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# Potomac ALMANAC

WELLBEING

PAGE 8

PHOTO BY PEGGY MCEWAN/THE ALMANAC

REAL ESTATE, PAGE 2 ♦ ENTERTAINMENT, PAGE 6 ♦ CLASSIFIEDS, PAGE 11



Volunteers greeted voters as they arrived at Potomac Community Recreation Center Tuesday. This group is mostly Democratic but Alex Moi, left, was sharing literature for Republican Harvey Jacobs.

## Rainy, Chilly But Spirited Day

NEWS, PAGE 4

KEEN Honors Bullis

NEWS, PAGE 3

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# Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC



**7** 9109 Wandering Trail Drive  
— \$844,000



**6** 11014 Lamplighter Lane  
— \$840,000

## August, 2018 Sales, \$840,000~\$934,000

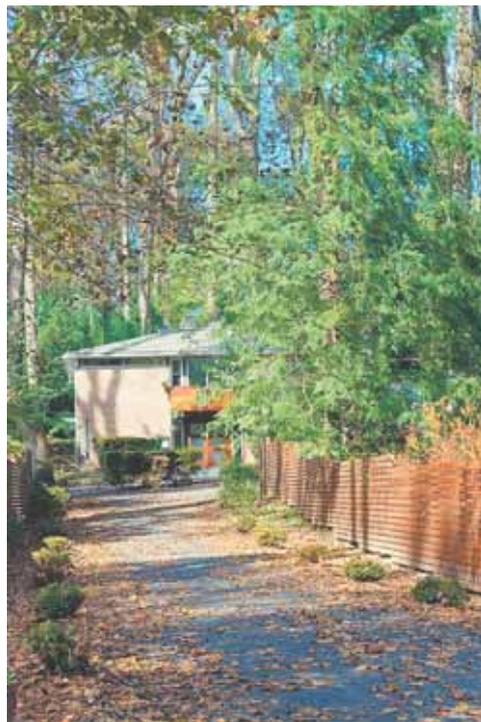
IN JULY 2018, 54 POTOMAC HOMES SOLD  
BETWEEN \$3,500,000-\$452,000.



**5** 9409 Eldwick Way  
— \$850,000



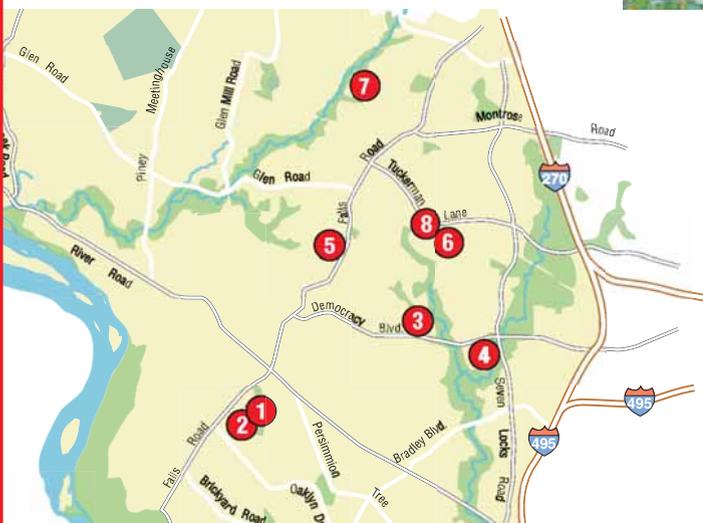
**4** 13 Buckspark Court — \$852,500



**2** 9316 Garden Court  
— \$925,000



**1** 10216 Garden Way — \$934,000



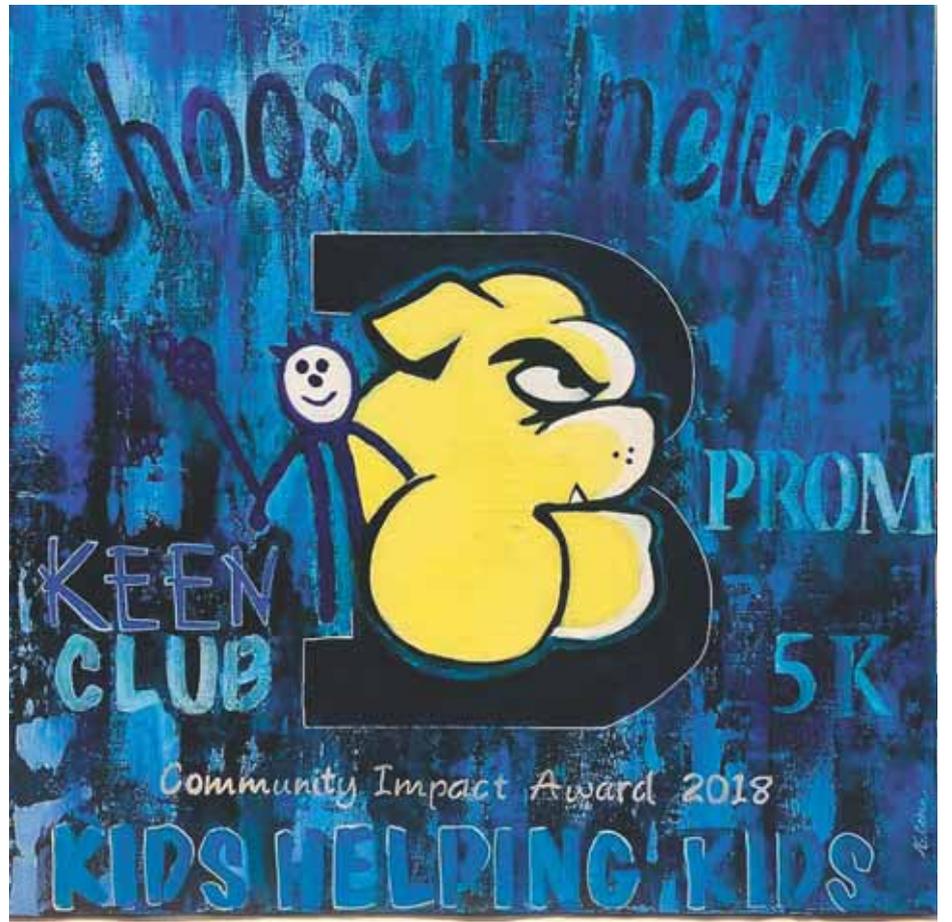
Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	PostalCode	Subdivision	Date Sold
<b>1</b> 10216 GARDEN WAY	4	3	1	POTOMAC	\$934,000	Detached	0.37	20854	TIMBERWOOD OF POTOMAC	08/21/18
<b>2</b> 9316 GARDEN CT	5	2	1	POTOMAC	\$925,000	Detached	0.44	20854	TIMBERWOOD OF POTOMAC	08/30/18
<b>3</b> 8610 TIMBER HILL LN	5	2	1	POTOMAC	\$910,000	Detached	0.24	20854	EAST GATE OF POTOMAC	08/06/18
<b>4</b> 13 BUCKSPARK CT	5	2	1	POTOMAC	\$852,500	Detached	0.28	20854	EAST GATE OF POTOMAC	08/17/18
<b>5</b> 9409 ELDWICK WAY	4	3	1	POTOMAC	\$850,000	Detached	0.49	20854	POTOMAC OUTSIDE	08/20/18
<b>6</b> 11014 LAMPLIGHTER LN	4	2	1	POTOMAC	\$850,000	Detached	0.23	20854	FOX HILLS	08/14/18
<b>7</b> 9109 WANDERING TRAIL DR.	4	4	0	POTOMAC	\$844,000	Detached	0.26	20854	FOX HILLS WEST	08/17/18
<b>8</b> 8408 TUCKERMAN LN	4	2	1	POTOMAC	\$840,000	Detached	0.24	20854	FOX HILLS	08/17/18

COPYRIGHT 2018 MARKETSTATS FOR SHOWINGTIME. SOURCE: BRIGHT MLS AS OF SEPTEMBER 15, 2018.



**Burt Braverman, president of KEEN, presents Dr. Gerald Boarman, Head of the Bullis School, and Bullis students with the Distinguished Community Impact Award.**

**KEEN commissioned this piece of art by Bullis mom and artist Kim Cohen to commemorate the community impact that Bullis has had on KEEN. Cohen and her family live in Potomac.**



# A Model for a Caring, Inclusive Community

**Bullis honored with Keen's Distinguished Community Impact Award.**

BY SUSAN BELFORD  
THE ALMANAC

**T**wice a month on Sunday afternoon, more than 30 Bullis KEEN Club members meet their buddies to go bowling, pick apples at Butler's Orchard, dance the Zumba, play games in the Bullis gym or participate in many other active programs. The afternoon is filled with camaraderie, laughter and friendship.

"We make an impact on our buddy's lives — but they make a bigger impact on ours," said Bullis KEEN Club's co-president Ethan Copeland.

His co-president Sophie Fragoyannis added, "The Bullis students gain far more than they give. We grow closer with our buddies throughout the year — and the excitement we feel when we spend time together makes each of us feel special."

KEEN (Kids Enjoy Exercise Now) programs are open to all youths, ages 5-25, with physical or developmental disabilities. Bullis students are paired with KEEN athletes and together they discover how much they can do. The unstructured activities allow athletes with significant challenges to make a friend and to feel successful.

Because of its commitment to KEEN, The Bullis School has been selected to receive the KEEN Distinguished Community Impact Award for the outstanding and inspirational support they have given to KEEN. The award was presented on Saturday, Nov. 3 at the KEENFEST Gala held at the Washington Hilton Hotel. The theme of the evening was "Keen's Got Talent" and featured entertainment by the KEEN athletes. Dr. Gerald Boarman, Head of The Bullis School received the award on behalf of the Bullis students.



**Sophie Fragoyannis and Ethan Copeland with Dr. Gerald Boarman.**

"I am proud to be accepting this award for the Bullis students," Boarman said. "The kids participate in KEEN Club because they want to be involved. They must fill out an application explaining what it means to them to be a KEEN coach — and they are proud when they are accepted. They connect with their buddies and form bonds that last forever. Bullis students initiated the program, plan the events and are committed to volunteering as coaches and friends. They truly love working with their buddies — and it has helped them develop an understanding that helping others makes them happy too."

Bullis parent and KEEN board member Barbara Guterman said, "The Bullis School has stepped up in every way to be the model for a caring, inclusive community. They have devoted the resources of the school and have galvanized the student body to

SEE KEEN HONORS, PAGE 11



**Barbara Guterman, KEENFest 2018 chair, and Burt Braverman, president of KEEN Greater DC, present Maria Velegris with the Volunteer of the Year Award.**



**KEEN athletes dance at KEENFest 2018.**

# OPINION

## Election Day Arrives, Rainy and Chilly

### Long day for workers at the polls.

BY PEGGY McEWAN  
THE ALMANAC

**T**uesday morning's weather was not the best for getting out early, rain, cold, even mist filled the air as Election Day polls opened in Potomac.

That did not deter early voters at Potomac Methodist Church Parish Center at the corner of South Glen and Falls roads.

Ed Edmundson said he was first in when the polls opened at 7 a.m.

He was most interested in the Maryland governor's race and that for Montgomery County Executive.

"I'm getting my vote in," he said.

There was a sense of bipartisan cooperation as Republican and Democratic volunteers set up booths in front of the Parish Center, greeting each other from opposite sides of the entrance.

"We are here to greet voters," Republican volunteer Linda Ridenour said. "I don't care which side of the line you are, it's just important to vote."

Democratic volunteer Matt Indre said he thought people were motivated to vote.

"I hope the rain doesn't make a difference in Maryland and across the country," he said.

Voter Shobha Upuluri was very definite when asked about the issues she considered most important this year. "Not Republican," she said. "Certainly [there is] not any other issue." Upuluri said she is concerned about the tone of the rhetoric in the country.

Inside church member Janet Aris set up a hospitality table with coffee, water and sweets for voters. "It really is exciting to see people walking in to vote on the day," Aris, who voted early, said. "It's a gray day, I hope that doesn't deter people."



**Patricia Ohbah brought her daughter Irenosen Akhigbe with her when she voted so she could learn about the process.**

Sasha Biderman, 12, accompanied her father to the polls. "It was cool," Sasha said.

Down Falls Road at Potomac Community Recreation Center the same sense of good cheer prevailed as volunteers greeted voters and thanked them for voting. Arriving voters had been steady for the first two hours, volunteer Fran Friedman said.

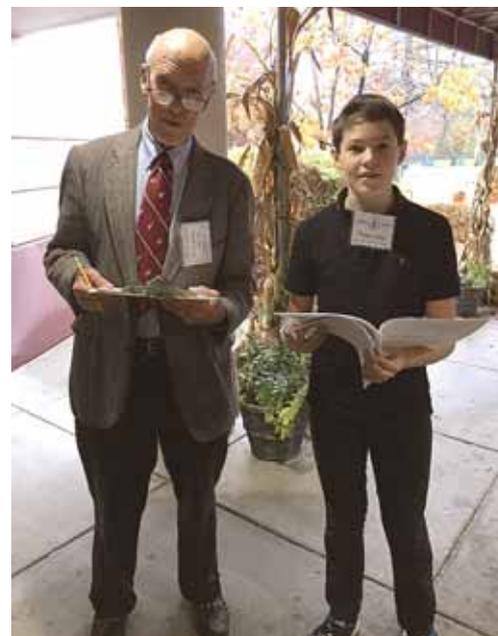
"It's been steady, especially with the weather," she said.

Patricia Ogbah arrived with her seven-year-old daughter Irenosen Akhigbe.

Though Irenosen is way too young to vote, she will vote eventually, her mother said.

"That's why I brought her," she said.

Another young person taking part in election day was middle-schooler Matthew Wong. He was working with Bruce Reynolds, an elec-



**Election coordinator Bruce Reynolds, left, shows Matt Wong how to check for properly functioning voting sites through a League of Women Voters monitoring program.**

tion coordinator, checking to see that the polling place was operating correctly.

"We check the layout and check the procedure to make sure things are going properly," Reynolds said.

Matt said he liked working on Election Day. This is his second election as a volunteer.

"Two years ago, I helped out at a polling place and found I liked being around even though I can't vote," he said.

It will be a long day for Reynolds and Wong. Together they will go to four polling sites checking everything from doors to voting booths, to ensure a comfortable and fair election for county residents.

*Due to the Almanac's press deadline, election results will be available at [www.potomacalmanac.com/](http://www.potomacalmanac.com/).*

## County Issues Report on Infectious Diseases

**C**ounty health officials have released the first Report on Infectious Disease for Montgomery County that includes information and data on infectious diseases in the county.

The "Report on Infectious Disease, 2013-2017, Montgomery County, Maryland" highlights where Montgomery County stands in comparison to state and the nation on infectious disease.

"Though Montgomery County performs better than state and national averages related to measuring the burden of infectious disease overall, the county has experienced an increase in sexually transmitted infections (e.g. gonorrhea, chlamydia) that mirror state and national trends, and a rise in both active and latent tuberculosis (TB) cases. DHHS programs work closely with state and federal agencies to reduce disease burdens and improve population health in the county," said Dr. Travis A. Gayles, county health officer. "Our goal is to utilize the data to enhance our many successful current health programs and develop new, innovative

and effective programs that are directly applicable to meeting the public health needs of Montgomery County." Overall, Montgomery County performs better than state and national averages related to measuring the burden of infectious disease. A closer examination of the overall averages, however, reveals several conditions with increasing trends and demonstrated disparities by race/ethnicity, age, sex, and geographic area that warrant special attention.

Findings of the report include:

❖ The county's population is becoming more diverse over time; the non-Hispanic Black and Hispanic populations have increased while the non-Hispanic White population is decreasing.

❖ The county has comparable or lower rates of most reportable diseases than Maryland.

❖ The county has higher rates of TB than Maryland and the U.S. over the past five years. Asian and Pacific Islander residents have the highest TB rates, as compared to other groups. Residents ages

25-44 have the highest TB rates, followed by ages 20-24.

❖ Though consistently lower than Maryland and the U.S., the sexually transmitted infections (chlamydia, gonorrhea, and syphilis) in the county have increasing trends.

❖ While females have higher rates of chlamydia, males have higher rates of gonorrhea and syphilis for sexually transmitted infections. Non-Hispanic Blacks have the highest rates of sexually transmitted infections than other groups. Residents aged 20-24 have the highest rates of chlamydia and gonorrhea, followed by ages 15-19. Residents aged 25-44 have the highest syphilis rates, followed by ages 20-24.

❖ The county has lower HIV rates than Maryland but higher than the U.S. over the years with a decreasing trend. Males have higher HIV rates, non-Hispanic-Blacks have the highest HIV rates.

The report serves as a supplement to the "Health in Montgomery County 2008-2016, A Surveillance Report on Population Health." Both reports can be found online at [www.montgomerycountymd.gov/hhs/pubsdeptdata/pubsdeptdataindex.html](http://www.montgomerycountymd.gov/hhs/pubsdeptdata/pubsdeptdataindex.html).

## POTOMAC ALMANAC

[www.PotomacAlmanac.com](http://www.PotomacAlmanac.com)

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PHOTOS BY DEBORAH STEVENS/THE ALMANAC

**Walk-a-thon**

The Halloween Walk-a-thon event at the C&O Canal on Sunday, Oct. 28 raised funds for Edu-Girls which partners with schools like Vimukti in India to sponsor local girls who are at risk of dropping out, and persuades their parents to keep them in school by providing financial support through high school and beyond. Visit [www.edugirls.org/](http://www.edugirls.org/)



Shreema Dunganani, Priti Jain, Jysti Minocha, Shubhra Garg, organizer Anand Seth, Sangeeta Agarawal, and Renu Suri at the Halloween Walk-a-Thon.

**WMCCA Meeting Changes**

**Citizens Against Beltway Expansion to address community.**

BY PEGGY McEWAN  
THE ALMANAC

In a change, West Montgomery County Citizens Association announced that Thursday, Nov. 15 would be the date of its November meeting as. Usually monthly meetings are held the second Wednesday of the month.

“We took this extraordinary step in order to honor one of our own at WMCCA. Susanne Lee, frequent president and zoning chair, will be honored by the Potomac Chamber of Commerce as 2018 Citizen of the Year. The awards banquet is being held on Nov. 15 and many of our [board of directors] want to be present to attend and honor Susanne. I have the pleasure of presenting her with the award that evening,” WMCCA president Ginny Barnes wrote in [www.CONNECTIONNEWSPAPERS.COM](http://www.CONNECTIONNEWSPAPERS.COM)

the Association’s November newsletter. “As an environmental lawyer, she has guided WMCCA through many a legal tangle at the county, state, and even Federal level. We couldn’t be effective without her. It is so good to see those who volunteer skills quietly and consistently over the years rewarded for their contributions.”

Brad German, co-chair of Citizens Against Beltway Expansion, CABE, will speak at Thursday’s meeting.

CABE is a citizen’s group opposing Maryland Governor Larry Hogan’s proposal to widen the Beltway and Route 270. That plan also comes with toll lanes [Lexus Lanes] “... like the ones in Northern Virginia that can top \$42 during the rush hour,” according to the group’s website [www.cabe495.com](http://www.cabe495.com).

SEE WMCCA MEETING, PAGE 11

JOHNS HOPKINS  
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RGW is pleased to announce that **Dr. Brian Do** has joined the practice and is seeing patients in the Chevy Chase office. Dr. Do is the **only retinal surgeon in the entire Washington, DC metro area specially trained to treat Uveitis**, an often-misdiagnosed and mistreated group of inflammatory diseases that can destroy eye tissue and lead to blindness.

We hope our current patients will have the opportunity to meet and be treated by Dr. Do sometime soon. And for anyone who requires the expertise of the area’s only Uveitis specialist, he is ready and available whenever you need him.

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# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday.

## ONGOING

**Exhibition of Ceramics.** Through Nov. 13, 12-6 p.m. At Waverly Street Gallery, 4600 East West Highway, Bethesda. Free. Kanika Sircar is exhibiting contemporary sculptural ceramics that reference environmental and climate change. Her forms depict shorelines, waves and boats in surging seas, colors and texts interspersed on beautiful surfaces. Email [kanikas@starpower.net](mailto:kanikas@starpower.net) or visit [www.waverlystreetgallery.com/](http://www.waverlystreetgallery.com/) October 2018.

**Art Exhibit: Abstract Artist Werner Drewes.** Through Dec. 2, gallery hours at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. The show, 100th Year Anniversary of the Bauhaus; Werner Drewes (1899-1985) will feature works on paper including gouaches, woodcuts, etchings and collages. The show includes pieces that have not yet been seen and that were created by Drewes's in 1935-1955 and in the 1980s. An opening reception will be held Friday, Nov. 9, 6-8:30 p.m. Lectures are scheduled Saturday, Nov. 10 and 17, 4-6 p.m. Visit [www.bethesda.org](http://www.bethesda.org).

**Teen Writers' Club.** Tuesdays through May 28, 2019, 6:30-8 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Teens (13-18) with a passion for writing are invited to join the Teen Writers' Club. Learn and practice new writing techniques, share your work, and learn how to critique other works with author Neal Gillen. Free. Email [acsagillen@aol.com](mailto:acsagillen@aol.com).

## DANCING

**Weekly International Folkdancing.** Thursdays, 7:30-11 p.m. at Church of the Redeemer, 6201 Dunrobbin Drive, Bethesda. Circle and line dances from Eastern Europe. Lesson at 7:30, followed by requests. Glen Echo Folkdancers welcome beginners of all ages; no partner needed. Wear comfortable shoes. \$7. Call 301-466-3018 or visit [www.dancingplanetproductions.com](http://www.dancingplanetproductions.com).

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

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



PHOTO COURTESY OF SEUL PHILHARMONIC

**Soprano Danielle Talamantes joins the National Philharmonic for a choral celebration of the music of the legendary composer Leonard Bernstein. The evening features selections from West Side Story, Candide and Mass.**

## Choral Celebration of Leonard Bernstein

The National Philharmonic Orchestra and Chorale, led by Artistic Director Stan Engebretson, perform favorites from West Side Story, Candide and Mass, three of Leonard Bernstein's most famous works. The evening also features the Strathmore Children's Chorus, Metropolitan Opera star soprano Danielle Talamantes and tenor Brian Cheney. In addition, there will be a free pre-concert lecture with Associate Conductor Victoria Gau (6:45-7:15 p.m.) and a Color the Music Exhibit featuring artwork by Montgomery County students. Saturday, Nov. 17, 8 p.m. at the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Tickets \$30-\$76; free for those age 7-17. Visit [nationalphilharmonic.org](http://nationalphilharmonic.org) or call 301-581-5100 for tickets, including free child tickets.

**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. Visit [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.

**Live Music & Dancing.** Fridays and Saturdays, 7-11 p.m. in Margery's Lounge, Normandie Farm Restaurant, 10710 Falls Road, Potomac. Dance to the music of Barry Gurlay. Call 301-983-8838 or visit [www.popovers.com](http://www.popovers.com).

## THURSDAY/NOV. 8

**Intelligent Lives Film.** 7-9 p.m. At Bullis School, 10601 Falls Road, Potomac, in the Blair Family Center for the Arts. Main Street will host a screening of Dan Habib's new film, Intelligent Lives, which follows the lives of three adults with intellectual disabilities and challenges common perceptions of intelligence. Cost: \$25. Groups of 11 or more pay \$20

per ticket. Contact [info@mainstreetconnect.org](mailto:info@mainstreetconnect.org) to request group rate. Visit the website: [mainstreetconnect.org/event/intelligent-lives/](http://mainstreetconnect.org/event/intelligent-lives/)

## FRIDAY/NOV. 9

**Opening Reception: Werner Drewes.** 6-8:30 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. The show, 100th Year Anniversary of the Bauhaus; Werner Drewes (1899-1985) will feature works on paper including gouaches, woodcuts, etchings and collages. The show includes pieces that have not yet been seen and that were created by Drewes's in 1935-1955 and in the 1980s. The exhibit runs Nov. 6-Dec. 2. Lectures are scheduled Saturday, Nov. 10 and 17, 4-6 p.m. Visit [www.bethesda.org](http://www.bethesda.org).

**Washington Conservatory Concert Series.** 8 p.m. at Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. Violinist James Buswell will be performing Bach to Kodály: works for



PHOTO CONTRIBUTED

James Buswell

## Washington Conservatory Concert Series

Violinist James Buswell will be performing Bach to Kodály: works for solo violin and collaborations with Pressenda Chamber Players cellist Tobias Werner and pianist Read Gainsford. Free, with donations welcome at the door. Audience members are invited to a post-concert Wine & Words in the church social hall, a fun and informal question and answer session with the musician, with complimentary beverages. Saturday, Nov. 9, 8 p.m. at Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. Call 301-320-2770 or visit [www.washingtonconservatory.org/html/concerts.htm](http://www.washingtonconservatory.org/html/concerts.htm).

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## SATURDAY/NOV. 10

**Annual Bazaar.** 10 a.m.-3 p.m. at Ingleside at King Farm, 701 King Farm Blvd., Rockville. Ingleside at King Farm is hosting its 6th Annual Bazaar. Find baked goods, crafts and more. Free admission. Call 301-330-1297 with questions.

**Lecture: Werner Drewes.** 4-6 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. The show, 100th Year Anniversary of the Bauhaus; Werner Drewes (1899-1985) will feature works on paper including gouaches,

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# ENTERTAINMENT

woodcuts, etchings and collages. The show includes pieces that have not yet been seen and that were created by Drewes's in 1935-1955 and in the 1980s. The exhibit runs Nov. 6-Dec. 2. Visit [www.bethesda.org](http://www.bethesda.org).

**Comedy Showcase.** 8 and 10:30 p.m. at Cissel-Saxon American Legion Post 41, 8110 Fenton St., Silver Spring. A showcase of comics will make the night: Blaire Postman, Michael Brown, Tiffany Cain and Jay Rivas. 8 p.m.: \$15 for advance tickets / \$20 door tickets; 10:30 p.m.: \$10 for advance tickets / \$15 door tickets at [www.eventbrite.com/o/improbable-comedy-10899180919](http://www.eventbrite.com/o/improbable-comedy-10899180919). Contact Kim at 301-351-2096 or [improbablecomedy@gmail.com](mailto:improbablecomedy@gmail.com).

## NOV. 10-DEC. 9

**Photoslam: The Exhibit.** Saturdays, 1-4 p.m.; Sundays, 1-8 p.m. at Photoworks Gallery, at Glen Echo Park. Photoworks Gallery presents their annual Photoslam Exhibit which showcases the work of the winners of Photoworks eighth Photo Slam at Bus Boys and Poets, Washington, D.C. Photoworks offers photography classes for all ages. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org).

## THURSDAY/NOV. 15

**"75 Years of Montgomery County History."** 7-9 p.m. at the Potomac Community Center, 11315 Falls Road, Potomac. Matthew Logan, Executive Director of the Montgomery County Historical Society, agrees with William Shakespeare that "What's Past is Prologue" as he illuminates "75 Years of Montgomery County History," to Potomac Community Village members and guests. Email [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org) or call 240-221-1370.

## FRIDAY/NOV. 16

**Korosh Taie, Magician.** 8 p.m. at Arts Barn, 311 Kent Square Road, Gaithersburg. Magic, comedy and mentalism collide to create spellbinding entertainment. Ages 15 & up. \$20, \$18 (students 15-21). Visit [www.gaithersburgmd.gov/recreation/arts-on-the-green](http://www.gaithersburgmd.gov/recreation/arts-on-the-green) or call 301-258-6394.

## SATURDAY/NOV. 17

**Turkeypaloosa.** 10:30 a.m. at Arts Barn, 311 Kent Square Road, Gaithersburg. Explore Thanksgiving with this interactive production that encourages children ages 3 and up to count, read, move and solve problems. \$15. Visit [www.gaithersburgmd.gov/recreation/arts-on-the-green](http://www.gaithersburgmd.gov/recreation/arts-on-the-green) or call 301-258-6394.

**Lecture: Werner Drewes.** 4-6 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. The show, 100th Year Anniversary of the Bauhaus; Werner Drewes (1899-1985) will feature works on paper including gouaches, woodcuts, etchings and collages. The show includes pieces that have not yet been seen and that were created by Drewes's in 1935-1955 and in the 1980s. The exhibit runs Nov. 6-Dec. 2. Visit [www.bethesda.org](http://www.bethesda.org).

**Photoslam: Reception and Gallery Talk.** 5-7 p.m. at Photoworks Gallery, at Glen Echo Park. Photoworks Gallery presents their annual Photoslam Exhibit which showcases the work of the winners of Photoworks eighth Photo Slam at Bus Boys and Poets, Washington, D.C. Photoworks offers photography classes for all ages. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org).

**Washington Balalaika Concert.** 8 p.m. at F. Scott Fitzgerald Theater, Rockville. Hear the largest Russian folk orchestra in the United States, with 55 members on stage, with a



PHOTO BY KANIKA SIRCAR

**Sculptural piece depicting melting glaciers and boiling Oceans.**

## Sculptural Ceramics

Exhibition of ceramics, now through Nov. 13, noon-6 p.m. At Waverly Street Gallery, 4600 East West Highway, Bethesda. Free. Kanika Sircar is exhibiting contemporary sculptural ceramics that reference environmental and climate change. Her forms depict shorelines, waves and boats in surging seas, colors and texts interspersed on beautiful surfaces. Email: [kanikas@starpower.net](mailto:kanikas@starpower.net) or visit [www.waverlystreetgallery.com/october2018](http://www.waverlystreetgallery.com/october2018)

musical repertoire replicating a typical Russian winter. One of the musical selections, 'Russian Winter,' is a medley of folk songs about the troika, a traditional Russian sleigh pulled by three horses. 'Woolen Boots,' featuring WBS Concertmaster Andrei Saveliev portrays 'Valenki' the traditional winter Russian footwear made from thick felted wool. Visit [www.balalaika.org](http://www.balalaika.org).

## Choral Celebration of Leonard

**Bernstein.** 8 p.m. at the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. The National Philharmonic Orchestra and Chorale, led by Artistic Director Stan Engbretson, perform favorites from West Side Story, Candide and Mass, three of Leonard Bernstein's most famous works. There will be a free pre-concert lecture with Associate Conductor Victoria Gau (6:45-7:15 p.m.) and a Color the Music Exhibit featuring artwork by Montgomery County students. Tickets \$30-\$76; free for those age 7-17. Visit [nationalphilharmonic.org](http://nationalphilharmonic.org) or call 301-581-5100 for tickets, including free child tickets.

## SUNDAY/NOV. 18

**Waltz Dance.** 3:30-6 p.m. At Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Introductory Waltz Workshop from 3:30-6 p.m. Featuring the ensemble Fyre playing a mix of folk waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polka. Admission is \$13, \$5 for full-time students with student ID. No partner required. Call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, go to [www.WaltzTimeDances.org](http://www.WaltzTimeDances.org) or e-mail [info@WaltzTimeDances.org](mailto:info@WaltzTimeDances.org).

## TUESDAY/NOV. 20

**Read to a Dog.** 4:30-5:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Every first and third Tuesday of the month, school-age children, especially beginners learning to read and those who want to improve their confidence in reading skills, are invited to practice reading aloud in short (10-15 minute) semi-private sessions with a certified therapy dog. First-come, first-served. No registration required;

no younger siblings. Free. Call 240-777-0694.

## WEDNESDAY/NOV. 21

**DIY Acorn Marble Necklaces.** 4:30-5:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Join in for a relaxing afternoon learning to take real acorn caps and turn them into jewelry and decorations. All supplies will be provided. Open to teens and school children 8 years of age and older. Children under 8 years will need a parent/caregiver. Free. Call 240-777-0690 or visit [www.folmc.org/potomac-chapter](http://www.folmc.org/potomac-chapter).

## SATURDAY/NOV. 23

**Fiber Art Sale.** 9:30 a.m.-4 p.m. at St. Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. Free. Handcrafted wearable art, gifts, jewelry, yarn, fabric and more by Potomac Fiber Arts Gallery. Bargain tables include gallery-quality items plus artists' overstock of equipment, supplies, books. Call 703-548-0935 or visit [fiberartsale.wix.com/fallfibersale](http://fiberartsale.wix.com/fallfibersale).

## NOV. 24-DEC. 9

**A Christmas Story.** At Arts Barn, 311 Kent Square Road, Gaithersburg. Wanting only a BB gun, young Ralph's Christmas happiness is thwarted at every turn by adults concerned that "he'll shoot his eye out." Based on the Jean Shepherd movie of the same name. In Partnership with Rockville Little Theater. Ages 7 and older. \$20, \$18 (students 15-21) and \$12 (youth). Visit [www.gaithersburgmd.gov/recreation/arts-on-the-green](http://www.gaithersburgmd.gov/recreation/arts-on-the-green).

## TUESDAY/NOV. 27

**Basic Asian Brush Painting for Kids (S.T.E.A.M.).** 5 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Experience the art of brush-and-ink painting. This class introduces the basics of the traditional Asian ink and brush stroke painting. Registration is required. Recommended for children 8 years and above. Children under 8 years will need a parent/caregiver. Free. Visit [www.folmc.org/potomac-chapter](http://www.folmc.org/potomac-chapter).

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# WELLBEING

# A Good Night's Sleep The impact of sleep deprivation and how to avoid it.

BY MARILYN CAMPBELL

**F**or those with seemingly endless to-do lists, taking a nap or sleeping late might seem like a luxury they can't afford. Foregoing sleep in lieu of checking email, doing laundry or studying for an exam, could decrease the quality of those tasks.

"Two well-known effects of inadequate sleep are cognitive processing problems including attention, storing information and retrieving information from memory," said Dr. Linda Gulyn, professor of psychology at Marymount University. "That's why someone who is consistently sleepy has difficulty in classes, getting work done, and taking tests. This is problematic especially for high school and college students."

The Centers for Disease Control and Prevention recommends that school-aged children get nine to 12 hours of sleep each night, teenagers get eight to 10 hours, adults 18-65 get seven to eight and adults 65 and older get seven to eight hours. The CDC also reports that one in three people don't get enough sleep.

"This country is very achievement-oriented. It's go, go, go and we think that sleeping is for wimps," said Adam Winsler, Ph.D. professor of applied developmental psychology at George Mason University and lead



PHOTO BY MARILYN CAMPBELL

**Avoiding activities like playing video games before bed can improve the quality of one's sleep, says researchers.**

author of an article published in the Journal of Youth and Adolescence called "Sleepless in Fairfax ..."

But in addition to a decrease in productivity, a lack of adequate sleep can have a negative impact on one's overall wellbeing. Winsler's study looked at 39,000 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> graders in Fairfax County. The researchers recorded the average number of hour of sleep the teens get each night and found that sleep deprivation can have a profound impact on mental health and certain behaviors. "We found that getting eight to nine hours of sleep each night lowers the risk of underage drinking, smoking and se-

rious drug use in kids and adolescence. Each hour more of sleep a night adolescents get is associated with less depression, suicide, and drug use for teens," said Winsler. "But generally, the reality is that most kids and teens are considered deprived. A lack of sleep hurts them emotionally and can make them feel depressed and grumpy. Younger children who don't get adequate sleep can experience problems with self-control and behavior regulation."

"When we are tired, we are more likely to be agitated and this affects social relationships. [Someone who's sleep deprived] might have a tough time completing tasks," added Gulyn.

There are physical and mental health benefits to getting proper sleep, says Dr. Jerome Short, a clinical psychologist and associate professor of psychology at George Mason University who has also studied the effect of sleep patterns on overall health and wellness. "Sleep clears the brain of toxic proteins, repairs muscles, and restores the immune system. Adequate sleep is associated with less obesity, diabetes, heart disease, and cancer," he said. "In recent research with college students, I found that the combination of vigorous exercise and sleep satisfaction led to next day positive mood, he said. "The combination of moderate exercise and longer sleep led to re-

duced negative mood."

"During sleep, the body releases hormones that stimulate growth, increase muscle mass, and repair cells and tissues," said Julia Dorsey, RN, School Public Health Nurse – Fairfax County Health Department. "Hormones also help boost the immune system to better fight infection. Chronic sleep deficiency is linked to an increased risk of obesity and type II diabetes, as well as heart disease, high blood pressure, and stroke."

**ADEQUATE SLEEP** can be elusive in a social environment where social media and information on demand are prevalent. "It's critical to reduce screen time before bed and not allow video games and computers and phones use late at night," said Winsler. "Dimming the lights and doing calming activities also helps. One big ussie is that teens sleep with their phones next to them and the phones vibrate and wake them up."

"Daily exercise, reduced light, physical comfort, and a regular sleep routine of going to bed and getting up at the same time increase duration of, and satisfaction with, sleep," added Dr. Jerome Short.

To improve the quality of one's sleep, Gulyn advises that "if sleep problems are associated with excessive worry or depression, then it's important to seek professional advice."

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## Rebates Increase for RainScapes

The Montgomery County Department of Environmental Protection's RainScapes program is now awarding increased "Rewards Rebates" for residential, commercial and institutional property owners who implement efforts to help control stormwater runoff.

RainScapes is one of the water quality programs of the Department of Environmental Protection

(DEP).

It offers technical and financial assistance to encourage property owners to install environmentally friendly landscaping solutions that beautify properties and reduce runoff to local streams. RainScapes projects include rain gardens, conservation landscapes, green roofs, permeable pavers, rain barrels and cisterns.

For all pending and future

RainScapes projects, the maximum per property Rewards Rebate has been increased to \$7,500 per residential property, and \$20,000 for properties owned by commercial entities, institutions, homeowner associations or nonprofit organizations. For more information about the RainScapes program, see [www.montgomerycountymd.gov/water/rainscapes/index.html](http://www.montgomerycountymd.gov/water/rainscapes/index.html).

## BULLETIN BOARD

### SATURDAY/NOV. 10

**Scouting for Food.** Starting Nov. 3, Scouts will post reminder flyers to homes throughout area, then return to collect non-perishable food items that will nourish the area's hungry on Nov. 10. Visit [www.ncacbsa.org](http://www.ncacbsa.org) for more.

### THROUGH WEDNESDAY/NOV. 14

**Warm Clothing Drive.** Carderock Springs Elementary School is holding a Warm Clothing Drive to benefit the students of Watkins Mill Elementary

School. The cold winter months are quickly approaching and these students are in need of warm outerwear and basic warm clothing necessities. There will be a collection bin in the school lobby to place the following new or gently used (laundered) items through Nov. 14: winter coats, winter hats, scarves, gloves, mittens, snow pants, snow boots, pants or leggings, long sleeve shirts, sweaters/sweatshirts and socks. Email [laurafarrell10@hotmail.com](mailto:laurafarrell10@hotmail.com) for more.

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**Bring a Friend Social Lunch**  
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**Montgomery Historical Society**  
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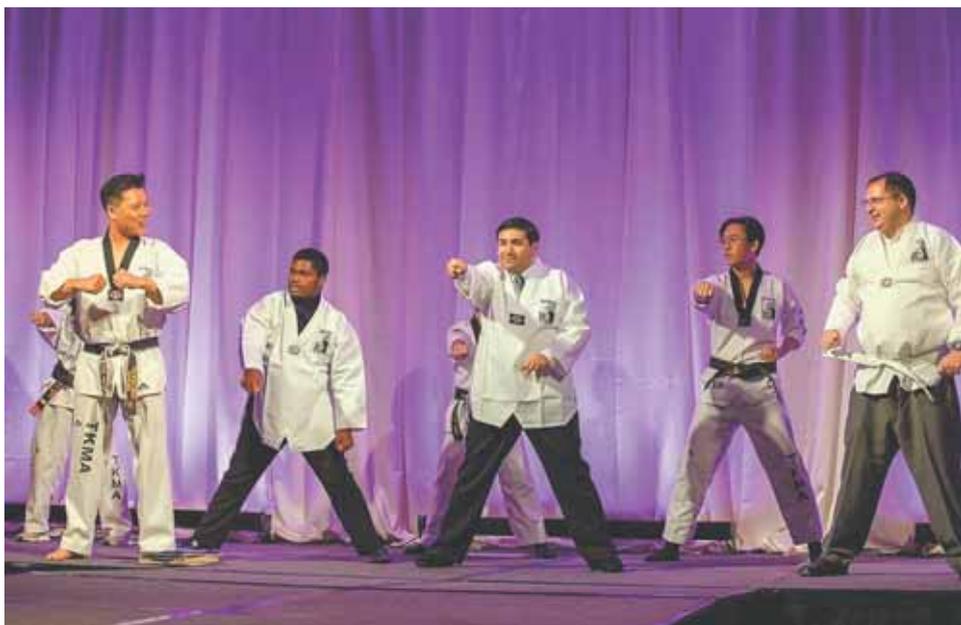
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Master Moon and KEEN athletes practice Tae Kwon Do at KEENFest 2018.

# KEEN Honors Bullis

FROM PAGE 3

participate with the young people from KEEN, Special Olympics and The Diener School. It's not just a few kids reaching out to a few kids — the KEEN events are part of the fabric of the school now. The impact that the KEEN kids have on our Bullis kids is life-altering and many change their career goals to work with the special needs community after becoming a Bullis Buddy. KEEN and Bullis kids impact life together."

The Sunday get-togethers are not the only way that Bullis supports KEEN. For 10 years, the school has sponsored the "Bullis Gives Back" 5K/2.5K Run/Walk fundraiser. Each year, the Bullis students partner with KEEN buddies to help them participate in the race/fun run and complete an exciting Olympics race course.

This year the race is dedicated to Michelle Benaim who created and co-chaired the event since 2014. She was a driving force for inclusion for all children before she died. The theme of the April 29 race is "Choose to Include."

The Bullis KEEN Club also sponsors a prom which gives their KEEN buddies the opportunity to attend a prom, just like ev-



Sophie Fragoyannis and Ethan Copeland.

ery other high school student. Bullis students raise funds, decorate the Athletic Center extensively, send invitations, take photographs, and provide corsages and boutonnieres. KEEN started 26 years ago with five youths in the Tilden gym with a few balls, a basketball hoop and not much else. The parents bought the equipment. Now KEEN has 60 programs throughout Maryland, Virginia and DC — and serves more than 500 youths with disabilities. For more information about this program, go to <https://www.keengreaterdc.org>.

# WMCCA Meeting Changes

FROM PAGE 5

"A coalition of citizen organizations have joined voices to oppose the project," according to the WMCCA newsletter. "WMCCA is among the opposition because these Lexus Lanes threaten to cut a destructive swath through our neighborhoods, destroy businesses, parklands, and vital stream watersheds causing untold environmental damage. The daily toll cost to use the additional lanes could reach \$45 a day. A study identifying various alternatives is currently underway. An alternative could be chosen early in 2019 when the MD Department of Transportation completes the alternative study. The decision will rest with the Maryland State Legislature and Governor Hogan. We need to know the health, noise, environmental, and community impacts.

For more information, go to [www.CABE495.org](http://www.CABE495.org). Please plan to attend and learn what we are facing."

WMCCA meets at 7:15 p.m. at Potomac Community Recreation Center, 11315 Falls Road. All members of the community are invited.

Meanwhile it is time for membership renewal. Annual dues are \$25 for individuals or \$50 per family. Membership forms can be found at [www.wmcca.org](http://www.wmcca.org). The group also accepts donations to its legal fund.

"We appreciate the input from our neighbors and are glad to review and address issues as they affect the Potomac Subregion Master Plan, zoning, and environmental threats to the 'Green Wedge,' our creeks and water supplies, and the Agricultural Reserve," Barnes wrote.

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## Sounds Not So Silent



By KENNETH B. LOURIE

With apologies to Simon and Garfunkel: burping, hiccupping, coughing, "expectorating," wheezing, sneezing, sniffing, nose running, nose bleeding, nose blowing, "gassing," gurgling and "nauseating."

If this were football, I'd likely receive a penalty for piling on: too much not of a good thing.

For me, it's just another day in cancer's side-effect paradise. For my wife, Dina, however, it's more difficult; caught in the crossfire, so to speak. Aside from how cancer makes you look and feel, there is also an element of how it makes you sound.

Not that I'm self-conscious or anything; I'm just more self-aware. But there's only so much one can do, or quite frankly, want to do to manage/control one's sights and sounds.

After all, side effects are sort of the cost of doing business in the medical/pharmaceutical world. And though every patient doesn't experience identical symptoms, we're all warned equally that there could be trouble in them "thar" pills. Part of that trouble is internal: what you feel, and part of that trouble is external: what you see and hear. And depending upon what medication you're receiving, you could be experiencing side effects that manifest more like main effects.

Generally speaking, unless I was really uncomfortable and/or insistent when speaking to my oncologist, he has refrained from treating side effects — too much. His thinking has been that too many pills treating too many side effects makes Kenny an extraordinarily dull and dependent boy, and likely makes matters worse. Granted, there have been exceptions.

But prescribing an ever-increasing number and variety of pills seems akin to chasing one's own tail. It may be amusing to look at (if you're a cat or dog owner), but it's a hell of a price to pay for a minimal amount of relief. You may not be any worse for the wear, but neither are you any better off than when you started.

Obviously, in the cancer-treatment world, there's going to be some discomfort, and I have been prescribed some side-effect medication accordingly: for a skin rash, for constipation, to boost my appetite, for pain and for neuropathy. But overall, to ease my worried brow, we've tried to stay away from letting side effects affect my primary care.

Unfortunately, the reality is, every medication, every treatment, every procedure produces side effects. Trying to keep your eye on the ball during multiple processes, can become challenging. And though it may not be rocket science, it is medicine/science which for a Humanities graduate like me is as unnatural as it can possibly be.

All I understand is trying not to make matters worse, but when you've been diagnosed as "terminal," which I was, things have already become worse. Ergo, knowing how to manage your situation so as not to exaggerate the challenge you already face itself becomes a side effect for which there's very little treatment.

Knowing when to add or subtract medications, knowing when to change one's infusion medicine, knowing when to schedule infusion intervals and knowing when to schedule diagnostic scans, are all wrenching emotional decisions which might have life-ending consequences so these decisions do carry the weight of the world. And though my father always told me that I had broad shoulders (meaning I could carry the weight), I have never been tested as I have these last nearly 10 years.

Having survived for as long as I have, presumably, I have made some correct decisions. Nevertheless, I still feel like I'm one wrong move from disaster. And it's never more clear to me than when I'm listening to what I'm hearing.

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

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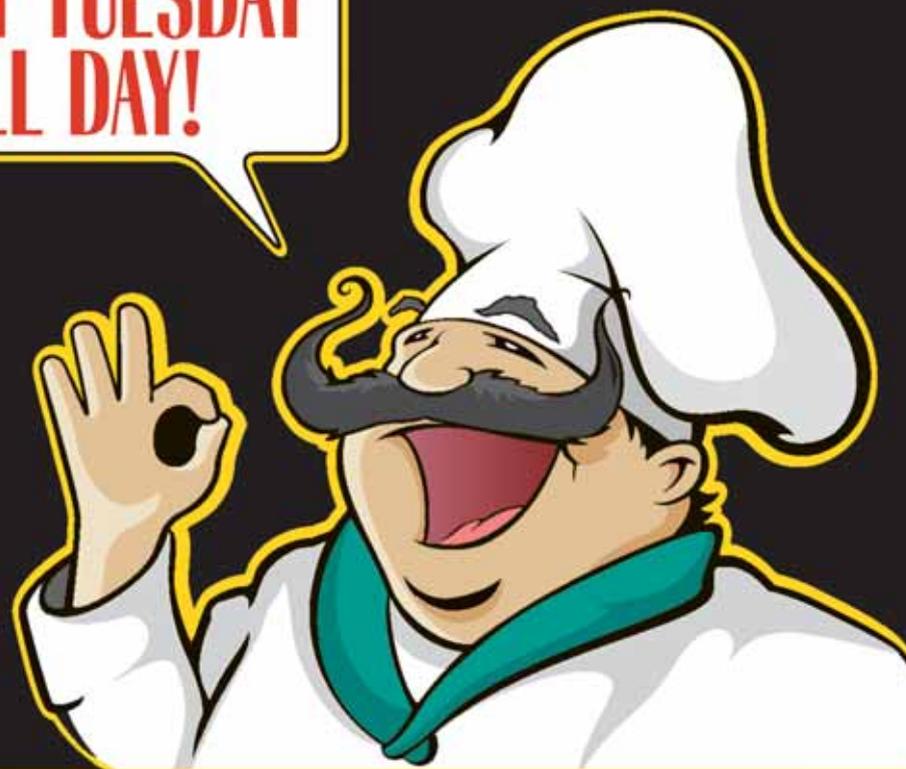
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