



Michael Matese Let's Get Physical: Creating the Perfect Home Gym

There are a number of features and specialty rooms in a home's floor plan that can be featured and used as selling oints when a home hits the market. One such featured specialy room is the home gym, which can provide years of fitness and enjoyment while you're living in your home, and add untold dollars to your home's value when it comes time to list it for sale. The home gym is a modest upgrade that's easy to add into your floor plan than makes a modern, attractive selling point for prospective buyers to consider. Home design professionals agree that one of the key elements in designing a home gym is that the surroundings should be oriented towards fitness, focus and motivation to work out. When your house is on the market, consider whether or not the fixtures of your home gym will be included in your home's asking price—inclusion of gym equipment such as treadmills, elliptical machines or weight racks can be an attractive incentive to the buyer and allow the seller to upgrade equipment later in their new home—not to mention saving the seller stress over how to move heavy, bulky gym equip-ment! DVD players that allow homeowners to customize their workouts, stereo equipment wired into the gym's control panel and flat-screen televisions mounted at workout eve-level are all attractive features that will make your home gym, and thus, your home distinct in the minds of buyers who tour your home. From barbells and yoga mats to an attached bathroom or single-person steam room, there's a multitude of ways to construct the perfect home gym, providing you with years of enjoyment and making your home fetch top-dollar when it's time to sell!

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

MICHAEL MATESE **Long & Foster Realtors** 301-806-6829

🖹 Mike@michaelmatese.com ℝ

Be Part of The **Pet** Connection in July Send Your Photos & Stories Now to

almanac@connectionnewspapers.com or complete our online form at

Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is July 20.

potomacalmanac.com

News

LET'S TALK Real Estate Storms Bring Disruption to Potomac

The Almanac

trong storms upended trees and broke limbs as branches fell on roofs and destroyed

Even the AT&T Golf Tournament at Congressional Country Club was cancelled for the day. The parking crew turned disappointed spectators away, empty buses were lined up with no riders and many who had driven for four to six hours to view Tiger, Phil and Vijay were frustrated and angry. One of the parking crew said, "We've had a lot of different reactions to the cancellation of the tournament. Some people are really angry but others understand, particularly when they see the destruction in the area. Our parking lots had a lot of trees down and we could not park cars in them or even provide the buses with turn-around space."

A pine tree toppled onto the car of Potomac resident Shelley Stuart. She explained how it happened: "I parked my car at a friend's home tonight because we were going to see a movie. While we were gone, a huge pine tree fell on my car - so my car is demolished. I couldn't even get to it because another tree was blocking access to my friend's home."

Local tennis, swim and golf clubs had to close for Saturday because of lack of power as well as downed trees and debris. Head pro John McDaniel arrived at 6 a.m. at the Potomac Tennis Club to find screens damaged, tree debris covering all 10 courts and electrical power lines down all along Potomac Tennis Lane. "Last night,



Fallen trees along Oaklyn Drive in Potomac.

it felt as if a tornado was going through," he said. "The winds were so forceful — I knew we were going to lose power and have damage. I think the weather forecast is the same for tonight. It seems that it may be awhile before power can be restored."

What are residents planning to do if the power does not come on? Some will go to the movies or shopping (if shopping centers and movies have power), some are heading out to the beaches or the mountains - and others are planning to spend a lazy day relaxing.



PEPCO starts the long clean-up.



At&T Golf Tournament Parking attendants tell disappointed spectators that there will be no tournament on



Potomac Tennis Club's Director of Tennis John McDaniel cleans up the tennis courts after the storm.

NEWS

18,000 Lose Power in Potomac

Virtually all homes and businesses were without power in 100 degree heat after intense storm.

> Ken Moore The Almanac

inds more than 70 miles per hour swept through Potomac Friday night, June 29. Power went as the storm blew into Potomac with hurricane force winds sounding like a freight train.

Pepco reported that 210,000 of its 305,000 Montgomery County customers were without power on Saturday as temperatures soared into triple digits. On Saturday, 18,229 customers in Potomac 20854 were without power, meaning that almost every house and business was affected.

By Sunday afternoon, the number had been reduced slightly to 17,247.

On Monday, the county canceled both of its fireworks celebrations and related events. The Mid-County Sparkles! Fireworks display was planned for Einstein High School in Kensington and the Germantown Glory fireworks were scheduled at the Maryland SoccerPlex in the South Germantown Recreational Park. County is allocating its resources for the ongoing clean-up. In addition, the Mid-County site is still hazardous due to fallen tree limbs and debris.

ACROSS THE COUNTY, 500 of the total number of 800 stop lights were dark, with public safety officials imploring drivers to treat all intersections as four-way stop signs. People — motorists and pedestrians — were



Five hundred stop lights — out of 800 —were knocked out by the storm.



The rootball on this tree at Deborah Drive, near Iverness Village, is about 10 feet high.

also urged to stay home after dark.

There was one fatality when a large maple tree fell on a house in Silver Spring, killing a 71-year-old woman. The tree fell sometime Friday night, and police and fire and rescue responded to an emergency call on Saturday. They forced their way into the locked house and discovered the woman dead in her bed, according to police reports.

County officials urge people to check on their neighbors, especially older one and in houses that have major tree damage. And to call 911 if you know of a home with major damage where you cannot make contact with the residents.

It will take at least several days and possibly as much as a week to restore power to most customers, Pepco officials warned.

"If you have air conditioning and haven't lost power, consider opening your home to family and friends who have lost power," tweeted Gov. Martin O'Malley.

WITH TEMPERATURE PREDICTED to

be 100 degrees or greater, there were hyperthermia concerns about residents who are older or with disabilities.

By noon Saturday, Montgomery County had opened cooling centers at Richard Montgomery High School, Clarksburg High School and White Oak Recreation Center. Montgomery County officials urged residents to bring prescription medicines, critical phone numbers and comfort items with them. Residents who have cats or dogs who are going to a county shelter can drop off their pets at the Humane Society.

With so many businesses without power, residents shared locations of gas stations that had power across email groups using cell phones. But open gas stations had long lines and then many ran out of gas.

Potomac Village was without power until late morning on Sunday.

With power out, perishable food in a refrigerator is unsafe to eat after four hours; a full freezer will keep food safe to eat for 48 hours, according to county health officials. They also urged residents without power to avoid using candles, and to use generators only in well-ventilated areas outdoors and not near open windows.

POTOMAC'S WATER filtration and pumping station lost power from Friday night until Sunday, and Montgomery County imposed mandatory water restrictions for all Washington Suburban Sanitary Commission customers. The Potomac pumping station provides the majority of Montgomery County's water.

Customers were instructed to use water only as necessary, limiting toilet flushings, washing machine and dishwasher as well as stopping all outside water use.

Water tankers were added to fire stations to help with fire fighting capabilities. Mandatory water restrictions help to ensure

See Storm's Aftermath, Page 4



Eldwick Way: Sunday, July 1 at 1:25 p.m.

THIS WEEK IN POTOMAC

Add to Recycling Bins

Nearly 1,120,143 tons of trash was produced in FY 2011 in Montgomery County, and the county recycled 496,954 tons, or 44.4 percent of the waste, according to the Division of Solid Waste Services.

Last Thursday, June 28, County Executive Isiah Leggett announced that residents of single-family homes that receive recycling pickups can now include PET thermoform plastics to recycling bins.

These plastic containers are identifiable by the #1 code on or near the bottom, and are commonly used to package fresh fruits and vegetables, bakery items, prepared food and salads and deliitems

"This is something that residents have been asking for," said Leggett, at a press conference at the Montgomery County Recycling Center on Frederick Road by the Transfer Station.

Dan Locke, chief of the Division of Solid Waste Services, said that the county forecasts that the amount of this type of plastic packaging will only increase over time.

"This type of packaging material is becoming more widely used and is increasingly present in the waste stream," he said. "We're pleased to be able to provide our residents with the opportunity to recycle all of this material."

The county, named as the primary grantee, received a \$63,000 grant from the Plastics Industry Trade Association (SPI) and the National Association for PET Container Resources (NAPCOR), which is being used toward costs of implementing this program, according to SPI and NAPCOR. The two organizations received 13 proposals in response to the request for proposals, focusing on PET thermoformed packaging.

"We expect this program to result in successful, sustainable PET thermoform recycling models that will be replicable in other markets," according to Mike Schedler, NAPCOR technical director. "With a strong focus on community education and a multiphased approach to collecting and marketing PET thermoforms, Montgomery County's program is expected to provide a solid urban/suburban model program."

See www.montgomerycountymd.gov/recycling.

— Ken Moore

\$20 Million for Small Business

Montgomery County has partnered with local community banks to invest \$20 million into small businesses in the county. The "Small Business Plus" program, developed to promote the creation of new jobs, will be launched early this month.

The county's \$10 million investment in the community banks will be matched by the banks for small business lending.

Small Business Plus, as the program is known, is designed to create new jobs that lower the county's unemployment rate and improve the county's economy, according to county public spokesman Patrick Lacefield.

Banks must be headquartered in Montgomery County and have assets greater than \$200 million and less than \$5 billion.

Earlier this year, the Maryland General Assembly approved a "Lend Local Act" to boost business lending.

"We are using our county assets to help as a linchpin of our local economy. I am pleased that this effort, years in the making, is now being launched," said County Council President Roger Berliner. Capitol Bank, Congressional Bank, EagleBank, Monument Bank and OBA Bank have agreed to partner with the county. They must originate the loans within 12 calendar months of the commitment by the county to make a program-related deposit in the bank.

All the funds will be covered by Federal Deposit Insurance Corporation insurance.

"County money, derived from our local tax base, should remain in our community to support our community," said Scot Browning, president of Capital Bank.

The program is similar to a program in Massachusetts and another program introduced for legislation in the District of Columbia.

"This program shows a lot of promise for leveraging county

SEE THIS WEEK, PAGE 8

News

Music for Wounded Warriors

Charles Cromer shares healing power of music.

By Susan Belford The Almanac

f my banjo and guitar music can bring well-being to others, then the journey has been worth while."

Potomac's Charles (Chuck) Cromer has been making the world a bit brighter for wounded warriors, their families and the staff at Walter Reed National Military Medical Center by playing and singing a variety of gospel, bluegrass, country and patriotic songs. Cromer, a Potomac resident for more than 20 years, finds that sharing his music has a special meaning for him.

Cromer, a former Marine, served at the fence line in Guantanamo Bay, Cuba, as a forward air observer for helicopters and fixed wing aircraft, and as the Marine officer (Captain) in charge of flag presentation services at burial ceremonies, Arlington National Cemetery. He has a connection with the injured servicemen and women — and an understanding of what they have faced on the battlefield. He also believes that music is a source of joy and can help to heal the spirit.

After retirement, Cromer, a self-taught flamenco guitarist and 5-string banjoist, decided to reinvent himself. His love for music inspired him to consider how he could best utilize his talents. "I realized I might be able to share my sounds with others in settings where music might elevate mood and even



Charles Cromer.

contribute to overall healing and wellbeing. Before long, I was playing for patients at Shady Grove Hospital Rehabilitation Center," he said.

"In 2010 and 2011, I was asked to play for wounded and recovering soldiers at the Mologne House at Walter Reed Army Medical Hospital. Because of my military background, I found it comfortable to connect with many wounded warriors," Cromer said

In May, 2012, he gathered a group of fellow musicians, formed an ensemble called "Charley and Friends" and per-

formed at "Staff Appreciation Day" at Walter Reed. "We were well-received," he said. "The staff and patients were clapping and singing along with us. I could just feel the positive energy in the room. I feel blessed to be able to share my musical gift with these courageous men and women."

When Cromer first entered the cafeteria for his performance, he was disturbed at the number of pa-SEE CROMER SHARES, PAGE 8

Coping with Storm's Aftermath

From Page 3

there will be sufficient water available for firefighting.

TIGER WOODS' AT&T National Golf Tournament was postponed until afternoon on Saturday, and then only open to players — no spectators or volunteers were allowed on the course at Congressional Country Club on River Road. With many downed trees and limited power, tournament officials worried about safety. PGA officials said it was the first time in memory that a PGA tournament had been played without spectators.

Pepco targets critical infrastructure firsts, such as hospitals, fire stations, water filtration plans and police stations, as well as those serving the largest number of customers.

Thirty-five road closures around the county with the number growing as more information comes in. Crews are clearing major routes first, helping public safety response and assisting Pepco crews disentangling wires and downed trees. **STORMS UPROOTED** mature trees, blew down limbs, brought down numerous power lines and also broke power poles.

Two people died in Fairfax County, and Fairfax's 911 service was knocked out for several hours.

A 90-year-old West Springfield, Va. woman who was lying in bed died when a tree fell on her home on Carr Street at 11 p.m. Friday night.

A 27-year-old Burke, Va. man, Khiet Hguyen, died when a tree fell directly on top of his car on Old Keene Mill Road, according to Fairfax Police.

Call Pepco at 1-877-737-2662.

Call 911 for reports of "hot" or sparking electrical wires, especially those on roadways.



Trees down along Bradley Boulevard.

PEOPLE

Holstein Wins NSLI Scholarship for Year Abroad in China

Program funds 10-month experience.

By Susan Belford The Almanac

Chinese proverb states: "Believe in yourself and no one will doubt you." Jennifer Holstein, rising junior at Churchill, has adopted it as her mantra. When no one else thought she would be selected for the U.S. State Department's National Security Language Initiative for Youth (NSLI-Y) scholarship, she always believed in herself - and this April, she was chosen as one of 20 students from the U.S. to study Chinese in China for the upcoming academic year. The Potomac native leaves for her Chinese adventure on Aug. 31. She will remain in China for 10 months, and return home for her senior year at Churchill next June. Jennifer is the daughter of Stacy and Robert Holstein, who reside in Avenel in Potomac. Her brother Joshua, 19, and sister Rebecca, 13, have also studied Chinese in the language programs of Potomac schools.

Holstein will be attending Beijing High School #80 — one of the most prestigious high schools in China. She will live in a



Jennifer Holstein.

dormitory during the week, but will stay with a host family during vacations and on the weekends. Last summer, Holstein participated in the NSLI-Y six-week summer program in Zhengzhou, the capital of Henan in a rural area of China.

Holstein describes how she felt after she was selected for the program: "I was surprised that I was chosen from the large pool of students who applied — and thrilled because this year, I will have an in-depth experience in China's largest city. I will miss my friends and family, but will learn so much and have many new experiences. I

feel so fortunate to have been chosen."

The scholarship will cover all program costs including domestic and international travel, tuition and related academic preparation, language testing, educational and cultural activities focused on language learning, orientations, meals and accommodations.

Holstein has studied Chinese since kindergarten when her parents enrolled her in the Chinese Immersion program at Potomac Elementary School. She remained in the immersion programs at Hoover Middle and Churchill High Schools. During her freshman and sophomore years at Churchill, she has been active in Show Choir, Blast and in WCHS drama productions. Photography is also a passion and she has launched her own Facebook page displaying her photographic talents. In addition, she spends time volunteering at Potomac Elementary with vounger Chinese Immersion students — and studying Mandarin individually with her former Chinese teachers. She hopes to attend Cornell University to major in Chinese with a concentration on Asian studies and international business.

According to the NSLI-Y website www.nsliforyouth.org, the goals of the NSLI-Y program "include sparking a lifelong interest in foreign languages and cultures and developing a corps of young

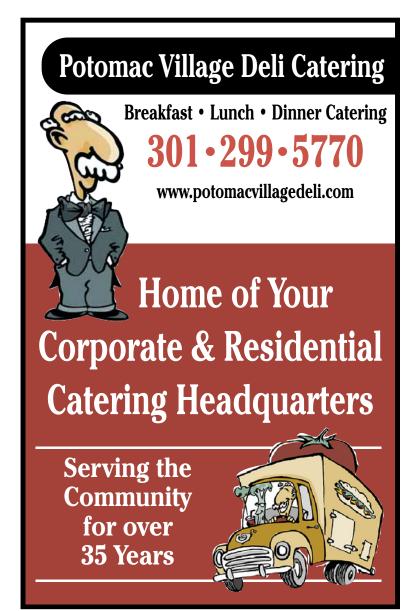


Jennifer Holstein says farewell to her host family last summer.

Americans with the skills necessary to advance international dialogue in the private, academic or government sectors, building upon the foundations developed through person-to-person relationships while abroad." NSLI-Y offers overseas study opportunities to high school students for summer and academic-year language learning in Arabic, Chinese (Mandarin), Hindi, Korean, Persian (Tajik), Russian and Turkish.

The selection process required that she submit two letters, participate in a personal interview, answer a series of questions in writing and write a letter to her host family. Her grades and extra-curricular activi-

SEE HOLSTEIN WINS, PAGE 8





Entertainment

SUNDAY/JULY 8

Blues and Swing Dancing in the Back Room at Glen Echo park from 8:30 p.m. to 11 p.m. The event will feature live music by Clarence "the Bluesman" Turner. For dancers who want to learn more about slow blues dancing, Mike Marcotte and Donna Barker offer a blues workshop from 7 to 8:30 p.m. This optional workshop offers footwork, moves and lead/follow techniques for dancing to slow blues tunes. Admission for the workshop and dance is \$17 and the dance only is \$18. Glen Echo National Park is located at 7300 MacArthur Blvd., Glen Echo. For more information, call Donna Barker at 301-634-2231 or Glen Echo Park at 301-634-2222. Or send an email to dbarker@glenechopark.org or visit www.DanceDC.net.

Dancing by the Bayou presents

Zydeco dancing with Mo' Mojo at Glen Echo Park's Bumper Car Pavilion. Take the 3 p.m. 30-minute beginner dance lesson taught by Michael Hart and Sharon Schiliro. The dance runs until 6 p.m. and admission is \$15. For more information, call Michael Hart at 301-762-6730 or Glen Echo National Park at 301-634-2222 or visit www.DancingbytheBayou.com. Glen Echo National Park is located at 7300 MacArthur Blvd., Glen Echo.

WEDNESDAY/JULY 11

Incwell and The Free World. 7 p.m.

Part of Strathmore's Free Summer Outdoor Concert Series. At the Gudelsky Concert Pavilion at the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Call 301-581-5100 or visit www.strathmore.org.

THURSDAY/JULY 12

"Snowday." 9:30 a.m. and 11:30 a.m. Tickets are \$8. Part of Strathmore's Backyard Theater for Children. At the Mansion at Strathmore (Backyard Theater Stage), 10701 Rockville Pike, North Bethesda. Visit www.strathmore.org or call 301-581-5100.

JULY 13 TO JULY 29

"Hairspray." Part of the Summer Dinner Theater performances." Performances will take place July 13-14, 20-22, 27-29. The June 24, July 1, 22 and 29 shows are Sunday matinees. On Friday and Saturday night performances, the doors will open at 6:30 p.m., with a show time of 8:15 p.m. On Sunday, the doors will open at 12:30 p.m., with a 2:15 p.m. show

time. Tickets for Summer Dinner Theatre are \$46.50 for adults and \$34.50 for children ages 12 and under. Prices include the performance and a full dinner buffet. At Theatre Arts Arena on the College's Rockville Campus, located at 51 Mannakee Street. Visit www.montgomerycollege.edu/sdt or call 240-567-7676.

SATURDAY/JULY 14

A Capella. 8 p.m. Howard
University's Afro Blue Vocal Band,
made famous after appearing on
NBC's The Sing-Off, will make its
D.C. homecoming with fellow a
cappella groups Cluster and The
Glue at Strathmore. Tickets are
\$18-\$38. Visit www.strathmore.org
or call 301-581-5100.

SUNDAY/JULY 15

Waltz Dance in the Spanish

Ballroom at Glen Echo Park, featuring the ensemble Green Light Karma. The 45-minute dance lesson begins at 2:45 p.m. with a half-hour introductory Waltz workshop. Social dancing follows until 6 p.m. Admission is \$10. No partner required. For more information, call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222. Or go to

www.WaltzTimeDances.org or email info@WaltzTimeDances.org. The Glen Echo National Park is located at 7300 MacArthur Blvd., Glen Echo.

WEDNESDAY/JULY 18

Elijah Balbed Quintet. 7 p.m. Part of Strathmore's Free Summer Outdoor Concert Series. At the Gudelsky Concert Pavilion at the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Call 301-581-5100 or visit www.strathmore.org.

THURSDAY/JULY 19

"Recess Monkey." 9:30 a.m. and 11:30 a.m. Tickets are \$8. Part of Strathmore's Backyard Theater for Children. At the Mansion at Strathmore (Backyard Theater Stage), 10701 Rockville Pike, North Bethesda. Visit www.strathmore.org or call 301-581-5100.

SATURDAY/JULY 21

Estate Planning for your Pet.

1:30-3:00p.m. Protect a pet's welfare in case of one's death or

FINE ARTS



NOW THROUGH JULY 15

Drawings by "Vian Shamounki Borchert and students

(above). Viewing hours Monday - Friday, 10 a.m. - 5 p.m. Saturday, 1:30 to 5:30 p.m. Free and open to the public at The Arts Barn, Invitational Gallery, 311 Kent Square Road, Gaithersburg.

THROUGH JULY 7

From My Perspective. Abstract Paintings by Audrey Salkind and New Work by Gallery Artists (below). At the Waverly Street Gallery, 4600 East-West Highway, Bethesda. Call 301-951-9441 or visit waverlystreetgallery.com.

JULY 10 THROUGH AUG. 4

Heard It Through the

Grapevine. Paintings and Collage by Ronnie Spiewak and New Work by Gallery artists. Reception is Friday, July 13 from 6 to 9 p.m. At Waverly Street Gallery, 4600 East-West Highway, Bethesda. Call 301-951-9441. Visit

www.waverlystreetgallery.com.



disability. Speaker, Mindy Felton, is an attorney who will explain ways to make arrangements for pets after our death or disability. Workshop

sponsored by Your Dog's Friend. Visit www.yourdogsfriend.info or call 301-983-5913. St. Luke's Episcopal Church, 6030 Grosvenor Lane, Bethesda.

Art Show. The Yellow Barn of Glen Echo Park presents an art show by Katie Hartley. 12-5 p.m. Opening reception 5-7 p.m.

Ohio's Blair Carman and the

Belleview Boys will be at Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd, Glen Echo, MD 20812. Come from 8-9 p.m. for a drop-in beginner swing lesson. Live music from 9 p.m. to 12 a.m. costs \$18. Blair Carman and the Belleview boys have long been a favorite of the D.C. swing dance community. Poodle skirts and bowling shirts are encouraged.

SUNDAY/JULY 22

Art Show. The Yellow Barn of Glen Echo Park presents an art show by Katie Hartley. 12-5 p.m. Fletcher's Cove Canal Stewards: 10

a.m. - 12 p.m. 4940 Canal Road NW, Washington, D.C. Help clean up the picnic area and surrounding trails. Contact Hannah Larson at larson@potomac.org for more information.

WEDNESDAY/JULY 25

Lyndsey Highlander. 7 p.m. Part of Strathmore's Free Summer Outdoor Concert Series. At the Gudelsky Concert Pavilion at the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Call 301-581-5100 or visit www.strathmore.org.

THURSDAY/JULY 26

"Moona Luna." 9:30 a.m. and 11:30 a.m. Tickets are \$8. Part of Strathmore's Backyard Theater for Children. At the Mansion at Strathmore (Backyard Theater Stage), 10701 Rockville Pike, North Bethesda. Visit www.strathmore.org or call 301-581-5100.

SATURDAY/JULY 28

Swing Dancing. 9 p.m. til midnight. Admission is \$15. One-hour lesson from 8 to 9 p.m. With the Tom Cunningham Orchestra. At Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Visit www.tomcunning ham.com/calendar.

SATURDAY/JULY28TOSUNDAY/JULY29

Potomac Islands Project

SEE CALENDAR, PAGE 7

Ongoing -

Email community events to almanac@connectionnewspapers.com. Deadline is Thursday at noon Photos and artwork encouraged.

THROUGH JULY 15

Join Photoworks as we go

"Beyond the Park," exhibiting our work at the Modern Times Coffeehouse at Politics & Prose, 5015 Connecticut Avenue, NW, Washington, DC, 202-362-2408. This photography exhibition showcases the various styles and creative visions of the Photoworks faculty. The dates of the exhibit are through July 15 on Monday – Saturday, 8 a.m.-10 p.m. and Sunday 8 a.m.-8 p.m. Call 301-634-2274 or visit www.glenechophotoworks.org.

THIRD TUESDAY

Mommy & Me (& Daddy, Too!).

10 a.m. to noon. At Rockville Town Square. Meet for a morning out on the third Tuesday of each month, with active learning and creative play at all your favorite stores — lunch specials, story time, arts & crafts, sing-a-longs, prizes, and more. Visit http://rockvilletownsquare.com/events/mommy-and-me. July 17, Aug. 21, Sept. 18 and Oct. 16: located on The Plaza; Nov. 20 and Dec. 18: located in The Library, First Floor.

THROUGH AUG. 3

Fun All Summer Long. 8 a.m. to 6 p.m. \$350 for six weeks. Activities are well planned, supervised and cool for hot days. Play with old friends and make new ones. Summer Fun Center keeps things

hopping with creative/fun crafts, sports, games, drama, music and special events. At the Clara Barton Summer Fun Center, 7425 MacArthur Blvd., Cabin John. Call 301-229-0010.

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.

THROUGH AUG. 22

Movies on the Square. Wednesdays at dusk (around 8:45 p.m.) Schedule:

Movies include The Muppets, Footloose, Dolphin Tale, Independence Day, Soul Surfer, Mission Impossible: Protocol, Miracle, Transformers: Dark of the Moon, Cars 2, The Last Lions and Moneyball. At Rockville Town Square, 200 East Middle Lane, Rockville. Visit www.rockvilletownsquare.com for details.

THROUGH AUG. 23

Wine Down, Music and Wine

Series. Every Thursday, 6:30-8:30 p.m. Live music, food and \$5 wine tasting. Bands include Dan Haas Trio (Pop), The Oscillators (Jazz), Tom Principato (Blues), Jeff Carmella Band (Acoustic Rock), Ewabo (Tropical), The Nighthawks (Swing) and more. At Rockville Town Square, 200 East Middle Lane, Rockville. Visit www.rockvilletownsquare.com.

THROUGH SEPT. 16

Wings of Fancy - Live Butterfly and Caterpillar Exhibit. 10

a.m.-4 p.m. daily. See hundreds of African, Asian, Costa Rican, and North American species of butterflies flying freely inside a Conservatory. Learn about the life cycle of these creatures, and what you can do to attract native caterpillars and butterflies to your backyard as participants "think globally, and act locally." Fees: \$6 adults; \$4 ages 3-12; or purchase a "Frequent Visitor Pass" and enjoy unlimited return visits this season. Groups of 15 or more by appointment only, call 301-962-1467 for reservations. Call 301-962-1453. www.brooksidegardens.org; Brookside Gardens South Conservatory, 1500 Glenallan Avenue, Wheaton.

THEATRE



THROUGH JULY 15

"Goldilocks." 40 minutes. For pre-K to grade 4. Was it breaking-and-entering? Or was it just an innocent mistake? Goldilocks is being tried in court. After hearing the Bear Family's side of the story as well as Goldilocks', the audience gets to decide the verdict. Thursdays and Fridays, 10 and 11:30 a.m.; Saturdays and Sundays, 11:30 a.m. and 1 p.m. Tickets are \$10/adults and children. Recommended: K-Grade 6. Running time: 45 minutes. Presented by the Puppet Co. Call 301-634-5380. Visit www.thepuppetco.org.

"Tiny Tots @ 10." 10 a.m. Designed for young children ages 0-4. The program features master puppeteer Bob Brown. The lights stay on, the doors stay open, and everyone has a great time. Tickets are \$5. All individuals must have a ticket, including babes-in-arms. Running time is 30 minutes. Email c.piper@thepuppetco.org or visit www.thepuppetco.org. For reservations, call 301-634-5380.

Saturday/July 7 — "Snow Show" Sunday/July 8 — "Teddy Bear's Picnic" Wednesday/July 11, Saturday/July 14 and Sunday/July 15 — "Old McDonald's Farm"

Sunday/July 21 — "Penguins' Playground" Sunday/July 22 — "Baby Bear's Birthday" Wednesday/July 25 — "The Mother Goose Caboose"

Saturday/July 28 — "Merlin's Magic"

Adventure Theatre continues its literary series with seven popular children's book adaptations. Experience the journey from reading the books at home to seeing the plays unfold before your eyes. Book Club performances are always on Sundays at 1:30 p.m. at the theatre in Glen Echo Park. Recommended for children ages 4 and up. \$10/family. Call 301-634-2270 or visit www.adventuretheatre.org.

CALENDAR

FROM PAGE 6
(Limit 15 people)
Tenfoot and Sharpshin Islands
47001 Fairways Drive, Sterling
Join in this work trip to two islands in
the Potomac River. Help build and
improve trails on the island,
installing fire rings, and clean up the
islands' campsites. Camping
overnight on the islands is optional.
Bring one's own boat and be ready
for a day of hard work. Contact
Hannah Larson at larson@
potomac.org for more information.

WEDNESDAY/AUG. 1

The Bachata Legends: Joan Soriano. 7 p.m. Part of Strathmore's Free Summer Outdoor Concert Series. At the Gudelsky Concert Pavilion at the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Call 301- 581-5100 or visit www.strathmore.org.

THURSDAY/AUG. 2

"Farafina Kan." 9:30 a.m. and 11:30 a.m. Tickets are \$8. Part of Strathmore's Backyard Theater for Children. At the Mansion at Strathmore (Backyard Theater Stage), 10701 Rockville Pike, North Bethesda. Visit www.strathmore.org or call 301-581-5100.

WEDNESDAY/AUG. 8

Marti Brom. 7 p.m. Part of Strathmore's Free Summer Outdoor Concert Series. At the Gudelsky Concert Pavilion at the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Call 301-581-5100 or visit www.strathmore.org.

WEDNESDAY/AUG. 15

UkeFest 2012. 7 p.m. Part of Strathmore's Free Summer Outdoor Concert Series. At the Gudelsky Concert Pavilion at the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Call 301- 581-5100 or visit www.strathmore.org.

SUNDAY/AUGUST 19

Tree Identification Walk. River Center at Lock 8, 7906 Riverside Drive,

Cabin John, MD 20818. Go on a walk with tree expert Laura Miller to figure how to identify all different types of trees. Contact: Hannah Larson at larson@potomac.org for more information.

SUNDAY/AUGUST 19

Wilderness 101. River Center at Lock 8, 7906 Riverside Drive, Cabin John, MD 20818. 1:30-2:30 pm. Free wilderness outdoor safety class.

SATURDAY/AUG. 25

Swing Dancing. 9 p.m. til midnight. Admission is \$15. One-hour lesson from 8 to 9 p.m. With the Tom Cunningham Orchestra. At Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Visit

www.tomcunning ham.com/calendar.

SEPT. 21 2012 THROUGH 2013

The Puppet Co. has announced its 2012-2013 season:
Carnival of the Animals

Guest Artist: Bob Brown Puppets Director: Judy Brown Playwright: Judy Brown; translation by Christian Beltran

Run: Sept. 21 - Oct. 7, 2012 Days & Times: Fridays at 10 & 11:30 a.m. Saturdays & Sundays at 11:30 a.m. & 1 p.m.

a.m. & 1 p.m. Beauty and the Beast

Director: Allan Stevens
Playwright: Terry Snyder, adapted by
Eric Brooks and Ora Fruchter
Run: Oct. 12 – Nov. 16, 2012
Days & Times: Thursdays & Fridays at 10
& 11:30 a.m. Saturdays & Sundays at

11:30 a.m. & 1 p.m. **The Nutcracker**

Director: Christopher Piper Run: Nov. 23 – Dec. 30, 2012 Days & Times: Thursdays & Fridays at 10 & 11:30 a.m. Saturdays & Sundays at 11:30 a.m. & 1 p.m.

Toyland

Director: Allan Stevens Playwright: Christopher Piper Run: Jan. 18 – Feb. 10, 2013 Days & Times: Fridays at 10 & 11:30 a.m. Saturdays & Sundays at 11:30 a.m. & 1 p.m.

Alice in Wonderland

Director: Allan Stevens Playwright: Christopher Piper Run: Feb. 14 – March 10, 2013 Days & Times: Thursdays & Fridays at 10 & 11:30 a.m. Saturdays & Sundays at 11:30 a.m. & 1 p.m.

Jack and the Beanstalk

Director: Allan Stevens Playwright: Christopher Piper Run: March 14 – April 21, 2013 Days & Times: Thursdays & Fridays at 10 & 11:30 a.m. Saturdays & Sundays at 11:30 a.m. & 1 p.m.

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PEOPLE

Potomac Native Wins World Series of Poker Event

Churchill graduate wins nearly \$560,000.

By Jon Roetman The Almanac

liff Goldkind doesn't want poker to be his life's work. However, the 25-year-old Potomac native doesn't mind using his skills to win some money.

Goldkind, a 2005 graduate of Churchill High School, earned \$559,514 by winning event No. 19 at the World Series of Poker in Las Vegas: a \$1,500 buy-in, three-day nolimit hold 'em tournament which lasted June 9-11. He bested a field of 2,302 to earn his first WSOP bracelet. He won the final hand of the tournament with pocket sixes.

While focus at the table wasn't a problem, Goldkind said his mind would race at night while he was trying to sleep after the first two days of the tournament.

"My mind," he said, "was actually good at staying really focused at the table, [thinking about] the decision that should be [made] — all of the facts that were relevant to me doing well."

Goldkind said he started playing poker casually when he was 15 or 16 and started to get serious about it while in college, playing primarily on the Internet. He kept track of his hourly earnings and realized he was doing better than he would at a part-time job.

The reaction to Goldkind's poker success, he said, has been

mixed between those who understand the game and those who don't.

Potomac resident Cliff Goldkind, 25, won nearly \$560,000 in a no-limit hold 'em event at the World Series of Poker.

"I thought about it before I played: I don't want my life's work to be poker. That would be cool if that's how I could support myself financially, but that's not what I want my life's impact to be."

— Potomac native Cliff Goldkind

"My friends that know poker well are excited for me and know what I've been doing and know it's a profitable way to make money," Goldkind said. "Friends and family who don't know poker don't know what I'm doing, but know the amount of money I've won."

Goldkind studied economics and game theory at Washington University in St. Louis.

He also spent a year-and-a-half in the Israeli army. In the fall, Goldkind plans to attend The Fletcher School at Tufts University and study international development. While poker is profitable, Goldkind said he has hopes of one day working in microfinance.

"I thought about it before I played: I don't want my life's work to be poker," he said. "That would be cool if that's how I could support myself financially, but that's not what I want my life's impact to be."

Holstein Wins NSLI Scholarship for Year Abroad in China



Jennifer Holstein tries camel riding in China last summer. From Page 5

ties were also considered as well as her fluency in both speaking and writing.

She enjoyed her experiences in China last summer: "I had to eat a lot of unusual food, but I just decided to try it all. I had to eat tofu on my first night in my host's home — and I didn't like it at all, but I ate it anyway. Then they gave me tofu on my last night because they remembered that it was my first meal with them — and they wanted to honor me on my final day in China.

I still didn't like it any better, but it was very special that they remembered. I also enjoyed visiting a Chinese orphanage. I was amazed because the children were so upbeat and positive. The entire summer, I kept returning to the orphanage, because they appreciated me and my visits so much. It was very meaningful to me."

A "Jar of Stars" was a souvenir of her summer in China.

The jar contains more than 400 individually hand-folded paper stars. It was left for her on her desk anonymously last summer with a note saying, "Believe in yourself." The jar has remained by her side and will accompany her on her year-long China journey — as well as in all her future journey.

Cromer Shares Healing Power of Music

From Page 4

tients with prosthesis. He had to take a few moments to get control of his emotions and regroup. "I knew I would see a lot of injuries. But after observing and talking with the injured men and women, I was impressed and moved by their spirits and positive outlooks on life. They are not looking back — but looking forward to their new lives. I am pleased that our music can bring joy to them." "Charley and Friends" consists of Dr. Gwen Stamper on the piano and ukulele, Andy Steele on the trombone and Kevin Brown, guitarist. "When I asked them to play with me, each was immediately onboard," said Cromer. "They are all such talented musicians. We only had one practice - but it just clicked. It's the heart that brought it all together." Cronin's raspy tones harmonizing with Stamper's voice adds to the group's harmony and makes the audience want to sing along. In 2011, Cromer was presented with the "Warrior Medic"

Award for Excellence by the Northern Region Medical Command of Walter Reed Army Medical Hospital. His next goal is to perform bedside for those with traumatic injuries who are immobile. "I have to get through the red tape, but I want to perform gentle soothing music for those who cannot move. I believe it would bring some

peace to the patient."

He urges those with musical talent to contact the "Stages of Healing" program which promotes healing through the arts at Walter Reed National Military Medical Center: "The idea of giving back to the community is so important. There are always opportunities to get involved."

THIS WEEK IN POTOMAC

From Page 4

assets into local job creation. I applaud the executive for moving forward on this," said Councilmember Hans Riemer.

Rapid Transit System

The Montgomery County Transit Task Force has recommended a "160-mile, innovative, 'best-in-class'" rapid transit system to be built in three phases during the next nine to 20 years.

The task force, created by County Executive Isiah Leggett in February, will hold a public hearing on Thursday, July 12 from 7 to 9 p.m. in the Council Office Building, 100 Maryland Ave., Rockville.

Speakers are limited to two minutes, and county officials recommend bringing written copy of testimony. Comments by mail or email may be sent to: Count Executive Isiah Leggett, 101 Monroe Street, 2nd Floor, Rockville, Md. 20850, or ocemail@montgomerycountymd.gov.

Sports Brief ----

Big Train's Doran Wins Weekly Honor

Bethesda Big Train pitcher Ryan Doran was named the Cal Ripken Collegiate Baseball League Pitcher of the Week for the week of June 18-24. The San Diego State right-hander allowed one hit over five shutout innings against the Youse's Orioles on June 23, earning the victory as the Big Train rolled, 12-1. Doran struck out five and walked none.

Hunter Renfroe finished with two home runs and five RBIs against the Orioles. Entering action on Monday, July 2, Bethesda had won seven of its previous 10 games to pull even at 10-10, 3 1/2 games behind the first place Rockville Express. Bethesda is the three-time defending CRCBL champions.

WELLBEING

Finding a Home For the Golden Years

Experts offer advice on choosing a retirement community.

By Marilyn Campbell The Almanac

hen Jim Upp's wife Jeannie died in 2006, the Fairfax senior citizen found himself surrounded by a lifetime of memories in the spacious home where the couple had raised three children.

"We lived on a one-acre lot with plenty of trees all by ourselves," said Upp. "I was alone, and there was a large house and an acre of land to take care of. It took me about five days to realize that wasn't where it wanted to spend the rest of my life."

Upp moved to a retirement community, which he called a one-stop center for medical care, activities from bowling to television production, and socializing with people with similar backgrounds.

"I did not know a soul when I came here, but I know hundreds of people now," said Upp. "There are more than 200 activities here on campus. There are five or six doctors here everyday. If I have a problem, I can just go down and see a doctor anytime."

WHILE UPP'S TRANSITION was uncomplicated, methodical and borne out of a self-made decision, other moves are not so seamless.

Deciding that one can no longer live alone, selling a house that has been a home for decades and relocating to retirement facility can be an emotionally charged and physically challenging feat. Recognizing the warning signs that a change might be necessary and developing a plan can help make the move less complicated.

"There is usually a crisis that bring someone into a facility," said Catharine A. Kopac, Ph.D., a certified geriatric nurse practitioner and chair of the graduate nursing program at Marymount University in Arlington. "Often the family gets no counseling and the move is made in a hurry."

Knowing when it is time to transition to a professionally run living environment is a decision with which many struggle. Gerontology professionals say there are a few red flags. Topping the list is the risk of vulnerability. "Is the person safe?" asked Andrew Carle, executive-in-residence, at George Mason University's Program in Senior Housing Administration. "Are they are on [multiple] medications and it's hard for them to manage? Are they at risk for falling or do they have Alzheimer's and are at risk of wandering?"

If the answer to any of these questions is "yes," it might be time to move. An inability to perform daily activities such as eating, bathing and driving is another indicator.



Residents at Vinson Hall McLean, participate in water sports. Experts say many people would be happier in an assisted living facility, where they have activities and friends, than they are living alone.

SELECTING THE RIGHT TYPE of

facility requires knowing the choices: independent living, assisted living and nursing homes.

Independent living is generally regular housing specifically designed for seniors whereas residents at assisted-living facilities can get aid with daily activities such as bathing and medication management. They often include kitchens, but meals and transportation to medical appointments and other errands are usually provided as well.

"Many people don't understand the difference between a nursing home and assisted living," said Carle. "Unless a person is bedridden, they probably don't need a nursing home."

Identifying a person's specific needs and finding a facility that is equipped to meet those requirements is vital. "If one needs any rehabilitation, then you would want to choose a facility that offers rehab services or therapy," said Dr. Jean Glossa, M.D., medical director for Fairfax County Community Health Care Network and Molina Healthcare. "If one has dementia or Alzheimer's disease, then you would want a facility that has trained and experienced staff in working with patients who suffer from either disease."

Geriatric care specialists, who can be found through the National Association of Geriatric Care Managers, can help assess a person's needs and help match him or her with an appropriate community. The Assisted Living Federation of America is another source for information on facilities, and experts recommend visiting www.medicare.gov when looking for a nursing home.

"CMS [Centers for Medicare & Medicaid Services] has the Nursing Home Compare



Jim Upp displays his late wife's paintings at an art fair at Greenspring, a retirement community in Springfield. Upp downsized from a large home to an independent living facility after his wife died. "I did not know a soul when I came here, but I know hundreds of people now. There are more than 200 activities here," he said.

website, which provides basic data about nursing homes, including staffing, past violations in recent surveys by the licensing agency, quality measures and more," said Glossa.

Experts say it is important to visit multiple communities before making a decision: "You should always tour at least three," said Carle, who lives in Herndon. "It is like test driving a car. You don't just test one car and buy it."

Meet those who run the facility. "A com-

munity is only as good as its administrator," said Carle. "Have the administrator give you a tour. It doesn't matter if the facility has a glass chandelier or a baby grand piano. As you're walking around, if the administrator doesn't know their own employees or residents, that would tell you a whole lot more than any brochure would. Families should look for an administrator who clearly has a love for seniors."

When meeting the staff at retirement facilities or nursing homes, there are key questions to pose. "Ask about the longevity of the staff and the average years of employment in the facility, the community's philosophy on aging in place, transition expectations as the person declines and needs additional services," added Karen Boyce, the administrator at Renaissance Gardens at Greenspring in Springfield. She also recommends staying for lunch or another activity "to experience the sense of community, and staff interactions with other residents and each other."

LOCATION AND ACTIVITIES are

other key considerations. "Is the facility close to family?" said Dave DeClark, director of marketing at Vinson Hall in McLean. "Is it close to a social network or former business associates? Is it in a geographic location that they find desirable?"

DeClarke suggests contemplating social aspects. "What type of environment would the individual or the couple really thrive in? What are their outside friends like? What are some of the things that they used to do and would like to continue doing?"

The cost of the facility is important too. "Discussing payment methods in advance also helps alleviate financial issues in the future," said Glossa. "If you or your family member has Medicaid or Medicare, make sure the facility accepts residents on either or both programs."

Experts say such moves require sensitivity and planning. "Don't take control. Leave control in the hands of the elder like when to move, what to take, what to buy new, all the details, no matter how long it takes or how weird it may sound to you," counseled Potomac resident Linda Berg-Cross, Ph.D., a professor of psychology at Howard University.

Carle added that guilt is a common barrier to assisted living or nursing home placement. "Many people feel that they should be taking care of their parents," said Carle. "But families need to be honest with themselves and understand that the world is different now than it was one or two generations ago. Many people would be happier in an assisted living facility where they have activities and friends than they would be living all by themselves. We should look at this as helpful and not something to feel guilty about."

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-Werner

Heisenberg

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Writing

By KENNETH B. LOURIE

It was June '09 when I published my first column in the Connection Newspapers about being diagnosed with cancer. It was actually a column detailing the diagnostic steps I had taken during the first few months of the year attempting to identify the pain I had initially felt under my right-side rib cage in late December. Once that pain migrated from one side to the other, accompanied by difficulty inhaling and bending, my wife and I decided that a trip to the Emergency Room was warranted. I wasn't in any distress, and it certainly wasn't an emergency; nevertheless, it did seem the sensible thing to do.

During this diagnostic process (which took about two months), I continued to write and publish my regular weekly column as usual (not at all about cancer). Privately, however, I had been writing about this evolving situation ever since it began in the Emergency Room in December. Given all that the diagnostic process had involved, and the range of emotions I had experienced, I had ample feelings on which to write, eventually accumulating more than a handful of columns I have come to characterize as my "cancer columns." These columns remained unpublished until June. My feeling had been that once I published a column about such serious matters, how could I ever again fill my space with the mundane minutiae that had characterized much of its content the previous 10 years, award-winning though some of them had been, as voted on by members of the MDDC Press Association (Maryland/Delaware/D.C.) and the VPA (Virginia Press Association)? Besides, chemotherapy was set to begin in early March, so I just decided to simplify my life and submitted for publication more of the non-cancer columns which I had written during less complicated days. After all, as you regular readers know, if I can write about anything, I can write about my life, its relative interest notwithstanding; so I had a stack of unpublished columns ready to carry me for a few months until I felt better or different and decided to go public with my diagnosis, which eventually I did.

After I published that first column in June: "Dying to Find Out, Sort Of," I just continued with the "cancer columns." It seemed easy enough and I did have a bit of a story to tell/share. Although I had no idea or intention of using my space to chronicle the journey per se, of a terminal cancer patient attempting to survive the emotional, physical and spiritual toll such a diagnosis (stage IV lung cancer) and prognosis ("13-months to two years") can have, apparently, that's exactly what I've done. All I knew then was that writing about my experiences provided me a much-needed outlet. And for all I know now, writing so openly about my life as a cancer patient may have in fact extended that life; I have survived way beyond my oncologist's initial prognosis.

And as I have continued to survive, I have continued to write about having cancer. Once I started (published that first column), I couldn't stop (again, it was my life, so...). Three years later, nearly 150 columns have been published. Occasionally, I'll get off the cancer train (if only it were that easy) and write a noncancer column but when your life is consumed by something (as much as I wish it weren't and as hard as I try to prevent it), it's sort of difficult to ignore. Writing helps, for me. Part catharsis, part selfish, part greater good, but mostly because it brings me pleasure. And when your diagnosis is terminal, sometimes pleasure is

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

OPINION



MC-DOT paving up to stream edge increasing



Use of a vertical shredder on Rustic Roads by the MC-DOT.

LETTERS TO THE EDITOR

Environmental Degradation

To the Editor:

The following letter was sent to County Executive Ike Leggett and Tree Maintenance Chief of the MC-DOT Brent

We are writing with significant concern about work that is being undertaken along a number of the county's designated rustic roadways. Important roadside trees and vegetation are being cut back, we understand, with rented equipment that operates as a sort of massive vertical shredder. In addition, crews are utilizing a large grading equipment and laying new asphalt to clear and cover stream crossings along the roadways.

The surface material has been laid right into the streams themselves. (See photos above.) The stated goal is to promote safer passage of vehicular traffic.

Please note that we support the goal. We do not support the manner in which it is being pursued and, in the end, do not believe it will achieve the stated goal.

Has this work been undertaken in coordina-

The PEPCO scheduled recovery time, Friday

July 6, is unacceptable. By contrast Dominion

Power is suggesting most customers will be back

online by Tuesday. Dominion Power is also sug-

gesting they have secured 1,000 out of state

technicians to assist in the recovery efforts.

Could one suggest that the County Executive

devote serious efforts (as opposed to politically

oriented sound bites whenever the power goes

out) to a permanent solution to the third world

quality electrical service we enjoy in Montgom-

One recognizes that securing a place for sev-

eral hundred children to play soccer in Potomac

PEPCO, seeking 1,000, has secured 200.

County Fails

Its Residents

To the Editor:

tion with the Department of Environmental Protection? Have the appropriate permits been issued? Have alternatives to use of the large shredder been evaluated?

above, the undersigned maintain that the negative impacts of this work are substantial and include: violation of and damage to private property, needless permanent damage to feature trees and roadside vegetation, promotion of greater vehicular speeds, degradation of stream quality, soil erosion etc.

of maintenance that will properly address both

Dolores Milmoe, Audubon **Naturalist Society** Caroline Taylor, Montgomery Countryside Alliance Ginny Barnes, West Montgomery Citizens' Association Caren Madsen, Conservation Montgomery

We have lived in our current residence for some 16 years. During that time we have experienced no less than six multi-day outages. Each time there is an outage the County Executive expresses indignation at the state of service. And yet the service get worse. Why? Can the County Executive please detail the specific steps he is taking to ensure a permanent solution to the problem, and to protect the health and well being of the people of Montgomery County.

> Harry D'Andrea Potomac

Regardless of the answers to the questions

Please suspend this work pending review and appropriate implementation of measures that will provide for balance of road safety and environmental protection. We are eager to provide assistance in establishing a long-term program issues.

is a much higher priority for the County Executive then the health and well being of the more than 300,000 county residents suffering in the extreme heat and humidity without a basic ne-

Write

ery County?

The Almanac welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

> Letters to the Editor • The Almanac • 1606 King St. • Alexandria VA 22314 Call: 703-917-6444. • By e-mail: almanac@connectionnewspapers.com

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