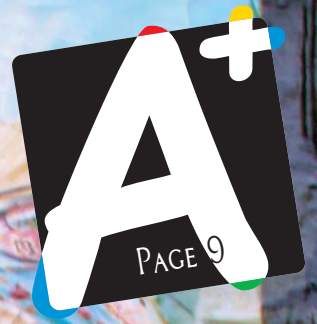


Potomac ALMANAC



"Woman on Couch,"
collage acrylic,
by Harvey Levine,
guest artist from
July 5 - Aug. 19 at
the newly moved
Art Gallery
of Potomac.

New Home For Gallery

NEWS, PAGE 3

Please Work Together

NEWS, PAGE 3

'The Healthy Gourmet'

PEOPLE, PAGE 5

Pedaling with Pals

SPORTS, PAGE 8

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PEOPLE

Businessman, Philanthropist, Inventor — and Knight

BY SUSAN BELFORD
THE ALMANAC

An interview with Potomac's Sir Charles Dahan.

In the midst of Potomac lives a knight — and that knight is also known as the “Johnny Appleseed” of Morocco. Charles Dahan immigrated to the U.S. from Morocco via Switzerland in 1973 — when he began working as a chemical engineer for the

DuPont Corporation. Life took him down a variety of paths and he became an inventor, good-will ambassador, international advisor, philanthropist, linguist, husband and father. He was knighted in 2000 by His Majesty Mohammed VI of the Kingdom of Morocco who

presented him with the “Chevalier Du Wissam Al Moukafaa Al Watania” (Knight of the Order of National Merit).

What did Dahan do to earn the honor of knighthood? Since 2002, he has been active in a program to plant one million trees in Mo-

rocco in conjunction with the High Atlas Foundation, a group formed by former Peace Corps volunteers. Dahan serves on the board and makes contributions which enable the foundation to provide fruit, nut and olive trees to the poor farmers in rural areas of Morocco.

The group partnered with the Moroccan government to give enough land for 100 trees to each family, who agree to maintain it. Because of this program, the farmers are able to double their yearly income, feed themselves and also sell the remaining fruit, nuts, olives and olive oil to become self-sustaining. This organization — and Dahan — have changed the lives of more than 36 000 Moroccan families.

In 1983, long before he became Sir Charles, Dahan invented “Le Facetor,” a machine which created a beveled edge on eye glasses and a new concept in optical design. His invention was soon adopted by opticians around the world. “Prior to my invention, people had to wear glasses that were very thick and extremely uncomfortable. I wanted to reduce the thickness of the lens to make glasses more attractive and easier to wear.”

In 1984, Dahan founded Custom Optical Frames, Inc., an eyeglass frame design and manufacturing firm that introduced the concept of “private label” to eyeglass retail chains in the United States, Canada, Asia and Europe.

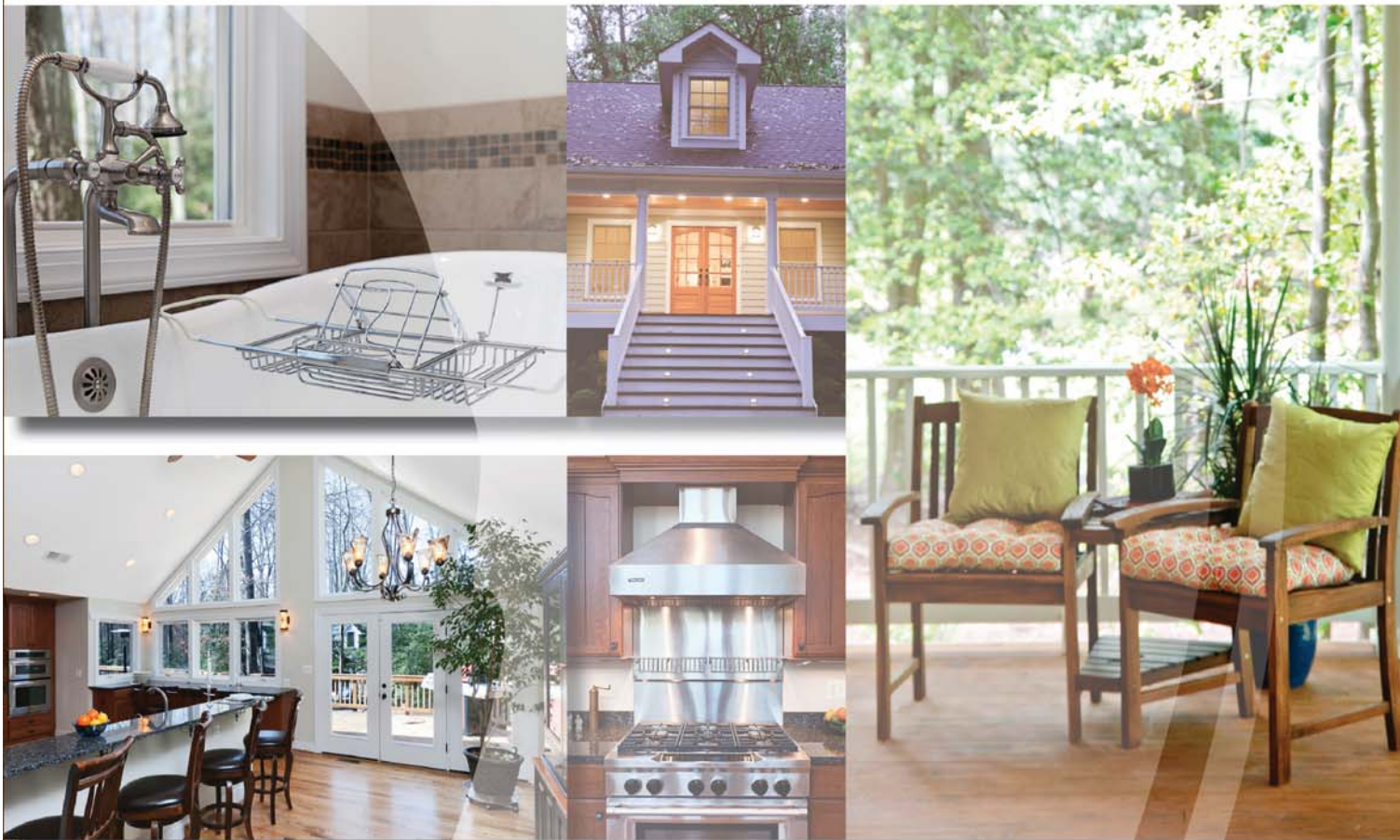
In addition to managing his businesses, Dahan promoted Morocco as a trade partner for the U.S. and consulted with the World Bank on renewable energy. “I also served as a good-will ambassador for Morocco providing the very important link between the Moroccan Jewish community, the Arab world and the U.S.,” he said. Because of his generosity as well as his commitment to the people of Morocco, its king honored him by awarding him knighthood.

He has received other distinctions and awards including the “1000 Points of Light” Award from President George Bush (1990); the

SEE AN INTERVIEW, PAGE 4



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Charles Dahan holds the best of the best award in eyeglass design.

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Please Work Together Judge rejects county's filing to dismiss Brickyard Coalition complaint.

BY KEN MOORE
THE ALMANAC

Like a parent, Circuit Court Judge Ronald B. Rubin intervened. "Don't delete it, don't destroy it. We will fight about it ... but please do it," said Judge Rubin.

"County, please try to get this done, please," he said.

Tuesday, July 10, Judge Rubin rejected the county's motion to have the legal complaint filed by the Brickyard Coalition dismissed.

"Don't delete it, don't destroy it. We will fight about it ... but please do it."

— Judge Ronald B. Rubin,
Montgomery County Circuit Court

Instead, Judge Rubin compelled the county's information technology experts to work directly with computer technology experts from the Brickyard Coalition to search for documents regarding the sublease of 20 acres of farmland to MSI for conversion into soccer fields.

"I want to do this one time, and do



PHOTO BY MARY KIMM/THE ALMANAC

The new sign in front of the Brickyard Road farm site.

it as cost effectively as possible," Judge Rubin said.

"Let's capture it," he said.

The judge scheduled another hearing for Aug. 14 in Montgomery County Circuit Court.

THE BRICKYARD COALITION and West Montgomery County Citizens Association filed a Freedom of Information lawsuit in Montgomery County Circuit Court last No-

vember, claiming that the county violated the public's right to have access to information about the government's affairs concerning the conversion of Brickyard Road farm site into soccer fields.

The nine-year lease of the land from the county to MSI is set to begin on Aug. 16, 2012 and expires in April 2021, according to county documents. The county leased the land, technically a future school site, from the Board of Education on April 19, 2011, to

turn over to a private organization for soccer fields, parking lots and other amenities.

Earlier this spring, Montgomery County Executive Isiah Leggett officially awarded 20-acres of farmland on Brickyard Road, owned by the Board of Education, to Montgomery Soccer, Inc. to develop up to four soccer fields.

MSI would develop the fields for use by its members under the sublease from the county.

In March 2011, neighbors and civic organizations in Potomac learned that Leggett had already decided, without public input or notice, to take control of the 20-acre school property on Brickyard Road to turn it over for development into soccer fields.

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

"We're worried that people are getting the idea that it's over," said Ginny Barnes, of West Montgomery County Citizens Association.

"What laws have been broken? What regulations have been violated?" said Curt Uhre of the Brickyard Coalition. "That's coming soon."

Judge Rubin also warned the attorney for the Brickyard Coalition.

"What you're asking for is not free or cheap," he said. "Folks, please try to spend as little of the public's money, please."

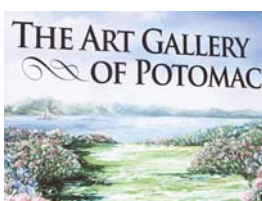
Art Gallery of Potomac Relocates within Potomac Village

Its new site improves display.

BY SUSAN BELFORD
THE ALMANAC

The Art Gallery of Potomac has a new home. The gallery has relocated just minutes away from its space in the former "Surrey" building to next to Big Wheel Bikes at the end of the Potomac Village shopping center, behind the Verizon store. The new gallery location is lighter, brighter and spacious — a better area for demonstrating the eclectic art works of Potomac artists.

Terri Cunningham, one of the gallery managers as well as a gallery resident artist discussed the new facility: "We moved in on June 14 — and we are very excited about the space. The three-room gallery flows well for shows and receptions. The 10 artists in our organization are finding that it is a very attractive space to show their work."



"South Beach," acrylic, by Harvey Levine

Cunningham explained that the gallery's artwork is constantly changing. "The quality of work is excellent. Many of our artist organization are prestigious and well-known throughout the U.S. Our gallery is one of the few thriving galleries in the area. We

feature portraiture, still-life, landscapes and abstracts — and we introduce a guest artist every month. We have a long list of artists who apply to become our visiting artist."

The guest artist from July 5 – Aug. 19 is Potomac's Harvey A. Levine. Levine's mixed-media art is a combination of collage and acrylic paint, covered with an epoxy resin



"Last Light" by T.H. Cunningham

which highlights the colors and pulls everything together. His paintings are whimsical, original, colorful and bright. "Creating these paintings is my passion," said Levine. "I paint from imagination, feelings, and exploration — emphasizing the uncommon juxtaposition of people, animals, and objects, while employing the boldest of col-

SEE ART GALLERY, PAGE 4

Launching 'Small Business Plus!'

Through a collaboration between Montgomery County and community banks headquartered in the County, "Small Business Plus!" was developed to promote job growth through small business lending and earn a competitive rate of return for the county on its investment. Ten million dollars in county funds will be invested in participating community banks which will commit an equal amount, with the result that \$20 million will be lent to local small businesses to further promote the creation of new jobs.

Banks are eligible to participate if they meet the following criteria: they must be headquartered in Montgomery County; must have assets greater than \$200 million and less than \$5 billion; and meet certain safety and soundness standards established by the County.

Under the program, a participating bank must originate the loans within 12 calendar months of the commitment by the county to make a program-related deposit in that bank. All of the funds deposited will be covered by FDIC (Federal Deposit Insurance Corporation) insurance. Montgomery County will produce an annual report documenting the loan activity and estimating the number of jobs created through the program. Among the banks who have agreed to partner with the County are Capital Bank, Congressional Bank, EagleBank, Monument Bank and OBA Bank.

Police Launch New Website

The Montgomery County Police Department has created a new police website, www.myMCPnews.com, to provide timely and accurate information to everyone in Montgomery County. The police department also reminds residents to "Like" the Montgomery County Police Department (Official) on Facebook and follow @mcpnews on Twitter.

5-Year Crime Reduction

Montgomery County Police reported that for the fifth year in a row, crime has decreased. Based on statistics from 2007 through 2011, there has been an 18.8 percent decrease in total crime over the past 5 years. Part 1 crimes have fallen 24.4 percent, while Part 2 crimes have also dropped, by 15.6 percent.

Between 2010 and 2011, total crime decreased by 7.7 percent. Part 1 crimes fell 10.9 percent and Part 2 crimes were decreased by 6 percent.

Uniform Crime Reporting (UCR) statistics for year-end 2010 compared to year-end 2011 show:

- Part I Crime decreased by 10.9 percent (from 21,739 to 19,368)
- Part II Crime decreased by 6.0 percent (from 41,205 to 38,713)
- Overall, Total Crime (Part I & Part II) decreased by 7.7 percent (from 62,944 to 58,081)

Part I crimes are defined as: murder, rape, robbery, aggravated assault, burglary, larceny, and auto theft.

Part II crimes are defined as: minor assaults, arson, forgery-counterfeiting, bad checks, embezzlement, stolen property, vandalism, weapons offenses, prostitution, sex offenses, controlled dangerous substance (CDS) violations, gambling, family offenses, juvenile offenses, liquor law violations, disorderly conduct, suicide, and non-traffic offenses.

A breakdown of Part 1 Crime statistics reveals that from 2010 to 2011:

- Murder: decreased 5.9 percent (from 17 to 16)
- Rape: decreased 5.9 percent (119 to 112)
- Robbery: decreased 7.8 percent (from 911 to 840)
- Aggravated Assault: decreased 0.8 percent (from 653 to 648)
- Burglary: decreased 7.9 percent (from 3,323 to 3,061)
- Larceny: decreased 11.5 percent (from 15,261 to 13,505)
- Auto Theft: decreased 18.5 percent (from 1,455 to 1,186)

An analysis of the 2011 crime statistics for Part I offenses include the following points:

Homicide

There were 16 homicides in 2011. Thirteen victims knew or were related to their killers. Two were killed by strangers. One suspect remains unknown.

SEE THIS WEEK, PAGE 10

NEWS

Art Gallery Of Potomac Relocates

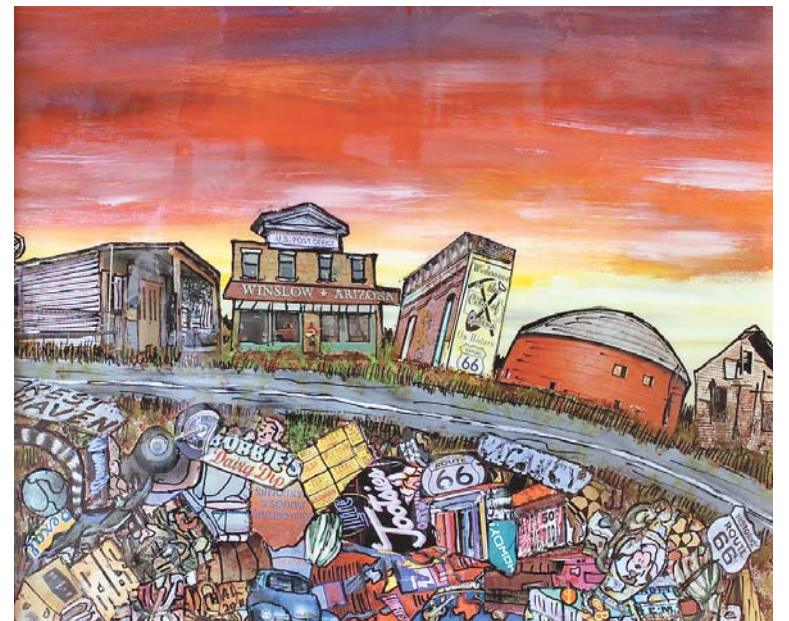
FROM PAGE 3

ors." Some of his paintings include "Wheels," "Route 66," "Contemplation" and "South Beach."

Resident artist Anne Martinez stated that even though the gallery has already had an opening event, the grand opening will be in September. "I am pleased that the new space lends itself to displaying a lot of art. The ceilings are lower and the lighting we brought from our former space lights up the paintings more effectively."

A special event will be happening in the gallery in September. A silent auction will be held for an exceptional painting by the artist Carol Dyer of historic Potomac Village. The bidding will continue until Potomac Days in October when the winner will be announced. Other art work by Dyer is displayed at the gallery.

The Art Gallery of Potomac is open from Thursday to Sunday from 1-4 p.m. In the fall, it will be open from Wednesday through Sunday from 1-4 p.m.



"Route 66," collage acrylic, by Harvey Levine



Conocidos by Hanid

An Interview with Sir Charles Dahan

FROM PAGE 2

ORT Science and Technology Award (1992); the "Best of the Best Award" for eyeglass frame design (1993); The President's Volunteer Action Award From President Clinton (1994); President, National Capital Area Chapter for the American ORT Federation (non-profit organization providing scholarships for education and training for over 260,000 students in 60 countries) from 1995-1999; President, Magen David Sephardic Congregation, Rockville, Maryland (2000); Vice President, World Federation of Moroccan Jewry (since 2001); Vice President, World Sephardic Congress (2003) and the Moroccan Appreciation Award for exceptional achievements and contributions to the Moroccan community (2005), and Presidential Tribute for his dedication and generosity to the community from Magen David Sephardic Congregation (2010).

Dahan's latest business venture is with the Axion International Corporation, a company which manufactures railroad ties, I-beams, boards and marine



The medal Charles Dahan received from the King of Morocco when he was knighted.

pilings from recyclable materials. He is excited to be involved with "green" materials which will improve the world. He also participates with the Center for Strategy and International Study.

Dahan resides in Potomac with his wife Betsy. They have three children, Joel, Danny and Amy.

PEOPLE

The Healthy Gourmet

Rosenberg teaches healthy can be tasty.

BY SUSAN BELFORD
THE ALMANAC

“Cooking is such a wonderful way to show people that you care and love them — and I want to be a part of it.” These were words written in a letter to “The Healthy Gourmet” Sheila Rosenberg of Potomac. Rosenberg is now in her 8th year of teaching friends (and their friends) that cooking is a skill one can learn — and that “healthy” does not mean the foods are bland, uninteresting and uninviting. Exactly the opposite — Rosenberg delights her students with her ingenuity, creativity and passion for making a meal appetizing and tasty — yet low in calories, high in presentation — and nourishing as well.

“My classes highlight the cuisines of different cultures and countries. I love to research recipes, ingredients and nutritious food. I teach that colorful foods are good for you — as are grains and lentils. I give my students articles about the unique ingredients and recipes we use, and tell them where they can purchase them. After I instruct them in a technique, I love to see

them all involved in practicing the skills and cooking healthy dishes. My classes include a demonstration, but much of the class is hands-on — and then we enjoy our masterpieces.” The best part about the class is enjoying the fruits — as well as the tasty results — of their labor.

In addition to teaching her cooking classes, Rosenberg is also a personal chef. A personal chef sounds like a luxury, but in terms of nutrition, fitness and a healthy lifestyle, a chef might be a necessity. Her clients hire her for various reasons. Some don’t like to cook or don’t have the time for planning or shopping because they are working long hours or traveling for business. However, they want to be certain that their family consumes healthy meals. Other clients require vegetarian, gluten-free, dairy-free, nut-free, diabetic or other types of meals — and are unable to manage their dietary requirements on their own. Sometimes, elderly clients need her to deliver meals to them because they are unable to cook for themselves.

“I always conduct a personal interview for my classes as well as for those whom I cook for. There are so many different food allergies and requirements that I need to be concerned about if I include someone in my class or as a personal chef client. I find in-

The Healthy Gourmet

Eating well for 2011 and beyond

Thursday, April 14

“Sweet April Showers
Do Spring May Flowers”

Vegetable Broth w/ Lemon & Thyme
Scented Matzo Balls

Mediterranean Fatoosh Salad

Spiced Matzo Chips

Mediterranean Matzo Lasagna

Strawberry Fluff

“To succeed in life, you need 3 things: a wishbone,
a hickbone, and a funny bone”
-Rita McEntire

One of the menus from
Sheila Rosenberg’s cook-
ing class.



Sheila Rosenberg

teresting substitutions to meet all dietary needs. For example, an excellent substitute for dairy is cashew cream. It is delicious and very easy to make.”

Rosenberg welcomes students to her spacious kitchen or instructs groups in a client’s home. She also loves teaching cooking classes for children. “I was an over-weight teenager,” said Rosenberg. “I went to Weight Watcher’s and lost 35 pounds. Now I am big into exercise. The trick is to weight control is to be mindful — it’s all about balancing the calories and the exercise. I love teaching kids about nutrition and cooking techniques. So many children have to make their own meals because mom and/or dad are at work. It is wonderful to see how they master cooking skills — and how they learn what is good for them and what is not good

to eat. They often advise their parents and even help them do their grocery shopping. Feeling confident in the kitchen will serve them well throughout their lives.”

She continues, “Childhood obesity is a huge health issue today. I find that if children learn to cook, they are empowered. They see cooking as fun and not a chore. It sends a powerful message when parents let them plan for healthy eating, then shop and prepare their own food. In addition, modeling healthy eating behavior is also important for children.”

Nancy McManus, one of Rosenberg’s “Merry-Go-Round Farm” neighbors has been a cooking class student and also a recipient of her personal chef talents. “Sheila has cooked for many years for me — and boy,

SEE ‘HEALTHY GOURMET,’ PAGE 10

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\$1 million to
\$1.199 million**

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Potomac — \$1,168,000**



**5 9825
Conestoga Way,
Potomac —
\$1,127,000**



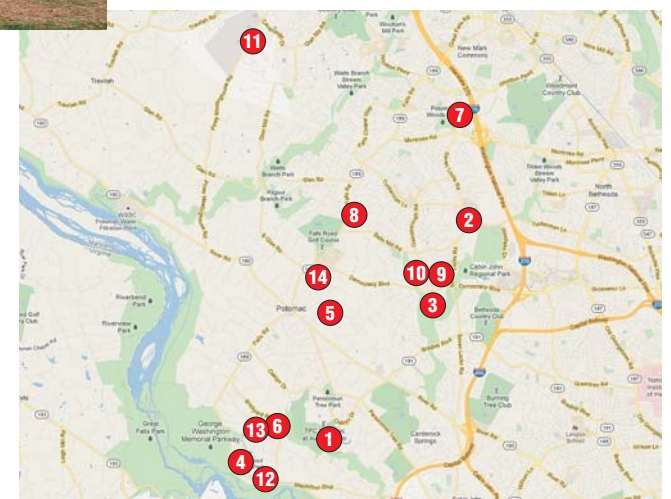
**6 8016 Horseshoe Lane,
Potomac — \$1,100,000**



**12 10505 MacArthur Boulevard,
Potomac — \$1,000,000**



**14 10220 Sorrel Avenue,
Potomac — \$1,000,000**



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|--------------------------------|----|----|----|-------|--------|---------|------------------|------------|--------|------------------|----------------------|-----------|
| 1 9700 BEMAN WOODS WAY | 4 | .. | 4 | .. | 1 | POTOMAC | \$1,168,000 | Detached | 0.12 | 20854 | AVENEL | 05/10/12 |
| 2 7906 TURNCREST DR | 4 | .. | 3 | .. | 1 | POTOMAC | \$1,165,000 | Townhouse | 0.09 | 20854 | POTOMAC CREST | 05/17/12 |
| 3 8257 BUCKSPARK LN W | 6 | .. | 4 | .. | 1 | POTOMAC | \$1,150,000 | Detached | 0.30 | 20854 | EAST GATE OF POTOMAC | 05/31/12 |
| 4 7810 HIDDEN MEADOW TER | 4 | .. | 3 | .. | 1 | POTOMAC | \$1,150,000 | Townhouse | 0.11 | 20854 | RIVER FALLS | 05/15/12 |
| 5 9825 CONESTOGA WAY | 5 | .. | 4 | .. | 1 | POTOMAC | \$1,127,000 | Detached | 0.53 | 20854 | POTOMAC VILLAGE | 05/31/12 |
| 6 8016 HORSESHOE LN | 5 | .. | 4 | .. | 1 | POTOMAC | \$1,100,000 | Detached | 0.35 | 20854 | RIVER FALLS | 05/16/12 |
| 7 12551 ANSIN CIRCLE DR | 4 | .. | 3 | .. | 2 | POTOMAC | \$1,060,000 | Townhouse | 0.06 | 20854 | PARK POTOMAC | 05/31/12 |
| 8 9331 SPRINKLEWOOD LN | 6 | .. | 4 | .. | 1 | POTOMAC | \$1,055,000 | Detached | 0.47 | 20854 | PINE KNOLLS | 05/24/12 |
| 9 10403 DEMOCRACY LN | 5 | .. | 4 | .. | 1 | POTOMAC | \$1,025,000 | Detached | 0.46 | 20854 | INVERNESS FOREST | 05/16/12 |
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| 11 13334 DEERBROOK DR | 6 | .. | 6 | .. | 1 | POTOMAC | \$1,016,006 | Detached | 0.17 | 20854 | PINEY GLEN VILLAGE | 05/04/12 |
| 12 10505 MACARTHUR BLVD | 6 | .. | 4 | .. | 1 | POTOMAC | \$1,000,000 | Detached | 0.38 | 20854 | RIVER FALLS | 05/31/12 |
| 13 8109 HACKAMORE DR | 3 | .. | 2 | .. | 1 | POTOMAC | \$1,000,000 | Detached | 0.34 | 20854 | RIVER FALLS | 05/04/12 |
| 14 10220 SORREL AVE | 6 | .. | 5 | .. | 2 | POTOMAC | \$1,000,000 | Detached | 0.46 | 20854 | BLENHHEIM | 05/24/12 |

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ENTERTAINMENT

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



The Puppet Co. opens its newest production in repertory, "Snow White and the 7 Dwarves." When Snow White meets seven vertically challenged bachelors, she soon finds out that each has his own special power – or lack thereof. July 21 – Sept. 2, 2012, runs 40 minutes, recommended for K-Grade 6. Thursdays and Fridays, 10 and 11:30 a.m.; Saturdays and Sundays, 11:30 a.m. and 1 p.m. \$10. Call 301-634-5380 or visit www.thepuppetco.org.

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.

CALENDAR

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

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. Come from 8-9 p.m. for a drop-in beginner swing lesson. Live music from 9 p.m. to midnight costs \$18.

Blues & Swing Dance. 9-11:30 p.m. In the Back Room at Glen Echo Park on Friday, July 20, 2012 from 9 – 11:30 pm featuring the Moonlighters. Mike Marcotte and Donna Barker offer a dance lesson from 8-9 p.m. Admission to the lesson and dance is \$15. No partner required.

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. - noon. 4940 Canal Road NW, Washington, D.C. Meet at Fletcher's Cove and help clean up the picnic

area and surrounding trails. Contact Hannah Larson at larson@potomac.org.

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.

At the Library

WEDNESDAY/JULY 18

Potomac Library Adult Book Club. Potomac Library. 10101 Glenolden Dr. 1 p.m. "Cocktail Hour Under the Tree of Forgetfulness" by Alexandra Fuller. Ask for the book at the Circulation Desk. No registration required. New members welcome.

SATURDAY/JULY 21

Dream Weavers. Potomac Library. 10101 Glenolden Dr. 10:30 am. Storyteller Arianna Ross shares folktales and historical stories that celebrate the dreamers and inventors of the world. For all ages. No registration required. Free.

THURSDAY/JULY 26

Potomac Toddlers. Potomac Library. 10101 Glenolden Dr. 10:30 am. Stories, songs and rhymes for toddlers and their caregivers. No registration required.

MONDAY/JULY 30

Montgomery County Agricultural Fair. Potomac Library. 10101 Glenolden Drive. 6 p.m. A Montgomery County Agricultural Fair Teen Prince and Princess will visit the library to talk about the Fair. No registration required. Free.

TUESDAY/AUG. 7

Chinese Language Book Club. Potomac Library. 10101 Glenolden Dr. 6 p.m. Chinese book discussion in Chinese language. "For One More Day" by Mitch Albom. Ask for the

books at the Circulation Desk. 2 hours. No registration required.

THURSDAY/AUG. 9

Potomac Cuddleups. Potomac Library. 10101 Glenolden Dr. 10:30 a.m. Stories, songs and rhymes for babies from birth to 11 months and their caregivers. No registration required.

SATURDAY/AUG. 11

Book Sale. Potomac Library. 10101 Glenolden Dr. 10 a.m. Sponsored by the Friends of the Library, Potomac Chapter. Most hardbacks \$1.00 and paperbacks \$.50. 3 hours.

LET'S TALK Real Estate



by
Michael Matese
The Luxury Home Library

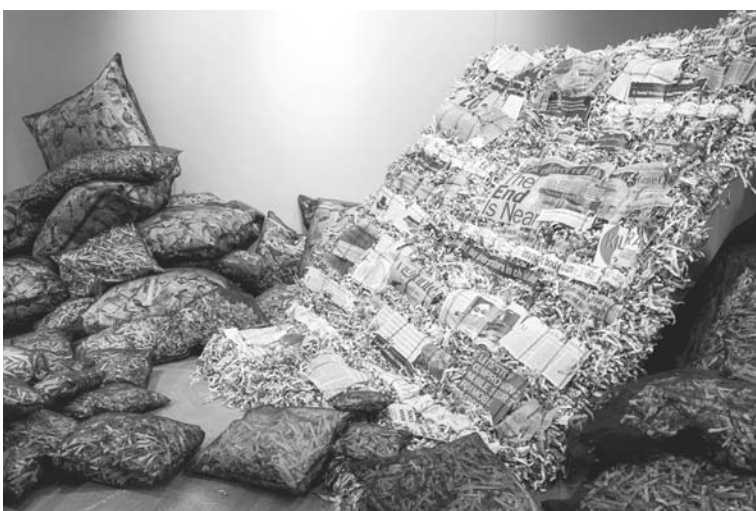
A home library is a reflection of the homeowner. Here is where you keep those books that reflect who you are and tell both friends and acquaintances the kind of interests you hold. It's the place that organizes your collections, from the modern series you've only recently discovered to the classics that you can't imagine living without. The library is a perfect place to bring your guests for a quiet evening of companionship. A mutual love of books and a good bottle of wine make for a wonderful evening with friends who share your love of the smell of leather-bound first editions and the stories, poems and authors who define you. When creating your library, keep these things in mind:

- For ease of use, consider floor-to-ceiling bookshelves with a rolling ladder.
- Dark wood shows off the precious books you've collected through the years.
- Wood or stone flooring protected by beautiful, collectible area rugs adds to any library's ambience.
- Your personal writing desk, accompanied by the perfect comfortable chair, allows your library a dual function as a working area as well as a place to relax and read.
- Choose lamps that give off just the right amount of light for reading through the night or composing that perfect letter.
- Comfortable chairs placed on either side of the perfect end table make a library a social room for nightcaps and conversation as well as for solitary reading.

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Pedaling with Pals

Potomac Pedalers provides group rides for area cyclists.

BY JON ROETMAN
THE ALMANAC

Nancy Avitabile joined the Potomac Pedalers roughly 15 years ago to ride with others who shared her love for cycling. While the friends and knowledge she gained from joining the Pedalers brought personal satisfaction, her physical improvement in the sport helped bring Avitabile national recognition.

Avitabile, a 64-year-old Bethesda resident, has competed in more than 25 triathlons since participating in her first in 1996. She won the 2010 USA Triathlon amateur national championship for her age group. In 2011, her accomplishments involved winning her age group at the Nation's Triathlon and the Miami Half-Ironman Triathlon. This year, Avitabile finished first in her age group at the Eagleman Half-Ironman triathlon in Cambridge, Md., on June 10, earning her a slot in the Hawaii Ironman World Championship in October. On July 8, she won her age group at the New York City Triathlon. She's also a member of Team USA and will represent the country at this year's world championships in New Zealand.

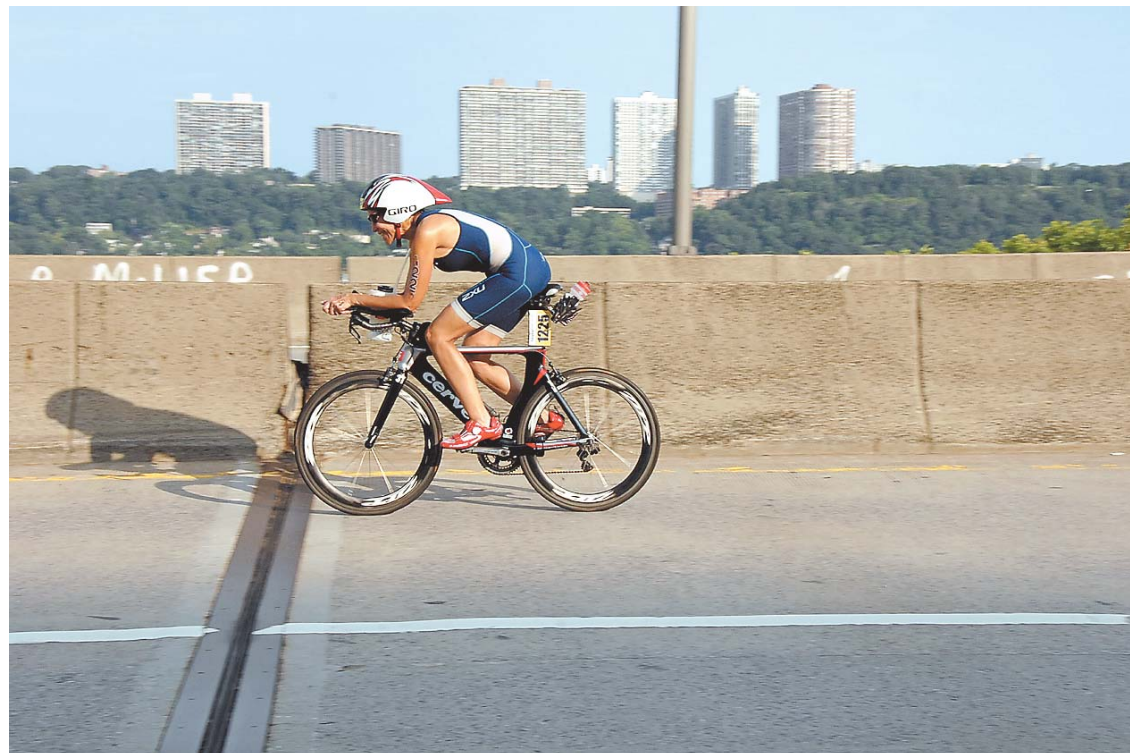
Avitabile credits the Potomac Pedalers for some of her triathlon success.

"I became a better cyclist," she said.

The Potomac Pedalers Touring Club is a cycling club for residents of Maryland, Washington, D.C., and Virginia. Founded in 1966, the club offers group rides for cyclists of all ages and ability levels. It's one of the largest cycling clubs in the nation, with 3,500 members in 2010, according to raceacrossamerica.org.

Cyclists are categorized by "ride class" to assure groups contain members of similar ability levels. A cyclist's ride class is determined by his or her average riding speed and endurance.

The club encourages beginners to start in the "D" class. According to the club's ride class table, a D rider averages 10-12 mph on flat



Bethesda resident and Potomac Pedalers member Nancy Avitabile, 64, competes in the New York City Triathlon on July 8. Avitabile finished first in her age group.

ground and typically travels routes of 10-25 miles. In comparison, a "B" rider averages 16-18 mph on flat ground and travels a route length of 40-60 miles. An "AA" rider, the highest class, averages 22-24 mph on flat ground and travels routes of 60-100 miles.

Some members look to improve their speed and stamina and move into a different class, while others enjoy the slower, more social rides.

"I love getting out there and going fast. There's just something about cycling — a real sense of freedom."

— Nancy Avitabile, Potomac Pedalers

"You get out of it what you want to get out of it," said Bob Bernstein, the 2012 chairman of the Pedalers' executive committee.

Avitabile, who is the committee's treasurer, started below B level when she joined the club in the mid 1990s, but

rode with B groups as a way to push herself to improve. She is now a group leader for BB rides.

"The club members were great," she said. "They were really helpful with giving me pointers with how to ride faster and how to ride better."

Avitabile said triathletes view running, swimming and cycling as part of one event, rather than three individual sports. However, she said cycling is her favorite of

the trio.

"I love cycling," Avitabile said. "I love getting out there and going fast. There's just something about cycling — a real sense of freedom."

Bernstein said the Pedalers offer cyclists many benefits.

"One is just the social aspect: being able to share the sport with others who enjoy it," he said. "The learning aspect: if somebody has a bike and they're out there riding alone, they don't necessarily learn some of the hints or some of the things an experienced cyclist knows. By joining the club, you can stay out of trouble [and learn] how to keep from getting hit [by a car]."

Bernstein, a 57-year-old Ellicott City resident, has been a Pedalers member since 2003, but has been a cyclist in some form since his teens.

"Right now I would say [cycling is] a passion," he said. "It started out as transportation — I didn't have car. It evolved from transportation to sport, to passion and exercise."

Weight loss is one of the ways 62-year-old Arlington, Va. resident and Potomac Pedalers member Ed Hazelwood has benefitted from cycling. Hazelwood said he's logged more miles on his bike as the weather has grown warmer, helping him lose 10 pounds since May.

"I think I [ride] mostly because I enjoy it," he said, "but I really,

really like the health benefits."

After living in Italy for five years, 53-year-old Springfield, Va. resident Chris White has been back with the Pedalers for three years and is a member of the executive committee. Along with trips to the gym and changes to his diet, White said cycling has helped him lose 20-25 pounds in recent years.

"I wasn't all that active for about five years [in Italy]," he said. "... I stopped [drinking] wine and [eating] pasta."

Deb Reynolds, a 45-year-old Alexandria, Va. resident and Pedalers member since 2003, said cycling is also a way to gather one's thoughts.

"It's exercise, but it's also a stress reliever," said Reynolds, who is also a member of the club's executive committee. "When you're out there riding — we do wear helmets — but you have a feeling of the wind in your hair. It really does relieve a lot of stress and you're able to think things over. ... On days that I can actually ride to work, I'm able to think things through and I get to work and the day goes better."

Bethesda resident and Pedalers member Carol Linden called cycling a form of "mental therapy."

While the Pedalers have a sense of camaraderie on their bikes, some club members share a bond through following the Tour de France. The Pedalers hosted a Tour de France happy hour in Arlington on July 18. Hazelwood twice

attended the Tour, and in 2008 he biked in the French Alps the day before the Tour de France climbed the path.

The Pedalers offer group rides throughout the week and on weekends in parts of Maryland, Washington, D.C., and Virginia. The Pedalers' ride schedule can be found on its Website, potomacpedalers.org.

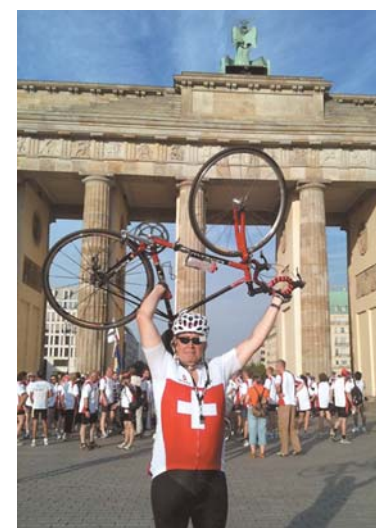
A one-year individual membership costs \$30. A one-year family membership is \$37, and the annual student rate is \$25. An individual lifetime membership is available for \$350. The Potomac Pedalers Touring Club is a non-profit corporation.

Bernstein said while not every cyclist has a positive first ride with the Pedalers, he encouraged those who experience difficulties to communicate with club leaders to solve the problem.

"The club is constantly evolving," Bernstein said. "If somebody tries the club and there is some specific thing that happened that they don't like, they should contact me or another ride leader and discuss it. We're trying to make the club as open as possible and give people a positive riding experience."

White said the club offers an opportunity for all cyclists to have a good time.

"If you're new to the area, it's a good way to meet people if you're into cycling because there are so many different levels of cycling," he said. "We cover such a large area, there is something in it for everybody. You don't have to be in one area to take advantage of it."



Arlington, Va. resident and Potomac Pedalers member Ed Hazelwood is seen in front of the Brandenburg Gate in Berlin in 2010.

Finding Right Hobbies For Children

Experts offer suggestions for choosing extracurricular activities for the fall.

BY MARILYN CAMPBELL
THE ALMANAC

While many are still basking in the lazy days of summer, Anna Faust is planning her 5-year-old son's after-school activity schedule for the fall. On his agenda: baseball, soccer, gymnastics and tennis lessons.

"My plan is to expose him to as many activities as possible and hope that he chooses one and excels," said Faust. "Sometimes, though I can't tell if he's going along happily because all of his friends are doing it or because he really likes it."

Child development experts say deciding which and how many extracurricular activities are best for children is a dilemma many parents face. Factors such as expense and time can make the process a delicate balancing act.

If a child wants to join a traveling hockey team, how does a parent know if his or her desire to play matches the necessary investment of pricey equipment? Should a parent coax a reluctant child into taking piano lessons hoping to transform an unwilling tot into a musical prodigy? And how much is too much when it comes to hobbies? Local child development experts say the answers vary on a case-by-case basis.

"The key to balancing one's schedule between school work, extracurricular interests, family and friends is reached not so much by seeing these goods as necessarily in competition, but rather in seeing all of the time that we have been given as a great treasure that we have to use in the best possible way," said Michael Moynihan, Upper School Head of The Heights School in Potomac.

Extracurricular activities are an important part of a child's development, and finding the right fit is worth the effort. "They expose children to a variety of experiences and peers. For older children, they are a venue for healthy social interaction as opposed to participating in undesirable behavior," said Rich Leichtweis, PhD, senior director of the Inova Kellar Center in Fairfax. "If kids are on the computer or watching television from the time they get home from school until dinner and then back on again until they go to bed, they are missing critical social opportunities that extra curricular activities can provide."

Assessing a true attraction to an activity versus a passing fancy can be tricky. "Parents should first ask their children what they might be interested in before signing them up, and they should be careful in monitoring how their children continue to feel about participating in these activities," wrote Chantilly resident Maria Londono, a mental health therapist for Fairfax Community Health Care Network in Reston, Falls Church and Alexandria, in an email.

While older children are able to express an opinion about activities, younger children might need more guidance. "If a child has a strength or interest we can build on that," said Leichtweis. "If parents notice that a child has a gift for piano or soccer, they

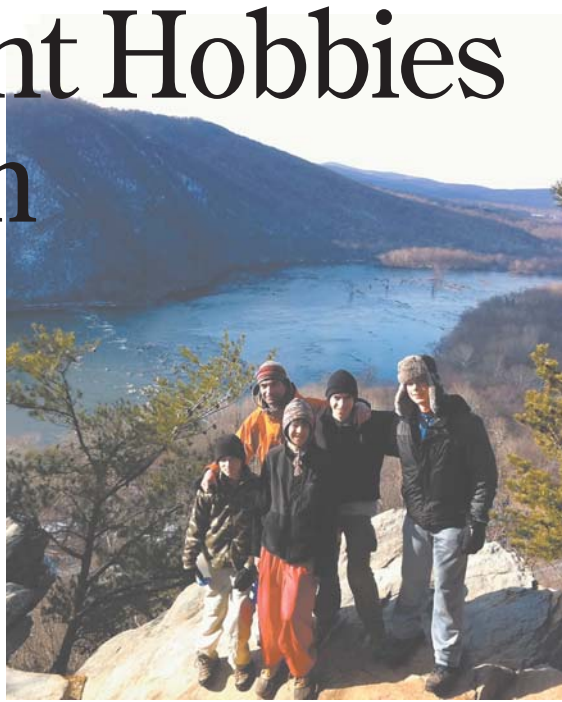


PHOTO COURTESY OF THE HEIGHTS

Heights students embark on a 30-mile hike along the Appalachian Trail. Experts say children can continue activities like hiking, biking and running into adulthood.

should encourage it."

One pitfall, say experts, is following the pack. "Parents get pulled into activities because they think everybody else is doing it. Before you know it, those activities pile up and can be stressful," said McLean resident Michele Garofalo, EdD, assistant chair, Department of Counseling and associate professor of psychology at Marymount University in Arlington.

How does a parent know if a child is overscheduled? "Some kids are OK with a lot of activities," said Leichtweis. "If a child is involved in a lot and they're doing well in school, getting adequate rest and there are no significant disruptions, then it's probably OK. But if there is a change in behavior, their grades slip, they're not getting enough rest and they're in eight different activities, then it is time to make a change."

Experts say there are warning signs that a parent might be pushing a child too hard. "When a child says 'I don't want to go to this activity' or 'I don't like the kids there' or if they are pouting or agitated when it's time to go, those are signals that they need a change," said Garofalo. "If extracurricular activities are fun and kids enjoy them, they can build a child's self-esteem and give them a place to shine, and children need a place to shine."

Parents should also consider the family's overall schedule. "Look at your calendar and think about the benefit versus the cost, time and energy involved in the activity. How much stress will it put on the family?" said Garofalo.

"Parents can set limits and help kids prioritize. We can listen to the kids, but it's our responsibility to set limits. A well-balanced child is a healthy child," said Leichtweis.

Make sure to set aside time for rest. "Children need downtime and a break from organized activity," noted Susan DeLaurentis, director of counseling, St. Stephen's & St. Agnes School in Alexandria. "I think that is important to recognize that if children have been in school all day they've put in a lot."

Finally, experts say encourage activities that children can continue into adulthood like swimming, hiking or running. "With extracurricular activities, what we're doing is setting a foundation for life. It is part of developing well-rounded and balanced community members. We want a child who knows how to work and play," said Leichtweis.



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Circumstances Be Damned

By KENNETH B. LOURIE



If only it were as easy to actually live it as it is to write it. As much as I believe what I write, it's still difficult to ignore certain facts ("the underlying diagnosis," as I often refer to my diagnosis) and the feelings associated with it. Although I'm very good at pretending and ignoring and making light/poking fun at my "circumstances," there is a certain reality to consider. Aside from my never having pitched at Fenway Park for my hometown Boston Red Sox, I'm probably not getting any younger and apparently, not likely to get as old as either of my parents were when they died, ages 86 and 87.

The challenge then, looking forward, is making the best of a bad situation — which is my nature. So on paper, the plan should work, and mostly it does. But occasionally — and more so now (40 months post-diagnosis) than ever, there is some seepage; emotions take hold and all the rational, self-help-type pep talks I give myself fall on deaf ears; I'm listening, but it's hard to hear. As much as I'd like to mind my own business — literally, and steer clear of all this cancer stuff, sometimes I can't. And though I never feel sorry for myself, I do feel a little unmotivated, a bit lethargic and somewhat apathetic. Tasks which once were priorities are now relegated. Maybe not to the dustbin, but low on the totem pole so that I don't even know where the totem pole is, figuratively speaking. But as I'm always myself saying: I have bigger problems, so who cares?

I do, or rather I should, but changing the course of my most recent history, admirable and desirable though it may be, may in turn be creating stresses and unrealistic demands that are counter-productive to who I am and who I want to be. My circumstances/situation/prognosis is bad enough on its own; I don't need to make it any worse.

There's a fine line between accepting your circumstances (you'll note I didn't say fate) and not giving into them. On the one hand, it's knowing your limitations (so as to not make matters worse); on the other, it's doing what makes you happy. Because being diagnosed with stage IV (inoperable/terminal) is all it's cracked up to be. Finding a way, mentally, to navigate through the slings and arrows of this outrageous misfortune (to turn a phrase inside out) is the order of the day. To be a survivor, one has to have a certain ability to not take personally that which is happening to your person. Moreover, the challenge is finding a balance between living for yourself, living for others, living for today and living for tomorrow (very much easier written than actually accomplished).

Cancer is insidious. It affects you physically for sure, but at least for me, emotionally even more. Generally speaking, the treatments are about the physical (tumors) manifestations of the disease. The mental/emotional effects are less obvious and not usually indicated on any of the diagnostic scans oncologists recommend. Interpreting a scan is one thing; reading a patients' mind quite another. No one said this cancer experience was going to be easy; in fact, a close friend, Lynne (a cancer survivor herself) said to me: "This is going to be the toughest thing you've ever done." And of course, she was right. Unfortunately, the experience hasn't made it any easier. Familiar? Yes. Manageable? Mostly. In control? Not so much.

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

NEWS

'Healthy Gourmet'

FROM PAGE 5

am I a spoiled woman," she states. "Cooking is such a joy for her — she truly has a gift. She can whip together the most delicious meal — and it seems so effortless. She's the first one I call when people are coming from out of town. 'Help me,' I say in a panic — and she always comes up with wonderful dishes — even if it's last minute. Her cooking classes are amazing. She uses such a variety of ingredients from numerous stores you would never think to go to — and everything is just delicious." One of her favorites from Sheila is her Old English pudding.

Rosenberg is constantly researching nutrition and recipes for the classes. Some of her favorite sources are the "Barefoot Contessa" cookbooks (she has them all) and the Food Network. Giada De Laurentiis is one of her favorite chefs.

To find out more about "The Healthy Gourmet" cooking classes, or Rosenberg's personal chef expertise, contact her at sheilaqbella@gmail.com.

THIS WEEK IN PTOMAC

FROM PAGE 4

Rape

Of the rape cases, 94 were completed rapes (85.1 percent) and 20 were attempts (17.5 percent). 19 of the recorded cases actually occurred prior to 2011 (16.7 percent). 73.7 percent of victims knew or were related to their offender(s) and 24.6 percent of victims reported a stranger as the offender.

Robbery

Non-commercial robberies showed a decrease from 765 in 2010 to 724 in 2011 (-5.41 percent). However, "pack" style street robberies with three or more suspects increased approximately 7.3 percent. Multiple arrests by patrol officers immediately after some robberies and aggressive follow-up by investigators have had a positive impact on reducing non-commercial robbery numbers over the past few years, especially for the repeat offenders/groups responsible for multiple robberies. Overall robberies have decreased 28.0 percent from a (two-decade) high of 1,166 in 2006.

Aggravated Assault

There were 648 aggravated assaults reported in 2011. 28.4 percent of assault suspects were a spouse/partner or other family member of the victim. Police officers were victims in 27 of these reported assaults. The display or use of a weapon occurred in 88.7 percent of these incidents.

Burglary

Both residential and commercial burglaries showed decreases from 2010 to 2011. Residential burglaries dropped by 6.5 percent and commercial burglaries decreased by 18.2 percent. In approximately 25.0 percent of residential burglaries, entry was gained through an unsecured (either unlocked or open) window or door.



Sergeant Haughton sings an Irish tongue twister.



PHOTOS BY KEEGAN BARBER/THE ALMANAC

Summer Concert

Several of the U.S. Air Force Singing Sergeants perform in a quartet during the July 12 performance at Glen Echo Park.



The color guard waits to proceed into the Bumper Car Pavilion for the singing of the U.S. National Anthem.

LETTERS TO THE EDITOR

Frustration with PEPCO Motivates

To the Editor:

My name is Abbe Milstein and I am a homeowner in Rockville. Like many in Montgomery County, I lost power for days, had to leave my home with small children and a dog in tow, and search for cool shelter in 100 degree plus temperatures. Frustration mounted, along with the rest of Montgomery County residents when multiple calls to PEPCO about lost service resulted in repeated lies and blatant denials. I decided to try to do something about it.

From my cell phone at a Barnes & Noble, I organized a meeting with a few community leaders from my local area and Councilmember President Roger Berliner. We met at 10 a.m. on Monday, July 9, at Councilman Berliner's office, along with his staff and the chief of staff from Marc Elrich's office. What we learned was both frustrating and fascinating. The information presented by Berliner and his staff, along with the contributions of members of the community leadership, clearly pointed out the need for some strong community activism and grassroots organization.

To get the message out to PEPCO and its oversight board, the Maryland Public Service Commission, it is important that we get as many residents who suffered during the power outage of the past few weeks to attend the Council PEPCO Debriefing on Thursday, July 19 at 12:30 p.m.. The meeting will take place in the 3rd floor Hearing Room, at the Council Office Building, 100 Maryland Avenue, Rockville. Berliner's office number is 240-777-7828.

I know resident's are looking for a way to have their voices heard on this matter, so I would like everyone to assemble in the basement cafeteria of the Council building at 11 a.m. before the meeting. At this time I will provide sign-up sheets where frustrated residents can sign-up to testify at future meetings or just have their voices heard. There will be an opportunity to testify directly before the commission at a later date, but at the moment that date is tentative. This is officially an open meeting, where the public is invited to attend, watch and listen to the discussions taking place, but

may not testify. I feel it is important that we get as many people as possible to attend and carry signs expressing disappointment with PEPCO and the commission. Berliner, along with other councilmembers, will be asking many important questions of Douglas Nazarian, the chairman of the Maryland Public Service Commission that oversees PEPCO. Please do all that you can to distribute this information to your homeowners and have them attend this critical meeting. This is the beginning of a lengthy discussion, but hopefully a good start to solving our power problems.

Abbe Milstein

Fame Rather Than Shame

To the Editor:

The following letter was addressed to Doug Schuessler, executive director, MSI.

I am writing to you today to express my utter dismay and frustration about MSI and its plan to establish a pay-to-play soccer complex on the location of Nick's Organic Farm. While I am a strong supporter of soccer — my own kids used to play soccer with MSI — it galls me that MSI plans to destroy this pristine piece of land that is so unique in our region, or for that matter, much beyond this region. We are so fortunate to have in our county a well-established organic farm that is also an organic seed producer, a very popular and much needed educational center for school children and a learning place for future farmers all rolled into one. This makes it difficult to comprehend how somebody could fail to grasp the enormity of its pending destruction.

Now, when I hear "MSI" mentioned, it immediately evokes negative feelings and resentment in me. When I see MSI stickers on cars, I get angry and upset. I have never felt that way before — quite to the contrary.

Sports and nutrition both have their place in our pursuit of good health but we don't have to rob Peter to pay Paul. There is no reason that MSI could not find another suitable location and show respect for the overwhelming and well-documented feeling in the population that Nick's farm and the wonderful edu-

cational center thereon must continue to exist.

I appeal to your morality and sense of good citizenship to save this unique place from destruction. You would do good for your community and do good for yourself as an organization. It would create a legacy of fame rather than shame.

Sabine Dohrn
Potomac

Choose Different Location for Soccer

To the Editor:

The following letter was addressed to Doug Schuessler, executive director, MSI.

I urge you to reconsider the decision to decimate Nick's Organic Farm for parking lots and private MSI only soccer play. I join thousands of people who believe that there are plenty of locations and opportunity for soccer in Montgomery County, while there is no other asset like Nick's Organic Farm that teaches kids about the soil, land, water and food. For 32 years this land has been nurtured into a fabulous place for organic food and education. Throwing that down the drain is a waste of resources.

I do not believe there citizens of Montgomery County are in majority support of this transition. Please choose a different location.

Cathy Fink
Kensington

Write

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:

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Call: 703-917-6444.
By e-mail:
almanac@connectionnewspapers.com

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