

# Potomac ALMANAC

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PET ALMANAC



Ovi, Maine Coon cat of  
Lynn and John McConnell  
of River Falls.

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To Help Animals

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Youth Integrated  
Movement Therapy

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# Where are your NEIGHBORS?

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# PET ALMANAC



PHOTOS COURTESY OF KATHERINE ZENZANO



Comet is a 1-year-old male dwarf rabbit.



Marcell is a 10-year-old, male, white-and-brown tabby.



This MCASAC bird has already been adopted.

## Working Together To Help Animals

County shelter and non-profit partner provide multiple services.

BY GIL JACOBSON  
THE ALMANAC

Calling all animal lovers. Whether it is adoption, fostering, or volunteer work providing care and enrichment items as well as the greater community with education and outreach, there are a wealth of animal-related opportunities in Potomac and Montgomery County.

These opportunities include working with the Montgomery County Animal Services and Adoption Center (MCASAC), the county's open admissions animal shelter, and Montgomery County Partners for Animal Well-Being (MCPAW), MCASAC's non-profit partner.

Having opened in March 2014, MCASAC is an open-admissions, civilian-run county animal shelter that falls under the Montgomery County Department of Police. According to MCASAC Community Outreach Coordinator Katherine Zenzano, the center's animal control officers, or field services officers as the center refers to them, patrol the county and take in stray pets. More specifically, the center practices a scheduled admissions policy, Zenzano said.

"We ask people who want to or are looking to surrender a pet to schedule an appointment," she said. "In the meantime, we encourage them to try and see if there's a friend or a family member that would be able to take that animal."

In the event that someone cannot find anyone to take in their pet, they then attend their appointment with MCASAC, according to Zenzano. This policy allows the center to more easily control the number of animals staying with them, she said. Furthermore, animals can stay at the center as long as they need, she added.

MCASAC has a full-time behavior specialist and a contracted behavior specialist in addition to volunteers that ensure the animals are getting an appropriate number of treats in reward for good behavior, time outside, and time to socialize with other animals and people, Zenzano said. She also



Blueberry is a 5-year-old female bulldog mix.

noted that the center has showcase rooms for cats that require a larger living space with other cats.

"If we're short-staffed one day, we'll use our Facebook group to send a call out to volunteers to come in and help with walking the dogs that evening," Zenzano said. "There's never a shortage of enthusiasm from volunteers willing to come in and help out with that."

Other services MCASAC provides include free monthly vaccination clinics between April and October and \$10 microchips, according to Zenzano. She referred to MCASAC as an "adopt first" organization in always trying to get people to rescue an animal if they can.

"Adoption is really like our bread and butter," Zenzano said. "We do have several dogs here who have been overlooked. I encourage people to come in and look at any animal who has been here for a long time."

Zenzano also stressed the importance of the center's cat programs, using the example of their barn cat program. This involves placing cats in alternative living spaces, rather than a residential home, such as a barn or a warehouse as a result of certain personality or behavioral traits the cat has, she added.

"You have to have good cat programs in sheltering because they account for so much

of the intake and so much of euthanasia," Zenzano said. "[The barn cat program is] another what we would consider life-saving alternative program."

Additionally, the center has a foster program, which Zenzano considers a great opportunity for people who want to try having a pet in their home without making a permanent commitment. The center's foster coordinator will match people interested in participating with an animal based on what their specific situation might require and how long of a commitment they are looking to make, she added.

According to Zenzano, MCASAC's next major event is the third annual Clear the Shelters with NBC4 and other regional animal shelters on Aug. 19, in which they will be forgoing every adoption fee. During each of the last two years, the center has had more than 70 adoptions on this day, she added.

"It is a wonderfully crazy day," Zenzano said. "It's beautiful chaos as I call it where [every staff member and volunteer comes] together and we reroute things."

Zenzano believes that while anytime is a good time to adopt an animal, doing so over the summer is great if people have a lot of time on their hands. A week is likely ample time to adjust to a new animal in the house, so now is definitely ideal with about a

### Get Involved

#### Montgomery County Animal Services and Adoption Center

Montgomery County Animal Services and Adoption Center (MCASAC) is the county's civilian-run, open-admissions shelter under the Montgomery County Department of Police. They assist homeless, stray, and other in-need animals, according to MCASAC Community Outreach Coordinator Katherine Zenzano.

Adoption and fostering are two major ways people can assist the center, Zenzano said. Its website, [montgomerycountymd.gov/animalservices](http://montgomerycountymd.gov/animalservices), also includes a wish list provided by Montgomery County Partners for Animal Well-Being (MCPAW) of items the center is in need of, according to Zenzano.

Zenzano added that people are always welcome to visit the center, located at 7315 Muncaster Mill Road in Derwood and see the animals and facilities first-hand. She encourages people to follow them on social media: Facebook ([facebook.com/MCASAC](https://facebook.com/MCASAC)), Instagram ([instagram.com/mcanimal\\_services](https://instagram.com/mcanimal_services)), and Twitter ([twitter.com/mcasac](https://twitter.com/mcasac)).

"We've had animals who themselves [said] 'Come on, I need a place to go,'" Zenzano said. "Social media really got them out of here. That's huge."

#### Montgomery County Partners For Animal Well-Being

Montgomery County Partners for Animal Well-Being (MCPAW) is the Montgomery County Animal Services and Adoption Center's (MCASAC) non-profit partner. They work to support the needs of MCASAC and its animals, rather than working directly with animals, according to MCPAW Executive Director Chris Shaughness.

Shaughness said MCASAC's not being able to accept public monetary donations as a result of it being a Montgomery County-run organization is a significant way in which MCPAW assists them, by paying for expenses such as enrichment items for the animals. MCPAW's board members also volunteer at MCASAC in a number of ways such as walking dogs and cleaning cat cages, she added.

One major way, Shaughness said, in which those interested in volunteering with MCPAW can get involved is by working at MCPAW's tables at events they attend. This allows the organization to provide additional community outreach and education, she added. The organization also posts on its Facebook ([facebook.com/MCPAW](https://facebook.com/MCPAW)) and Twitter ([twitter.com/MCPAW](https://twitter.com/MCPAW)) pages and sends out regular email updates, according to Shaughness.

"The grassroots way is the only way we're going to do it," Shaughness said.

For more information, people can send an email to [contact@mc paw.org](mailto:contact@mc paw.org).

month remaining for families before children return to school, she added.

MCPAW is a not-for-profit organization that partners with MCASAC. This involves working with MCASAC to help fulfill their needs as well as the animal's needs because MCASAC cannot accept public donations as

SEE ANIMALS, PAGE 5



**From left: Bailey, Kasey, Clipper, Maggie and Kizzie.**

Bailey and Maggie were both adopted through other homes in River Falls. Kasey was adopted through Mid Atlantic Jack Russell Rescue as a tiny puppy. Clipper and Kizzie were adopted as young adults from Smilin' Jack Farm in Virginia. Maggie and Kasey are inseparable and initiate group play. Clipper is the alpha dog. Bailey is the "Joe Pesci" of the dog world, challenging all other dogs.

— ANNE BOLEN



**Lizzie, Kasey and Clipper enjoying the porch when Kasey was a puppy.**

### BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Deadline is Thursday at noon, at least two weeks before event.

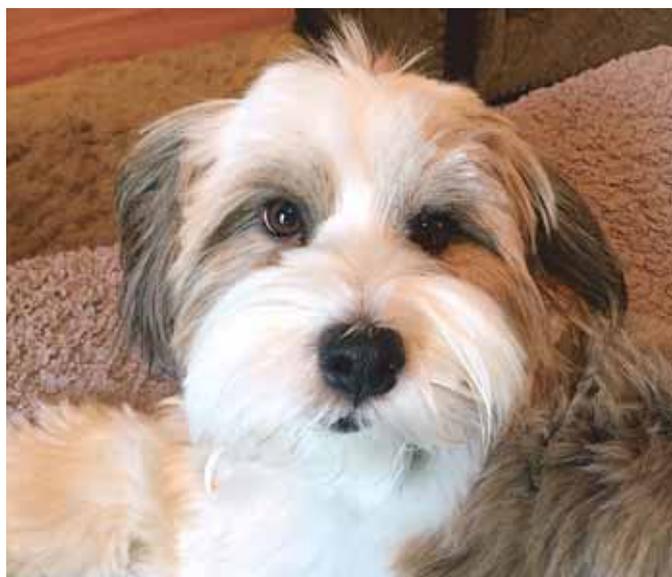
#### WEDNESDAY/JULY 26

**Support Group for Latinas With Cancer.** 6-8 p.m. at Holy Cross Hospital Health Center, 702 Russell Ave., Suite 100, Gaithersburg. Regular activity held on the last Wednesday of each month. Call 301-557-1800 for more.

**Memory Cafes.** 6:30-8 p.m. at Nancy H. Dacek North Potomac Community Center, 13850 Travilah Road, Rockville. Social groups for people with early-stage memory loss and their care partners. Regular activity held on the fourth Wednesday of each month. Call 240-428-1342 or email [lvajpeyi@alz.org](mailto:lvajpeyi@alz.org) for more.

#### SATURDAY/JULY 29

**Little Falls Library Reopening.** 10 a.m. on Massachusetts Avenue, Bethesda. The Little Falls library branch on Massachusetts Avenue in Bethesda, which has been closed for many months for a "refresh," is scheduled to reopen. The reopening was delayed due to a burst water pipe last December, which caused major damage.

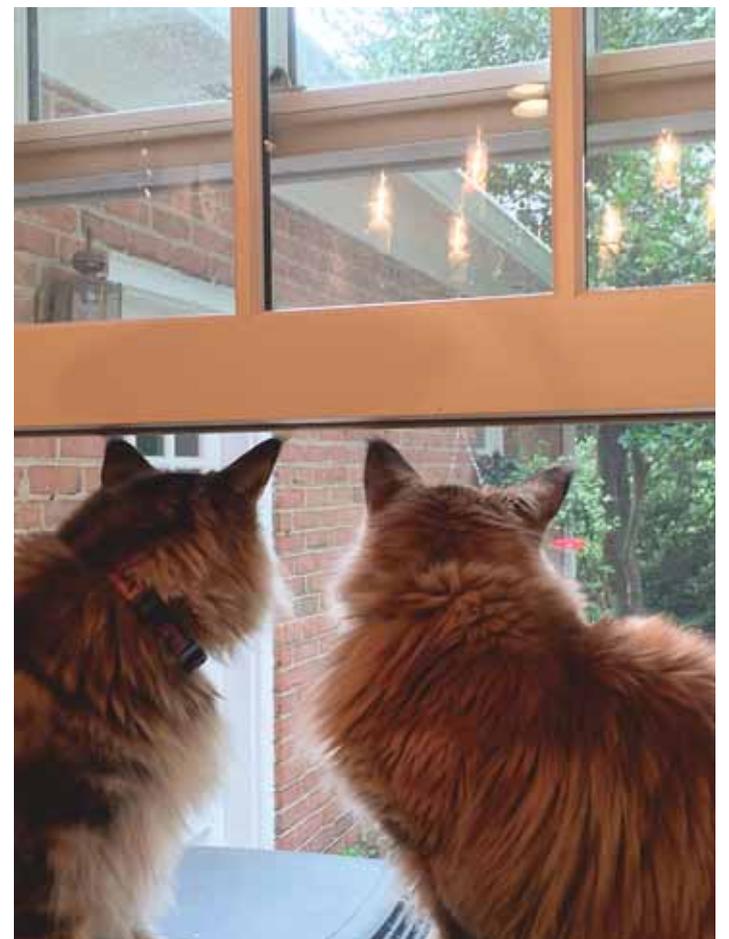


**Rugby Talcott is 4 years old and lives in River Falls. He is a real ham when it comes to picture taking.**

— LISA TALCOTT



**Alessandro Potzick**



**Watching hummingbirds at feeder.**



**Ovi and Marigold, Maine Coon cats of Lynn and John McConnell of River Falls.**

# Working Together To Help Animals

FROM PAGE 3

a county-run organization, according to MCPAW Executive Director Chris Shaughness.

Shaughness said MCPAW's relationship with MCASAC more specifically involves providing enrichment items for the animals staying at the center. This could mean bully sticks for dogs or cat towers for cats, she added.

"[Bully sticks] are like a bone and [they calm] the dogs down, [and give] them something to do," Shaughness said. "[And] we purchased cat towers for the cat colony rooms [because they give] the cats places to climb up — cats like to be up high. We also bought the fencing to build the exercise area for the dogs outside."

MCPAW's goals include decreasing the number of animals that MCASAC takes in, according to Shaughness. Their signature program — Spay It Forward — is one way in which they aim to accomplish this goal, she said.

"We have a grant with the state and we work with feral cat colony caretakers to do trap, spay and neuter, and release of cats with hopes of reducing the number of strays that come into the shelter," Shaughness said. "So if we are spaying and neutering them, hopefully we're cutting down on the number of kittens born who would then be potentially coming into the shelter."

According to Shaughness, another goal of MCPAW is to educate and provide community outreach on the subject of animal well-being. She discussed testifying before the Montgomery County Council on July 18 in favor of an ordinance to forbid wild animal acts in the county as one example of how the organization is working to achieve this goal.

Bill 23-17 would ban performance animal use in the county. According to County Councilmember Craig Rice, who is one of the bill's lead sponsors, circuses and other performances should not promote animal maltreatment, specifically with regards to exotic or wild animals. Rice also represented District 15 which includes part of Potomac in the House of Delegates from 2007 to 2010.

"The bill is overwhelmingly supported by a large group of folks in our community," Rice said. "If you wouldn't take a bullhook to your



PHOTOS COURTESY OF CHRIS SHAUGHNESS

**Chris Shaughness is the executive director of Montgomery County Partners for Animal Well-Being (MCPAW).**

dog because your dog peed on your rug, why would you take a bullhook to an elephant or to a lion or to a bear or to a tiger."

**SHAUGHNESS BELIEVES** adoption is important because it helps reduce the number of homeless animals. She added that one reason she believes it is often overlooked is because of the misperception that homeless animals are homeless as a result of their own wrongdoing when it is often due to a matter concerning their owner's situation. She aims to reduce this stigmatization through additional educational efforts.

"I am a huge advocate of shutting down puppy mills," Shaughness added. "I'm always educating people about where they're getting their puppies to make sure that it's a reputable breeder because most people still think that going to a pet store is an appropriate place to buy a puppy and it's not. Also some people go to farms — they claim their pets are family raised but they're actually just a front for puppy mills."

Other services that MCPAW provides, according to Shaughness, include a Veterinary Medi-



**MCPAW Board Member Andrea Kelly (right) and her son Ronan Ferro staff a table at Friday Night Live in Rockville Town Square earlier this summer.**

cal Fund which allows them to raise money for surgeries or other medical services required by MCASAC animals with special needs and a Loyal Companions Program in which they provide grants to cover veterinary bills for people who adopt pets with special needs. MCPAW's Amber Care and Purple Care programs pay adoption fees for dogs and cats, respectively, who are nine or older, she added.

Currently, they are co-hosting the Friday Night Live concerts in Rockville Town Square through early September in which they have tables set up to provide information about their organization, Shaughness said. She added that they are holding Rowing for Rescues on Saturday at CrossFit Shady Grove.

"Each participant will get 10 minutes on the rowing machine to row as many meters as possible, and there will be prizes for the top fundraiser and for the longest distance rowed, both male and female," Shaughness said. "All proceeds go to MCPAW."

According to Shaughness, MCPAW is also holding the MCPAW Party at the Bolger Center in Potomac on Oct. 20. This annual fundraiser will host people and their dogs, and will feature multiple competitions including "best-dressed dog," and "best-dressed owner," she said.

## Creating Space for an In-Law Suite



While in-law suites can be customized to meet your needs, a typical space consists of a private living area within a home with a full bathroom, full or partial kitchen and a door that separates it from the rest of the house. Oftentimes in-law suites even have their own entrance. But what are some options for finding room to incorporate this space into your home?

One possibility is transforming a garage or a porch area into living space. A basement can be another great option as long as it has adequate outside egress. Combining two bedrooms to create a suite could be another opportunity. A third garage bay can be converted into a separate apartment-type living space with its own access. You can also consider replacing or eliminating an underused first-floor living space, such as a formal living room or dining room. Creating a suite in a bonus room over the garage is another popular direction. Working with an experienced designer will allow you to explore which direction would work best for you and your home.

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# NATURE



PHOTOS BY MARY KIMM/THE ALMANAC

**McKee-Beshers Wildlife Management Area plants the sunflowers every year, attracting and feeding many kinds of wildlife. While the fields are blooming, watch for many types of butterflies and bees, as well as brightly colored birds including Indigo Buntings and Goldfinches.**

**Some fields of sunflowers will be in peak bloom by July 22-23, while others will peak by July 29-30. Three of the fields are right along River Road.**

## In Peak Bloom

From the state Department of Natural Resources (<http://dnr.maryland.gov/wildlife/Pages/publiclands/central/mckeebeshers.aspx>)

**L**ocated on River Road in Western Montgomery County, McKee-Beshers Wildlife Management Area is a 2,000-acre tract in a mixture of woodlands, fields, wooded bottomland and managed wetland impoundments (green-tree reservoirs). The Wildlife Management Area shares a common boundary with the National Park Service Chesapeake and Ohio Canal to the south and borders Seneca Creek State Park, a 1,200-acre public hunting area, on the east.

### What To See

McKee-Beshers Wildlife Management Area provides habitat for a great diversity of wildlife species including deer, wild turkey, waterfowl, more than 200 species of songbirds, and numerous reptiles and amphibians. Biologists deliberately flood forests during the fall and winter in "greentree reservoirs." These attract colorful wood ducks as well as other waterfowl which migrate through or spend the winter here.

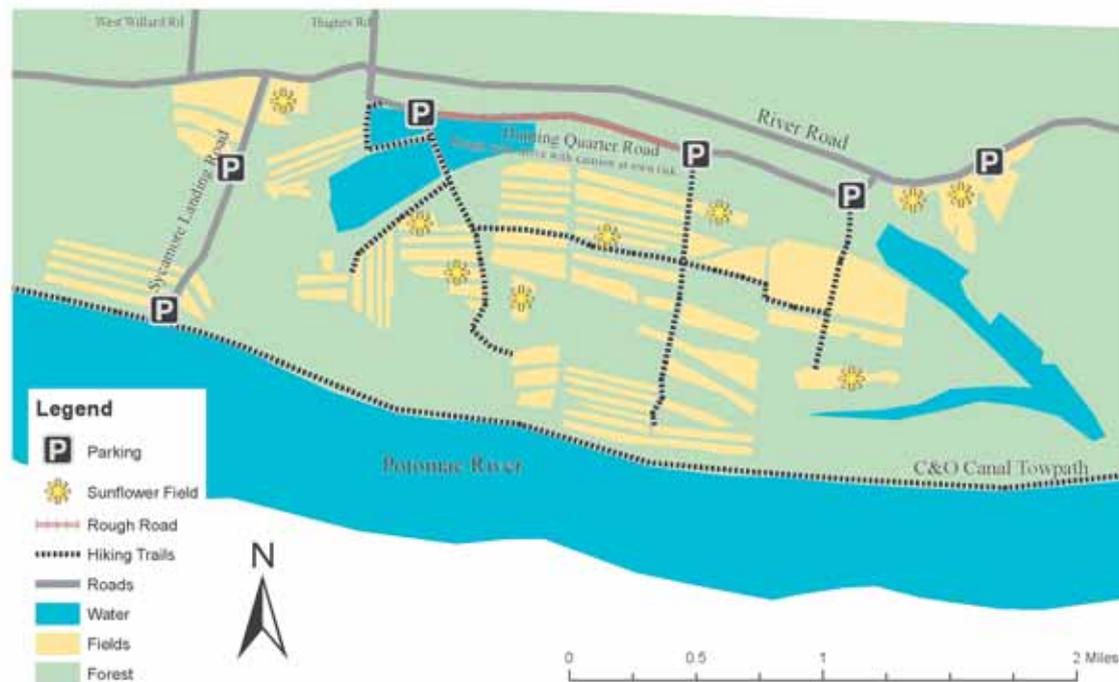
### What To Do

Hikers will find trails for miles and miles, meandering through the forests, fields and wetlands. The C&O Canal and trail actually border the area. From here, you can hike or bicycle east all the way to Washington, D.C. or west as far as Cumberland.

Hunters enjoy the pursuit of white-tailed deer, wild turkey, woodcock, squirrels, doves, waterfowl and many other species.



**Approximately 30 acres of sunflowers are blooming in nine different fields. Consider bringing a step stool if you want to capture images that show the expanse of flowers. Don't pick the flowers.**



**McKee-Beshers Wildlife Management Area is reached from River Road in Poolesville. Note that Hunting Quarter Road is best driven only with an SUV. See the map at <http://dnr2.maryland.gov/wildlife/Documents/Mckee-BeshersSunflowers.pdf> for locations of the fields and easiest places to park.**

## POTOMAC ALMANAC

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# It's Back Study of second bridge recommended.

BY PEGGY MCEWAN  
THE ALMANAC

**T**he National Capital Region Transportation Planning Board voted July 19 to study the feasibility of an Upper Potomac River bridge as an option in the area's long-range transportation plan.

Yet the discussion on even getting that far was "very intense," said Stewart Schwartz, executive director of the Coalition for Smarter Growth.

Marc Elrich, Montgomery County councilmember who represents the county on the Transportation Planning Board, made a motion to pull discussion of the bridge from study but the vote was 17-12 to reject the amendment and leave it in, Schwartz said.

Schwartz's group is opposed to the idea of the bridge, preferring area governments spend resources on improving the current Metro system and encouraging transit oriented development.

"There is a \$6.2 billion shortfall for building and improving the Metro system," he said. "And I hear various people say the American Legion Bridge will need major reconstruction [in the time it takes to study a second bridge]," he said.

"[The bridge] would be totally at odds

with the region's vision in the Region Forward Plan and would undermine the network of transit-oriented development which is so much in demand today. It would worsen auto-dependent sprawl and traffic, worsen the east-west economic divide, and undermine efforts to fight climate change," Schwartz wrote in a press release.

In a phone interview he explained that a new bridge would not relieve traffic congestion on the American Legion Bridge, rather it would increase development leading to more commuters.

"Because of induced driving demand, it would add new traffic without reducing traffic at the American Legion Bridge," he wrote in the press release. "The upstream bridge would also represent a threat to the region's drinking water supplies — creating a risk of toxic spills upstream from drinking water intakes during bridge construction and from tanker truck spills."

Schwartz said the largest opposition his group faces is the 2030 Group, the group urges the study of an outer Potomac River bridge, according to its website.

Neither the idea of a bridge study nor the controversy of the idea are new. Other efforts to move the idea of an outer bridge took place in 1980, 1988, 1997, 2000 and 2003, according to Schwartz.



PHOTO BY SUE KEIL

**Roadwork closed off parking spaces at Cabin John Trail leaving cars to squeeze in.**



## Roadwork Reduces Trail Parking

BY PEGGY MCEWAN  
THE ALMANAC

**W**hen Sue Keil of Potomac noticed signs along Bradley Boulevard blocking parking to the entrance to the Cabin John Trail last week she went to the top of county government to find out why. "Hundreds of people use that trail every day for walking or running," Keil said. "All the [parking] spots were taken up by WSSC."

There were "no parking" signs placed by WSSC but, Keil said, there was no explanation of why they were there. The signs read that the closing was effective from July 17 through Aug. 17.

So Keil called the Montgomery County 311 Information Line.

From there she was put in contact with Mark Lawler of the Maryland State Highway Utility Division.

Bradley Boulevard is a state route, MD 191, which runs from Potomac to Chevy Chase.

Lawler told Keil he would look into the situation and soon there were some parking spaces reopened.

"They finally took away some of the signs," Keil said. "I was just happy after calling 311 and talking to [Lawler]."

Luis Maya of WSSC office of communications said the signs were in place because a contractor was going to repave that section of Bradley Boulevard and needed the spaces for equipment storage.

"Because we dug it up, we have to repave [the road]," he said.

The scheduled allows for a two-week window for getting the work done and Maya said he expects the work to actually begin within the next week.

He also expects there will be partial road closures as the work is in progress.

**SPECIAL PULLOUT TAB**

## Newcomers & Community Guide

**August 23, 2017**

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

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# Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

IN JUNE 2017, 75 POTOMAC HOMES SOLD BETWEEN \$2,303,000-\$479,000.

## June, 2017 Sales, \$1,335,000~\$1,465,000



**1** 12508 Palatine Court — \$1,465,000



**8** 12532 Grey Fox Lane — \$1,335,000



**7** 10229 Holly Hill Place — \$1,345,000



**5** 11710 Slatestone Court — \$1,365,000



**4** 10000 Hall Road — \$1,389,500



**6** 7801 Brickyard Road — \$1,345,000

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold	
<b>1</b> 12508 PALATINE CT	7	..	4	1	ROCKVILLE	\$1,465,000	Detached	2.00	20854	PALATINE SUB	06/09/17
<b>2</b> 9116 FALLS BRIDGE LN	6	..	5	2	POTOMAC	\$1,450,000	Detached	2.12	20854	POTOMAC OUTSIDE	06/28/17
<b>3</b> 9730 BEMAN WOODS WAY	5	..	6	1	POTOMAC	\$1,409,390	Detached	0.26	20854	AVENEL	06/09/17
<b>4</b> 10000 HALL RD	5	..	5	1	POTOMAC	\$1,389,500	Detached	0.36	20854	POTOMAC VILLAGE	06/06/17
<b>5</b> 11710 SLATESTONE CT	5	..	4	1	POTOMAC	\$1,365,000	Detached	0.37	20854	CLAGETT FARM	06/07/17
<b>6</b> 7801 BRICKYARD RD	5	..	4	1	POTOMAC	\$1,345,000	Detached	2.02	20854	POTOMAC OUTSIDE	06/19/17
<b>7</b> 10229 HOLLY HILL PL	6	..	5	1	POTOMAC	\$1,345,000	Detached	0.47	20854	BLenheim	06/30/17
<b>8</b> 12532 GREY FOX LN	5	..	4	1	POTOMAC	\$1,335,000	Detached	0.50	20854	GLEN MEADOWS	06/12/17

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# ENTERTAINMENT

Submit entertainment announcements at [ConnectionNewspapers.com/Calendar](http://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 per single vehicle.

**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](http://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](http://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](http://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](http://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](http://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](http://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](http://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



PHOTO BY RUTH FAISON

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](http://www.artglasscenteratglenecho.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](http://www.yellowbarnstudio.com).

## 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](http://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](http://www.visartsatrockville.org/ceramics) for a list of class dates, times.

**Registration is Open.** for Montgomery County Recreation and Montgomery Parks Summer Programs and Activities. Email [ProgramAccess@MontgomeryParks.org](mailto:ProgramAccess@MontgomeryParks.org). Visit [www.MontgomeryParks.org/access](http://www.MontgomeryParks.org/access).

**Toca Summer Soccer Camp.** 6-8 p.m. through August 9 at Avenel LP, 10051 Oaklyn Drive. Improving skills, making friends and staying fit. Email [info@tocajuniors.com](mailto:info@tocajuniors.com), or call 301-221-8305.

**My Gym Potomac Camp.** 1-4 p.m. August 7-Sept. 4 at My Gym Potomac, 11325 Seven Locks Road. My Gym camp includes themed games and craft, gymnastics, sports, and snack. \$40 for members, \$45 for non-members. Email [potomac@mygym.com](mailto:potomac@mygym.com) or call 301-983-5300.

## WEDNESDAY/JULY 26

**Tom Saputo Concert.** 7 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Visit [www.popovers.com/](http://www.popovers.com/) or call 301-983-8838.

## SATURDAY/JULY 27

**Potomac Village Farmers Market.** 2-6:30 p.m. in the parking lot of the Potomac United Methodist Church, 9908 S. Glen Road. Email [contact@potomacvillagefarmersmarket.net](mailto:contact@potomacvillagefarmersmarket.net).

**Opera and Musical Theater.** 7:30 p.m. at Bethesda Presbyterian Church, 7611 Clarendon Road, Bethesda. Presentation of the "Magic Flute," is part of the Bethesda Summer Music Festival (BSMF) promoting Opera and Musical Theater for children, grades 9-12, college students, and young

## Making Music

**National Philharmonic Summer High School String Institute is led by National Philharmonic Music Director & Conductor Piotr Gajewski on Friday, Aug. 4, and Friday, Aug. 11, 7:30 p.m. at the Trinity Lutheran Church, 11200 Old Georgetown Road, North Bethesda. Visit [nationalphilharmonic.org](http://nationalphilharmonic.org) for more.**

emerging professionals. \$20, children free. Visit [www.bethesdapresbyterian.org/](http://www.bethesdapresbyterian.org/) or call 301-986-1137.

## FRIDAY/JULY 28

**Outdoor Film Screenings.** 6 p.m., film at sundown at Glenstone, 12002 Glen Road, Potomac. Film is The Servant. Visit [glenstone.org](http://glenstone.org).

**Wayne Wilentz Concert.** 7 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Visit [www.popovers.com/](http://www.popovers.com/) or call 301-983-8838.

## SATURDAY/JULY 29

**Photography Walk and Talk.** 10 a.m.-noon at the Bowles House Visitor Center, 439 East Main St., Hancock. Steve Dean, photographer for the Chesapeake and Ohio Canal National Historical Park, will be hosting a photography talk and walk. Free. Email [kelsey\\_smith@nps.gov](mailto:kelsey_smith@nps.gov).

**Outdoor Film Screenings.** 6 p.m., film at sundown at Glenstone, 12002 Glen Road, Potomac. Film is Wanda. Visit [glenstone.org](http://glenstone.org).

## WEDNESDAY/AUG. 2

**Potomac Rotary Breakfast.** 7:15-8:30 a.m. at Founding Farmers, 12505 Park Potomac Ave. Support Rotary Club community service projects. Visit [www.PotomacRotary.org](http://www.PotomacRotary.org) or call 301-

785-7100.

## THURSDAY/AUG. 3

**Potomac Village Farmers Market.** 2-6:30 p.m. in the parking lot of the Potomac United Methodist Church, 9908 S. Glen Road. Email [contact@potomacvillagefarmersmarket.net](mailto:contact@potomacvillagefarmersmarket.net).

## FRIDAY/AUG. 4

**Opening Reception.** 6-9 p.m. at Artists & Makers Studios, 11810 Wilkins Ave. Rockville. "Metropolis" with John Aquilino and "The Right Way to Live, a story of Acceptance and Disability" with Emily Dolenz. Visit [artistsandmakersstudios.com/](http://artistsandmakersstudios.com/).

**Opening Reception.** 6-9 p.m. at Artists & Makers Studios, 11810 Parklawn Drive, Suite 210, Rockville. "Stronger Together: the art of DC's power couple Ellyn & Sesow" and "Scratching the Surface" with Meaghan Busch Visit [artistsandmakersstudios.com/](http://artistsandmakersstudios.com/).

## Senior String Institute Concert.

7:30 p.m. at the Trinity Lutheran Church, 11200 Old Georgetown Road, North Bethesda Visit [www.nationalphilharmonic.org](http://www.nationalphilharmonic.org).

## SATURDAY/AUG. 5

**"Put Up" Canning Workshop.** 8 a.m.-3 p.m. at the St. Mary's Pavilion, 18230 Barnesville Road, Barnesville. \$75. Call 248-683-9678 or email [ellen@mocoalliance.org](mailto:ellen@mocoalliance.org).

## THURSDAY/AUG. 10

**Potomac Village Farmers Market.** 2-6:30 p.m. in the parking lot of the Potomac United Methodist Church, 9908 S. Glen Road. Email [contact@potomacvillagefarmersmarket.net](mailto:contact@potomacvillagefarmersmarket.net).

## FRIDAY/AUG. 11

**Senior String Institute Concert.** 7:30 p.m. at the Trinity Lutheran Church, 11200 Old Georgetown Road, North Bethesda, Visit [www.nationalphilharmonic.org](http://www.nationalphilharmonic.org).

## SATURDAY, AUG. 12

**Meet the Artist.** 7 p.m. at Photoworks, 7300 MacArthur Boulevard. A juror from London, Ashley Givens, will be on hand for Watch Me: A Juried Photography Exhibition, on display Sept. 15-Oct. 22. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org).

## WEDNESDAY/AUG. 16

**Potomac Rotary Breakfast.** 7:15-8:30 a.m. at Founding Farmers, 12505 Park Potomac Ave. Support Rotary Club community service projects. Visit [www.PotomacRotary.org](http://www.PotomacRotary.org) or call 301-785-7100.

## SUNDAY/AUG. 20

**Introductory Waltz Workshop.** 3:30-6 p.m. at Glen Echo Park, 7300 MacArthur Blvd. Glen Echo. 2017 featuring the ensemble Waltz du Jour playing a mix of folk waltzes with a few other dances, including Hambo, Schottische, Swing, Tango, and Polka. \$10. Visit [www.WaltzTimeDances.org](http://www.WaltzTimeDances.org) or e-mail [info@WaltzTimeDances.org](mailto:info@WaltzTimeDances.org).

## SATURDAY/SEPT. 16

**Park After Dark.** 6-10 p.m. at the Historic Great Falls Tavern in the C&O Canal National Historical Park, 11710 MacArthur Blvd. Evening of philanthropy supporting the park. \$200-\$250. Call 301-714-2233 or visit [www.canaltrust.org/](http://www.canaltrust.org/)



## Artists Wanted

**"Foodies" by Alec Dann.** Food pictures needed for exhibition coming to Photoworks, 7300 MacArthur Boulevard. Deadline Aug. 1, at 11:59 p.m. for the exhibition "Foodies: A Juried Photography Exhibition," on display Sept. 15-Oct. 22. Meet the juror Debra Moser, Friday, Sept. 15. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org) for more.

# Schain Discusses Youth Integrated Movement Therapy

**Program aims to reduce stress and anxiety.**

BY GIL JACOBSON  
THE ALMANAC

The following is a question-and-answer with Sarah Schain, an Integrated Movement Therapy-certified yoga therapist who recently began a new youth yoga program at One Aum Studio in Potomac Village. IMT uses yoga techniques along with other therapeutic methods to help people make behavior shifts towards optimal well-being.

**Why would this program specifically appeal to teens with anxiety, depression, developmental challenges, and problematic issues?**

Schain: I think the reason why I love IMT for whatever age group is that it offers practical skills that they can use when they walk out of my session. It's not like you're sitting on a couch and we're talking. There's learning going on. There's skill development and skill building going on. If I'm teaching a breath technique, if you've got a teen who feels a panic attack coming on, and they know that breath technique, they can practice that and implement that in the moment to ward off a full-on panic attack. Also, any of the breathing or utilizations or whatever's working for them — if they're having a hard time focusing, if they're having a hard time falling asleep, if they're feeling sluggish in the morning — there are techniques that they can implement immediately in real-time which is what I love about IMT.

And if I'm making it fun, if I'm connected with my clients, and they're enjoying the session, they're going to use those tools. So I'm literally giving them a toolbox. First session we're going to open the toolbox, and then every session after they're going to collect the screwdriver, the hammer, the drill. They're going to get those tools from me. That's my job.

**A big portion of this is to help limit stress and anxiety because that's a lot of what teenagers are facing today, right?**

Schain: Yes.

**So won't those interested in your youth IMT yoga program have to**



PHOTO COURTESY OF SARAH SCHAIN

**Yoga courses for teenagers are offered at One Aum Studio.**

**set aside additional time each week to learn your strategies?**

Schain: Absolutely. For kids, I'm usually an hour session. But I can do these things over Skype, over FaceTime. We're born with these skills. We just lose them over time. If I can strengthen that mind-body connection so everyone's more in tune with what's going on with themselves and in their body and with their feelings, then for, call it a

brush-ups. That's super easy, I've done it before. I write a blog and I have an instagram account. And so those are little nuggets that I try and share with the kids. I have teenagers, I know how busy they are. And I know how overwhelmed and over-programmed they are. I also work with athletes for focus, for visualizations, and for energizing. So it's the opposite of self-calm-ing. IMT can apply to anyone. It's not limited to yoga therapy

prescriptions, like "Oh, your hamstrings are tight so we're gonna do downward dog for that." Yes, your hamstrings are tight. Yes, downward dog will help. But there's a lot more going on there as

**"I think the reason why I love IMT for whatever age group is that it offers practical skills that they can use when they walk out of my session."**

— Sarah Schain, Integrated Movement Therapy-certified yoga therapist

10-hour investment, they've got life-long skills that they can go back to forever. I mean let's face it — being a teenager is hard but life's a journey.

**How do you feel you can accomplish this goal of your program if it involves adding what might seem to those youths like another item on their to-do list sometimes?**

Schain: Yes, I totally get it and that's definitely a big challenge that I have but if I can get them in one time, a lot of them come back because they know they need it. And they like it. And I'm also open to doing two-hour workshops on a Sunday once a semester just to give them a few skills and a few

well.

**What does a session look like?**

Schain: All of my clients have an intake form which is pretty substantial as far as what's bringing them here. And I also work with other therapists, doctors, pediatricians, mental health professionals. I do report writing so that I can communicate if someone needs group therapy, for example. With that information, the client will come in and I'll say, "This is how our one-hour session is going to go. We'll talk as well as do some yoga stretches and breathing exercises. I might do some Thai yoga massage techniques or a visualization meditation. But whatever we're doing, my goal is that you

leave this room feeling better than when you walked in." When working with children and teens, my approach would boost the fun factor and include more games. I have a deck of yoga cards, every card has a different yoga position, and we might use that for storytelling, we might use that for card games. So that's really fun, the kids love that. We do some word-playing games because the person that created this is a speech pathologist. I also have a Bachelor's degree in speech pathology and a Master's in audiology. So I take all that language stimulation and that is also included in my therapy sessions. I play a lot of games with the kids and we work on breathing techniques, stretching, and maybe some compressions on the legs. They won't get a full-on Thai yoga massage, but they really like compressions which is like pushing down in rhythmic fashion, going up and down the arms and legs. And with the older kids, we're going to maybe explore what's triggering the anxiety. How does that show up for you in the body? Are you getting enough sleep? We'll talk about healthy eating and talk about exercise. We'll look at how their day is structured. Maybe they need time management support, so it's a broader picture. It's not limited to yoga. And the other thing that I talk about with teenagers is yoga philosophy. Yoga philosophy has fancy sanskrit terms and definitions, but it can easily be broken down into just American values, like how do you respect your body, keeping your body clean, what do you put effort into during your day, what's coming out of that effort. So we'll pull from yoga philosophy important themes to think about and bring into your day. There might be some journaling for the kids to become a little more introspective, self-aware, and build that mind-body connection.

**Anything else you want to add?**

Schain: A lot of people forget to have fun and be joyful. I find a lot of moms make themselves the last priority. And they don't take care of themselves. A lot of people think, "Oh but that involves massages and manicures and pedicures." That's not true. Self-care means giving yourself some quiet time. Are you filling yourself up? And same with teenagers — teenage girls. Learn about self-care and how to keep yourself fulfilled. If you've got gas in your tank, you can help other people. If your gas is empty, you're not going to get very far obviously.

For more information, Schain can be reached at [littleyoga@mac.com](mailto:littleyoga@mac.com) or 202-441-0986. For information about classes, people can visit [oneaum.com](http://oneaum.com). She has a blog that can be found at [theyogafairy.net](http://theyogafairy.net) and an Instagram page called [theyogafairy](https://www.instagram.com/theyogafairy).

## SCHOOL NOTES

Email announcements to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon. Photos are welcome.

**Aissa Claveria**, of Potomac, received a B.A. in communication from Loyola University Maryland.

**Caroline Chiamonte**, of Potomac, received a B.A. in elementary education from Loyola University Mary-

land.

The following area students earned dean's list recognition for the spring 2017 semester at the University of Delaware (Newark, Del.): **Abigail Berman, Abigail Blaine, Alexandra Wiener, Allison Chelst, Annie Schtevie, Colin Smyth, Daniela Quiros, David Amortegui, Dominick Perez, Heather Brody,**

**Kelsea Konz, Marissa Nardella, Natalie Pagenstecher, Nicolas Sifuentes, Rachel Rosenberg, Remy Fields, Sararose Kresloff, Siavash Ebrahimi, Talia Gasko, and Victoria Proto.**

**Grace LaPaille**, of Potomac, made the University of Dayton's (Ohio) dean's list for the spring 2017 semester.

**Jennifer Sze**, of Potomac, has

graduated from the University of Findlay (Ohio) with a Doctor of Pharmacy.

**Daniel Weiss**, of Potomac, graduated from Wesleyan University (Middletown, Conn.) with a B.A. in physics. He received high honors in Physics.

**Meral Culver**, of Potomac, majoring

in exercise and sport science, made the spring 2017 dean's list.

**Annabelle Phillips**, of Potomac, made the University of Hartford's (West Hartford, Conn.) dean's list for the spring of 2017.

**Trevor Mackenzie Mathers**, of Bethesda, made the spring 2017 dean's list for the University of Alabama.

# NEWS

## Warmack Retires

Army Brig. Gen. Michael J. Warmack has retired from the U.S. Army after serving for 32 years.

Warmack was last serving as deputy chief of staff with United States Army Reserve Command, Fort Bragg, N.C.



Warmack

He has served as a company commander, battalion commander and brigade commander for the United States Army Reserve Command.

Warmack was deployed to Operation Desert Shield and Desert Storm with the special operations community, and deployed three times in support of Operation Enduring Freedom and Operation Iraqi Freedom. He served in the Coalition Joint Civil Military Operations Task Force and most recently as the director of Civil Military Plans and Operations, Region South, Department of State. He earned a myriad of awards throughout his career, to include the Defense Superior Service Medal, two Legion of Merits, and three Bronze Stars.

He is a 1982 graduate of Winston Churchill High School, Potomac. He earned a bachelor's degree in 1986 from University of Maryland, College Park.

## County Warns Of Telephone Scam

Montgomery County Government warns residents about a telephone spoofing scam that is taking place in the area. Several county residents have reported receiving calls from scammers who are fraudulently using county telephone numbers (240-773-xxxx and 240-777-xxxx).

Many calls are left without a message, which has prompted affected residents to call back. When the resident calls back the county number, the county employee answering the call is unaware that anyone is using their telephone number. County officials are investigating and would like to hear from residents who have received these calls to assist our efforts in addressing this problem.

If you receive a call from a county government telephone number that is suspicious, report it by calling MC311 or by visiting MC311.com to answer the following questions:

- ❖ When did you receive the call or message (date/time)?
- ❖ If you received a message or spoke to someone, what did they say?
- ❖ What number did the caller ID indicate that the call originated from? (What county number was used in the spoof call?)

Residents can reach MC311 in the county by dialing 3-1-1 or 240-777-0311.

## Correction

In the July 19 news article about Main Street's July 12 community-builder event, the Rockville development project calls for a 70-unit apartment building, not a seven-unit apartment building.

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-Ethiopian Proverb

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Alan Amrhine, Communications Director  
Lutheran Mission Society

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-Thomas A. Edison

## Taking Care Of Business



By KENNETH B. LOURIE

The cats. The car. The dentist. The pancreatic enzymes. It was a week that typically isn't. As often as my credit card was swiped these past few days, I'm amazed its magnetic strip is still magnetized. To quote my deceased mother, Celia: "It's enough already."

Oh well, what's done is done, though it definitely needed doing. And aside from the fact that I didn't have the actual money, fortunately I had the available credit, which I was grateful to have had. I mean, how long can you put off necessary evils/expenditures before they rear their ugly consequences? And though money doesn't grow on trees (linden actually), credit seems to, and so the to-do list now has some cross-outs/"has-dones" finally.

Now the anxiety about neglecting the "to-dos" is replaced by the worry about the cost/need-to-pay the "having-dones." Nevertheless, the cats have had their vaccinations shot current.

The car now has a passenger window that goes down – and back up, a check-engine light that no longer illuminates, a blower that will now provide heat in the winter and a defogger when needed, and as it turns out a bit of unexpected air conditioning.

The dentist has referred me to an oral surgeon (since the teeth were both "unrestorable"/not root canal candidates) who will extract two teeth from my mouth and hundreds more from my bank account/probably credit card – again, but no doubt get me back on a course of dental correction.

The pancreatic enzymes, the most expensive bottle of pills I buy (I consume upwards of 55 pills per day) is an expense I incur every three months and does something to help my immune system keep the lung cancer in-check, a priority if there ever was one.

Paying to keep on playing (so to speak), by maintaining this kind of normalcy enhances the feeling that life is indeed still being played. And not that my attitude/philosophy in such responsibilities is totally affected by yours truly having been diagnosed with a "terminal" form of cancer: non-small cell lung cancer, stage IV, to be specific, but as the old punchline says: "It doesn't hurt." And avoiding hurt is definitely part of the fighting-cancer strategy; along with avoiding stress, eating healthy, exercising and boosting one's immune system.

I guess what I'm realizing that I have two lives, sort of, the usual and customary life: work, play, day-to-day stuff and the cancer life: lab work, chemotherapy, scans, oncologist, pills, lifestyle changes, etc. On some days, they are parallel. On other days, they intersect. And though they may be separate, they are inter-related. What benefits one is likely to positively affect the other.

Additionally, a negative in one life will likewise have an adverse consequence in the other. However, the requirements to maintain their respective lives is different. Yet balance/co-existence must be maintained in order for one to remain "together."

Two separate halves will not make for a responsible whole, but rather lead to an emotional one. And if there's one attribute that a cancer patient/survivor must have, it is emotional wherewithal. Failure to do so in one's cancer life will likely spill over into the non-cancer life (and vice-versa) and cause a kind of an adult version of failure to thrive.

Cancer might win the battle in the end but you can't let it win the battle in the interim. Fulfilling your every-day responsibilities helps give that life the kind of accomplishment that aids and abets in your fight against your cancer life. Moreover, handling your cancer life gives you the confidence and optimism to live your non-cancer life.

Granted, the two lives might not exactly be the best of friends, but they must be partners of a sort. The sort that is independent, appreciative, respectful and considerate.

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

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