Cameron Rittenhouse-Smith browses the children’s book section at the Potomac Library Book Sale on Saturday, Aug. 11. He said he started a program to give books to children in foster care in Washington County, Md.

Finding New Homes for Books

MCPS Releases Results Of Tests for Lead in Water

Making Downsizing A Breeze
## June, 2018 Sales

**$1,300,000~$1,500,000**

In June 2018, 74 Potomac homes sold between $2,160,000-$525,000.

<table>
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<tr>
<th>Address</th>
<th>Sold Price</th>
<th>Postal City</th>
<th>Sold Date</th>
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*Copyright 2018 MarketStats for ShowingTime. Source: Bright MLS as of July 13, 2018.*
Finding New Homes for Books

Friends host monthly Potomac Library book sale.

By Peggy McEwan, The Almanac

The monthly Book Sale at the Potomac Library is such a longstanding tradition that buyers and volunteers come from miles around to take part and many even know each other on a first name basis.

Elaine Green, for instance, started coming to the sale as a patron but now, the D.C. resident comes to help because she likes it.

“It’s been working here at least 10 years,” she said.

“It is a wonderful book sale.”

Judy Davis said she has been a member of the Friends of the Library, Potomac for 20 years and is now chairman of the Book Sale.

“We only cancelled it once,” she said. “That was because the roof fell down, that was many years ago.”

Davis said that the book sale receives thousands of books each month. There are carts in the library lobby for donors to leave their books. The work of sorting books is a full-time job, she said, one done by volunteers five days per week.

“We have the monthly sale and an ongoing sale in the lobby and books that are worth something are sold on eBay,” Davis said. “After the sale the books come out to the lobby sale and if they don’t sell [here] they go to a bookseller.”

Each month everything at the sale is new, Davis said, they do put out books from previous months. Besides passing the books on to new readers, the book sale generates income for the Friends of the Library, Potomac.

“All the money stays here,” Davis said. “We pay for a lot of the children’s programming and adult programming and we partner with the garden club, paying for some professional upkeep of the library gardens.”

The Friends of the Library, Potomac, also pays for a Library Lover’s Month display in the library lobby, the summer reading program, and has a literary character in the parade during the Potomac Day celebration.

“I think this year it is going to be Paddington,” she said.

Among the regulars at the sale Saturday, Aug. 11, was Cameron Rittenhouse-Smith of Rockville. He comes in search of children’s books, he said.

“I bought so many beautiful kids’ books today,” he said as he loaded several boxes of books into his car, then went inside to look for more.

Rittenhouse-Smith said he started a program to give books to children in foster care in Washington County, Md. “Montgomery County has a lot of generous people and good services,” he said. “I thought Washington County didn’t have as much.”

He said he looks for good books, ones that look like new. Saturday, he said he bought 70 or 80 for his program. At the end of the 2017-2018 school year he delivered 248 books which were given to the children at an end of the year picnic for foster children and their families.

Rittenhouse-Smith said he does it because he is passionate about children reading and it seems like a good thing to do. He hopes to expand his book giving to a Title 1 elementary school in Hagerstown.

The principal there contacted him and asked for books for her students.

“I’m going to do the best I can,” he said. “I like the idea so much, it might be a real gift [to a child] greater than what I’m paying [for the books].”

The next Book Sale will be from 10 a.m. to 1 p.m. Saturday, Sept. 8 at the Potomac Library, 10101 Glenolden Drive.

MCPS Releases Results of Tests for Lead in Water

Less than 2 percent of fixtures failed.

By Peggy McEwan, The Almanac

The results of a system-wide testing for lead in drinking water outlets in Montgomery County Public Schools revealed that less than 2 percent of fixtures tested above the EPA action level, according to a statement from MCPS.

“Montgomery County Public Schools (MCPS) is committed to the safety of our students and staff,” the statement said. “In May 2017, Gov. Larry Hogan signed legislation requiring public and private schools to conduct periodic testing for the presence of lead in drinking water outlets. In response, MCPS tested the drinking water in all schools prior to June 15, 2018.”

According to the statement, if test results from a fixture were found to be above 20 ppb (parts per billion), the action level designated by both the U.S. Environmental Protection Agency (EPA) and the Maryland Department of the Environment (MDE), MCPS removed the fixture from use. The fixture is not returned to service until post-rehabilitation testing confirms the corrective actions lowered the test results below the action level.

As of Aug. 3, 2018, test reports came in for 208 schools with 13,248 outlets tested. The number of outlets with elevated results was 2,238, or 1.8 percent. Of outlets tested, the number of elevated outlets accessible to students was 153 or 1.1 percent.

In response to an inquiry about the Radnor Center, where Potomac Elementary School students will attend beginning in September, Sean Gallagher, assistant director of the Department of Facilities Management, Montgomery County Public Schools, replied, “…Regarding water testing at Radnor Center. Because Radnor Center was vacant last school year, it was not tested during the spring semester with the operating schools. Maryland Department of the Environment (MDE) regulations require testing when school is in session.

“However, we just completed water test at Radnor Center a few weeks ago in preparation for housing Potomac ES.” We anticipate receiving the lab report soon, so that within the next week or so, all drinking water outlets at Radnor Center will have test results below the MDE action level, or be taken out of service.

“For MDE [Maryland Department of Education] regulatory compliance, we will also be testing all drinking water outlets at Potomac ES.”
Making Downsizing a Breeze

Curiosity Consignment serves variety of clearing-out needs.

By Susan Belford
The Almanac

“W e don’t care about the stuff, we care about the people. We are in business to find good homes for your treasures.”

Curiosity Consignment’s Michael McWilliamson and Adele Branthover are experts who can advise and supervise the decluttering, downsizing and clearing-out agony of parting ways with all that’s been collected over the years.

The services of Curiosity Consignment range from selling items from their shop in Damascus, to listing them on eBay and Craigslist, giving appraisals, and managing estate liquidations. One of their services is to remove and pay for everything from a home. They sell what they can, donate to charity and then throw away the remainder.

“No two projects are alike,” Branthover said. “When it comes to downsizing years’ worth of accumulated possessions, our clients have various goals and different types of items which require different handling. We usually start with a visit to the home for an inventory. When you first contact us, we want to get to know your situation. Are you moving? Do you have a storage unit? Was there a death in the family? Are you looking to get top dollar for a premium collection of some type or do you need the contents from a home appraised and liquidated right away including the good, bad, and ugly?”

The first step is to send photographs of what is for sale to Branthover and McWilliamson and they will decide if it is a match. If so, they will schedule a visit to discuss consignment or direct purchase options. House-call fees start at $100 which covers an informal appraisal of interesting items in the home and the labor to pick up consignment items.

McWilliamson saw first-hand the need to help people clear out homes and sell their treasured items after his father died and he was forced to take action to clear the family home. He knew that the real value was the home, and he had to clear it out to sell it.

“When my dad passed away,” said McWilliamson, “I learned first-hand that most of the contents of a home are not worth anything to others. I had feelings of regret about so many items — but when I put a plastic sunroof switch for sale on eBay for a 1984 Lincoln Town Car — and someone who had been searching for just that part immediately bought it and told me they were thrilled to find this part because there were no others across the U.S. (my dad had bought two switches and saved them), then I learned the power of helping others and how good it made me feel. I started my business after he died and have been thrilled to help people ever since. It is hard work, but I find it rewarding.”

McWilliamson also took a box of his great-grandmother’s buttons and created a mixed-media wall hanging which pays homage to her memory. “I feel like she’s still here with me,” he said.

Branthover joined the business five years ago to help with marketing, business development, networking and counseling buyers and sellers. “She’s my right and left hand,” said McWilliamson.

Branthover worked as a medical assistant for 20 years and has a talent for empathizing with the elderly as they move to new housing. “I always recommend taking photographs of the favorite items that one is going to part with,” she said. “It really helps to be able to still enjoy their collections and treasures through photos.” The company also has four full-time employees and a number of part-time employees.

Curiosity Consignment hosts a 3,000-square-foot showroom in Damascus, with an additional 1,500 square feet in the back for packaging and shipping. Seventy-five percent of their income comes from eBay and Craigslist sales. They also work with Habitat for Humanity and thus, if they cannot sell items, they are donated and the customer can take the tax write-off. The business also partners with Nathan’s Ridge, a Damascus-based non-profit which helps those on the road to recovery.

The store is open from 10 a.m.-6 p.m., Tuesdays-Fridays, 10 a.m.-4 p.m. Saturdays, 12-4 p.m Sundays and closed Mondays. No appointment is needed but call if there’s a lot of stuff or require extra attention. For a fee, they offer pickup services and house calls.

“We find that most of our estate customers need our trained eyes in identifying what is valuable and what is junk,” McWilliamson said. Charges for their various services are on their website: www.curiosityconsignment.com.

McWilliamson writes a blog that is posted on their website and discusses what is valuable and sells. “It used to be that silver, china, collectable statues and ceramics — all were sought after. Now people aren’t buying those items — they want authentic antiques, vintage lighting, older toys — even manual typewriters and Beatles records.”

Curiosity Consignment is located at 9870 Main St., Damascus. For more information, call 240-207-3783.
MCPS Tests for Lead

From Page 3
Radnor Center during the school year when school is in session. According to the Environmental Protection Agency (EPA) website epa.gov, “the EPA and the Centers for Disease Control and Prevention (CDC) agree that there is no known safe level of lead in a child’s blood. Lead is harmful to health, especially for children.”

“The Safe Drinking Water Act requires EPA to determine the level of contaminants in drinking water at which no adverse health effects are likely to occur with an adequate margin of safety. These non-enforceable health goals, based solely on possible health risks, are called maximum contaminant level goals (MCLGs). EPA has set the maximum contaminant level goal for lead in drinking water at zero because lead is a toxic metal that can be harmful to human health even at low exposure levels. Lead is persistent, and it can bioaccumulate in the body over time.

“Young children, infants, and fetuses are particularly vulnerable to lead because the physical and behavioral effects of lead occur at lower exposure levels in children than in adults. A dose of lead that would have little effect on an adult can have a significant effect on a child. In children, low levels of exposure have been linked to damage to the central and peripheral nervous system, learning disabilities, shorter stature, impaired hearing, and impaired formation and function of blood cells.”

The Centers for Disease Control and Prevention (CDC) recommends that public health actions be initiated when the level of lead in a child’s blood is 5 micrograms per deciliter (µg/dL) or more.

According to the CDC, “It is important to recognize all the ways a child can be exposed to lead. Children are exposed to lead in paint, dust, soil, air, and food, as well as drinking water. If the level of lead in a child’s blood is at or above the CDC action level of 5 micrograms per deciliter, it may be due to lead exposures from a combination of sources. EPA estimates that drinking water can make up 20 percent or more of a person’s total exposure to lead. Infants who consume mostly mixed formula can receive 40 percent to 60 percent of their exposure to lead from drinking water.”
For many children, one of the exciting back-to-school rituals is selecting a new lunchbox. For parents, that means choosing midday fare to pack in those lunch-pails. While fresh ideas for healthy and satisfying meals may flow freely at the beginning of the school year, as the weeks pass, it can become easy to slip into a lunchtime rut of daily turkey sandwiches. Local nutritionists and culinary instructors offer ideas designed to serve up lunchbox love all year long.

"Making healthy lunches is just about parents educating themselves on the healthy food options that are available and then teaching their kids to make healthy food choices," said Mary Murray of Reston-based Teri Cochrane, Beyond Nutrition. "With my own kids, I just kept bad food choices out of the house so they didn't have those options."

Trade junk food favorites like potato chips for healthy alternatives like plantain chips, advises Murray "Plantain chips are actually very good and they're also good for you and still have the crunch. If kids were to bring some extra to share with their friends, more kids will see that they're actually delicious."

"Protein and vegetables are remarkably important, but underrepresented," said Mary Murray of Reston-based Teri Cochrane, Beyond Nutrition. "With my own kids, I just kept bad food choices out of the house so they didn't have those options."

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"Cutting fruit into larger pieces for example, keeps them from turning brown as quickly. A Granny Smith apples for example is less likely to turn brown than a Red Delicious apple."

"Beans are good for protein and keeping their blood sugar stable. Try things like white bean hummus, chili and stews and soups that are made with beans."

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Involving children in the process of selecting and preparing the items that go into their lunchboxes is a key to increasing the chances that those healthy items will actually be consumed, advises Terri Carr of Terri's Table, a cooking school in Potomac, Md. "Children love to cook and the desire for cooking classes in this area is tremendous. Carr offers classes on cooking with children. "Many kids will eat fresh baby carrots, celery and cucumber, which are also hydrating," added Carr. "Crunchy dried fruit like blueberry, apples and mangos can go in their lunchboxes instead of chips and they're usually a hit."

Replacing fruit juice with natural fruit water by soaking fresh fruit in water to add a burst of flavor without added sugar is another option offered by Cochrane's firm. "Stevia or monkfruit can also been added to sweeten the taste without increasing the sugar content."

"When it comes to beverages, children should only have whole milk and water in their lunchboxes," said Ducey. "Whole milk keeps the child fuller longer. Skim milk actually spikes the sugar and they're full at first, but hungry soon after. And a hungry kid doesn't learn as well."

As important as the food that goes into a child’s lunchbox are the containers that hold each dish, suggests Ducey. "Invest in good quality stainless steel containers and utensils rather than plastic," she said. "Plastic can transmit chemicals into your food, so stainless steel is a good alternative."

Lunches That Make the Grade
Ideas for packing healthy foods that children won’t want to trade.

By Marilyn Campbell

For many children, one of the exciting back-to-school rituals is selecting a new lunchbox. For parents, that means choosing midday fare to pack in those lunch-pails. While fresh ideas for healthy and satisfying meals may flow freely at the beginning of the school year, as the weeks pass, it can become easy to slip into a lunchtime rut of daily turkey sandwiches. Local nutritionists and culinary instructors offer ideas designed to serve up lunchbox love all year long.

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"Protein and vegetables are remarkably important, but underrepresented," said Sara Ducey, professor, Nutrition and Food at Montgomery College. "A lot of carbs or snacks, stuff like chips, end up in children's lunchboxes because they have a social value for kids who feel like they're open to being judged."

There is a social component to lunchbox fare that should not be overlooked, continues Ducey. "Lunches should be exciting and appealing, especially when children are feeling like they might be judged."

"Lunches should be exciting and appealing, especially when children are feeling like they might be judged."

— Sara Ducey, Professor, Nutrition and Food at Montgomery College
By KENNETH E. LOURIE

"Slow progression" does not mean we are now progressing slowly. Quite the opposite in fact. During this past Monday’s “Phoning It In” appointment with my three semi-amigos – me, my wife Dina, and my oncologist – discussed assessed my most recent CT scan results, a doctor told me to fight potential cancer fire with treatment fire. In effect, we are doubling down, decreasing my present every-seven-week infusion schedule back down to every three weeks and likewise reducing my three-month CT scan interval to two months. All of which changes my “managable” life to one more cancer centric. Not all appealing but as the South Korean woman said, life is truly to be fully lived and hopefully preserve (live long enough as well to see the new Star Trek series with Patrick Stewart returning as Jean Luc Picard).

I don’t want to be totally naive and presume that since the same medication has worked for five years, there can be no reason to think with a little tweaking, it can’t continue to work for another five years. However, my oncologist did say he’s had to see a similar treatment worked to slowdown the growth (after an unspecified period of stability like me so to quote my late father: “The idea has merit.”)

Ergo, the honeymoon is over. Now the hard part begins, again. One week not feeling well, two weeks feeling pretty well. Then waiting for scan results as if my life depended on it (aah). If nothing else, I have experienced off and on going on nine and half years since my diagnosis/prognosis. Still, after the last five years, it’s easy to work to slowdown the growth (after an unspecified period of stability like me so to quote my late father: “The idea has merit.”)

So we are returning to the scene of the crime (three week intervals) so to speak, and hoping we can nip this tumor growth in the bud thereby preserving your truly both longer and hopefully prosper (live long enough as well to see the new Star Trek series with Patrick Stewart returning as Jean Luc Picard).

Now I face another hurdle. Or rather, more of the same cure from it has been the bane of my existence – and millions more, many of whom have already succumbed to its cruel death sentence. Continuing research into the cause and effect has given me years my oncologist told me I probably didn’t have. “13 months two years” was my original prognosis.

How lucky am I. (Not a rhetorical question.) Cancer leaves a wake and in its path devastation and destruction. Its swath cuts across generations, cultures, demographics, ethnic backgrounds and gender identifications.

If there’s any fear we share collectively it is a diagnosis of cancer. Living with it and trying not to die from it has been the bane of my existence – and millions more, many of whom have already succumbed to its cruel death sentence. Continuing research into the cause and effect has given me years my oncologist told me I probably didn’t have. “13 months two years” was my original prognosis.

How lucky am I. (Not a rhetorical question.) Now I face another hurdle. Of the same cure, I have managed to jump over for nine-plus years. Whether the 10 percent-ish tumor growth is the real deal or merely just a blip on the cancer radar, only time and treatment will tell. This is the uncertainty all of us cancer patients must endure, and one hell of a burden, but I am determined to live through the every seven-week infusion chemotherapy and radiation treatments, which I am looking forward to with the same enthusiasm I had when I was preparing to live through the every seven-week chemotherapy treatments, which I endured with less enthusiasm.

And so we are returning to the scene of the crime three week intervals so to speak, and hoping we can nip this tumor growth in the bud thereby preserving your truly both longer and hopefully prosper (live long enough as well to see the new Star Trek series with Patrick Stewart returning as Jean Luc Picard).

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