originally 1,000 acres but much of that has been sold to developers for housing, Terselic said. Friends and other riding enthusiasts wanted Harting to open up his fields and barns for them and he soon developed the idea for a horse center patterned after British riding schools. It was to have a "high level of instruction" and "a first class stable management program," according to an article in the August/September 1969 edition of Stable Management.

Harting's vision was realized and Potomac Horse Center became one of the world's leading riding schools according to the Stable Management article.

He sold the property to Montgomery County before his death in the early 1980s, Terselic said. In 1984 Elizabeth Madlener leased the property and ran a school based on Harting's, calling it Maryland Horse Center.

It became Maryland Horse Center again in 1992 when the Novograd family took the lease.

For more information on Potomac Horse Center, visit www.potomachorse.com.

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Farmers Market Returns

FROM PAGE 2

Gaithersburg, and her daughter Anna, almost 2 years old, were shopping for gifts for Anna's preschool teachers. They were also picking up a fresh baked pizza from Pizza Brahma, a mobile pizzeria featuring wood fired pizzas made to order.

Suzanne Hermes, of Potomac, is the Market Master. She was a vendor when the market was held at Potomac Presbyterian Church on River Road, selling home baked goods. She took over as owner operator 8-10 years ago when the market moved to its present location.

"It is so people have access to fresh locally grown foods and to support local businesses," Hermes said. "We do have very successful vendors mostly because of the participation of the community."

All of the vendors at the market on opening day are Potomac Village Farmers Market regulars except for Sandy and Bruce Savage of Dickerson. They are just starting their first full season there.

"Last year was our first year, we were filling in for a vendor who couldn't finish the season," Sandy Savage said. "This will be our first full year."

The Savage's run R.B. Savage and Sons Farm, selling "farm raised/freezer ready" meats: beef, pork and chicken. They also have fresh eggs, goat milk soaps and sell Cherry Glen goat cheese from a neighboring farm in Boyds.

Fresh vegetables are available from Hillside Meadow farm in Glenville, Pa.

"The people are why I come back," said Jason Gross of Hillside Meadows. "The people are very loyal to the market, pleasant and very nice to deal with. It's a good business market."

Also back this year is Keith Voight of All Things Olive, selling olive oils and vinegars and dispensing information on olive oils like a master sommelier and Salt River Lobster, a Montgomery County company specializing in fresh lobster, fish and shrimp.

Hermes said there are usually 10 to 12 vendors at the market but some were slow getting started this year. She also said volunteers from Potomac Community Village, a nonprofit organization devoted to helping residents age in place, usually have a booth to share information on their organization.

Visit www.potomacvillagefarmersmarket.net for more information.

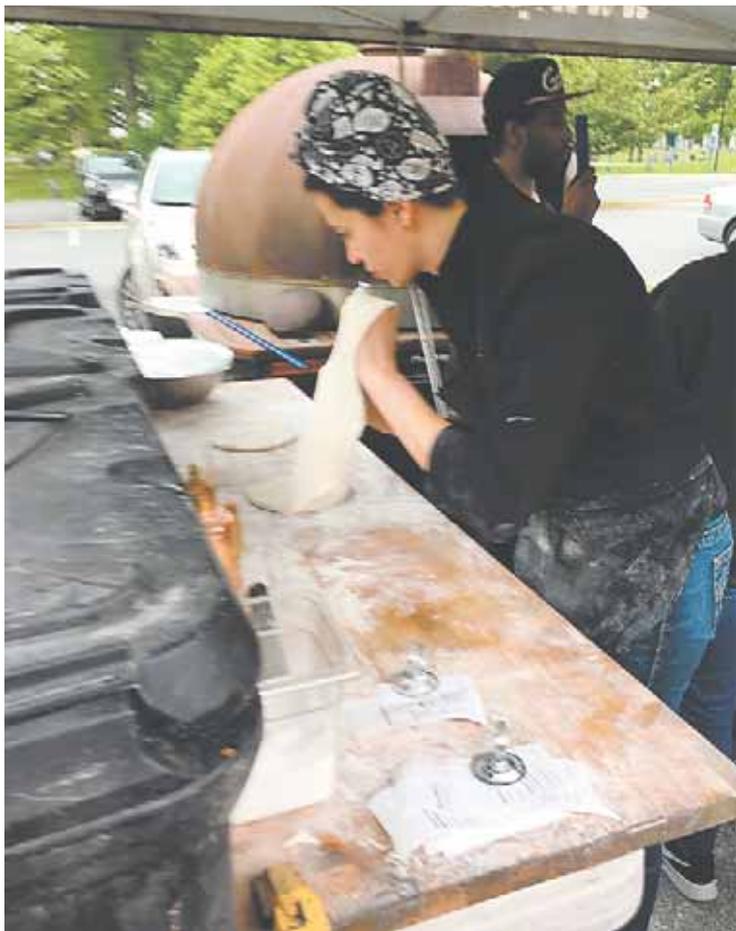


PHOTO BY PEGGY MCEWAN/THE ALMANAC

Jordan Chacon prepares pizza crust at Pizza Brahma, one of several vendors at Potomac Village Farmers Market. The market is open Thursdays from 2-6:30 p.m. in the parking lot of Potomac United Methodist Church at the intersection of Falls Road and Democracy Blvd.

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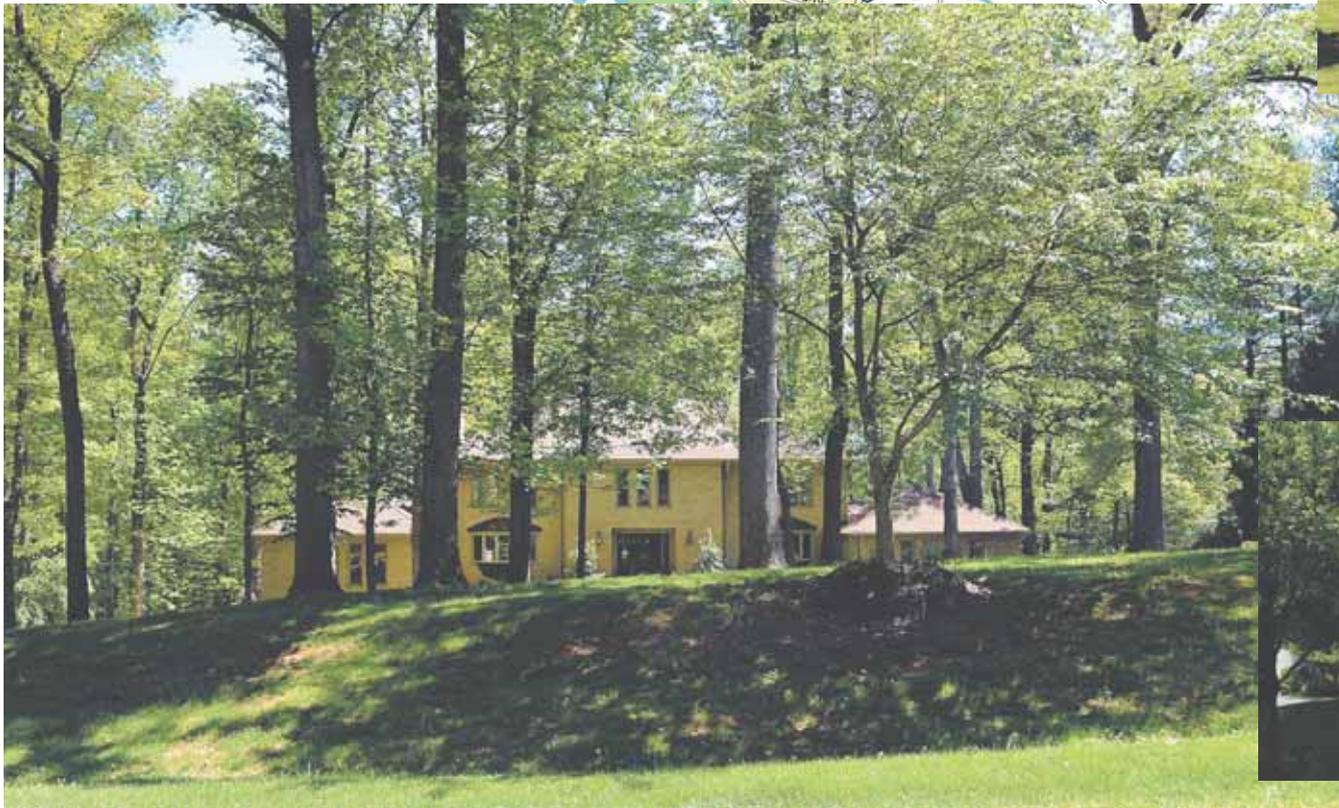
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8 7813 Masters Drive — \$1,275,000



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10609 SOUTH GLEN RD	9	..	8	2	POTOMAC	\$1,888,000	Detached	2.71	20854	POTOMAC OUTSIDE	03/16/17
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12901 THREE SISTERS RD	4	..	4	0	POTOMAC	\$1,400,000	Detached	9.61	20854	BEALLMOUNT GROVE	03/29/17
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11801 WINTERSET TER	4	..	3	2	POTOMAC	\$1,275,000	Detached	0.39	20854	WINTERSET	03/31/17
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Walk-In Closet Design Ideas From chandeliers to luxury seating, the options are plentiful.

BY MARILYN CAMPBELL

When an Old Town Alexandria, Va., couple decided to remodel their master bedroom suite, they wanted to pay particular attention to the room's two walk-in closets. Designer Gene Delgado of Hopkins & Porter Construction, Inc., in Potomac, was tasked with overhauling the spaces to give the couple the maximum amount of storage for their clothing and accessories.

"We ordered a storage system from Poliform, an Italian luxury modern furniture brand, that does exquisite closet systems," said Delgado. "The closet spaces are very modern with lots of built-in lighting. Because of the angled ceilings ... we are designing a cabinet for shoe storage and some shelving for purses and luggage. I'm doing a chandelier for the wife's closet to make it warmer and more feminine."

With available accessories ranging from elaborate lighting to luxury seating areas, there's no need to settle for a closet that looks like a cross between a laundry room and a landfill. When it comes to walk-in closets, the options for creating a dream space are plentiful say designers.

"Closets are no longer utilitarian spaces for your clothes. People want their closets to be beautiful," said Delgado. "The trend is that they are bigger, more beautiful and



PHOTO COURTESY OF CASE DESIGN/REMODELING, INC.

When designing a walk-in closet, Allie Mann of Case Design/Remodeling, Inc. advises building in shoe storage and investing in a full-length mirror.

more luxurious. Those with large spaces can have everything from coffee makers to seating areas."

When beginning the design of a closet space, Julia Walter, showroom manager at Italian design firm Boffi, advises clients to make an inventory list of items that will go inside such as long-hanging clothing foldable clothing and shoes.

"What plays into the inventory list is how the client prefers to use their closets," she said. "For example, do they mostly hang or do they fold clothes. It's helpful to see what



ANGIE SECKINGER/BOFFI GEORGETOWN

Open shelving for storing shoes and handbags are among the features that designer Julia Walter recommends for walk-in closets.

the client's closet looks like currently [and] works and what doesn't."

A combination of small and large drawers is important for the different items to store, says Walter. For example, small drawers can hold items like jewelry, underwear and socks while larger drawers can hold items like scarves or exercise clothes."

"I like to use the upper most shelves in closets for bulky storage like luggage, hat cases [and] for items that are either not used too much or are seasonal," said Walter. "Open shelves are great for display of shoes

and handbags."

Invest in a full-length mirror and install it behind the door or on an open space that won't take away from storage, advises Allie Mann, designer, senior interiors specialist with Case Design/Remodeling, Inc.

"Use every inch of a closet space for storage. There may be small niches that are perfect for scarves, handbags [and] belts," she said. "Build in shoe shelving if possible. Keeping shoes off the floor gives a more organized look to the space. If you want to keep shoe boxes, be sure to label them with photos of the shoes inside so you don't have to open every box to find the pair you're looking for."

For those with a generous budget, Interior Designer Todd Martz, co-owner of Home on Cameron in Old Town Alexandria, Va. advises investing in a lighting system for viewing clothing and distinguishing colors. "Add pullout shelves and rods to organize outfits. [Add] drawers with glass inserts to see contents," he said. "Group accessories [like] belts and purses by color for easy access." Accessories that Walter recommends adding to a walk-in closet include belt hangers, tie hangers, jewelry drawers and safes. "If space allows, a center island is a great feature for getting dressed and showcasing certain items," she said. "Before a night out, [for example] a gown and shoes can be displayed."

Amazing Azaleas

Azalea Festival at Landon School, 6101 Wilson Lane, Bethesda offered plants and flowers, food, live music, and carnival rides and games May 5-7.

PHOTOS BY DEBORAH STEVENS THE ALMANAC



Elise Scott with Pearl Fine Teas.



Robert Copita and Sandy Muirdock deliver azaleas.



Sally Prince and Alicia Rounsaville with Lemon Twist.

ENTERTAINMENT

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

ONGOING

2017 Canal Boat Excursions. 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.

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.

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.

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.

Mommy & Me (& Daddy, Too). Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-alongs, prizes and more. rockvilletownsquare.com/events/mommy-and-me.

Chocolate Factory Tours. Fridays and Saturdays, 2-5:45 p.m. at SPAGnVOLA Chocolatier, 360 Main St., Gaithersburg. Take a short tour of The Truffle Factory facilities. Free. www.spagnvola.com.

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 for more.

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 www.artglasscenteratglenecho.org for more.

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



COURTESY OF POTOMAC COMMUNITY VILLAGE

"Grand Old Ditch"

Potomac Community Village hosts a lecture on the "Grand Old Ditch," 7-9 p.m. on Thursday, May 18 at the Bolger Center's Franklin Building, 9600 Newbridge Drive. Potomac Community Village hosts this program, the C&O Canal's past, present and future, including its role in the Civil War. Historian and author Judy Welles will present historic highlights and photographs. Free. Visit www.PotomacCommunityVillage.org.

wrandyhoffman@gmail.com.

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 9- JUNE 3

Textures in Glass Exhibit. Various times at the Waverly Street Gallery, 4600 East-West Highway, Bethesda. Jill Tanenbaum works in glass on display, and there will be an artists reception on Friday, May 12, 6-9 p.m. Visit www.creativeglassdesign.com.

SATURDAY/MAY 13

Walk for Williams. 9-11 a.m. at Falls Road Park, 12600 Falls Road. The Williams Syndrome Association is sponsoring a walk to raise awareness of Williams syndrome. Email erupolo@williams-syndrome.org or call 301-370-2688 for more.

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.

WEDNESDAY/MAY 17

The Cookers in Concert. 8 p.m. at the Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Avenue, Bethesda. Jazz group with horns, strings and percussion. Visit BethesdaBluesJazz.com for more.

THURSDAY/MAY 18

Signature Live Concert. 6-8 p.m. in Veterans Park, located at the corner of Woodmont and Norfolk avenues. Blues-R&B band Signature Live is the second performance in a concert series by the Bethesda Urban Partnership, featuring free Thursday evening concerts during May, June, and July. The concerts offer a range of music including rock, funk, jazz, swing, and reggae. 301/215-6660 or visit www.bethesda.org.

Grand Old Ditch Lecture. 7-9 p.m. at the Bolger Center's Franklin Building, 9600 Newbridge Drive. Potomac Community Village hosts this program, the C&O Canal's past, present and future, including its role in the Civil War. Historian and author Judy Welles will present historic highlights and photographs. Free. Visit www.PotomacCommunityVillage.org.

FRIDAY/MAY 19

Bike to Work Day 2017. Registration — now open — is free and open to anyone who commutes in the region, from first timers to daily cyclists. All registrants will be entered in a regional bicycle raffle, and the first 16,000 to register and attend will receive a free t-shirt at one of more than 85 pit-stops throughout Northern Virginia. Participants can register online at

www.biketoworkmetrodc.org. Email Megan Goodman at mgoodman@mwocog.org, or call 202-962-3209 for more.

Annual Art Exhibit. 5:30-7:30 p.m. at Geneva Day School, 11931 Seven Locks Road, Rockville. Geneva Day School's art program focuses on the creative process using a variety of art techniques. genevadayschool.org.

MAY 19-21

SerbFest 2017. 11 a.m.-6 p.m. at Saint Luke Serbian Orthodox Church, 10660 River Road. Serbian food, culture, crafts including traditional Serbian dishes, beverages, dance and music performances, gifts and boutique items and family-friendly activities./ Free admission and parking. Rain or Shine. Visit www.serbfestdc.com/ for more.

SATURDAY/MAY 20

Artists Reception. 5-7 p.m. at Glen Echo Park, 7300 MacArthur Blvd. Exhibition is "The Role of Film," an exhibition of work by eight local artists who are longtime students of faculty member Frank Tico. Visit www.glenechophotoworks.org.

SUNDAY/MAY 21

Potomac Hunt Races. 10 a.m. at 14401B Partnership Road, Poolesville. Visit www.potomachuntraces.com.

SUNDAY/MAY 28

Waltz Workshop. 2:45-3:30 p.m. 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. Social dancing follows until 6 pm. \$10. No partner required. Visit WaltzTimeDances.org.

Thinking about aging in place?
Learn more about Potomac Community Village at "Grand Old Ditch – the C&O Canal" a free program, on Thursday, May 18, 7 p.m. Bolger Center, 9600 Newbridge Drive

"Meet and Greet"
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Dementia

FROM PAGE 5

frontotemporal disorders. Environmental factors that may influence risk for developing the disorders are also being researched. Families affected by inherited and familial forms of FTD can help research progress by participating in clinical studies and trials. The AFTD works to support families affected by the disease and to suggest useful therapies and strategies for communication.

Locally, resources for FTD are growing, but still nascent. Arden Courts Memory Care Community is offering a free dementia education seminar on May 9 from 2-3:30 p.m. at the Radisson North Baltimore, 2004 Greenspring Drive, Timonium. AFTD runs FTD caregiver support groups in the Middle Atlantic Region, at the Arden Courts Kensington, in Kensington. Contact Elaine Rose at erose36@gmail.com for information.

In addition, if a diagnosis is still pending and it may be the “other” dementia, attendees at the AFTD conference agreed the Johns Hopkins FTD Clinic was the best nearby location for diagnosis, or see a neuropsychiatrist or a neurologist who is conversant with the disease.

AFTD is looking for volunteers, research participants, and funds: see www.theaftd.org/get-involved/ways-to-give/electronically or www.theaftd.org/get-involved/volunteer.



Begonias

Potted Plants

FROM PAGE 4

the outer branches (called canes) harder than the interior ones, pinching back the growing tips of new shoots to encourage new stems to form. Prune the interior canes at varied heights and prune the outer canes at the lowest. This will encourage new growth at the base and prevent the plant from looking bare at the bottom.

If your begonia has lost all its lower leaves, you can cut it back all the way to the soil. This will force the plant to send up new shoots. You can then continue pinching new stems as they grow until you achieve the desired shape and fullness. A note on begonias, both indoors (as houseplants) and out: They don't like to be overwatered.

A final note: sterilize your garden shears between uses to prevent diseases from spreading among plants. Then, sit back and enjoy your potted flowers for the remainder of the season.

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“Bulky Boy”



By KENNETH B. LOURIE

Is the nickname I gave Andrew, one of our male cats. It's because he's a bit portly, like his father, yours truly. However, Andrew's nickname is not the impetus for this particular column. The impetus for this column is my tendency, as the primary (almost exclusive) buyer of miscellaneous household goods and to a lesser extent, services, to buy in bulk/quantity, not necessarily quality; although that's a subject of a long-ago column and perhaps a future one as well — dare I cross that Rubicon again, and one that has earned me this identical nickname to Andrew.

As a cancer patient originally diagnosed as “terminal” — at age 54 and a half, eight-plus years ago, time becomes an integral/essential part of your life; what there is of it presently, what you have been told you have left of it and what you — in your wildest dreams, every day and every night, hope you actually get to do: live a relatively “normal” life expectancy.

Even though life has gone on years past my original “13-month to two-year” prognosis, I still struggle with the emotional yin and yang of whether I'm closer to the end or further from the beginning (date of diagnosis). And is so struggling, everyday decisions that might have a time element/time-sensitivity to them are complicated. Is it necessary to do it/buy it/obligate myself to it now when the benefit might be later? A later I might never see? If I'm trying to enjoy life in the present as much as possible to fend off the inevitable and relentless stress that a “terminal” cancer diagnosis imposes, then how does a future benefit help me now?

As a few examples and finally to the point of this column: buying in bulk. 240 dryer sheets — for two adults, one of whom works at home and doesn't exactly get dressed for it; 90 tall kitchen trash bags — we use one bag a week, and that includes bagging the cat litter for five indoor cats; paper towels — enough quantity that we could likely wrap them around our entire house if we had to; toilet paper — is sacrosanct, one can never have enough in stock; and tissues/Kleenex — given how frequently my eight-years-of-post-chemotherapy nose runs — constantly, is also sacrosanct (although I can always use toilet paper, paper napkins or paper towels in the pinch; not exactly the same pinch as if the toilet paper inventory runs out, however). Naturally, these items are all non-perishable so their life expectancy is not a consideration. But since mine is, sometimes I think I need to buy them or else, because when I do need them it will be too late.

As for perishables, obviously it makes little sense to overbuy (expiration dates notwithstanding, except mine). I can't eat all the food quickly enough anyway (another point of contention from a previous column), although I may try. But even I know, in my cancer-induced haze, that spending money now on an unpredictable future though penny-wise and beneficial in some emotional ways, might be pound-foolish. I need to feel good today - period, not feel good today about something I might benefit from tomorrow. I mean, how else am I even going to get to tomorrow? Don't I need to filter out potentially harmful/debilitating mental and physical images/impacts and try to live as unencumbered as possible (to invoke one of my deceased father's favorite words)? Cancer is already an uphill battle. If I don't want to live the legendary life of Sisyphus, pushing a figurative rock up a hill, only to have it fall back down time and again, I need to find a way/strategy to both manage my budget and control my mind. Obviously, I want to live like I have a future, but not at the expense of my present. You can call me “Bulky Boy” all you want, but “crazy-kookie” not so much.

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

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