

Potomac ALMANAC

Home Life Style

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Celebrating The Fourth

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The crowd watches as the Fourth of July parade fills Horseshoe Lane. The River Falls Tennis Club played tennis on the street while the moving cars held the net for them. Following are the Life Guard floats and The Cabin John Fire Department.

Tomorrow's Pros To Play In Local Tournament

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Father and Daughter 'Ride To Cure Juvenile Diabetes'

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Bethesda's Renfroe Is Ripken League's Top Slugger

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PHOTO BY KEEGAN BARBER/THE ALMANAC

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LET'S TALK *Real Estate*



by

Michael Matese

The Nuts and Bolts of Professionally Staged Homes® for Sale

In professionally Staged Homes®, it's important to stay away from themes—remember, the potential buyer needs to be able to envision their furniture and home accessories in the space, not yours. By staying away from themes, you keep the focus where it needs to be: on the house, not the things inside it. The key principle to keep in mind when professionally Staging® a home is that this is house's chance to make a first impression. A theme that a potential buyer doesn't like can leave them with a negative impression of the space, whereas keeping the room design neutral and open to interpretation invites buyers to daydream, mentally "moving into" the space and forming an emotional connection to the space. Color and art are two important considerations in staging technique—choose relaxing colors and a fresh coat of paint to evoke a feeling of peace and tranquility. After all, you want the buyers to envision your home as their place to relax and enjoy life. Pieces of art, likewise, should be neutral and picked with the intent of accenting the room—not being the room's focal point—because the art isn't what you're selling! Subtle pieces or mirrors, arranged tastefully around the rooms of your home, should draw attention to the features of the space—a painting over the fireplace, an accent piece flanking a bay window, a window dressing that highlights French doors, and so on. Likewise, sellers (and buyers!) may also want to invest in cabinetry or home design that allows the television to be concealed from view. By simply hiding the television set from view, it makes the features of any room its focal point and promotes the space as an oasis of calm. Does your house have a room that seems to be a catch-all for clutter? By engaging the services of an ASP®, you've got a competitive edge on other sellers in your area. A keen eye for detail, creative panache and problem-solving attitude can help you re-purpose that room from an unfocused area that collects "stuff" into a specialty room that adds value to your home that you didn't even know was there! Home libraries, attic closets, personal gyms, luggage rooms, rumpus rooms, butler's pantries, conservatories and porte cocheres are all stylish ideas for re-purposing space in rooms that seem to collect clutter that add both dollar value and a unique feature to your home, making it stand out to buyers and helping it sell quickly for its maximum value.

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NEWS



Parade for the Fourth

The U.S. Navy Color Guard
led this year's Fourth of July
parade on Horseshoe Lane.

PHOTOS BY KEEGAN BARBER/
THE ALMANAC



Uncle Sam took to the stilts
and waved to the crowd for
the celebration.



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bikes and scooters
after the parade.

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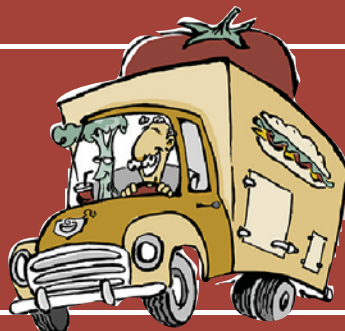
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Fireworks at Congressional
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PHOTO BY DEBORAH STEVENS/THE ALMANAC

Correction

In "Music for Wounded Warriors," The Almanac, July 4, Chuck Croner's name was misspelled.

Tomorrow's Pros To Play in Local Tournament

American Junior Golf Association tournament coming to Bethesda Country Club.

BY SUSAN BELFORD
THE ALMANAC

What do Tiger Woods, Phil Mickelson, Davis Love III, Jim Furyk, Charles Howell III, Paula Creamer and Morgan Pressel have in common? Each of these golf professionals competed in American Junior Golf Association golf tournaments as teenagers and all went on to become PGA and LPGA Tour players.

D.C.-area golf enthusiasts will have an opportunity to view future stars of golf from July 30 – Aug. 2 in the Under Armour/Steve Marino Championship at Bethesda Country Club. This tournament will highlight the skills and talent of 96 top boys and girls junior golfers in the U.S. and around the world, competing in a 54-hole event. No other AJGA tournaments will be held in Maryland, Virginia or DC this year. Admission is free.

"This tournament is a big deal," said Jeff Williams, BCC golf professional. "The field includes golfers from as far away as China, Thailand, Hawaii, Mexico and Arizona. Young men and women ages 14 - 18 will be competing — and I'm certain there will be a lot of college golf coaches and professionals looking at these golfers. This is an excellent opportunity for people interested in



Keegan Boone

golf to see tomorrow's stars."

A Junior-Am tournament will be held on Monday, July 30. This tournament will pair one junior with three golfers in a competition to raise funds for the AJGA as well as The First Tee-DC. Tim Kane, BCC chairman of the AJGA event, said, "The AJGA Junior-Am provides an opportunity for local golfers to meet and spend time with the best junior players in the country in a competitive setting. It is a wonderful morning to spend at Bethesda Country Club and, who knows, you may be paired with the next U.S. Open champion." The entry fee for the 8 a.m. shotgun is \$1,000 per team. To register, contact the Bethesda Pro Shop at 301-365-1703 or download the entry form at www.ajga.org.

Volunteers are needed for 3-hour shifts to serve as spotters, timers and scorers on



Mason Carmel

all four days of the tournament. Call the BCC Golf Shop at 301-365-1703 to volunteer or email susanbelford@verizon.net.

Among the competitors will be Bethesda Country Club Junior Golfers Keegan Boone, Mason Carmel, Nathan Tempas and Evan Katz. Boone and Carmel received exemptions due to their past performance in other tournaments and Tempas and Katz qualified in a BCC tournament for spots awarded for hosting the tournament. An AJGA qualifier will be held on July 28 at Poolesville Golf Course, Poolesville. This tournament is completely filled — 98 youth will be vy-

ing for spots in the tournament with 71 young golfers on stand-by in case anyone backs out.

"It's a great honor to play an American Junior Golf Association event," said Boone. "When I checked out the field, I saw that the top junior golfers will be competing. I am hoping that my familiarity with the course will be helpful — but these are the best golfers in the country, so the competition will be stiff." The Gonzaga graduate's handicap index is a +.2. He was selected as the Washington Post's All-Met Junior Golfer for 2012 and will be playing golf for Loyola University of Baltimore in the fall. Boone won the Bobby Bowers Memorial Junior Golf Tournament as well as the Bob Riley Golf Tournament and finished in the top 5 in Maryland State Golf Association Junior Division. Boone is aspiring to become a tour professional.

Carmel has been playing golf since age 4 when his dad introduced him to the game. He carries a handicap of +.5, is aspiring to be a PGA tour player and will be playing golf for Longwood University in the fall. Carmel is excited about the upcoming tournament: "This is the biggest tournament for the MD/VA region — and it is a thrill to have it at BCC, an outstanding course." Carmel, a June DeMatha graduate, is also a well-regarded local golfer. He was the 2010 Mid-Atlantic Player of the Year. He also holds the honor of shooting the lowest score in an AJGA tournament — a 62 at Stonehenge Golf Club in Winona Lake, Ind. He will also be competing in the AJGA tournament at Trump National in New Jersey and the U.S. Amateur Qualifier at the Blue Ridge Country Club in Penn.

Father and Daughter 'Ride To Cure Juvenile Diabetes'

Raising funds for research.

BY SUSAN BELFORD
THE ALMANAC

Lauren Rapaport has been battling juvenile diabetes for 33 years. Diagnosed at the age of 3, she has learned to regulate her insulin and check her blood sugar. She carefully balances her food intake with her exercise. It's life-long and 24/7 — a disease that has no cure — and one that she will never outgrow.

Last year, she and her dad Ron Rapaport decided to take on the challenge of cycling in the Burlington, Vermont "Ride to Cure Diabetes." Their goals were to raise money to fund research for better treatments, to find a cure for Type 1 diabetes (T1D), to reach personal training targets, and to spend quality daughter/father time together. All their goals were exceeded. Ron



Ron Rapaport and daughter Lauren.

Rapaport completed 73 miles and Lauren Rapaport finished the full 100. They raised more than \$24,000 — and they met their challenge together as a father/daughter team.

"On Ride day, I was surrounded by volunteers and family members who cheered me on from mile one to mile 100. With 40 miles to go, my spirit was high but my legs were tired. Struggling up a hill, I felt the hand of my coach on my back. It was the

boost I needed to finish," Lauren Rapaport said.

"With the finish line in sight, I felt tears rising. When my parents enveloped me with hugs and heartfelt congratulations, it hit me. I did it. I completed the Ride to Cure Diabetes for my dad, my loved ones, JDRF and myself." Immediately after the race, Lauren Rapaport was chosen by team coaches to wear the polka-dot jersey in this year's race, signifying that she was chosen and honored as the "Spirit of the Ride."

On July 12-15, the Rapaports will again tackle the hills and valleys around Lake Champlain. But, even though they will be better prepared for the race and will know exactly what to expect — some things have changed from last year. Shortly before last year's race, Ron Rapaport noticed a number of unexplained blood abnormalities and fatigue. He was able to complete the 73 miles due to his training and a blood transfusion but after the race, he was diagnosed with Myelo Dysplastic Syndrome (MDS), a

pre-leukemia condition that requires chemotherapy seven days each month. While some people would have quit, Ron Rapaport became even more determined to complete the race. "I've been finishing 50-mile rides to train for Vermont. I bought a great bike and that really helps on the hills. We have a bigger group — and we are all feeling strong. I know the race will be a success — and hoping to raise more money than we did last year. So far, we have raised over \$18,000."

Barbara Rapaport will be in the crowd cheering her daughter and husband. She has served JDRF in several capacities for years, including chairing the JDRF Gala and the Holiday Gift Wrap Drive. "JDRF is a grass-roots organization that has been powered by the passion of the parents. All of us are hoping and praying for a cure," she said.

Information about joining a JDRF bike ride or donating to Ron or Lauren Rapaport is available at the JDRF website www.jdrf.org.

THIS WEEK IN POTOMAC

High winds on Friday, June 29 left most of Potomac without power. Here, the top of a power pole was sheered off and left on the ground for days after the storm.



PHOTO BY KEN MOORE/THE ALMANAC

Evaluating Pepco

How does the state assess Pepco's performance?

Montgomery County Council will hold a hearing Thursday, July 19 in the Council Office Building to inform residents how Pepco's efforts are judged by state regulators.

The June 29 storm left almost the entire area of Potomac — 18,229 customers — without power as well as most of Montgomery County. At 1:50 p.m., Sat., June 30, 17,355 customers were without power.

Pepco worked around the clock for the next week and restored power to high-voltage lines, substations, water pumping plants and hospitals by Sunday.

But 48 hours after the storm, 395 of 800 traffic signals remained dark in the county.

By Tuesday, Pepco restored half of its 20,854 customers to power, but 9,118 customers were still without electricity.

Last Saturday, July 7, one week after the storm, 531 households in Potomac still hadn't been restored to power.

"While this was without question a very significant storm, our residents are understandably very frustrated by how long it is taking to have their power turned back on," said Council President Roger Berliner.

At the July 19 meeting, Doug Nazarian, Maryland Public Service Commission chairman, will describe how the commission will assess Pepco's efforts to restore power. Del. Brian Feldman and state Sen. Rob Garagiola, who sit on General Assembly committees with jurisdiction over utilities, are scheduled to talk.

"We are also giving Pepco's CEO and Chairman of the Board the opportunity to present its perspective, an opportunity we hope he will accept," said Berliner.

"Our county has worked very hard to mitigate the havoc reaped by this storm, but we can always do better, too, and this briefing will explore any lessons learned from this experience."

The hearing is scheduled for July 19 at 12:30 p.m., and will be held in the third floor conference room of the Council Office Building, 100 Maryland Avenue in Rockville.

County Cable Montgomery (Cable Channel 6 on Comcast and RCN and Channel 30 on Verizon) will televise the hearing live.

The hearing will also be streamed via the County website at www.montgomerycountymd.gov.

Special Debris Pickup

Montgomery County's Department of Transportation will collect storm tree debris starting July 11.

The pickup is "a special one-time only service resulting from the storm," according to county officials.

Residents should place storm debris in the public right-of-way before July 11, and should ensure that sidewalks, driveways and roads are not blocked.

Once the storm debris is placed on the right-of-way, it will likely take several days to be picked up due to the volume of debris and the number of homes involved, according to the county.

Residents can follow the progress of crews picking up the de-

SEE WEEK IN POTOMAC, PAGE 5

NEWS



Bringing the Rest of It Down

Elisabeth Waugaman of Potomac lost three trees to the June 29 storm and another was "just about totally beheaded but still stands shorn and forlorn." A crane (series of photos above) removed the locust that split from top to bottom in front of the house.

She writes: "Miraculously (yes, really) the house survived. The amazing thing was that because of the force of the wind and the lightning going on and off like a 3 year old playing with a light switch, we couldn't hear or see anything that was happening in our yard (fortunately). We were in the basement in case a tree did fall on the house. The half of the tall locust in the front of the house fell at a crazy angle which kept it from hitting the neighbor's large maple (which would have fractured because its wired to hold it together) and kept it from hitting our house except for the corner of the garage which has very slight damage. It wedged into a tiny space between our two houses. I think the chances of that were pretty small considering the height of the tree and the fact it was leaning in a different direction from the direction it fell."



PHOTOS BY HARVEY LEVINE/THE ALMANAC



Bshara Nassar is moderator for the talks.



Local people who helped make this event possible: Joyce Schwartz, youth speaker Mary Sayej, Ronnie Haber, Rabbi Sunny Schnitzer and Fran Cotter-Weaver.

Interfaith Dialogue

Three local faith communities — Bethesda Jewish Synagogue, Bradley Hills Presbyterian Church and the Idara e-Jaferia Mosque — hosted a dialogue on Sunday, July 8, with 10 young adult leaders from Israel and Palestine who are participating in the New Story Leadership Summer Intern program. The NSL interns shared stories about their lives growing up in the midst of the Palestinian-Israeli conflict and their work to promote better understanding and a shared future for their communities. They also engaged in a question and answer session with more than 100 attendees and continued informal dialogue with the three faith communities.



The clergy who worked to bring about this inter-faith event: Ambareen Jafri, Rabbi Sunny Schnitzer, and the Rev. David Gray.

THIS WEEK IN POTOMAC

FROM PAGE 4

bris along the county's 217 snow plow routes using the county's online snow map at <http://www5.montgomerycountymd.gov/snowmap>. The service will be offered on county maintained roads only. Visit www.montgomerycountymd.gov/mcdot.

Residents can also continue to bundle debris and use the county's yard trim curbside collection, visit www.montgomerycountymd.gov/solidwaste.

Honoring Fallen Park Ranger

The Margaret Anderson Memorial 5K and walk is scheduled for Saturday, Sept. 8 at the Chesapeake and Ohio Canal National Historical Park. Proceeds will be donated to Margaret Anderson's family for the care of her two young daughters.

Anderson was a law enforcement park ranger stationed in the Palisades District of C&O Canal National Historical Park from 2004 to 2008.

She was shot to death New Year's Day 2012 when she confronted a 24-year-old man who didn't stop at a vehicle inspection station set up to check for snow tires and chains at Mount Rainier National Park. At that time, park rangers didn't know that the assailant had shot four other people and was attempting to elude law enforcement when Anderson confronted him.

The attacker shot at other law enforcement officers before he fled on foot into the woods where he died of exposure.

The Margaret Anderson Memorial 5K will be limited to 500 participants, and the first 300 registered will receive T-shirts.

Pre-registration costs \$20 and is available on the Canal Trust website: www.CanalTrust.org/MargaretAndersonMemorial5K.

The race will begin at 9 a.m. Parking and registration packet pickup will take place from 7—8:30 a.m. at Ferry Hill Plantation in Sharpsburg, Md. Participants will be shuttled to the Antietam Campground (C&O Canal mile post 69.4). An after-event gathering will take place at the conclusion of the race at Ferry Hill.

Contact Race Director Tom Shantz at 304-676-3257.

— KEN MOORE

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- ZIG ZIGLAR

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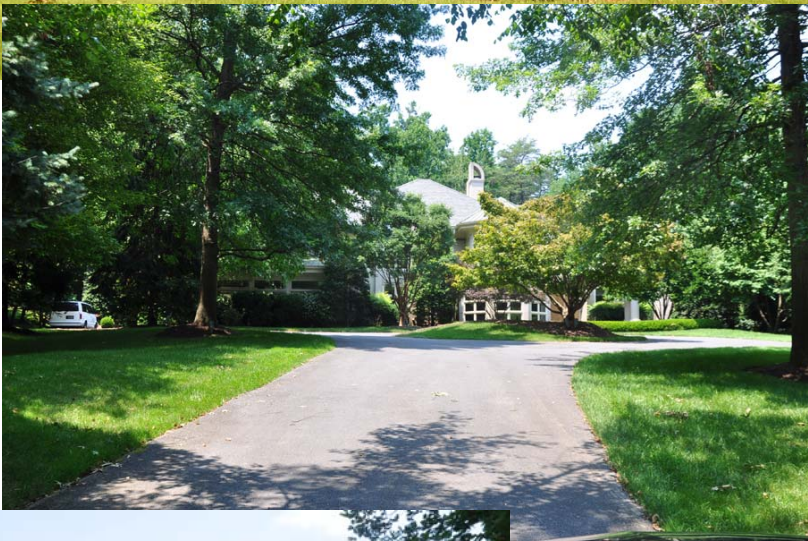
PHOTOS BY DEB STEVENS/THE ALMANAC

IN MAY 2012, 62 POTOMAC HOMES SOLD
BETWEEN \$2,525,000-\$254,000.



Top Sales in May 2012

1 9207 Inglewood Drive,
Potomac — \$2,525,000



3 9924
Bentcross Drive,
Potomac —
\$2,400,000



2 11012 Chandler Road, Potomac — \$2,400,000



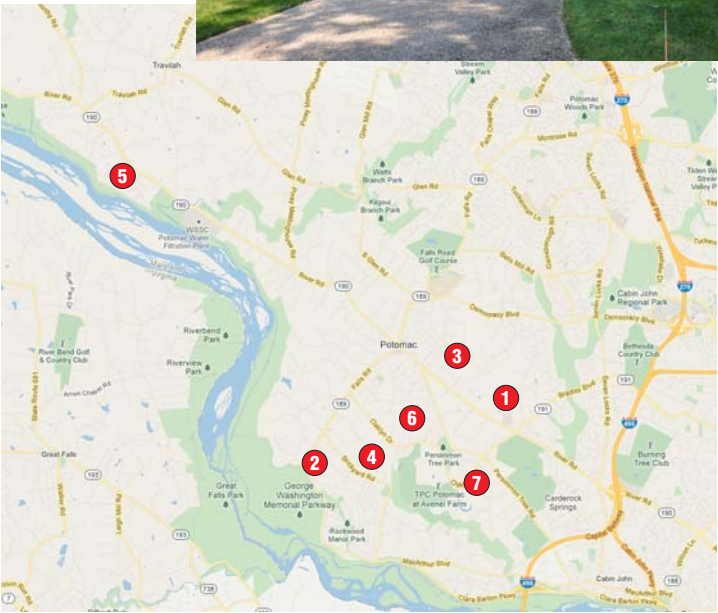
5 11621
Luvie Court,
Potomac —
\$1,750,000



6 8949 Abbey Terrace,
Potomac — \$1,725,000



7 9300 Crimson Leaf Terrace,
Potomac — \$1,500,000



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1 9207 INGLEWOOD DR	4	..	4..	3	POTOMAC ...	\$2,525,000	Detached	3.27	20854	BRADLEY FARMS	05/31/12
2 11012 CHANDLER RD	6	..	6..	1	POTOMAC ...	\$2,400,000	Detached	1.04	20854	FAWCETT FARMS	05/03/12
3 9924 BENTCROSS DR	6	..	6..	3	POTOMAC ...	\$2,400,000	Detached	2.39	20854	FALCONHURST	05/31/12
4 8609 STIRRUP CT	5	..	4..	1	POTOMAC ...	\$2,190,000	Detached	2.55	20854	POTOMAC RANCH	05/16/12
5 11621 LUVIE CT	7	..	5..	1	POTOMAC ...	\$1,750,000	Detached	0.82	20854 ..	MERRY-GO-ROUND FARM .	05/25/12
6 8949 ABBEY TER	5	..	5..	3	POTOMAC ...	\$1,725,000	Detached	0.30	20854	AVENEL	05/21/12
7 9300 CRIMSON LEAF TER	5	..	4..	2	POTOMAC ...	\$1,500,000	Detached	0.53	20854	AVENEL	05/15/12

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Home Life Style



PHOTO COURTESY OF SUN DESIGN/HADLEY PHOTOGRAPHY

Bob Gallagher, president of Sun Design in Northern Virginia remodeled the kitchen and dining area of this Fairfax Station, Va. home. Local contractors say coming up with a budget can help ensure a smooth and efficient construction process.

Home Remodeling 101

Experts offer suggestions for a timely and efficient renovation.

BY MARILYN CAMPBELL
THE ALMANAC

Whether expanding a home or just remodeling an existing interior space, building projects can be daunting, especially if the goal is to be finished by a certain date.

"If you wanted to get going on a project and your goal was to be done by Thanksgiving, the planning process and permit process is probably as long as the building process, but you don't want to rush through those aspects of it and then wish you'd done something differently," said David Vogt of Case Design/Remodeling, Inc.

LOCAL CONTRACTORS say there are a few things that homeowners can do before the first nail is hammered to ensure a smooth and an efficient construction process. Creating a list of everything that one might want in a dream home is a good starting point.

"A client can benefit from doing their homework and being engaged in the selection process early on," said Vogt. "Maybe start by collecting photographs and magazine articles of things you like. That will

help paint an overall picture of the feel that you want for the space."

Bob Gallagher, president of Sun Design Inc., in Burke, says a good source for ideas is the Houzz Interior Design website www.houzz.com as well as the iPad and iPhone applications. "It is phenomenal. There are many amazing photos on there."

The next important step in the process say experts is determining a budget. The National Association of the Remodeling Industry advises homeowners to decide how much they are going to spend before calling an architect or contractor. "The truth is not many people enjoy establishing a remodeling budget," said Dean Herriges, National Association of the Remodeling Industry National President in a statement. "Many homeowners prefer to call a contractor and expect him or her to create the budget for them, which is not the best way to begin."

"A client can benefit from doing their homework and being engaged in the selection process early on."

— David Vogt
of Case Design Remodeling, Inc.

"I'd love for a client to have some numbers of how much they want to spend," said Jeff Pregman of Two Poor Teachers in Annandale. "I'd rather have a client that has a little bit of knowledge, a budget and a timeline so I can come in and give them everything they need."

The National Association of the Remodeling Industry recommends that homeowners decide how long they plan to live in their home before deciding how much to spend on remodeling costs. "If you are going to stay in the home for more than 10 years, you should spend as

SEE SUGGESTIONS, PAGE 9

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Potomac (20854)

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10120 Chapel Rd.....\$1,639,000..Sun 2-4.....Krystyna Kazerouni..Long & Foster..240-876-8750
1390 Kersey Ln.....\$685,000..Sun 1-4.....Bruce Bowers..Long & Foster..301-338-2600
7709 Hidden Meadow Terr..\$1,179,900..Sun 1-4.....Yasmin Abadian..Long & Foster..301-983-1212

Rockville (20850)

10334 Procera Dr.....\$539,000..Sun 1-4.....Ethel Skenderis..Long & Foster..301-467-1010
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Bethesda's Renfroe Is Ripken League's Top Slugger

Mississippi native leads league in home runs, RBIs, fourth in batting average.

BY JON ROETMAN
THE ALMANAC

Facing a 1-1 count in the top of the ninth inning, Bethesda Big Train center fielder Hunter Renfroe launched a majestic blast that sailed well past the 325-foot sign on the left-field fence at Blair High School in Silver Spring. The mammoth shot went foul, however, and Renfroe later popped out to short-stop on a ball hit so high he was halfway to second base when it was caught.

"It was inside," Renfroe said of the pitch he cranked out of the stadium. "I just got around a little bit and pulled it too much."

Renfroe's bomb resulted in little more than a long strike during a 9-4 victory against the Silver Spring-Takoma T-Bolts on July 9. Other opponents haven't been so lucky.

Despite a 0-for-3 evening, Renfroe, a rising junior at Mississippi State University, leads the Cal Ripken Collegiate Baseball League in home runs (12) and RBIs (38),

and is fourth in batting average (.391). His performance at the plate has helped elevate the three-time defending league champion Big Train from a 3-9 start to a third-place tie in the standings.

"Hunter's done a great job," Bethesda manager Sal Colangelo said. "He's our leader on and off the field. He comes in and he works hard. When he's on the field, he's working, he's getting his pitch, he's hitting his pitch, he's driving his pitch."

Renfroe, who catches, plays in the outfield and pitches, is in his second season with the Big Train. He batted .305 with eight home runs and 30 RBIs in 2011.

While quality numbers — his eight home runs were a Big Train record at the time — Renfroe has already turned in a superior season by the 2012 league all-star break. He received league Player of the Week honors for his performance from June 25 to July 1, when he totaled five home runs, including consecutive contests with two homers on June 28 and 29.

Renfroe was a 31st-round draft pick of the Boston Red Sox coming out of high



PHOTO BY HARVEY LEVINE/THE ALMANAC

Bethesda Big Train slugger Hunter Renfroe leads the Cal Ripken Collegiate Baseball League in home runs and RBIs, and is fourth in batting average.

school in 2010. He batted .252 with four home runs and 25 RBIs during his sophomore year at Mississippi State and, according to Colangelo, the 6-foot-3, 210-pound Renfroe can throw 98 mph on the mound.

Colangelo, who is in his 14th season with the Big Train and eighth as manager, said Renfroe is a five-tool player with a good attitude who will likely be a first-round MLB draft pick next season.

"He's by far," Colangelo said, "the best player I've ever coached."

Renfroe is from the small town of Crystal Springs, Miss., and attended high school at Copiah Academy in Gallman, Miss. For the past two summers, he's lived with a host family in Olney, Md., while playing for the Big Train. Renfroe was selected to the CRCBL all-star game for the second consecutive season and will play for the National Team, led by Colangelo. The game will be played at 7:30 p.m. on Wednesday, July 11 at Shirley Povich Field in Bethesda.

In the second half of the season, Renfroe will likely play a major role in whether the Big Train will have a chance to win a fourth consecutive league title. After Monday's win, Bethesda was 16-11, tied for third place with the Vienna River Dogs and three games behind the first-place Baltimore Redbirds. Along with helping the team, Renfroe will also have a chance to win the league triple crown — finishing first in batting average, home runs and RBIs — something the 20-year-old slugger said hasn't crossed his mind.

"That sounds pretty good," he said. "That would be great. I haven't really thought about it, but, yeah, that sounds really good."

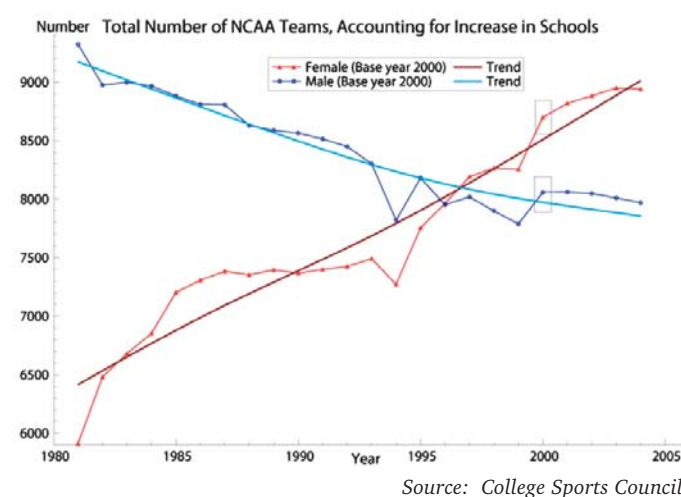
Title IX Marks 40 Years

BY ROSS SYLVESTRI
THE ALMANAC

Forty years ago on June 23, President Richard Nixon signed into law a series of amendments known as Title IX that banned discrimination on the basis of gender in "any educational program or activity receiving federal financial assistance." However, the law is mainly known for its impact on high school and college sports.

"Title IX is one of the most important statutes ever passed by Congress. It transformed access to educational opportunity for women in the U.S. Many people don't realize that Title IX applies not merely to sports but to access to all educational opportunities generally, when financed in whole or in part by federal dollars," according to W. Burlette Carter, a professor of law at George Washington University Law School. "Before it women were blocked by gender stereotypes and Old Boy networks from a whole host of programs at high schools and colleges and universities."

In the years after Title IX, more and more women were playing sports in high school and college. This included women like Beth Ann Wilson, head coach of the women's volleyball team at Marymount University, who didn't really "recognize the disadvantages that women had in athletics" when



Source: College Sports Council

she was growing up in the '70s.

"By the time I was in high school and college, it was the early '80s, and I think a lot of the positive effects of Title IX had already taken effect. So I always felt like I had a lot of opportunity, but I think I was at the very front end of that wave of women," said Wilson.

Christen Gjeldum, the girls' lacrosse coach at Churchill High School, said there are a lot more opportunities for women to play sports, as well as the types of sports that they can play in.

However, critics of the law believe that while women have made much progress in athletics and education as a whole, Title IX also meant many men's college sports were

Area coaches reflect on the law's impact and societal changes.

cut due to schools being unable to comply with a three-pronged test set up by the Department of Education's Office of Civil Rights to show that they are compliant with Title IX.

The three tests are: Showing that participation in sports programs for men and women are "provided in numbers substantially proportionate to their respective enrollments," "showing a history and

continuing practice of program expansion in response to the interest and abilities of the 'underrepresented' sex," or "demonstrating that the interests and abilities of members of the 'underrepresented' sex have been fully and effectively accommodated by the school's program."

According to Vicki Alger, Ph.D, a senior fellow at the Independent Women's Forum, a non-partisan educational and research organization, says that the reason many men's collegiate athletics teams have been cut is because women make up the majority of students at most colleges, and the proportionality test is most commonly used to show compliance with Title IX.

"A lot of schools default [to proportionality] for security purposes," said Alger. "The practical effect of the vague language, however, means institutions attempt to comply in the clearest way possible to avoid lawsuits for non-compliance. This means schools do cut back on the number of teams or players to meet proportionality guidelines."

However, Neena Chaudry, senior counsel for education and employment at the National Women's Law Center, a legal advocacy group, says that the blame for Title IX is "misplaced." She points to a fact sheet compiled by the NWLC that states that Title IX doesn't require schools to cut men's sports, saying that "Some schools have chosen to eliminate certain men's sports, like gymnastics and wrestling, and even some women's sports." It also cites a 2001 study from the federal Government Accountability Office that found that 72 percent of schools that added teams from 1992 to 2000 did so without discontinuing any teams.

However, Alger points to data that shows from 1981 to 2005, the number of women's teams in the NCAA increased while the number of men's teams decreased.

Alger believes that the ambiguity of the law could be solved if the proportionality test were replaced with an interest survey given out by schools that would determine how many students at that school would be interested in playing sports.

Home Life Style

PHOTOS COURTESY OF CASE DESIGN/REMODELING, INC.



David Vogt of Case Design Remodeling, Inc. created an open kitchen and dining area in this Falls Church, Va. home. Local contractors say developing a list of everything that one might want in a dream home is a good starting point when remodeling.

Suggestions for Efficient Renovation

FROM PAGE 7

much as you are able to create the home of your dreams," said Herriges. "However, if you are planning on moving in the near future, you should take care not to over-build for your neighborhood."

AFTER A BUDGET is established, experts say homeowners must tackle the task of interviewing and selecting a contractor. Contractors can be found through the National Association of Home Builders and the National Association of the Remodeling Industry. Homeowners should ask prospective contractors for references and proof of insurance. The National Association of the Remodeling Industry also suggests checking with the government Consumer Affairs Office and the Better Business Bureau for complaints on record for the contractor.

Once a decision is made about who will do the construction, it is time to seal the deal. "The contract is a critical step in any remodeling project. This is the one item that holds the job together and ensures that all parties involved agree to the same vision and scope for the project," said Herriges.

The contract should detail what the contractor will and will not do, and should include a list of materials for the project, including size, color, model, brand name and product, said Herriges. Homeowners are advised to make sure financial terms, including final price and payment schedule, are spelled out in the contract.

"The homeowner could and should ask questions about the process for the project's development. They should make sure they understand the sequence of things that are being done so that decisions needed are made when they are needed," said Potomac resident Susan Matus of Case Design/Remodeling, Inc. "Don't design while you are under construction. Spend the time in the beginning so that you are not making changes constantly during construction. A good remodeler will have helped you make the right decisions before the project starts."



This bathroom, in a Potomac home, was remodeled by Case Design/Remodeling, Inc. The National Association of the Remodeling Industry advises homeowners to develop a budget before calling an architect or contractor.

Maintaining a good relationship with a contractor is paramount to bringing a project to fruition. "The key to a good homeowner-contractor relationship is open communication," said Herriges. "Start a dialogue over issues you have, no matter how small you think they are. Chances are the problem can be overcome."

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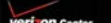
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ENTERTAINMENT

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

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

"Plein as Day". Plein Air Camp for young artists. Taught by master Impressionist Lee Boynton at the Mansion at Strathmore. In this 3-day exploration, students ages 11-14 will learn techniques in both oil and watercolor, geared toward reproducing the natural spectrum of light.

Thursday-Saturday, July 12-14, 9:30 a.m.-12:30 p.m. 10701 Rockville Pike, North Bethesda. Visit www.strathmore.org or call 301-581-5100.

"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



Afro Blue Vocal Band, along with Cluster and The Glue, conclude the VoCAL Nation a cappella festival at Strathmore on Saturday, July 14, 2012 at 8 p.m. in the Music Center. Call 301-581-5100 or visit www.strathmore.org.



Snowday

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.

"From Maine to Myogi" will be presented by Darnestown resident

and artist Matt Baker at the Yellow Barn Gallery in Glen Echo Park from noon to 5 p.m. The artist presents landscape images in oil and gouache from stateside and foreign journeys. Glen Echo Park is located at 7300 MacArthur Blvd., Glen Echo.

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. Call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222. Visit www.WaltzTimeDances.org or email info@WaltzTimeDances.org. 7300 MacArthur Blvd., Glen Echo.

Washington Family Dance. 3 to 5

p.m. in the Bumper Car Pavilion at Glen Echo Park in Glen Echo. DeLaura Padovan will call to the music of Gypsy Meltdown. Admission is \$5 for ages 4 and older. Visit www.fsgw.org and click on "Family" or contact Penelope Weinberger at dance@fsgw.org or 301-315-9461.

"From Maine to Myogi" will be presented by Darnestown resident and artist Matt Baker at the Yellow Barn Gallery in Glen Echo Park from noon to 5 p.m.

The artist presents landscape images in oil and gouache from stateside and foreign journeys. Glen Echo 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. Call 301-581-5100 or visit www.strathmore.org.

SATURDAY/JULY 21

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.

A Victim of My Own Circumstances



By KENNETH B. LOURIE

Outliving one's prognosis leads to all sorts of twists and turns and treatment conundrums: the longer one lives, the fewer the treatment options. Over the course of time and in consideration of the miscellaneous drugs which are infused (or ingested if you're lucky enough for oral chemotherapy), success in fending off the cancer (tumors remaining stable at a minimum; shrinkage would be better, but one can live with "stable," duh!) breeds a familiarity (biochemically) which is contemptible: eventually, the drugs which have been effective stop being effective. Either the cancer cells become resistant to them, or your body becomes weakened and/or damaged by its prolonged infusion (too much of a good thing becomes a bad/harmful thing) by them. Not only is it important – as I've learned, to treat the underlying problem (in my case, stage IV lung cancer: "NSCLC"), preventing collateral damage to the patient is of equal consideration and significance (the patient needs to live, and have the operation be successful; to turn an old saying around). Ergo, treatment is an ongoing, ever-changing process of elimination based on the diagnostic results from lab work and scans; a delicate balance of stopping and starting drugs before they harm the patient more than they harm the cancer. And when you've survived for as long as I have, whatever protocols may have been relevant at the beginning of treatment are much less so now, 40 months later.

In essence, if one is lucky enough (like me), to tolerate all the various treatment options, and live beyond your original prognosis (because of it?, in spite of it?), it is possible that one might run out of treatment options. It's sort of like out-kicking your punt coverage (to use a football analogy): the punter kicks the ball beyond the distance that his punt coverage team is timed/expected to cover and as a result, the receiving team gets time and opportunity for a successful return. The whole process is based on averages. When you're not average, the system can break down. As my treatment has continued, it has become apparent that I'm not average. The longer I live, the fewer documented cases and/or clinical studies exist to support a protocol for my treatment. Common sense begins to play as much a role as efficacy. Oddly enough, for those who live beyond expectations, the choices are not nearly as clear as for the newly diagnosed.

Since I've been there and done that: received drugs when they were hoped/thought to be most effective, I've sort of become a successful victim – of my own longevity. The longer the drugs/chemotherapy/targeted treatment work, the shorter the time that they will continue to work and/or your body will tolerate having them work. Given the toxicity of the drugs, generally speaking, it's just a matter of time. You're sort of damned if you do, and probably really damned if you don't (although there are many nontraditional pursuits which don't involve chemotherapy). However, as a long-surviving cancer patient, I am happy for any conundrum which presents itself.

The way I figure it, the longer I am alive to deal with any of it, the greater the chance at overcoming it. My goal is to try and stay in the game for as long as possible; as my oncologist says: "Have another swing at it." The only problem is, this isn't a game; this is life – and death, and it doesn't get any more real – and serious than that. Forty months post-diagnosis and still being treated. I don't see any reason to stop now. Unless of course, I run out of choices.

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

'From Maine to Myogi'



Sunrise on Myogi San



Monhegan Light

Matt Baker presents his work at the Yellow Barn Gallery in Glen Echo Park from noon to 5 p.m. Saturday, July 14 and Sunday July 15.

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