

Potomac ALMANAC

CONNECTION
FAMILIES

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Lauren Katz, Emma Hocj and Ethan Missner, all rising juniors at Charles E. Smith Jewish Day School, meet in Potomac Village. The students went back to school on Tuesday.

Ready for School

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Anyone Listening?

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PHOTO BY PEGGY MCEWAN/THE ALMANAC

AUGUST 30 - SEPTEMBER 5, 2017

ONLINE AT POTOMACALMANAC.COM

PEOPLE

Behind the Scenes

At the Citi Open tennis tournament.

BY CAROLE DELL
THE ALMANAC

The Citi Open tennis tournament is over, the winners, Alexander Zverev and Ekaterina Makarova have moved on to their next tournaments, the site and its colorful kiosks are dismantled, the park police are gone and the stadium empty. But the camaraderie continues, forged during the weeks of work by the volunteers and staff that made the event possible. That will live on for next year, the tournament's 50th anniversary.

More than 76,380 fans crowded the stands during the seven days from May 29 through Aug. 6, to watch the men and women compete in the only co-ed 500 Series Event in America. The men, who are members of the Association of Tennis Professionals (ATP) and the women, members of their own union, the Women's Tennis Association (WTA) compete in the Citi Open for a total player compensation of \$2.5 million, a far cry from 1969, when the first tournament, then called The Washington Star, offered prize money of \$25,000. The players, men only at that time, had to shower and change, not in locker rooms, but in tents, and they stayed, not in hotels, but in private homes. Thomas Koch, from Brazil, won that year.

There was no television broadcasts back then, but today, fans can watch over 170 hours of the Citi Open tennis live nationwide and 4,000 hours from 182 countries overseas.

And, Citi's winner, Zverev, who is 20-years-old and from Germany, won again at the Canadian Open in Montreal beating Roger Federer on Aug. 13. This was Zverev's sixth win in the past 11 months, making him the first player to qualify for the ATP "Next Gen" finals in November in Milan. Next Gen is the inaugural tour of under 21 players who are ranked in the top 200 and are billed as the "Next Generation" of stars on the ATP World Tour.

Carole Dell's husband, Donald, is co-founder and chairman of the Citi Open Tennis Tournament.



Watching the matches, tennis player, Stan Smith, best known by youngsters now for his Adidas shoe, signs autographs for fans who discovered his presence.



Reveling in all the excitement, Devon Coatney, 4, takes time from watching the matches to spreading his tennis wings among the racquets.



The volunteers and staff of the Citi Open.



The creative talent behind all those hundreds of meals enjoyed by both spectators, suite-holders, and players, Shannon Shaffer, executive chef of Design Cuisine, pauses to show off his vast portable kitchen.

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Tally Ho Restaurant, Potomac Village
Participants pay for their own meal

An Evening of Laughter
Thursday, Sept. 14, 7 pm

Lunch & Learn on Falls Prevention
Tuesday, Sept. 19, 12:30 pm
Both free, both at the Potomac Community Center

details at 240-221-1370
www.PotomacCommunityVillage.org

Anyone Listening?

More voices heard over airplane noise along Potomac.

BY PEGGY McEWAN
THE ALMANAC

Local residents tired of the noise of airplanes as they take off and land at Reagan National Airport have several voices on their side including Gov. Larry Hogan.

Senators Chris Van Hollen and Ben Cardin, U.S. Representatives John Delaney and Jamie Raskin, Montgomery County Executive Isiah Leggett and Montgomery County Council President Roger Berliner joined together in a May 5 letter to Michael Huerta, Federal Aviation Administration's Administrator requesting an in-depth review of noise levels before and after implementation of the "Optimization of Airspace and Procedures in the DC Metroplex," which includes Next Gen Technology.

The Federal Aviation Administration NextGen program, according to the FAA website, "... is a comprehensive suite of state-of-the-art technologies and procedure that, in short, enable aircraft to move more directly from Point A to Point B."

Hogan also wrote to Huerta in May about noise from landings and takeoffs from Baltimore Washington International and Reagan National airports and, believing he is being ignored because Huerta did not respond, on Aug. 1 wrote Transportation Secretary Elaine Chao again expressing his concern about the effects of aircraft noise on Maryland residents

"The Administrator (Huerta) does not seem to understand that chronic aircraft noise exposes otherwise healthy people to stress and potential medical conditions, as well as directly negatively impacting property values for Maryland homeowners," Hogan wrote.

He asks for a review and "path forward to address our citizens' concerns," and asks Chao to have [Huerta] respond to his May 11 letter.

Having the governor involved is big, said Janelle Wright, co-chair of policy for Montgomery County Quiet Skies Coalition.

"We sincerely appreciate Governor Hogan's support and think that his advocacy matters," Wright wrote in an email. "We hope that it will lead to a reduction of the noise and pollution being inflicted on residents in Potomac and Bethesda."

Wright said she moved into her Potomac home in 2014 and never imagined airplane noise as a problem.

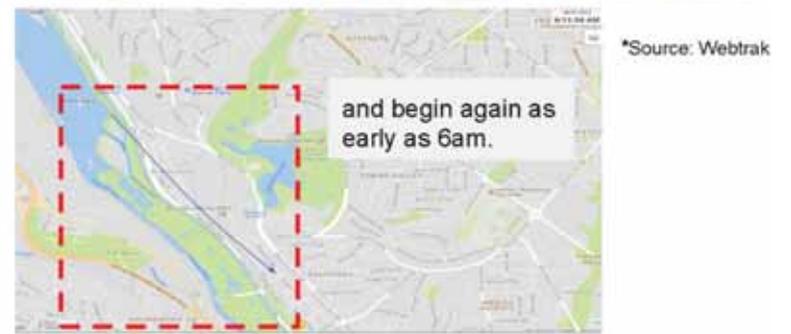
"I live in Potomac, 15 miles from National Airport and not close to the river," she said. "Part of what you buy when you buy a house is quiet, we've been robbed of that."

The Quiet Skies Coalition includes members from 20 neighborhoods which is about 7,500 homes and includes about 20,000 people, Wright said. The group works with elected officials to get the FAA to change the current flight path.

Wright said the hope is that the FAA will disperse the planes over more than one flight path, thereby dispersing the noise;

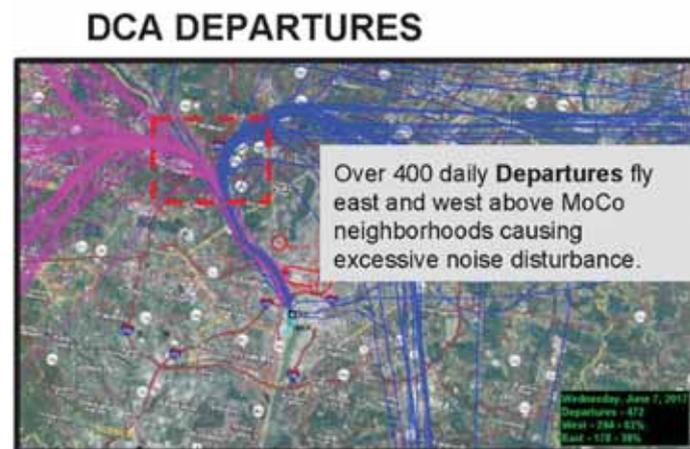


* Source: MWAA. Yellow highlight over River added by MCQSC.



*Source: Webtrak

- Why does the FAA maintain that pilots flying the River Visual Rwy 19 and RNAV (RNP) Rwy 19 are limited to 2 "over water options" for Arrivals when waypoints clearly direct airplanes over Montgomery County residential neighborhoods?
- Where is the documentation demonstrating that these paths would not significantly impact MoCo residents?
- When does the FAA plan to direct the 400+ daily Arrivals over the River instead of over Montgomery County?

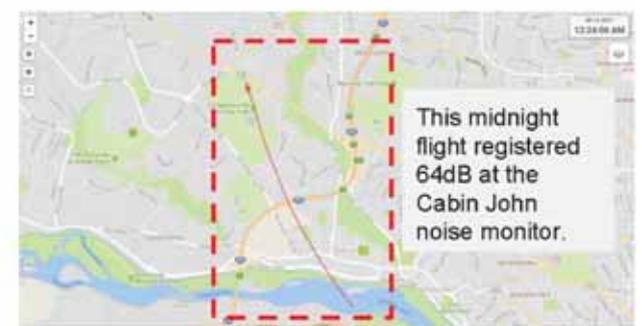


*Source: FAA Presentation DCA West-East Departure Percentages Week of 5 June 2017

- Montgomery County residents are harmed every day by noise and pollution from channelized departures, yet North Flow Departures out of DCA are not being evaluated as part of the August 41 process.
- It is unreasonable for the FAA to require DCA Noise Working Group consensus before it is willing to evaluate solutions, particularly when NWG members are not equipped to solve the highly technical and contentious problems created by the FAA's flight path changes.
- What will the FAA do to resolve the problem over Montgomery County, absent Working Group consensus?



* Source: Webtrak



From the Montgomery County Quiet Skies Coalition

have the flight path follow the river and/or return to the historical (pre-2015) flight paths, returning many Montgomery County residents to the quiet they once enjoyed.

Huerta did respond to the letter from Van Hollen, Cardin, Delaney and Raskin and Montgomery County officials but his response "does not include the requested environmental review ... or any actual noise data outside of 'predictive' computer modeling," according to a letter to constituents from Brent Girard from the Constituent Services and Community Outreach office of Van Hollen.

In Girard's letter he states that Van Hollen "has been working on legislative strategies

to hold the FAA accountable for the impacts that the new flight paths have caused Maryland communities in Montgomery County and around BWI Airport."

Recently Van Hollen added two amendments to the Fiscal Year 2018 Transportation, Housing, and Urban Development Senate Appropriations Bill S.1655, Girard wrote.

"The first urges the FAA to improve the development of flight paths to reduce impacts of noise, including in communities near National Airport and BWI. The second amendment directs the FAA to improve research on cumulative noise impacts from increased frequency of flights," he wrote.

Van Hollen urges residents to file formal

noise complaints on the Metropolitan Washington Airports Authority website www.flyreagan.com/dca/reagan-national-submit-noise-complaint.

Complaints can also be sent to Ken Hartman director of the Bethesda-Chevy Chase Regional Center. Hartman is a member of the DCA Noise Working Group. He can be reached at ken.hartman@montgomerycountymd.gov.

Wright said complaints from the community have increased 3,900 percent since the flight changes.

"In 2015, there were 38 complaints, in 2016, 807 and in 2017 the data through June showed 7,468 complaints," she said.

She is hopeful that the FAA is listening.

OPINION

Helping After Harvey

Give locally in Texas; give money not stuff.

The scenes of devastation from Hurricane Harvey in Texas will prompt many generous people to contribute to immediate relief efforts.

First, a reminder to give money, not stuff. The organizations on the ground need money now to address particular needs.

As a local paper, it fair to say that if we had a similar disaster here in Northern Virginia, we would want donated money

to go to local organizations that understand local needs, rules, supply chains, etc. Give locally.

Houston Food Bank

Displaced families and individuals will need to be fed for a long time.

Donate online www.houstonfoodbank.org
535 Portwall St.
Houston, TX 77029
713-223-3700

Greater Houston Community Foundation

Will coordinate the Hurricane Harvey Relief Fund to accept tax deductible flood relief donations for victims that have been affected by the recent floods.

Donate online ghcf.org
5120 Woodway Dr.
Suite 6000
Houston, TX 77056
713-333-2200

The Coalition for the Homeless of Houston/Harris County

Tens of thousands of people in and around Houston will be newly homeless as the floods recede.

Donate online www.homelesshouston.org
2000 Crawford Street, Suite 700
Houston, TX 77002
713-739-7514
www.homelesshouston.org/take-action/donate/

Houston Humane Society

Donate online at www.houstonhumane.org
[www.houstonhumane.org/\(Give\)/giving/general-donation](http://www.houstonhumane.org/(Give)/giving/general-donation)

14700 Almeda Road
Houston, TX 77053
713-433-6421

San Antonio Humane Society

Is housing pets of people displaced by Harvey who are taking shelter at the AT&T Center or other places in San Antonio.

Donate online at sahumane.org
4804 Fredericksburg Road
San Antonio, TX 78229
210-226-7461 or 210-518-9742.

Austin Pets Alive!

This rescue group partners with local rescues. Austin Pets Alive! has been helping shelters in the direct line of Hurricane Harvey. They've transported more than 330 animals to their shelter and are expecting hundreds more.

Donate online www.austinpetsalive.org/donate/donate-now/ or visit austinpetsalive.org/hurricane-harvey-evacuations/

Ready for School Random interviews show Potomac students completing summer reading.

BY PEGGY MCEWAN
THE ALMANAC

With school beginning on Tuesday for most students, it's time to check in with summer reading assignments.

A quick survey of students in Potomac Village Friday afternoon showed that they were on task with their reading.

Most were finished with their reading assignments or close enough to know they would finish in plenty of time for that first bell to ring.

Dominic Provenzano and Isshin Kurokawa will be sophomores at The Heights School and, along with other rising 10th graders at the school, had to read "American Cicero: The Life of Charles Carroll" by Bradley J. Birzer.

They also had a list of six books from which to choose two others to read.

Dominic selected "A Separate Peace" by John Knowles as one of his books but has not started a third; he's not worried.

"I have another two weeks to read them" he said.

Isshin chose "Voyage to Alpha Centauri" by Michael O'Brien and "The Last of the Mohicans" by James Fenimore Cooper.

He is finished with his reading and said "Voyage" was his favorite.

"It had a good story and was easiest to understand," he said.

Now they have to write about the books with a focus on "kairos," the point at which the book's action leads the character to success or failure, according to Isshin.

Summer reading and the required essay are "a big chunk" of the students' first quarter grade, Dominic said.

Setare Aliakbar and Melissa Marks said they were discussing their summer reading while



Isshin Kurokawa and Dominic Provenzano will start the school year as 10th graders at The Heights School in September.

catching up over lunch Friday.

Both are rising juniors at Winston Churchill High School and will be in the Advanced Placement English class, AP Language and Composition.

For the class, they had to read four essays and take notes.

"We are following SOAPSTONE," Melissa said. "It's an acronym for how to annotate a narrative."

"It's a big jump from regular [reading]," Setare said.



Melissa Marks and Setare Aliakbar having a late lunch at Moby Dick in Potomac. The girls will be juniors at Winston Churchill High School this year.

Finally, Lauren Katz, Emma Hoch and Ethan Missner, all rising juniors at Charles E. Smith Jewish Day School, all reported they have finished their summer reading.

They were required to read "The Catcher in the Rye" by J. D. Salinger, an easy read according to Lauren.

"There's a lot to it," Emma said.

And then their conversation turned to what they did during summer vacation ... another back to school topic.

POTOMAC ALMANAC

www.PotomacAlmanac.com

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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Food Pictures. at Photoworks, 7300 MacArthur Boulevard. Foodies: A Juried Photography Exhibition, on display Sept. 15-Oct. 22. Meet the juror Debra Moser, Friday, Sept. 15. Visit www.glenechophotoworks.org for more.

Pups on the Patio. 4-7 p.m. every Thursday at Silver, 7150 Woodmont Ave., Bethesda. Guests can enjoy drinks, appetizers and dinner with their pets outside on Silver's patio. Visit www.eatatsilver.com for more.

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.

THURSDAY/AUG. 31

Potomac Community Village Party. 3:30-5 p.m. in Potomac. An opportunity to meet neighbors. Location of the party will be at a private Potomac home, with location and directions provided when RSVP by Saturday, Aug. 25. Email info@PotomacCommunityVillage.org, or call 240-221-1370 for more.

Bob Smith and Rob Vetter in Concert. 7-10:30 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road. Call 301-983-8838, or visit popovers.com

SEPT. 2-4

7th Annual Yellow Barn Drawing Exhibition. Various times at The Yellow Barn Studio & Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The Friends of the Yellow Barn are holding a drawing exhibition open to all members. A closing reception for the exhibition will be held on Monday, Sept. 4 from 5-6:30 p.m. Call 240-626-4981 or email alex.bartman@outlook.com.

WEDNESDAY/SEPT. 6

Library of Congress Tour. 10:30 a.m. meet in Potomac. A docent-led tour Library of Congress' new exhibit, "Echoes of the Great War." Possibly take Metro to get there. Email



Art Exhibit

Meet the Artists, Friday, Sept. 8, 6-9 p.m. at the New Masters Art Gallery, 12276 Wilkins Ave., Rockville. "Points of View", featuring paintings by Ruth Marcus, Tom Semmes, Katherine R. Richards, and Karash Payne. Visit www.newmastersartgallery.com.

info@PotomacCommunityVillage.org, or call 240-221-1370 for more.

SEPT. 6-30

The Trawick Prize Art Exhibit. Various times at at Gallery B, 7700 Wisconsin Ave., Suite E. Bethesda Contemporary Art Awards eight finalists in a group exhibition, on display Sept. 6-30. Artists include Cindy Cheng, Baltimore; Larry Cook, Landover Hills; Amy Finkelstein, Takoma Park; Helen Glazer, Owings Mills; Giulia Livi, Baltimore; Michele Montalbano, Burke; Ben Piwowar, Baltimore; Renée Rendine, Towson. Call 301-215-7990 for more.

FRIDAY/SEPT. 8

Meet the Artists. 6-9 p.m. at the New Masters Art Gallery, 12276 Wilkins Ave., Rockville. "Points of View", featuring paintings by Ruth Marcus, Tom Semmes, Katherine R. Richards, and Karash Payne. Visit www.newmastersartgallery.com/ for more.

Meet the Artist. 6-9 p.m. at the Waverly Street Gallery, 4600 East West Highway, Bethesda. Wildlife Conservation Show with photography by Carol L Leadbetter, on exhibit Sept. 5-Oct. 7. Call 301-951-9441 for more.

SEPT. 9-10

Visiting Artist Reception. 6:30-9 p.m. at The Yellow Barn Studio & Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Artist Ilya Gefter will present a lecture based on personal experience of living and working as a painter in over seven cities on three continents: starting in St. Petersburg, Russia and arriving at Tel Aviv, Israel in recent



ART BY RUTH MARCUS AND TOM SEMMES

years. Call 240-626-4981 or email alex.bartman@outlook.com.

THURSDAY/SEPT. 14

Humorist Helen Abrahams. 7-9 p.m. at Potomac Community Center, 11315 Falls Road. Comedian sponsored by Potomac Community Village (PCV). Call 240-221-1370, info@potomaccommunityvillage.org or visit www.PotomacCommunityVillage.org for more.

FRIDAY/SEPT. 15

Fall Open House. 4-7 p.m. at My Gym Potomac, 11325 Seven Locks Road. Meet the teachers, gymnastics, and get back to school discounts. Call 301-983-5300 or visit www.mygym.com/potomac.

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/

SEPT. 16-17

Artist Exhibit. Various times at The Yellow Barn Studio & Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Artist Julie Gross will present her works. Call 240-626-4981 or email alex.bartman@outlook.com.

MONDAY/SEPT. 18

Taste of Lettuce. 6 p.m. at Mon Ami Gabi, 7239 Woodmont Ave, Bethesda. Five-course reception and dinner with wine pairings, to

exploring Lettuce Entertain You restaurants from the DC Metro Area. \$75 Call 703-707-0233 for more.

SEPT. 22-24

34th Annual Middle Eastern Festival. Various times at Saints Peter & Paul 10620 River Road. Featuring authentic Middle Eastern food, music, giftware, raffles, pastries and jewelry, playground, moon bounce, face painting and spin art. Free. Call 301-765-3400 or visit www.peterpaul.net

SEPT. 23-24

Montgomery Teachers Art Exhibition. Various times at The Yellow Barn Studio & Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call 240-626-4981 or email alex.bartman@outlook.com.

SUNDAY/SEPT. 24

Tiger Trot 5K Run/Walk. 8:30 a.m. at the Connelly School of the Holy Child, 9029 Bradley Blvd. Holy Child's 7th Annual Tiger Trot 5K Run/Walk. Fees vary by age. Visit www.holychild.org/tiger-trot-2017.

THURSDAY/SEPT. 28

Decade of Design Celebration. 6-9 p.m. at The DC Design House, 9004 Congressional Court, Potomac. This year's Design House is dedicated to Ann Lambeth, who was a supporter of the cause and the design community, open Sept. 30-Oct. 29. \$35, proceeds from boutiques and designer sales, with most items in designers' spaces available to purchase, are donated to Children's National Visit www.dcdesignhouse.com/ for more.

Eco-Friendly Remodeling... It's All in the Details



It's not just how a remodel is built that makes it environmentally friendly. It's the finishing touches that are incorporated that can make all of the difference. Today's eco-friendly home products are not only good for the environment, but are great to look at and easy to maintain.

Paper-Based Countertops Made of tree pulp taken from strictly managed sustainable forests, paper-based countertops are a great alternative to stone and plastic surfaces. They come in a variety of colors and are mostly stain, scratch and heat resistant.

Bamboo Plywood Bamboo is a sustainable wood because it grows rapidly and reaches maturity in just four years. The plywood is laminated together using a low-VOC (volatile organic compound) adhesive. Bamboo is great for bathrooms because it stands up well in a moist climate.

Natural Linoleum Flooring Natural linoleum has been popular for over 100 years. It is made from all raw materials, including linseed oil, resins and wood flour and is easy to clean.

Recycled Glass Countertops Windshields, stemware and beverage bottles are bound together with concrete and fly ash (a waste by-product of coal-burning power plants) as opposed to a petroleum-based resin binder. The countertops are comparable to granite in terms of strength, scratch resistance, heat resistance and maintenance.

Cork Flooring To make this flooring, about one third of the cork-oak tree's trunk is stripped — the tree is left undamaged and quickly regenerates new bark. Cork flooring is durable, yet it is much softer than standard hardwood flooring and it's easy to install with a tongue-and-groove locking system.

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

Visit GlickmanDesignBuild.com or call 301.444.4663 to learn more.



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June, 2017 Sales, \$986,000~\$1,060,000

IN JUNE 2017, 75 POTOMAC HOMES SOLD BETWEEN \$2,303,000-\$749,000.



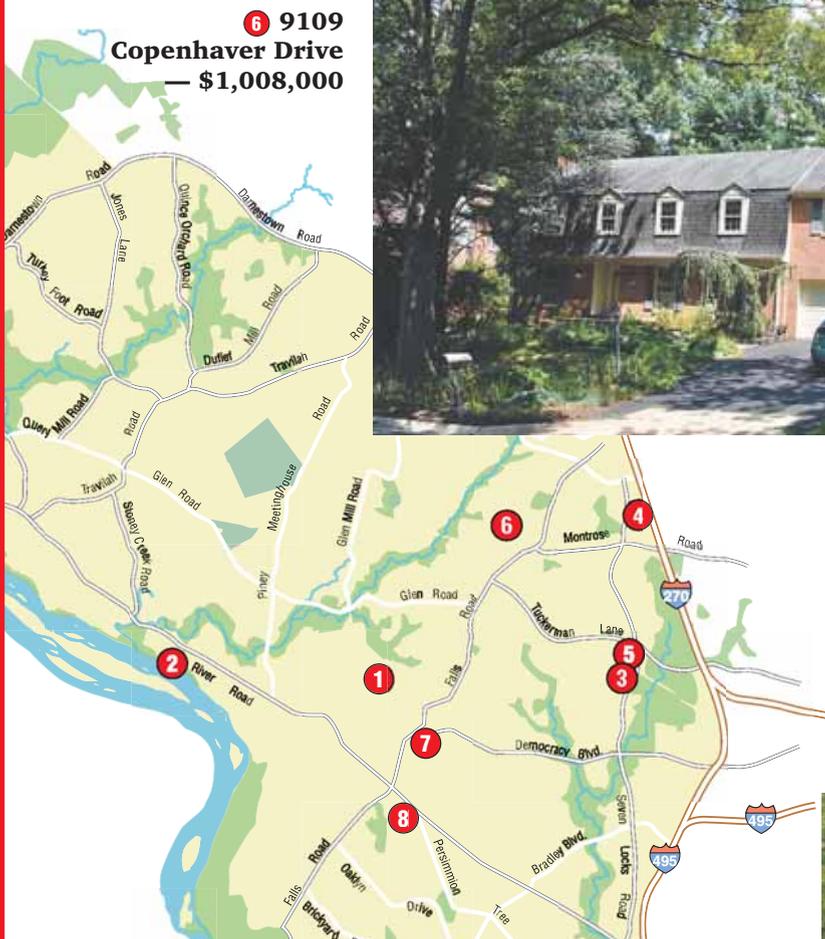
4 12500 Park Potomac Avenue #1009S — \$1,025,000



6 9109 Copenhaver Drive — \$1,008,000



3 7900 Turncrest Drive — \$1,030,000



2 10812 Admirals Way — \$1,050,000



1 10911 Edison Road — \$1,060,000



8 14 Accord Court — \$986,000

Address	BR	FB	HB	..	Postal	City	..	Sold Price	Type	Lot AC	..	PostalCode	Subdivision	Date Sold
1 10911 EDISON RD	5	4	0	POTOMAC	..	\$1,060,000	Detached	2.05	20854	POTOMAC OUTSIDE	06/28/17	
2 10812 ADMIRALS WAY	4	3	0	POTOMAC	..	\$1,050,000	Detached	1.14	20854	DARNESTOWN OUTSIDE	...	06/02/17	
3 7900 TURNCREST DR	4	3	1	POTOMAC	..	\$1,030,000	Townhouse	..	0.12	20854	POTOMAC CREST	06/14/17	
4 12500 PARK POTOMAC AVE#1009S	2	2	0	POTOMAC	..	\$1,025,000	Hi-Rise 9+ Floors	20854	PARK POTOMAC CODM	06/27/17	
5 11207 POTOMAC CREST DR	5	3	1	ROCKVILLE	..	\$1,010,000	Semi-Detached	0.15	20854	POTOMAC CREST	06/08/17	
6 9109 COPENHAVER DR	5	3	2	POTOMAC	..	\$1,008,000	Detached	0.35	20854	COPENHAVER	06/16/17	
7 10521 DEMOCRACY BLVD	5	3	1	POTOMAC	\$990,000	Detached	0.42	20854	BLENHEIM	06/22/17	
8 14 ACCORD CT	5	4	0	POTOMAC	\$986,000	Detached	0.46	20854	CONCORD	06/30/17	

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'He Who Laughs, Lasts'

A free Potomac Community Village program called "He Who Laughs, Lasts" will present local humorist Helen Abrahams, on Thursday, Sept. 14, 7 p.m., for an evening of jokes and laughter.



In her presentation, including music, Abrahams will define humor, its uses, the characteristics needed to develop a sense of humor, and how to maintain humor in one's life. The program, at the Potomac Community Center, 11315 Falls Road, Potomac, is free and open to all.

Abrahams is the marketing and community relations coordinator for Eden Homes of Potomac.

Over the past decades, she has run senior centers and county programs for retirees, with several of her original educational, recreational and social programs at county senior centers recognized with national accolades and awards, among them "Law Day, an Elder Law Series," which became a model for programs throughout the country; "This Joint is Jumpin'," which focused on bone and joint health; and "Dating After 50," which brought singles together into couples and produced a number of marriages. A New York native, Abrahams earned a B.A. and M.A. in education at Queens College, part of the City University of New York.

Potomac Community Village is a non-profit all-volunteer network of neighbors and friends geared to enabling older Potomac residents to age in place — to thrive in place and age in community — by creating social connections and providing volunteer services such as transportation, computer assistance, friendly visits and simple home repairs. For more information, to volunteer or get volunteer help, contact 240-221-1370, info@PotomacCommunityVillage.org, or check out www.PotomacCommunityVillage.org, or www.Facebook.com/PotomacCommunityVillage.

BULLETIN BOARD

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

WEDNESDAY/AUG. 30

Dementia-Related Behavior. 2-3:30 p.m. at Arden Courts of Potomac, 10718 Potomac Tennis Lane, Potomac. To help caregivers decipher behaviors and determine how best to respond, the Alzheimer's Association offers the Understanding and Responding to Dementia-Related Behavior program. Visit www.alz.org/nca/in_my_community_64062.asp.

THURSDAY/AUG. 31

Living with Alzheimer's: For Early-Stage Care Partners. A three-part series on Thursdays: Aug. 31, Sept. 28, and Oct. 26, 11 a.m.-12:30 p.m. at Brightview Falls Grove, 9200 Darnestown Road, Rockville. To register for an Alzheimer's Association program, call 800-272-3900, 240-428-1342 or email lvajpeyi@alz.org.

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Results! Why, man, I have gotten a lot of results. I know several thousand things that won't work.

-Thomas A. Edison

Obituary

Obituary

C. Owen Allen, age 90, a resident of Naperville, IL, formerly of Cody, WY and Maryland, died Friday, August 25, 2017. He was born August 19, 1927 in Trinidad, CO. Beloved husband of the late Nina Allen (nee Schultz), whom he married September 3, 1950 and who preceded him in death on November 22, 2006, loving father of Cheryl (Mark Kosnik) Allen Kosnik of Naperville and the late James F. Allen, adored granddaddy of Rebecca (Dustin) Allen and Allen Kosnik of Naperville, cherished great-granddaddy of Orion and Leo Allen, devoted son of the late Thomas S. and Holland (nee Wilson) Allen, dear brother of Thomas S. Allen of Denver, CO, brother-in-law of Irene Schultz of Wyoming, fond cousin, uncle and friend of many. Owen grew up in the coal mining town of Trinidad, CO and was a graduate of Trinidad High School. He served in the U.S. Navy during World War II and later graduated from the University of Colorado at Boulder with a degree in Journalism.



Owen began his work career as a disc jockey at KODI radio station in Cody, WY and went on to serve as president of the Cody Chamber of Commerce where he established the Welcome Wagon Program. He later moved to Denver, CO, was employed as a field representative for the Highway Users Federation, was promoted to Field Director and transferred to Washington DC in 1972. Under Owen's leadership the Highway Users Federation was responsible for the "right turn on red" rule and many seatbelt safety laws. He retired as Director of the Field Agents in 1992 and lived in Potomac, MD.

Owen was a longtime active member of Geneva Presbyterian Church in Potomac, served as a church elder and lector and was responsible for the installation of the church sound system. He enjoyed wordplay, golfing, computer programming, music, dancing and was a drummer in his younger years. Generous and gregarious, Owen never met a person or pun he did not like. He encouraged everyone he loved to "Be Brave; figure out the right thing to do, be brave, and do it." A memorial visitation and service will be held Thursday, August 31, 2017 at Friedrich-Jones Funeral Home & Cremation Services, 44 S. Mill St., Naperville, IL.

Future Inurnment: Riverside Cemetery, Cody, WY. In lieu of flowers, memorials can be made to: Naperville Responds For Our Veterans, 210 S. Washington St., Naperville, IL 60540, (331) 684-7899, nrfov.org For more information, please visit www.friedrich-jones.com or call (630) 355-0213.

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Bathroom Humor



By KENNETH B. LOURIE

I write this column in all sincerity, but what are you asking me for? A rhetorical question if there ever was one. To what I refer is the question I was asked earlier this morning by one of the home-improvement tradesman working on my upstairs bathroom. Having made significant progress on the bathroom in the five weeks or so since I published "And So It Begins," a column detailing the few facts I retained about the demolition/renovation and the anxiety I felt about it, today's task was waterproofing the shower enclosure/bathroom floor in preparation for the tile, if I understand correctly. Now, as further context, I know very little about home improvement (car repairs, computer technology, lawn and garden; shall I go on?). Moreover, I know very little Spanish. Combine the two, as happened this morning, and you are asking (literally) for trouble.

The waterproofing man arrived at 8:45 a.m. The day before, his boss/presumably the owner, had stopped by for a walk-through and to drop off materials for the job. I thought I would see him again, I was wrong. The only person on the job is the person whose English is better than my Spanish and the only Spanish I know, I know from a cartoon character, "Speedy Gonzales, the fastest mouse in all of Mexico," I grew up watching on Saturday-morning television. After directing him to the upstairs bathroom, within a few minutes, the man walked downstairs and asked/motioned for me to follow him back upstairs, I figured there was likely a question that needed answering so immediately I got off the couch to assist.

Once we were both inside the bathroom, he started pointing to the walls (front, back and sides), ceiling, niche and planned-for bench within the enclosure, to ask for — so far as I could understand, what needed to be waterproofed (I'll spare you any details about the process since I'm unlikely to do so accurately). Now, other than asking the project manager Simple-Simon-type questions about what is going on, what has gone on (literally and figuratively) and what is planned to be going on, I am out of any kind of loop. The workmen come in. I point them upstairs. Then I go into my office and mind my own business. I rarely check their progress. Generally speaking, I only look to see what's been done after they've left. I am not in anybody's way and I don't serve as any kind of resource other than answering the most basic questions: "Is that the basement door?" "Do you mind if we shut off the water?" "Is there a hardware store nearby?" As such, I am the least-bit helpful.

The man working today is new to me/the project. He's not been here before. But I did open the door to let him in and I did direct him to the upstairs bathroom. For all he knows/has experienced so far, I seem to be somewhat helpful. Ergo, after a bit, rather than calling his boss, he came back downstairs to solicit my help. Limited though I knew it would be, I was happy to try. As the conversation began, it became clear to me that not only did I not know what he was talking about (job wise), I couldn't even understand what it was that he was saying. I was lost in translation and lost in intention. As I attempted to answer/explain/guess what he was asking while we were both pointing/gesturing/talking, I quickly realized that this was a language match not made in heaven. Nevertheless, we eventually came to some sort of an understanding of the task at hand and back downstairs I went.

Sitting on the couch, I began to feel uncomfortable about the instructions I think I had just given/agreed to. As a result, I considered calling my project manager at home on a Saturday morning to get some clarity/confirmation about what I think had just transpired upstairs. Not at all bothered by my weekend intrusion, and after listening to a condensed version of this column, Stefan assured me that what seemed to be happening here was supposed to be happening.

And here I thought outliving my lung cancer prognosis by six-plus years was a miracle.

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



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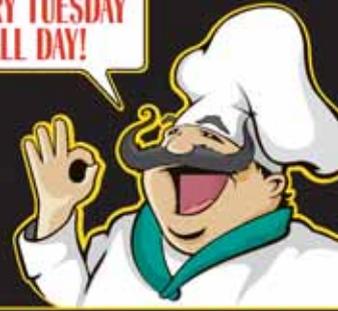
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CONNECTION FAMILIES

Time for School

Making the transition from summer to the classroom.

BY MARILYN CAMPBELL

As children savor the last days of summer, many families are gearing up for the start of a new school year. From first day anxiety to new bedtime routines, local educators offer suggestions for a seamless transition to the classroom.

"I have always loved the rhythms of the school calendar because of the beginnings and endings and the possibilities for reflection and a chance to refresh and renew..." said Amy L. Best, Ph.D., professor and chair, Department of Sociology and Anthropology, George Mason University. "I think the ritual of back-to-school shopping, whether that means a new binder and notebook, a new backpack, or a pair of new sneakers ... remains important for us because it offers opportunity to think about school anew."

The start of a new school year is an ideal time to help children set reasonable expectations, an important concept for high school students who begin to manage an increasing amount of responsibility and must learn to create a balance in their lives, says Best. "Put things in perspective," she said. "Sometimes the goals [that are] focused on personal growth, like learning how to advocate for yourself with a teacher, or navigating the halls, are as important as identifying academic milestones."

"It's useful to revisit points of struggle and perhaps more importantly, triumphs from the previous year. Reminding a student how they successfully managed a difficult issue is helpful," said Best.

Gone are the days of staying up late and sleeping in the next day. A healthy bedtime routine must be re-established gradually, advises Sean Aiken, head of school, BASIS Independent McLean.

"Consider easing into the early morning routine by adjusting your sleep schedules several days before school starts with progressively earlier wake up times," said Aiken. "Building the routine before the first day of school will help the adjustment on day one."

"In the week before the school year begins, families should revisit the expectations for bedtimes and morning routines and choose an evening and following morning to practice the routines," said Jalene Spain Thomas, Lower School Director St. Stephen's and St. Agnes School in Alexandria. "Children will appreciate knowing that the new routine for this school year includes a slightly later bedtime or more time for independent reading or shared reading with a parent."

For younger students, separation anxiety may become an issue as they move into a parent-free envi-



PHOTO BY MARILYN CAMPBELL

The ritual of back-to-school shopping offers an opportunity to think about school anew, says Amy Best of George Mason University.

ronment each day, says Aiken. "In these cases, contact the school and establish a go-to adult for your child to talk to in the event they miss you too much during the day," he said.

Focusing on the positives about a child's school environment can help ease anxiety. "Younger students may want to draw a picture of what they think their

"Consider easing into the early morning routine by adjusting your sleep schedules several days before school starts with progressively earlier wake up times."

— Sean Aiken, head of school, BASIS Independent McLean

new classroom will look like," said Thomas. "Older students may enjoy writing a list of what they hope to accomplish in the school year that the family opens together in January."

Start with an organized workspace and shared family calendar to keep the family organized from day one, advises Aiken. "Folders and binders for home organizational systems are just as important as those your child will bring to school," he said. "Post a large calendar in a common area of the home so early due dates, back to school nights, and extracurricular activities can be seen by everyone in the family."

"Parents, remember to take some time for yourselves in those early days, too," said Aiken. "You've worked hard all summer arranging camps, play dates, and other great activities. Maybe it's time to take a long lunch break together or catch a cheap matinee once you're safely assured that you children are off and running in their new learning adventures."