

Potomac

ALMANAC

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Pushing Deadline?

Rally to save Nick's Organic Farm and education center.

BY KEN MOORE
THE ALMANAC

In less than 10 weeks, the county is scheduled to officially turn the sublease of 20 acres of farmland on Brickyard Road over to MSI for development into four soccer fields.

"This is an important opportunity to make a genuine difference in our community," according to an announcement on the MSI website. "By no means is it a panacea, as it will provide only a portion of the new fields needed in support of our County's growing population."

Meanwhile, rallies and legal efforts to save the 32-year-old organic farm continue.

Last Wednesday, May 30, across the street from the U.S. District Courthouse in Rockville, activists held a rally to voice support of the farm.

"The County prides itself on being a supporter of agriculture," said Caroline Taylor, executive director of the Montgomery Countyside Alliance.

"Officials need to hold true to those values and support the farm."

Nick Maravell, a nationally recognized expert in organic farming, has spent the last 30 years growing organic and GMO-free soybean and corn seeds on the property.

"Officials need to hold true to those values."

— Caroline Taylor,
Montgomery Countyside Alliance



Caroline Taylor, executive director of Montgomery Countyside Alliance, speaks to the assembled supporters of Nick's Farm.

His daughter Sophia Maravell has helped launch and run the Brickyard Educational Farm, an educational center that gives children the chance to learn about local and sustainable food and farming and the link between local farms and food for the table.

"That opportunity will be lost, and valuable farmland will forever be destroyed, if soccer fields are constructed on the site," said Dolores Milmo of the Audubon Naturalist Society.

U.S. Secretary of Agriculture Tom Vilsack appointed Maravell to serve on the National Organic Standards Board established by Congress to set organic industry policy.

"We question the very legitimacy of the County's lease. Until the legal issues are resolved, and in light of the overwhelming support we have received from residents across the county and nation, we will continue to farm and to advance the Brickyard Educational Farm," said Nick Maravell at the rally.

COUNTY EXECUTIVE Isiah Leggett officially awarded 20-acres of farmland on

Brickyard Road to Montgomery Soccer, Inc. to develop into four soccer fields in April. MSI will develop the fields under a sublease from the County.

This is exactly what Leggett has said he will do for more than a year. In March 2011, neighbors and civic organizations in Potomac learned that Leggett had already decided, without public input or notice, to take control of the 20-acre school property on Brickyard Road to turn it over for development into soccer fields.

But Leggett and MSI say this is an important step to providing needed soccer fields. SEE RALLY TO SAVE, PAGE 5



Dena Leibman, MSI soccer mom along with her two soccer playing daughters — Antonia Torfs-Leibman, 11, and Camille Torfs-Leibman, 14, both of Eastern Middle School — talk about why it's important to not turn the Brickyard farm into another soccer field.



Nick Maravell, who has been running the organic farm for 32 years, talks to his supporters.

Manor Montessori School Celebrates 50th Anniversary

School motto: “Learn to love to do well and you shall.”

BY SUSAN BELFORD
THE ALMANAC

Fifty years ago, Marie Fonseca Olson made a life-changing decision that altered the lives of countless children and changed private pre-school education in Montgomery County. As a widow with three children to raise, she pondered whether to leave her Montgomery County Public School teaching career to attend a Montessori Teacher Training Center and to open her own Montessori school. The quandary was difficult — but after enrolling in the training and truly believing in the philosophy, she founded Manor Montessori School in 1962. The school now consists of three centers educating 268 children from ages 2 through 9, using the Montessori educational method which emphasizes an open environment allowing each child to develop at his or her natural pace. Olson has been an influential force in thousands of children's lives as they enter school for the first time.

To honor the 50th anniversary of The Manor Montessori School, a celebration was held at Glen Echo Park in the Spanish Ballroom on May 31. Students from all three Manor Montessori schools performed and students, staff, parents, alumnae and community honored fifty years of outstanding quality education.

“It was a wonderful celebration with over 600 present,” said Olson. “I couldn’t be more pleased. The weather was perfect, the students’ performances were marvelous and it was quite a nice way to commemorate our school.”

Olson first became excited about the Montessori educational philosophy and techniques when she read an article in Time Magazine about Nancy Rambush and her revival of the Montessori methods at her Boston school. She researched Montessori at the Library of Congress where she found a dilapidated book detailing the Montessori



Manor Montessori School recently marked its 50th anniversary.



Marie Olson and Katherine Damico, director.

PHOTOS BY
SUSAN BELFORD
THE ALMANAC

philosophy and techniques. She was so impressed that she decided to enroll immediately in the training. However, there were no Montessori Teacher Training Centers in D.C. or Maryland.

Olson located 15 parents who were interested in the Montessori Teacher Training and thus, the Washington Montessori Institute was founded as a non-profit organization. Olson became a board member

and founder, as well as a student in the training program.

While still in the training, Olson founded The Manor Montessori School in a small Silver Spring home resembling a miniature manor. Classes began at the small school in 1962, but because Olson had not completed her Montessori training, a Montessori teacher, Anna Marie Neri was brought from Argentina to teach the first class of 15 chil-

dren. More and more parents wanted their children to be educated with the Montessori Method, and the new school rapidly filled.

As the school grew, Olson relocated the school from Silver Spring to various churches in Bethesda where she leased classroom space. She then added two additional schools, located in Bethesda and Rockville.

Olson explains how The Manor Montessori School came to its current Oaklyn Drive location. “The property in Potomac, Md. was purchased by me for my family in 1971. We tore down the horse barn as well as the chicken coops and we moved in. Three years later, a plan was formulated to build a school on the property. Acquiring the zoning took a number of years of trials and tribulations. When the water main was built from Falls Road down Oaklyn Drive to the new Avenel project, it became easier to move ahead.” Olson still resides in the white home on the Manor School property.

Olson’s daughter, Katherine Damico is now the director of The Manor Montessori School. Olson said, “Throughout the early growth of the school, we had an interested spectator who witnessed all the trials of founding a school — my daughter, Katherine Damico.” As a child, Damico attended the first Manor Montessori class. She graduated in education from Iowa State University and then earned a Montessori diploma in 1979. She served as teacher, camp director and co-director for many years, but in 1994 switched positions with her mother and became the director of the school, while her mother remained as her assistant.

Olson describes her daughter’s impact on the school. “She has remained dedicated and faithful to quality education for 30 years — work she followed into the second generation.” She also gives credit to “some really remarkable teachers — nothing could have occurred without the talent and dedication which they brought to the children of Manor School’s enterprise. Today, in 2012, I marvel at the work and environments which the Montessori directors have set up, especially for 2 to 9 year old children. I also honor the parents who are so supportive of their children and The Manor Montessori School.”

PETS OF THE WEEK



Buddy (Dog) — M, 7 years, 25 lbs., neutered, Beagle — Buddy is a typical Beagle boy in that he loves walks and other activities. He likes to play with other dogs, gets along well with cats and is OK with dog-savvy kids. Buddy currently has some medical issues but is a fine, laid back and has a long life ahead of him.



Jeanna (Dog) — F, 2 years, 6 lbs., spayed, Chihuahua — Delicate little Jeanna is a tiny thing that is a bit shy. She is very sweet and loves to be held and cuddled by adoring adults. Jeanna will do best in a quiet adult home and could make an ideal companion for a senior.



Kobi (Dog) — M, 7 years, 21lbs., neutered, Poodle mix — Kobi is a very special guy; handsome, intelligent, playful and an adoring companion of people. Unfortunately this boy has a slow eye condition (PRA) found in poodles that will eventually make him blind. This sweet boy is full of life and deserves a special home.



Rupert (Dog) — M, 10 months, 57 lbs, neutered, Rottie/Hound mix — Handsome Rupert is a big puppy full of play and energy. He’s pretty good on a leash, likes other dogs and does lounge around in a home when he wants to relax. Rupert is a great guy and would do best with a large dog savvy owner and older children due to his size.



PHOTOS BY HARVEY LEVINE/THE ALMANAC

Nicole Welch and Meredith Spencer, 10th graders at Whitman High School.

Rally To Save Farm

FROM PAGE 3

"Projects such as these need to be supported and replicated in areas of need across the County," MSI states on its website. "Given the difficult economic times in which we live, creative approaches to funding the development and maintenance of recreational athletic fields need to be supported."

The nine-year lease of the land from the county to MSI begins on Aug. 16, 2012 and expires in April 2021, according to County documents. The County leased the land, technically a future school site, from the Board of Education on April 19, 2011, for use as soccer fields, parking lots and other amenities.

MSI will pay an annual fee of \$1,500 to lease the property and will be responsible for the design, construction, operation and maintenance of the soccer fields.

"The nature of the partnership would allow the fields to be maintained at a significantly higher level than standard school fields, such that children will be able to enjoy playing on a smooth and safe surface," according to MSI.

The cost to develop the land into soccer fields is at least \$1.6 million, according to county documents.

The public has been objecting for more than a year about being kept in the dark about plans for the property and about the lack of public process on alternatives for the land.

The Brickyard Coalition filed a Maryland Public Information lawsuit in Montgomery County Circuit Court in March seeking to compel the county to provide public records relating to the Brickyard site.

Also in March, the Brickyard Coalition — with more than 400 individual and civic organization members — filed legal notice with the Montgomery State Treasurer of a possible \$40 million monetary claim against the Montgomery County Board of Education for leasing the Brickyard Road property to the county. The notice is required if citizens want to sue and seek monetary damages from the school board or any officials.

These actions were filed near the one-year anniversary of the Board of Education's vote on March 8, 2011 to lease the 20-acre property to Montgomery County.



Sara Shor is the organizer of the event.

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SCHOOLS



Evelyn Ting looks over the commencement program.



New Graduates

Julie Lipschutz, Lucas Lendenbaum, Sumouni Basu and Jenna Hassam gather for Thomas S. Wootton High School's graduation on Friday, June 1 at D.A.R. Constitution Hall.



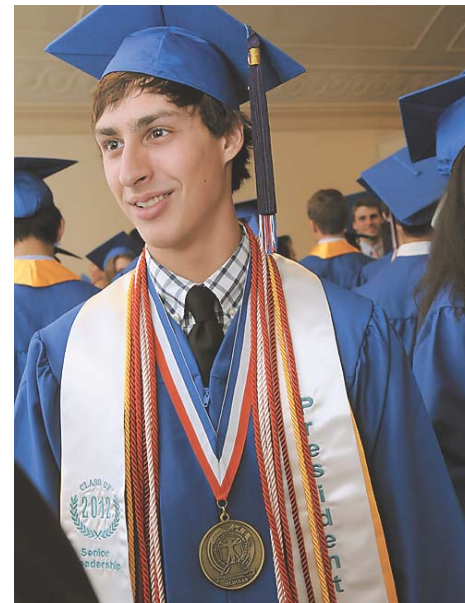
Kendall Satsky.



Salvatore Assenza talks to **Mitchell Myers, Travis Mays and AJ Roshfeld.**



Susan Harper and Dana Harrison.



Senior Class president Adam Uslan.

SCHOOL NOTES

To have an item listed mail to almanac@connectionnewspapers.com. Deadline is Thursday at noon for the following week's paper. Call 703-778-9412.

The following Colgate University students received their diplomas as the Class of 2012:

John Frederick Reim Jr., from Potomac, graduated recently with a B.A. in Economics and Political Science.

Suzanne Lauren Collier, from Potomac, graduated recently with a B.A. in Psychology and Chemistry.

Alexandria Joy Baldwin, from Potomac, graduated recently with a B.A. in History and Middle Eastern and Islamic Civilization Studies.

Samuel Lewis Dinte, from Potomac, graduated recently with a B.A. in History.

Christina Elizabeth Roa, from Potomac, graduated recently with a B.A. in Educational Studies.

Bucknell University has released the dean's list for outstanding academic achievement during the spring semester of the 2011-12 academic year. A student must earn a grade point average of 3.5 or higher on a scale of 4.0 to receive

dean's list recognition. Following are local students who received this distinction:

Arielle G. Barnett, of Potomac, daughter of Jay and Debra Barnett, and a 2010 graduate of Winston Churchill HS.

Katherine A. Brown of Potomac, daughter of Russell and Barbara Brown of, and a 2008 graduate of Winston Churchill HS.

Hannah L. Davis of Potomac, daughter of Joseph and Sarah Davis and a 2008 graduate of Saint Andrews Episcopal School.

Stuart M. Dezenhall of Bethesda, M, son of Eric and Donna Dezenhall and a 2008 graduate of Winston Churchill HS.

Emily C. Fiuzat of Potomac, daughter of Homer and Cynthia Fiuzat, and a 2008 graduate of Saint Andrews Episcopal School.

Damon N. Frezza of Bethesda, son of David Frezza and Catherine Frezza, and a 2011 graduate of Paul Vi Catholic HS.

Sara B. Gilgore of Bethesda, daughter of Lance and Deborah Gilgore, and a 2008 graduate of Winston Churchill HS.

Elizabeth R. Goodman of Bethesda, daughter of Randolph and Paula Goodman and a 2008 graduate of Walt Whitman HS.

Cynthia A. Iselin of Potomac, daughter of Amy Iselin and Richard Iselin and a 2008 graduate of Winston Churchill HS.

Haley C. Kameros of Bethesda, daughter of Andrew and Carla Kameros and a graduate of Stone Ridge School Sacred Heart.

Heather A. Parmelee of Rockville, daughter of David and Patricia Parmelee of Rockville, and a 2008 graduate of Walter Johnson HS.

Meili G. Sohl of Potomac, daughter of John Sohl and B. Goff and a 2011 graduate of Winston Churchill HS.

Lauren A. Stentz of North Bethesda, daughter of Jon Stentz Sharon Stentz and a 2008 graduate of Stone Ridge School Sacred Heart.

Chelsea A. Straus of Bethesda, daughter of Ann and James McMillan and Lee Straus and Ellin McNamara and a 2008 graduate of Walt Whitman HS.

Dylan T. Thayer, son of Jody and Bradley Thayer of Potomac, has been named to the Dean's List at Hamilton

College for the 2012 spring semester.

The following local residents were among the students who received their undergraduate or graduate degrees at the University of Rhode Island's 126th Commencement on Saturday and Sunday, May 19-20:

Amy M. Dahan, a resident of Potomac, received a BA degree in communication studies.

Michael J. Stadnicki, a resident of Potomac, received a BSBA degree in general business administration.

Patrick Cheng, of Potomac, received undergraduate degrees during Providence College's Ninety-Fourth Commencement Exercises held on Sunday, May 20. Cheng received a bachelor's degree in psychology.

The following students were named to the Dean's List for the 2012 spring semester at Messiah College:

Alexandra Burris, of Potomac, is a sophomore majoring in psychology.

Timothy Minnick, of North Potomac, is a junior majoring in broadcasting.

Juliette Mahaffey of Potomac, will matriculate and join the Harvard University Class of 2016 in the fall. Mahaffey will join 1,600 students selected from a pool of more than 34,000 applicants from all 50 states and from countries around the world.

Kathryn A. Glowinski, of Potomac, was awarded a degree at St. Lawrence University's Commencement ceremony, held May 20 on campus in Canton, N.Y. Glowinski was awarded a degree in computer science, with a minor in mathematics. She earned honors in computer science. Glowinski graduated from Walt Whitman High School.

The Georgia Institute of Technology presented degrees to approximately 2,500 undergraduate and graduate students during the Institute's 242nd commencement exercises. The following are local students who graduated:

Philip Twu of Rockville, received a doctor of philosophy.

Oscar Harasic of Potomac, received a BS in industrial engineering.

Brian Luzier of Potomac, received a BS in aerospace engineering.

SEE SCHOOL NOTES, PAGE 7

SCHOOLS



PHOTO BY ALI BRATUN

Foreign Language Extravaganza

Washington Episcopal School's first-grade students dance to a Spanish song during their annual Foreign Language Extravaganza on April 27. From left are Teddy Tibbs, Ore Adedeji, Grace Wallace, Iris Zola and Gabrielle Love. Grades 1, 3, and 5 performed skits and sang in French or Spanish and danced before a pot luck dinner for families featuring recipes from their native countries. WES offers instruction in French and Spanish from pre-K to Grade 8 and Latin in grades 6-8.



PHOTOS BY SARAH PUTNAM

Homeschool children make friends with a llama on a visit to the Brickyard Educational Farm.

Learning about Growing Food

Homeschoolers from a local Montgomery County homeschooling cooperative learn about growing food and animals in a visit to the Brickyard Educational Farm in April. The animals were visiting from Squeal on Wheels, a mobile petting zoo, run by John and Jill Phillips whose home-base abuts the farm.



SCHOOL NOTES

FROM PAGE 6

The following Potomac students have earned the distinction of Dean's List at the Georgia Institute of Technology for spring semester 2012: **Erik Mulchandani** and **Mariel Rezende**.

David Lee, the son of Chunqing Lei of Potomac, was recognized during the Spring Family Weekend parade at Randolph-Macon Academy. Cadet Staff Sergeant Lee was presented the Celebrate Freedom Foundation/Emby Riddle Aeronautical University Award, which recognizes a cadet who displays a positive attitude toward JROTC, outstanding personal appearance and possesses the highest personal and ethical standards. This cadet must also rank in the top 5 percent of the JROTC class. Lee is a sophomore at the Academy.

Morgane Amat, class of 2014 at Connecticut College and a resident of Potomac, has been named to the Dean's Honors list for the 2012 spring semester.

Kelly Ann Johnson of Potomac graduated with a Bachelor of Science in Accounting from Clemson University at the commencement ceremonies on May 11.

William Ashbrook Patch III of Potomac graduated with a Bachelor of Science in Financial Management from Clemson University at the commencement ceremonies on May 11.

Kimberly Herlach, of Potomac, graduated from Bowdoin, majoring in Government and Legal Studies and minoring in Gender and Women's Studies on Saturday, May 26.

Tanu Kumar, of Bethesda, graduated cum laude from Bowdoin, majoring in Government and Legal Studies and minoring in Economics on Saturday, May 26.

Samuel Draxler, the son of Roland and Laurie Draxler of Potomac, graduated from Columbia University, Magna Cum Laude and Phi Beta Kappa. He also won departmental honors for Art History. The Winston Churchill High School alumnus is employed and residing in New York City.

Andrej Percic Stare, a resident of Potomac, graduated with a B.S. degree in mathematics and economics from the University of Mary Washington on May 12.

Samuel Pearl-Schwartz, a junior at Walt Whitman High School, was selected as a state winner in the 2011 Junior Achievement Essay Competition. He won a \$10,000 scholarship. The competition, coordinated by Junior Achievement of Greater Washington, asked high school students from Virginia, Maryland and Washington, D.C., to compete for scholarships by writing a 1,000-1,500 word essay in response to the following question: "How can young entrepreneurs and the local governments of D.C., Maryland, Virginia work together to empower the next generation to improve the quality of life for the citizens of Greater Washington?"

Sarah Choi of Potomac received a juris doctor degree from Washington and Lee University School of Law on May 5.

Juliana Biro of Potomac graduated cum laude with a Bachelor of Arts degree in Biology from Bard College.

Dillon Joseph White, son of

Eugenia and Joseph White of Potomac, graduated from Saint Michael's College with a Bachelor of Science, cum laude degree in Business Administration at the college's 105th commencement exercises held on the college campus May 14.

McDaniel College bachelor's degrees May 19 to the following:

❖ **Jonathan K. Gore-Langton** of Potomac, graduated with a bachelor of arts degree in psychology.

❖ **Samuel A. Segal** of North Potomac, graduated with a bachelor of arts degree in art.

LET'S TALK Real Estate



by
Michael Matese

The Sky(light) Is The Limit!

Skylights serve a number of functions when living in a residence, or adding to the value of the residence when a home is on the market. A skylight—essentially any window that is tilted or situated entirely on the ceiling—is a unique way of adding natural lighting to a dull or dark room. Providing natural lighting into the room below, skylights add an elegant touch with a dramatic effect in any living space, as well as making the area feel more spacious. More than simply the addition of clean lighting and graceful ambience, skylights are efficient as well, infusing substance into their style. Skylights admit more light per unit area than windows, and distribute that light more evenly throughout a living space, making properly designed skylights significantly energy efficient design elements.

It is estimated that in both commercial and residential structures, use of day lighting (such as skylights) can effectively reduce energy costs by up to one-third! Skylights consist of more than just punching a hole in the ceiling and fitting it with glass or plastic (though that's certainly one option). Design and structural soundness should be weighed and considered when installing or adding a skylight; improper insulation or construction can negate the skylight's energy-reductive assets significantly. When considering design and placement of a skylight, think of where the skylight will receive the maximum amount of light, as this will not only contribute to the beauty of the room being lit, but also to the energy-saving element of the skylight. Homeowners may also want to consider positioning of skylights when deciding on skylight design—a skylight that is designed to open allows for seasonally appropriate ventilation as well as light, which adds to the energy efficiency of the skylight.

There are a variety of shapes and sizes to choose from in skylight design, and equally as many construction materials that contribute to both the aesthetics and efficiency of a skylight. New methods of glazing and sealing reduce energy loss and provide a water-tight construction. It is important to construct and install skylights properly to avoid these issues, as well as "skylight weeping" due to condensation. Traditional skylights, roof lanterns, or an oculus are the most popular types of skylight styles incorporated into a home, with a number and variety of unique designs, construction materials and modern efficiencies to each distinct style available. So before contracting an electrician to install costly and energy-hungry lighting, consider whether including day lighting options, such as a skylight, might be a better choice for your home and lighting or energy goals. Then examine your choices—the sky(light) is the limit!

For professional advice on all aspects of buying and selling real estate, call:

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ENTERTAINMENT

Sugo Cichetti Restaurant Opens in Park Potomac

Specializing in Italian tapas.

BY SUSAN BELFORD
THE ALMANAC

Sugo Cichetti Restaurant — a new concept in dining — recently burst onto the Potomac restaurant scene. The small plate Italian restaurant, owned by Charles Chrysostomonu, Ted Xenochristos and Ike Grigoropoulos, proprietors of the Cava Restaurants, opened their latest venture in May in Park Potomac.

In Italian, Sugo means sauces and Cichetti means small plates — thus in the style of Cava, the restaurant specializes in Italian tapas, but also offers pizzas, and other tasty menu items.

The trendy restaurant features wood-fired Artisan-style pizzas, healthy salads, hand-rolled pasta, and Charcuterie (a meat and cheese board) featuring prosciutto di parma, coppa (spicy cured pork shoulder,) Speck (juniper berry flavored cured ham) — all served with parmigiana reggiano — a sweet hard cow's milk cheese. Chef Dimitri Moshovitis has also created other traditional dishes with an Italian flair. These include seared scallops with a pancetta reduction, filet mignon with gorgonzola potato puree, sautéed mussels in white wine and an aged provolone Tuscan onion soup. The small plates allow the diner to try two to three dishes, broadening the dining experience.

Chrysostomou discusses the goals for their latest venture: “We wanted to try a new concept with different foods other than the Greek cuisine we were serving at Cava.

We partnered with Mamma Lucia's to bring an Italian influence to our menu. We consulted a renowned New York chef who taught us some fresh ideas on making pizza. Our wood-fired oven cooks at very high temperatures to prevent the thin crust from becoming soggy.”

THE RESTAURANT FEATURES nine different pizzas including the “Onion Love,” with caramelized onions, shallots and goat cheese and the “Uovo,” “made with fennel pork sausage. Moshovitis just won the “Lamb-Jam” award — first place at the Eastern Market cooking contest for his fresh pasta stuffed with braised lamb. This item is offered on the menu several times a week. New this week: Sunday brunch is now featured each Sunday — serving frittatas, steak and eggs and other breakfast items.

The contemporary setting includes refurbished wood, tile designs on the wall, high ceilings, a central U-shaped bar and multiple smaller dining areas which give an intimate feeling to the space. Outdoor dining is also available. Diners can carry on a conversation in this restaurant because tables are far-enough apart that the noise level is not as high as in many restaurants.

Some of their specialties at the U-shaped bar are a Cotton-Candy Martini, an Elderflower Margarita, a Crazy Dirty Martini, featuring feta-stuffed olives, a Mojito made with fresh fruit puree and a full beer and wine list. Sangria is also a menu staple.

The restaurant is located at 12505 Park Potomac Ave., 240- 386-8080. It is open Monday – Thursday, 11 a.m. – 10 p.m.; Friday – Saturday, 11 a.m. – 11 p.m. and Sunday, 9 a.m. – 9 p.m. See www.eatsugo.com.



The Bar at Sugo



Sugo Cichetti Restaurant in Park Potomac.

CALENDAR

To have community events listed free in The Potomac Almanac, send e-mail to almanac@connectionnewspapers.com. Deadline is Thursday at noon for the following week's paper. Photos and artwork encouraged.

NOW THROUGH SEPT. 28

Friday Night Live Concert Series.

6:30 p.m. – 9 p.m. Activities: Live music, food, and beverages. Bands include Joker's Wild (Swing), Junkyard Saints (New Orleans/Zydeco), Gonzo's Noise (80s and 90s cover band), Darryl Davis Band (Blues) and more. At Rockville Town Square, 200 East Middle Lane, Rockville. Visit www.rockvilletownsquare.com for details.

Zumba at Village Yoga. Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow,

Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Come join the fun at Village Yoga! Classes are held on Tuesday nights, 7:15 p.m.-8:15 p.m., and Saturday mornings 11:30 a.m.-12:30 p.m. Village Yoga, 10154 River Road, Potomac. Call 301-299-1948.

Beginner's Yoga Classes at Village Yoga.

Village Yoga is adding a new Beginner's Yoga Class on Mondays, 8-9 p.m. Continues our Thursday, 7:30-8:45 p.m. Beginner's Gentle Flow class as well. For all new local students - \$10 for the entire first week. Must be used on your first visit to the studio. Special for all yogis this month - 4-pack of classes for \$48. Village Yoga, 10154 River Road, Potomac. 301-299-1948. www.villageyogayogi.com.

FRIDAY/JUNE 8

The Bethesda Painting Awards is

downtown Bethesda's annual juried art competition that exclusively honors painters from Maryland, Virginia and Washington, D.C. A public opening reception will take place from 6-9pm in conjunction with the Bethesda Art Walk at 7700 Wisconsin Avenue, Suite E in downtown Bethesda, where the work of the finalists will also be on exhibit from June 1-30.

“Swingin’ the Blues.” An evening of Blues and Swing Dancing in the Back Room at Glen Echo Park featuring BG and the Mojo Hands. From 8 – 9 p.m. there will be a Slow Blues dance lesson. Admission for the dance at 9 – 11:30pm is \$12 and includes the lesson. No partner required. For more information, e-mail or call Donna Barker at dbarker@glenechopark.org or 301-634-2231. The Glen Echo National Park is located at 7300 MacArthur Blvd., Glen Echo, MD 20812.

SUNDAY/JUNE 10

The Washington Family Dance is 3-5 p.m., in the Spanish Ballroom at Glen Echo Park in Glen Echo. Admission is \$5. No dancing experience is necessary — the dances are taught for ages 4 and up, with a focus on having fun. Visit www.fsgw.org and click on “Family” or contact Penelope Weinberger at dance@fsgw.org or 301-315-9461.

SUNDAY/JUNE 17

Waltz Dance. In the Spanish Ballroom at Glen Echo Park. The 45-minute dance lesson begins at 2:45 p.m. Social dancing follows until 6 p.m. Admission is \$10. No partner required. Call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, go to www.WaltzTimeDances.org or e-mail info@WaltzTimeDances.org. The Glen Echo National Park is located at

7300 MacArthur Blvd., Glen Echo, MD 20812.

FRIDAY/JUNE 22

Dancing by the Bayou presents Zydeco and Cajun Dance at Glen Echo Park's Bumper Car Pavilion with the all-girl C'est Bon Cajun Dance Band. Take the 8:30 p.m. 30-minute beginner Cajun dance lesson; then dance until midnight. Admission is \$15. No partner required. For more information, call Michael Hart at 301-762-6730 or Glen Echo Park at 301-634-2222, or go to www.DancingbytheBayou.com. The Glen Echo National Park is located at 7300 MacArthur Blvd., Glen Echo, MD 20812.

NOW THROUGH JUNE 23

Strathmore Unleashed. Canine-themed art exhibit at Strathmore.

SEE CALENDAR, PAGE 9

CALENDAR

FROM PAGE 8

Opening reception on Thursday, May 3 from 7-9 p.m. A Yappy Hour is from 6-7 p.m. Well-socialized dogs are welcome in the Mansion for Yappy Hour. Call 301-581-5100 or visit www.strathmore.org.

NOW THROUGH OCT. 27

Bethesda Freshfarm Market.

Saturdays 9 a.m. to 1 p.m. Will offer fresh fruits, vegetables, organic meats and artisan cheeses. At Norfolk Avenue, between Fairmont and St. Elmo Avenues in Bethesda. In addition, the market will feature special events. On the first Saturday of each month, Master Gardeners will table at the market to answer gardening questions. From July 7 through Aug. 11, Boordy Vineyards will be a market guest selling wines made from Maryland grown grapes. And on the last Saturday of each month a local chef will give cooking demonstrations at the market. Featured chefs include Frederik de Pue of Smith Commons; Domenico Cornacchia of Assaggi Restaurant and Mozzarella Bar; James Gee of Jaleo (Bethesda) and Debbie Amster of Nourishing Possibilities. Call 301-215-6660 or visit www.bethesda.org.

THURSDAY, JUNE 7

Slow Blues and Swing Dance.

Dancing from 9 to 11:30 p.m. Admission is \$8. With DJ Mike Marcotte and Guests. Slow Blues lesson from 8:15 to 9 p.m. At the Back Room at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call Donna Barker at 301-634-2231 or go to info@CapitalBlues.org or www.CapitalBlues.org.

Washington Family Dance. From 3 to 5 p.m., in the Spanish Ballroom at Glen Echo Park. Janine Smith and friends will call to the music of Liz Donaldson and Alexander Mitchell. Admission is \$5. See www.fsgw.org and click on "Family", or contact Penelope Weinberger at dance@fsgw.org or 301-315-9461.

JUNE 8 TO JUNE 17

Double-Billing. "Trial by Jury" and "The Sorcerer." Presented by the Victorian Lyric Opera Company. Showtimes are Fridays, June 8 and 15, and Saturdays, June 9 and 16, at 8 p.m., and Sundays, June 10 and 17 at 2 p.m. A preview performance will be staged Thursday, June 7, at 8 p.m. Tickets are \$20 adults, \$18 seniors (65 years and older), \$16 students (16 years and younger) and \$10 for the preview performance. Tickets are available through the theater box office at www.rockvillemid.gov/theatre or by phone 240-314-8690 between 2 and 7 p.m., Tuesday through Saturday. At the F. Scott Fitzgerald Theater at Rockville Civic Center Park, 603 Edmonston Drive, Rockville.

SATURDAY/JUNE 9

Remodeling Seminar. 10 a.m. to 2 p.m. Hopkins & Porter, Inc. will be offering "How to Fall in Love with Your Home Again," a free design and remodeling seminar. This seminar will include a complimentary lunch with time to discuss your own project with professional staff. The workshop will provide informal no-obligation discussions with Hopkins & Porter designers. Space is limited to 15 participants per session, so RSVPs are a must. Call Debbie at 301-840-9121,

#27, to reserve a space or email her at debbie@hopkinsandporter.com. The seminar will take place at the offices of Hopkins & Porter, 12944-C Travilah Rd., # 204, Potomac.

Classical Concert: Salerno-Sonnenberg Plays Tchaikovsky. 8 p.m. Featuring Marin Alsop, conductor; Nadja Salerno-Sonnenberg, violin; Kevin Puts: Symphony No. 4, "From Mission San Juan Bautista;" Tchaikovsky: Violin Concerto; Stravinsky: The Rite of Spring. At the Music Center at Strathmore. Tickets range from \$34 to \$68 and are available through the BSO Ticket Office, 410-783-8000 or BSOmusic.org.

SUNDAY/JUNE 10

W.H.A.R.F.F. Interactive Expo. 11 a.m. to 4:30 p.m. Sixty exhibitors displaying new services and technologies; free health screening clinics; cooking demonstrations; Zumba demonstrations; plus more at the 4th Annual, Community-Wide W.H.A.R.F.F. Interactive Expo. At Temple Beth Ami, 14330 Travilah Road, Rockville. Visit www.wharffexpo.org or 301-762-8809.

JUNE 12 THROUGH AUG. 21

Kids Night. Shows on Tuesdays at 6:30 p.m. and 7:30 p.m. Live kids entertainment and children eat free. Shows include Mad Science, The Diggity Dudes (Family Band), Mike's Magic & Comedy Show, Reptiles Alive!, and more. At Rockville Town Square, 200 East Middle Lane, Rockville. Visit www.rockvilletownsquare.com for details.

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To honor dad on Father's Day, send us your favorite snapshots of you with your dad and The Potomac Almanac will publish them in our Father's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail photos, send to:

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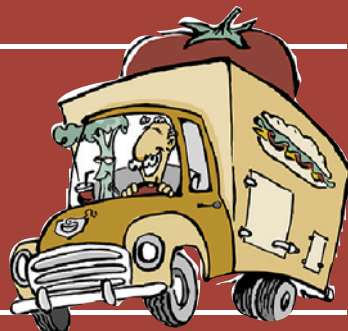
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The Potomac Community Center hosted a Marketplace on in April 28.

**Gloria Duncan (right)
and Maureen George,
owner of Emeralds,
handmade handbags.**



PHOTOS BY
DEBORAH STEVENS/
THE ALMANAC



National Philharmonic Receives Award

The National Philharmonic has been selected by the Maryland Classic Youth Orchestra Board of Directors to receive the 2012 MCYO Chester J. Petranek Community Award for outstanding community service in enriching the musical life of the Washington Metropolitan Area. This award was established in 1986 as a tribute to Chester J. Petranek, the educator and conductor who founded MCYO in 1946. The award is presented each year to an individual or group for "outstanding community service in enriching the musical life of the Washington Metropolitan Area." Past winners have included the Baltimore Symphony Orchestra, David Lashof of Lashof Violins, Dale Music Company, the Friday Morning Music Club and Chuck Levin of Chuck Levin's Washington Music Center.

PEOPLE

Potomac Community Center Market



Miriam Kelly with her
handmade pottery.



Edward D. Abrahams and Isabel
J.K. Abrahams with her handcrafted
jewelry.



PHOTO BY DEBORAH STEVENS/THE ALMANAC

Plant Walk

River Center Herbal
Medicine Historian
Randa Steblez led a
medicinal plant walk
focusing on the his-
tory, folklore, and
medicinal uses of
plants along the C & O
Canal on May 5.

WELLBEING



Reiki Masters Christine Mosley, of Springfield, and Marion Werner, of Chevy Chase, perform a Reiki treatment.



Reiki Master Naning Sugeng of Potomac, performs a Reiki self-treatment.

PHOTOS BY MARILYN CAMPBELL/THE ALMANAC

The Power of Touch

Reiki masters credit the practice with promoting healing.

BY MARILYN CAMPBELL
THE ALMANAC

“May I touch you?” asks Marion Werner, a willowy woman with shoulder-length blonde hair. Her hands descend lightly on her patient’s chest.

This is Reiki, a decades-old, Japanese mind-body technique used for relaxation and stress relief that is gaining acceptance in the United States. During a session, a client lies on a massage table, fully clothed. Practitioners rest their hands on or just above the client’s body, palms down. They use a set of eight to 12 hand positions, each held for about two to five minutes.

While some healthcare professionals dismiss the practice as quackery, major medical centers including those at the National Institutes of Health (NIH) and George Washington Hospital’s Center for Integrative Medicine now offer it to patients, and medical schools have integrated mind-body courses into their curriculum.

Reiki is credited with promoting healing and addressing a host of ailments from post-traumatic stress disorder (PTSD), depression and anxiety to infertility, heart disease and the side effects of cancer treatment.

“A relaxed body and mind gives us a foundation for healing,” said Springfield, resident Christine Mosley, a Reiki master who also practices in Fairfax Station.

However, practitioners don’t claim to be

healers. “It’s like when you get a cut, the body responds and heals the cut. You might get stitches to help the healing, but your body is actually doing the healing,” said Werner, a Reiki master in Chevy Chase. “It is a capacity that we’re all born with but, stress can make it difficult for the natural healing process to work. Reiki treatment encourages relaxation and balance in the system.”

SOME PRACTITIONERS believe that Reiki is a mechanism for tapping into a universal energy that supports the body’s natural ability to heal itself, but this notion is not commonly accepted among physicians in the United States.

“In China and Japan they know it works and they don’t care how it works,” said Dr. David Rosenthal, medical director of the Leonard P. Zakim Center for Integrative Therapies at Dana-Farber Cancer Institute in Boston and a professor of medicine at Harvard Medical School. “In this country we have to show not only that it works, but how it works. ... I think the evidence is getting there, but I don’t think it is totally there yet.”

Reiki can be given to those who are dying and to their families. “It can help impart a sense of peace and acceptance,” said Naning Sugeng, a practitioner in Potomac, who, along with Werner and Mosley, offers free services to cancer patients and wounded veterans.

Comfort for America’s Uniformed Services (CAUSE), a non-profit organization that offers respite to wounded members of the military, provides free Reiki treatments to

battle-weary soldiers and their family members and caretakers. “It is so gentle that it can be used on shrapnel wounds and recent amputations to improve wound healing and relieve phantom pain,” said Mosley who is also the coordinator for CAUSE’s Reiki program at Fort Belvoir in Virginia.

PRIVATE SESSIONS with a Reiki master can cost between \$75 and \$100 an hour. The profession is not regulated, but traditional Reiki training and certification has three levels of expertise. While classes for the first two levels can be completed in two-day classes, preparation for the third, or master, level can take years.

Locally, Reiki treatments are offered at the Pain and Palliative Care Service at the NIH Clinical Center in Bethesda, Inova Loudoun Hospital’s Life with Cancer program and the

Center for Integrative Medicine at George Washington University Hospital in Washington, D.C.

Still, doctors say more large-scale studies are needed before Reiki becomes a mainstream practice. “Not only is there not enough research, but a lot of the Reiki research has been criticized for not being rigorous enough compared to the standards that are in place to study other medical interventions,” said Dr. John Pan, founder of the Center for Integrative Medicine at the George Washington University Medical Center in Washington and a faculty member at the George Washington University School of Medicine and Health Sciences.

Researchers at George Mason University conducted a study of patients in Inova’s Life with Cancer program to determine whether

yoga, Reiki, or meditation would help alleviate symptoms of chemotherapy-induced peripheral neuropathy (CIPN).

“At the conclusion of the study, each group, with the exception of the control group, showed [improvement], but the results were not statistically significant,” said Paul G. Clark, PhD, LCSW, assistant professor of social work. “What we did learn was that these therapies are worth studying on a larger scale.”

In 2011, Rosenthal co-authored a study of 18 men with prostate cancer and found that Reiki helped ease their anxiety. “It does relax people, it does decrease stress acutely,” he said, adding that Reiki can be an alternative for patients who have an aversion to relaxation techniques such as massage or acupuncture. “There are some people who do not like their bodies being rubbed and do not like needles being put into their skin.”

Reiki is also credited with calming jittery preoperative patients. Kate Snipes, a 41-year-old wife and mother of two, received Reiki treatments before and after a prophylactic double mastectomy. She recalls feeling tranquil post-treatment, void of the anxiety that had gripped her before the procedure.

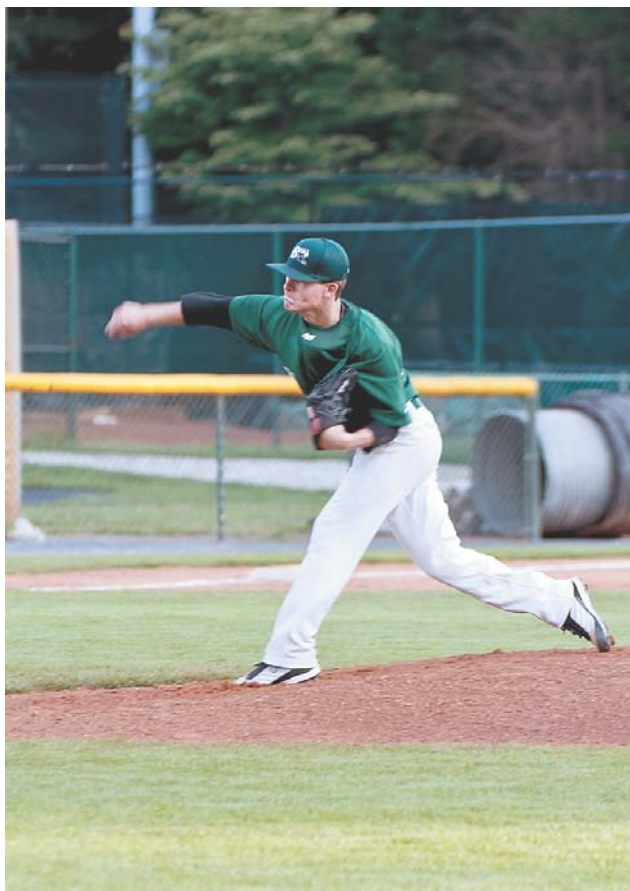
“I felt more at peace with [the surgery],” said Snipes. “I felt pain relief, and I felt more comfortable and relaxed in the parts of my body that were kind of tense.”

REIKI IS GENERALLY SAFE and NIH’s National Center for Complementary and Alternative Medicine says that that no serious side effects have been reported.

“It won’t cause harm, but some people may not respond to it,” said Pan. “It is an individualized process. What works for one patient may not work for another.”

“A relaxed body and mind gives us a foundation for healing.”

— Christine Mosley



Robbie Kidd (Tennessee) pitches for the Bethesda Big Train in an exhibition game.



Outfielder Avondre Bollor (San Diego State) showed opposite field power during the exhibition season.



Tyler Thomas and the Bethesda Big Train open the regular season at Baltimore on Wednesday, June 6.

PHOTOS BY HARVEY LEVINE/THE ALMANAC

Big Train Opens Season as 3-Time Defending Champion

Bethesda ranked No. 1 collegiate summer baseball team at end of 2011 season.

BY JON ROETMAN
THE ALMANAC

After a trio of exhibition games, the three-time defending Cal Ripken Collegiate Baseball League champion Bethesda Big Train will open the 2012 season on the road against the Baltimore Redbirds at 6:30 p.m. on Wednesday, June 6. The Bethesda ballclub enters its 14th season of existence.

The Big Train ended last season ranked as the No. 1 collegiate summer baseball team in the nation by Perfect Game scouting service. While the recognition could

place a target on the backs of Bethesda players, junior catcher Tucker Tobin (George Mason) said members of the Big Train should be focused on what they can control. "I don't know about the whole No. 1 ranking thing. That, I guess, will take care of itself," Tobin said. "The goal will be to win the league again, to start."

Bethesda manager Sal Colangelo said the Big Train's primary focus will be "playing hard between the lines and getting better."

Tobin enters his second season with the Big Train and figures to play a key role in whether the team can continue its run of success. A former standout at West Spring-

field High School in Springfield, Va., Tobin said playing for the Big Train helps keep the summer baseball schedule from turning into a grind. "The thing with playing in Bethesda is that we have so many fans here all the time, it's not as bad," said Tobin, who played the 2010 season with the Southern Maryland Nationals. "It's fun playing [at Shirley Povich Field] every night. We play the away games at some of the high schools around here and it's 100 degrees out and if the game is running long, then it's a little bit of a grind. But definitely playing [at Povich], with all the promotional stuff and all the fans that come out, it's a lot of fun."

Tobin's former West Springfield teammate, Mike Kent (Clemson), returns as a key member of the Big Train pitching staff, along with Matt Bowman (Princeton) and Hugh Adams (Florida Atlantic).

In the field, catcher/outfielder Hunter Renfroe (Mississippi State) and infielder Brennan Middleton (Tulane) are impact players. Outfielder Avondre Bollor (San Diego State) showed opposite field power during an exhibition game against the Herndon Braves.

Bethesda's first home game of the regular season is at 7:30 p.m. on Friday, June 8 against the Rockville Express.

SPORTS BRIEFS

Track and Field State Championships

The Maryland Public Secondary Schools Athletic Association track and field state championship meet was held May 24-26 at Morgan State University.

In girls' action, Wootton finished second with 88 points, 29 behind state champion Northwest. Whitman finished fourth (55.5) and Churchill was eighth (28).

Wootton junior Gwen Shaw won the 400-meter state championship with a time of 55.19 seconds and placed sec-

ond in the 100 hurdles (14.41). Teammate Sylvia Deppen finished second in the 300 hurdles (43.81). Each was a member of the Patriots' state-title-winning 4x400 relay team, which edged Northwest by less than a second with a time of 3:53.06. Seniors Casey Dowling and Grace Corbett were also on the team.

Dowling also placed second in the long jump with a mark of 18 feet, 10 inches.

Whitman's 4x800 relay team of freshmen Lela Walter and Clare Severe, and seniors Anna Ryba and Caroline Guiot placed second with a time of 9:23.93. Guiot took home the 3200 title (11:16.93).

Churchill freshman Lucy Srour placed second in the girls' 1600 with a time of 5 minutes, 10.14 seconds. Senior Taylor Caulk

placed third in the long jump (17-10 1/2).

In boys' action, Churchill finished third with 70 points. Clarksburg won the state title with 100 points, followed by Quince Orchard (90). Wootton finished fifth (54) and Whitman 13th (2).

Churchill senior Nadim Elhage won the shot put title with a toss of 49 feet, 11 1/2 inches, beating his nearest competitor by more than two feet. Elhage also won the discus championship with a throw of 145-4, more than six feet ahead of the second-place finisher.

Sophomore Kyle Beatty won the pole vault title with a 10-foot clearance. Senior Micah Phillips-Spencer took second in the 200 (22.35) and third in the 100 (11.2). Senior William Conway placed second in

the 800 (1:58.93), fifth in the 1600 (4:24.85) and third in the 3200 (9:42.25). Sophomore David Kaplan took third in the discus (137-5).

Wootton junior Joshua Trzeciak took home state championships in the 800 (1:57.65) and 1600 (4:20.62). Senior Justin Hassani finished second in the 100 (11.14) and fourth in the 200 (22.82).

The Patriots' 4x800 relay team of seniors Eli Berman and Jamie Ertel, and juniors David Levine and Will Quackenbush won a state title with a time of 7:56.82.

Sophomore Sam Eichberg placed second in the pole vault (9-2).

PEOPLE



Golden Girls at the In Your Honor Ceremony are (from left): Olivia Stanhope, Lindsey Thaker, Diane Tipton President GSCNC, Sara Ewel, Elizabeth Handen, Catherine Roberts, Lidia Soto-Harmon CEO GSCNC, Kelly Zonghetti and Marni Morse.

Seven from Troop 1799 Receive Gold Awards

The Girl Scout Gold Award was presented to seven girls from Potomac Girl Scout Troop 1799 at a troop ceremony at Normandie Farms Restaurant on Sunday, May 6. Following the troop ceremony the girls were recognized at the annual GSCNC In Your Honor Ceremony at Trinity Washington University in Washington, D.C. The Gold Award is the highest honor earned by a select group of Girl Scouts who have demonstrated superior leadership, organization and a higher commitment to community service. Nationwide fewer than three percent of Girl Scouts earn the Gold Award.

Girl Scout Troop 1799 began in 2001 when members were in the first grade. The troop is led by Cynthia Ewel, Kathi Stanhope and Kathy Zonghetti. The following troop members received their Gold Award:

❖ Sara Ewel, age 17, Grade 11, Winston Churchill High School. Sara renovated the reading corner at Suburban Nursery School and created an organizational system to keep track of books in the children's library.

❖ Elizabeth Handen, age 17, Grade 11, Mendham NJ (formerly from Potomac). Elizabeth worked to save the dwindling bat population by building bat boxes and educating her community about White-Nose Syn-

drome, a disease threatening all bat species.

❖ Marni Morse, age 17, Grade 11, Richard Montgomery High School. Marni organized and led a Summer Math Camp to help students complete their summer math packets, help them retain knowledge over the summer and give them a solid understanding of math concepts.

❖ Catherine Roberts, age 16, Grade 11, Winston Churchill High School. Catherine created a service outreach committee in her Potomac neighborhood to spark interactions between her community and the Carroll House homeless shelter.

❖ Olivia Stanhope, age 17, Grade 11, Winston Churchill High School. Olivia produced a series of public service announcements for the Montgomery County Humane Society to help find homes for stray or abandoned animals.

❖ Lindsey Thaker, age 17, Grade 11, The Holton Arms School. Lindsey put together brochures and video guides and gave presentations to show teenagers how to sustain relationships with family members who have Alzheimer's Disease.

❖ Kelly Zonghetti, age 17, Grade 11, Winston Churchill High School. Kelly led volunteers in the creation of pillows to provide comfort to patients at the NIH Children's Inn.

HOME SALES

In April 2012, 51 Potomac homes sold between \$2,300,000-\$502,000. This week's list represents those homes sold in the \$2,300,000-\$925,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	PostalCode	Subdivision
11114 CRIPPLEGATE RD	5	4	2	POTOMAC		\$2,300,000	Detached	4.31	20854	POTOMAC FALLS
10315 RIVERWOOD DR	6	6	1	POTOMAC		\$2,260,000	Detached	2.59	20854	POTOMAC OUTSIDE
10600 BURBANK DR	4	4	1	POTOMAC		\$1,788,000	Detached	2.25	20854	POTOMAC MANOR
12070 WETHERFIELD LN	5	4	1	POTOMAC		\$1,590,000	Detached	2.00	20854	STONEY CREEK KNOILLS
11716 SLATESTONE CT	5	4	1	POTOMAC		\$1,230,000	Detached	0.30	20854	CLAGETT FARM
9706 CLAGETT FARM DR	5	4	1	POTOMAC		\$1,195,000	Detached	0.20	20854	CLAGETT FARM
10908 BELLS RIDGE DR	4	4	1	POTOMAC		\$1,180,000	Detached	0.27	20854	POTOMAC REGENCY
7807 GATE POST WAY	4	3	1	POTOMAC		\$1,162,000	Townhouse	0.09	20854	RIVER FALLS
8313 LARKMEADE TER	4	4	1	POTOMAC		\$1,150,000	Detached	0.19	20854	POTOMAC REGENCY
7815 STABLE WAY	4	4	1	POTOMAC		\$1,150,000	Detached	0.16	20854	RIVER FALLS
11406 FALLS RD	4	3	1	POTOMAC		\$1,100,000	Detached	0.56	20854	CHURCHILL GLEN
10841 STANMORE DR	6	3	1	ROCKVILLE		\$1,030,000	Detached	2.10	20854	GREAT FALLS ESTATES
11309 WILLOWBROOK DR	6	3	1	POTOMAC		\$1,001,500	Detached	0.54	20854	OLDFIELD
11727 SPLIT TREE CIR	5	4	1	POTOMAC		\$980,000	Detached	0.29	20854	WINTERSET
12 COLD SPRING CT	5	4	1	POTOMAC		\$975,000	Detached	0.44	20854	COPENHAVER
12208 FALLS RD	5	4	2	POTOMAC		\$972,500	Detached	0.31	20854	FALLS FARM
11730 GLEN CT	5	3	2	POTOMAC		\$955,000	Detached	2.00	20854	PINEY GLEN FARMS
10024 HALL RD	4	3	1	POTOMAC		\$945,000	Detached	0.47	20854	POTOMAC VILLAGE
11808 GREGERSCROFT RD	5	3	2	POTOMAC		\$925,000	Detached	0.49	20854	COUNTRY PLACE
10038 CARMELITA DR	6	3	1	POTOMAC		\$925,000	Detached	0.58	20854	MCAULEY PARK

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Cabin John (20818)

8216 Caraway St.....\$2,300,000.....Sun 1-4.....Keith Gould.....Exit Realty...240-426-4651

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10400 Riverwood Dr..\$1,500,000.....Sun 2-4..Krystyna Kazerouni Long & Foster..240-876-8750

10621 Tanager Ln.....\$1,145,000..Sun 12:30-3:30.....Michelle Katzer.....Gerlach..301-656-8686

11904 Whistler Ct.....\$845,000.....Sun 1-4.....Irene Wertheimer.....Weichert..301-455-6095

7734 Laurel Leaf.....\$1,499,000.....Sun 2-4.....Traudel Lange..Wash Fine Prop..202-243-1609

9229 Bentrige Ave.....\$999,900.....Sun 1-4.....Leslie Friedson Long & Foster..301-455-4506

For an Open House Listing Form, call Deb Funk at 703-778-9444 or e-mail debfunk@connectionnewspapers.com All listings due by Monday at 3 P.M.

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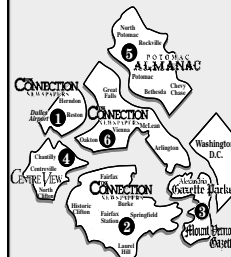
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Haven't I Learned Anything?

By KENNETH B. LOURIE



I'm not going to beat myself up too badly; after all, I do have terminal cancer. However, I am disappointed in my behavior of late, especially as it relates to my status as a still-active (thank God!) cancer patient/survivor undergoing treatment. Here I thought I was "Mr. Experience," a three-years-plus cancer survivor having endured all the ups and downs associated with the diagnosis, prognosis, chemotherapy, diagnostic scans, appointments with my oncologist, lab work, etc., so that blips in any or all of the aforementioned categories wouldn't faze me, understanding that there's no future in overreacting to any of it; taking it all in stride and maintaining an even keel as the key to surviving the unrelenting pressure.

And yet, I've overreacted; anticipated a negative outcome and worried about a result that has not been confirmed; heck, it hasn't even been tested for. It's not even time for it to be tested. Moreover, there are not even indications that when tested, the problem will arise. Still, I'm planning for a negative result and trying to circumvent its treatment and financial impact. In summary, I'm trying to control the uncontrollable (cancer) and in so doing I am making myself miserable. Rather than deal with the consequences as they present themselves, I am attempting to solve them in advance – before they are actual consequences. Part of me feels this is prudent, given my underlying diagnosis, and part of me (I am a Libra) feels that I am putting the cart before the horse, as they say, and creating a problem where as yet one doesn't exist.

If a problem with my lab work does present itself, it will be bad/complicated enough then. It doesn't need to be bad/complicated before it actually happens, does it? I'm supposed to be able to deal with the punches. I've been punched – so to speak – for over three years now; this is nothing new. Sure, the drug is new, and its potential complication is new, but it's really just more of the same stuff: cancer, only different. So why am I struggling emotionally? I have been there and I have been doing it. What's changed?

I would have thought that year one, especially the first few weeks and months of treatment, entering the unknown world of heavy-duty chemotherapy, would have generated more anxiety and deeper emotional troughs than year four: less heavy-duty chemotherapy, more experience being a cancer patient. But that has not been the case. Perhaps the unexpected change in treatment – for better or worse (to be determined) is causing this reaction. Though I'm not in any pain as a result, I do sense a change in momentum, sort of. I imagine I'll get over it, but I shouldn't have to "get over it." I should never have gotten under it. I should have recognized the signs/circumstances and not allowed myself to fall victim to its emotional tentacles. Having been diagnosed with terminal cancer at age 54 is bad enough on its own. I don't need to make it any worse.

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

NEWS

Fawn Found, Now What?

Here are some frequently asked questions about fawns from the Maryland Department of Natural Resources. http://www.dnr.state.md.us/wildlife/Plants_Wildlife/Deer_Fawn_FAQ.asp

I've found a deer fawn (baby deer), what should I do?

Under most circumstances, the best thing a person can do is to immediately leave the area to avoid creating any additional disturbance near the fawn. On rare occasions, a fawn may approach people or pets. If this occurs, the fawn should be gently coaxed to lay down by pressing on its shoulders as the doe would do to keep the fawn still. The fawn should stay put, providing an opportunity for people and pets to leave the area.

The fawn was alone, with no mother protecting it. It is so small and helpless and it doesn't even move when I approach it. Does it need help?

No, the fawn does not need your help. The doe (adult female deer) will rarely be found near her fawn for the first few weeks of its life because her presence may attract predators. The fawn is well camouflaged and has very little odor, which helps it hide from predators. Fawns instinctively lie motionless when approached by a potential predator. This seemingly helpless state is a behavioral adaptation that has helped white-tailed deer survive for ages. Once the fawn grows stronger, it will follow the doe while she forages.

It looks hungry, should I feed it?

People should never feed anything to a fawn. Fawns have very specific nutritional requirements and improper nutrition will make the fawn sick and may lead to its death.

My children touched the fawn and I'm afraid the mother won't take it back — what should I do?

The doe-fawn bond is very strong. A mother deer will not avoid her fawn if there are human or pet odors on it. Fawns are rarely abandoned, except in extreme cases where the fawn has defects which will prevent its survival. The fawn should be placed in or next to natural vegetation near the location where it was found to provide cover and protection. The doe will avoid the area until



PHOTO COURTESY OF BRIAN RICHMOND

This tiny fawn spent Saturday, June 2, sleeping under a family SUV in River Falls in Potomac. Does will leave their very young fawns lying down while they go off to eat, then come back later to nurse the baby.

the disturbance has passed, after which she will search for the missing fawn. If more than 24 hours have passed, the fawn may need attention from a wildlife rehabilitator.

Can I keep it?

No. Removing deer from the wild and keeping them in captivity is against the law in Maryland. Furthermore, the unnatural conditions of life in captivity can lead to malnutrition, injury, and stress at the hands of a well-meaning captor. Wild animals that become accustomed to humans can pose health risks and become dangerous as they mature. Additional information on this topic can be found online at http://www.dnr.state.md.us/dnrnews/infocus/deer_policy.html.

The fawn is injured, what should I do? Who can I call?

Sometimes fawns are injured by pets, vehicles or farming equipment. Injured fawns should only receive care from a licensed Maryland wildlife rehabilitator who is authorized to handle fawns.

Fawn Rehabilitators will coordinate the transport and care of the fawn. You can get advice on what to do if you encounter an injured fawn, from a fawn rehabilitator. The following link provides access to contact information for wildlife rehabilitators who may be able to assist with fawn rehabilitation: http://www.dnr.state.md.us/wildlife/Plants_Wildlife/rehab.asp

Four Earn Eagle Medals

Troop 706 of Our Lady of Mercy Catholic Church in Potomac awarded four new Eagle Scouts their Eagle Medals on Sunday, May 6.

Peter Fairbanks, Brendan Goodson, Felipe Soto, and Tim Weitzel received Boy Scout's highest honor, the rank of Eagle, during the Eagle Court of Honor ceremony which included a candlelight procession through the various ranks of Scouting on their "Trail to Eagle."

These four boys started their Scouting careers together as Cub Scouts. To complete their Eagle Rank, each devoted numerous hours toward their Eagle Scout Project. Fairbanks, a senior at The Heights School, repaired bicycles that were previously unusable and built four permanent bike racks for the children of St. Ann's Infant and Maternity Home in Hyattsville. Goodson, a senior at the Gonzaga College High School, removed and replaced two 20-foot long retaining walls at Our Lady of Mercy Parish in Potomac. Soto, a senior at St. John's College High School, built a path from the upper to the lower parking lot at St. Bartholomew Church in Bethesda. Weitzel, a senior at Gonzaga College High School, led a large group of volunteers as well, emptying, cleaning, refurbishing and shelving a much needed storage space at Gonzaga College High School in Washington, D.C.

All four will continue studying in college this fall, taking with them, lessons in leadership acquired through the scouting program.



From left are Tim Weitzel, Brendan Goodson, Peter Fairbanks and Felipe Soto.

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