

Potomac ALMANAC

WELLBEING

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Madelyn Nader, food chair for the September bazaar, prepares the spinach mixture for the pies for the 29th Middle Eastern Bazaar at Saints Peter and Paul Antiochian Orthodox Church.

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PEOPLE

From Interpreter to Palm Reader to Painter

Liz Gerstein displays her artwork and analyzes handwriting.

BY SUSAN BELFORD
THE ALMANAC

Liz Gerstein is a master at reinventing herself. Throughout her life, she has followed her interests and passions to see where they lead her. The journey has taken her through a multitude of fascinating careers — professional interpreter and linguist, handwriting analyst, palm reader, author and cruise ship lecturer are just a few of her unique professions. And now she is an accomplished artist.

Gerstein began to study handwriting in her native Switzerland, where she worked as a translator and linguist — she speaks five languages fluently. When she came to the U.S. in 1958, she sought out training in understanding the intricacies of handwriting. When she moved to the D.C. area in 1965, she joined the Society of Handwriting Analysts, eventually becoming its president. “I was always interested in handwriting analysis (graphology). I became a certified handwriting analyst — and then became fascinated with the science of the hand (chirognomy) and the physical relationship of the hand to handwriting. Next, I studied the palm and learned how to read the lines on the palm.”

In her first book, “Handwriting and Palmistry,” she discusses four facets of the top-



Liz Gerstein with her art.

ics. The opening chapters cover basic hand types, the fingers, thumb, nails, and the size of the hand. In the next section, she writes about palmistry — the major and minor lines of the hand and how to interpret them. In the third segment, she explains how to analyze handwriting (graphology) and in the fourth section, she relates palmistry and graphology to different personality types (intellectual, social/artistic, psychic/intuitive and other personality traits). Her other published books are “In the Palm of Your Hand – Practical Palmistry for Career and Relationship Success” and “About Face – The ABC’s of Face Painting.”

“I don’t want to be known as ‘Gypsy-Liz’ the fortune or future teller,” said Gerstein. “Handwriting mirrors our mental, emotional and physical health and well-being at the time of writing. Everyone recognizes

the fact that it can fluctuate from day to day, and sometimes from moment to moment, which is a confirmation that our hand is only the test of the brain impulses, just as the brain’s impulses have etched the line and intricate patterns into the palms of our hands.”

By analyzing several samples, she can define a personality. Besides being a popular local lecturer, Gerstein spent 16 years as a cruise ship presenter. Among the lines she traveled and spoke on were the Costa, Celebrity and Cunard.

“It was a wonderful opportunity to see the world and meet very fascinating people,” said Gerstein. “I traveled to the Orient, Europe, Russia, Hawaii — and all around the world. Each day that we were at sea, I spoke on the various facets of handwriting analysis — and then analyzed



An example of Liz Gerstein’s art.

passenger’s handwriting.”

Throughout the years, Gerstein had always been creative and artistic. A few years ago, she began taking art lessons from local artist Millie Shott. She now shows her acrylics and mixed media artworks at the Montgomery Art Association and the Yellow Barn at Glen Echo.

Last year, Gerstein combined both her interests by speaking to the Washington Watercolor Society — she analyzed how they sign their paintings. Her next speaking engagement is with the American Pen Women. She also teaches privately and lectures at the Society of Handwriting Analysts of the Greater Washington Area. She is available for professional analysis of handwriting and as a speaker for interested groups. For information, call her at 301-365-7026.

Former Churchill Grad Offers Naturopathic Remedies

Kevin Passero emphasizes natural means of healing.

BY SUSAN BELFORD
THE ALMANAC

When he graduated from the University of Colorado in Environmental Science, Kevin Passero was unsure about his career path. Fortunately, he found an internship with a naturopathic doctor in Denver — and after discovering how successful natural remedies can be and observing the appreciation that patient after patient expressed, he headed to Portland, Oregon to earn his doctorate in naturopathic medicine from one of four nationally accredited Naturopathic Medical Schools in the U.S.

Raised in Potomac by Peter and Maria Passero, Passero now resides in Annapolis. He has offices in Washington D.C., Annapolis and Bethesda. He is immediate past president of the Maryland Association of Naturopathic Physicians and an active member of

the American Association of Naturopathic Physicians. On Sunday mornings from 10-11 a.m., he hosts the radio show, “The Essentials of Healthy Living” on 1500 AM.

Passero explains what naturopathic doctors do and why he is attracted to this philosophy of healing. “Naturopathic doctors are clinicians that have been trained with an emphasis on utilizing natural means of healing. These remedies include nutrition, herbs, homeopathy, bio-identical hormones, vitamins and minerals. In traditional medicine, typically, the patient is given a diagnosis and medicated in an effort to simply manage symptoms. Naturopathic medicine operates under the principle that the body is a self-healing, self-regulating organism. My goal with every patient is to identify the underlying causes that contribute to the symptom and create strategies to restore health and vitality by working with the body using primarily natural therapies.”

Some of the medical issues that Passero addresses are depression, chronic pain man-



Kevin Passero

agement, thyroid disease, hormone imbalances, Lyme’s disease, and gastrointestinal issues such as acid reflux and irritable bowel syndrome. “A lot of people just don’t feel well. They are tired and experience low energy and hormonal symptoms. Their blood tests look normal — but they just don’t feel right.”

Passero explains that his first interview with a patient is lengthy because he focuses on the patient’s lifestyle, medical history, emotional issues and physical health. He works collaboratively with other physicians and with his patients to help them better understand their bodies and their illnesses — and often serves as a teacher to educate them about tests and prescribed treatments.

For example”, he said, “Hypothyroidism can be difficult to manage. Thyroid patients are often given thyroid medication and told by their physician that their condition is being adequately managed once lab tests normalize. However, many of these people still experience the symptoms of low thyroid function, such as fatigue, brain fog,

weight gain and hair loss that arose when they were first diagnosed. These symptoms can continue to persist for years even though lab tests continue to be normal. I help them regain their health by individualizing their treatment approach and taking into account the various factors that influence how their body might be responding or not responding to a particular intervention. I then use the appropriate natural therapies and hormonal support needed to bring their body back into balance. Each person will likely have a different formula for success which is why an individualized approach to care is so critical for good outcomes.”

Passero sums up his approach: “Every person can benefit from an individualized approach to healing.” My goal is to customize every single person’s treatment regimen based on what is right for their body. There is no cookie-cutter approach to Naturopathic medicine.”

Passero can be reached at Drpassero@gmail.com or by calling 443-433-5540. For more information on naturopathic medicine visit www.naturopathic.org or his website at www.GreenHealingNow.com.

County To Take Over Land; Lawsuits Upcoming

Organic farmer told to vacate Brickyard Road by Aug. 15; county to take possession the next day.

BY KEN MOORE
THE ALMANAC

The tongue lashing began in the form of a footnote — the ninth footnote — on page 11 of the State Board of Education's legal opinion.

The state board ruled last week against the Brickyard Coalition's appeal — and 41 separate appeals — stating that the local Montgomery County School Board did not violate law when voting in a March 2011 meeting to turn the lease of the 20-acre Brickyard Road site to the county to operate soccer fields. Nick Maravell has operated his organic farm there under a lease from the county since 1980.

"Although the legality of the lease between the local board, Nick's Organic Farm, and Mr. Maravell is not at issue in this case, we note that the argument set forth by those Appellants regarding the alleged violation of 4-114 seems disingenuous," said State Board of Education President James H. DeGraffenreidt Jr. and Vice President Charlene M. Dukes and the board. "If their argument were to prevail it would mean that the lease of the Brickyard Road site between those Appellants and the local board for approximately 30 years was in violation of the law."

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

MSI would develop the fields for use by its members under a 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 will displace 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.

"The issue here is whether the decision to lease the property held in trust is reasonable. We think it is," said the board. "This is a short-term lease to the county for the creation and operation of ball fields to be used by community soccer groups."

"It involves property that was not being used for school purposes," according to the state board's opinion.



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

"Although the appellants argue that the lease to the county is essentially a lease to a private entity because the county will be entering into a partnership with a private entity that will construct and operate the fields, we do not believe such a use violates 4.114. Under the agreement, the local board will still hold the land in trust for the benefit of the school system, and it is preserved for school use if such a need arises."

THE BRICKYARD COALITION had a voice of its own.

"I find the opinion lacking in any reasoned legal analysis. It smacks of a political decision and begs to be appealed," said Curt Uhre, an appellant in the case and a leader of the coalition, in response to last week's state board of education opinion.

The Brickyard Coalition filed an appeal to the Circuit Court for Montgomery County on Tuesday, July 31, a week after the state board issued its ruling.

Uhre and Coalition President Keith Williams said The Brickyard Coalition was required to first file an administrative appeal with the State Board of Education, a board they called a political entity with political agendas.

"The sole purpose for the two-plus years of secret planning by the County Executive and the Montgomery County Board of Education was to make sure those county citizens ... who live in these communities had no input into these secret decisions," said Williams. "Neighborhoods impacted by the Board of Education and county government decisions look forward to an objective court considering the facts and applying the law in the light of day pursuant to a process that is fair, complete and open."

MARAVELL WAS TOLD this week that he will be required to vacate the property by

Aug. 15, and that the county will take control and possession of the land on Aug. 16.

"The license with the commercial farmer ceases," said Patrick Lacefield, director of the county's public information office.

"Then, we'll be on the land and we'll see. We have no plans to dig anything up, but our work that's already started with MSI continues."

The county plans to move forward with

"This is a short-term lease to the county for the creation and operation of ball fields to be used by community soccer groups. It involves property that was not being used for school purposes."

— State Board of Education

the necessary process of creating soccer fields, he said.

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

That will include traffic studies as well as various plans to be presented to the Montgomery County Planning Board under mandatory referral.

People counting cars on MacArthur Boulevard were stationed at Brickyard and at the end of the Clara Barton Parkway Saturday.

A FREEDOM OF INFORMATION challenge in Montgomery County Circuit Court was filed by the coalition last November. The coalition claims 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 next hearing on that matter is scheduled for mid-August as well.

"We seek to compel the production of records willfully and wrongfully withheld," according to Montgomery County Circuit Court documents filed by Brian Barkley, attorney for the Brickyard Coalition.

"The Court should find that good faith efforts have not been made," he wrote.

In its ruling last week, The state Board of Education acknowledged that a Open Meetings Compliance Board found that the Montgomery County School Board violated the Open Meetings Act at the March 8, 2011 meeting by "citing wrong statutory reference for closure in its closing resolution, by discussing matters outside the scope of the exception it claimed, by failing to prepare meaningful minutes of its closed session, and by failing to include meaningful information about the session in the minutes of its subsequent open meeting."

"The Compliance Board noted, however, that there may have been a valid reason for the closure, which the local board claimed after the fact was to confer with legal counsel," according to the opinion.

The state board ruling covered much ground, including a debate on jurisdiction of the state board, due process, three attorney general opinions, Maryland Open Meetings Act Claims, and holding land in trust for the benefit of the school system.

The state board also addressed the coalition's claim that the local board violated Maryland Annotated Code by failing to submit the proposed decision to change

the use of the Brickyard Road site to the Planning Board "via a mandatory referral process prior to passing the resolution to lease the property to the county."

The chairman for the Montgomery County Department of General Services, it said, addressed the issue before the local school board voted on March 8, 2011. "He acknowledged that it was the county who would have to go through the Park and Planning Board approval process after the development of a plan for the property," according to the state board's ruling. "Such land matters are better left to the governmental entities that administer the rules and regulations applicable to such decisions. In this case, we have jurisdiction over only those issues that are based on alleged violations of State education law or regulations."

But documents uncovered in the Freedom of Information request show dissension between planners and county officials concerning use of the land.

"No plans or sketches were presented at the March 5, 2010 meeting, or since, and SEE 'ARGUMENT,' PAGE 5

POTOMAC ALMANAC

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Newspaper of **Potomac**
A Connection Newspaper

An independent, locally owned weekly
newspaper delivered
to homes and businesses.

1606 King Street
Alexandria, Virginia 22314

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**Potomac Almanac is published
by Local Media Connection LLC**

**Five Time First Place
Award-Winner
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PEOPLE



Kati Fannoney, a student at Shady Grove Middle School, and her grandmother Susan Fannoney chop onions for the filling.



Madelyn Nader, food chair for the September bazaar, teaches 9-year-old Emily Greenberg (Mill Creek Elementary School) how to assemble spinach pies.

PHOTOS BY HARVEY LEVINE/THE ALMANAC

Working In Advance

In preparation for the Saints Peter and Paul Antiochian Orthodox Church's 29th Middle Eastern Bazaar Sept. 21-23, church members gathered last week to create spinach pies. Middle Eastern delicacies on the menu will also include grilled lamb, kibbee, tabouleh, hummus, gyros, falafel, baklava and a variety of other traditional dishes.

Saints Peter and Paul Antiochian Orthodox Church is located at 10620 River Road in Potomac, about one mile north of Falls Road. The bazaar's hours of operation will be Friday, Sept. 21 from 4 to 9 p.m.; Saturday, Sept. 22, from 11 a.m. to 9 p.m.; and on Sunday, Sept. 23, from noon to 4 p.m. The church web site address is <http://www.peterpaul.net>.



Mary Sahouri kneads the dough for the spinach pies.



Barbara Abraham arranges the circles of dough that will be the shell for the spinach pies.



Mary Sahouri rolls out the dough for the spinach pies.

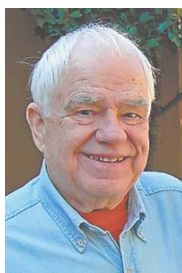
OBITUARY

Meredith G. Williams, Jr.

Meredith G. Williams, Jr., CDR USNR retired, died on June 29, 2012 at the age of 88. Born in Weymouth, Mass. he has resided in the Washington, D.C. area since 1956.

He graduated from Bridgewater (Mass.) High School; class valedictorian, then attended Bates College earning a B.S. in physics (Class of 1944) and was elected to Phi Beta Kappa. Navy Pre-Radar training at Princeton University and the Massachusetts Institute of Technology followed.

During WWII, Meredith was assigned as electronics repair officer to the Pacific Fleet on the USS Yosemite, a destroyer tender stationed in Sasebo Harbor, Japan. In 1947, Meredith returned to civilian life and was first hired as an oceanographic technician at Woods Hole Oceanographic Insti-



tution in Massachusetts. He entered civil service as oceanographer, then physicist in 1948 for the research section of the Sonar Branch, Bureau of Ships where had a rewarding 32-year career with the U.S. Navy Department, retiring in 1984 as head of the Nucleonics Branch.

A resident of Potomac since 1971, Meredith lived a life of civic activism serving in various capacities on the boards of the West Montgomery County Citizens Association, Potomac Glen Association, the Glen Preservation Foundation, where he helped save the one-lane bridges in "The Glen," and the National Active and Retired Federal Employees Associa-

tion. He was also on the board of Friends of the Library and for several years contributed toward the book sale program that supports the Potomac Library.

His hobbies included "amateur landscaping," Sudoku, crossword puzzles, and solving complex math problems. As a wordsmith, Meredith created the word "bacronym" in 1970. Bacronym can be found on Wikipedia.org and Wiktionary.org. In April 2012, the word was used on the television show "Who Wants to Be a Millionaire" as a multiple choice answer.

A loving, caring, and devoted husband, father, grandfather, and father-in-law, Meredith is survived by his wife of 56 years, Eleanor; three daughters; Nancy (Tom) Madden of Potomac, Lisa (Bill) Calvert of Charlotte, N.C., and Jennifer (Patrick) Monahan of

Hershey, Pa., nine grandchildren: David Madden; Sarah and James Calvert; Ricky, Emily, and Sara Williams; Alan, Jamison, and Kellan Monahan. He is also survived by one brother and one sister. Meredith was predeceased by his son, Timothy Williams, two brothers and a sister; his youngest brother died three weeks after Meredith.

Family and friends are invited to a visitation on Tuesday, Aug. 14 from 3-5 p.m. and 7-9 p.m. at Robert A. Pumphrey Funeral Home, 300 W. Montgomery Ave, Rockville. In lieu of flowers, memorial contributions may be made in his honor to the "Friends of the Library," 10101 Glenolden Dr., Potomac, MD 20854 or to the West Montgomery County Citizens Association (WMCAA), PO Box 59335, Potomac, MD 20859-9335.

WWW.CONNECTIONNEWSPAPERS.COM

'Argument Seems Disingenuous'

FROM PAGE 3

planning staff were not informed of your planned process. We were not informed regarding the proposed lease from the Board of Education. We were given no information regarding the proposed lease from the Board of Education. We were given no information regarding the entity to develop and control the property. Executive staff presented no traffic study, no environmental report, no storm water management concept, no parking study, no timetable for a sewer category change, or any written or graphic exhibit of any kind," wrote Rose Krasnow, Area 1 Division Chief, and Callum Murray, Master Plan Supervisor, of Montgomery County Planning.

"We were therefore taken aback to read that you wrote, 'They're OK with it,' and 12 months later testified that [Park and Planning] staff did not raise any concerns at that time."

THE MEANING of the Potomac Master Plan, a blueprint for land use that was worked on for years, is also being debated and fought over.

County officials claim that the County Executive's work to create soccer fields was a genuine effort to create a community benefit and to fulfill a critical need and shortage of soccer fields in the county, as well as something the Potomac Master Plan itself supports.

"People of good will can disagree, but in our view it is wholly keeping with the Potomac Master Plan," said Lacefield.

"The Master Plan was crafted in painstaking detail with residents of Potomac," he said.

But many of the residents involved more than a decade ago in crafting the Master Plan process are involved in the current challenge against the soccer fields. They disagree that soccer fields are the desired intent of the Master Plan.

Pages 134, 135 and 143 of the Potomac Master Plan discuss school surplus sites.

"Surplus and future school sites offer potential for fulfilling some of the recreation needs of the Potomac Subregion," according to the Master Plan on page 134.

"The Brickyard Junior High School, Kendall Elementary School and Churchill Elementary School could be developed as local parks with ballfields or other recreational uses. (Recreational uses should be evaluated along with other public uses identified elsewhere in this Plan to determine priority use for each available site.) Any site acquired for parkland should be evaluated to determine whether it is appropriate for recreational opportunities (e.g., trails, ballfields, etc.)."

The Master Plan continues on page 143, under the section that specifically addresses school sites:

"If the Board of Education determines that existing sites are not needed for schools, those sites provide opportunities to serve other public purposes identified in this Plan. Surplus school sites should be evaluated for their potential to serve unmet recreational needs, environmental objectives, affordable housing goals, or other public purposes required vacant land. In particular, Brickyard Junior High School, Kendall Elementary School, and Churchill Elementary School should be evaluated for public purposes if they are ever declared surplus."

Gutstein, Duber Wed

Peri Blair Gutstein and Brant Edwin Duber were married on May 27, 2012 by Rabbi Jonathan Stein at the Pierre Hotel in New York.

The bride and groom, both 26, met as freshmen at Cornell University, from which they both graduated from the School of Hotel Administration.

Mrs. Duber works in human resources at Chanel, Inc. focusing on talent acquisition and development. She is

the daughter of Ruth L. Gutstein and Dr. Hal S. Gutstein of New York, N.Y. Her father is a clinical assistant professor of neurology at NYU Langone Medical Center and maintains a private practice in New York City.

Mr. Duber is an associate on the Equity Sales desk at Goldman Sachs. He is the son of Nancy E. Duber and Marc N. Duber of Bethesda. His father is the executive vice president and chief operating officer of the Bernstein Companies, a Washington D.C. based real estate development, investment, and management firm.



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June 2012 Sales, \$1.1 million to \$1.5 million

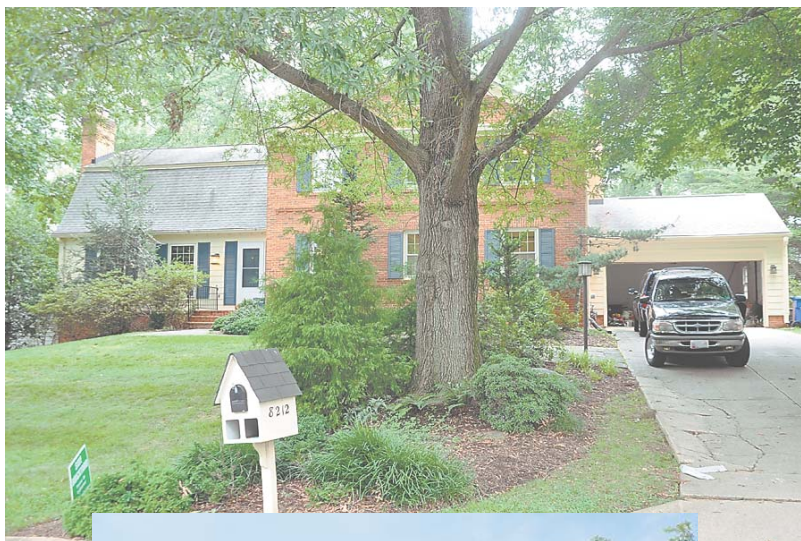


2 10013 Ormond Road, Potomac — \$1,250,000



3 7737 Laurel Leaf Drive, Potomac — \$1,250,000

7 8212
Coach Street,
Potomac —
\$1,165,000



8 9320 Falls
Bridge Lane,
Potomac —
\$1,107,000



5 10605
Oaklyn Drive,
Potomac —
\$1,199,000

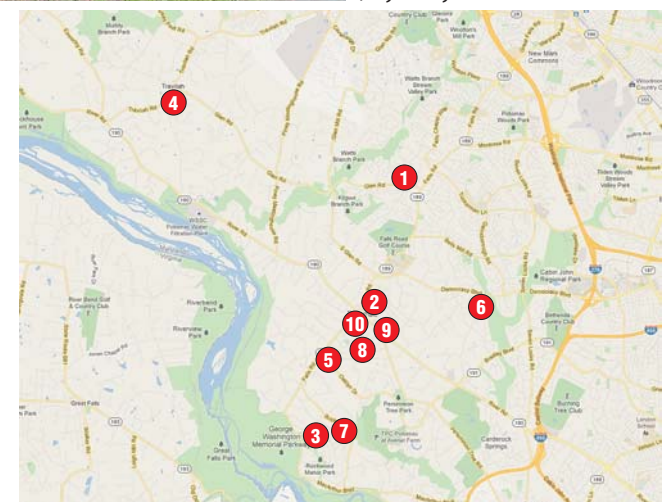


9 9701
Sotweed Drive,
Potomac —
\$1,100,000

Address BR FB HB Postal City .. Sold Price Type Lot AC PostalCode Subdivision Date Sold

1	11705 WINTERSET TER	5	..	4	..	2	POTOMAC	\$1,390,000	Detached	..	0.48	20854	WINTERSET	06/29/12
2	10013 ORMOND RD	5	..	6	..	1	POTOMAC	\$1,250,000	Detached	..	0.43	20854	POTOMAC VILLAGE	06/11/12
3	7737 LAUREL LEAF DR	6	..	5	..	1	POTOMAC	\$1,250,000	Detached	..	0.48	20854	FAWSETT FARMS MANOR	06/08/12
4	12608 BRIDGETON DR	5	..	5	..	3	POTOMAC	\$1,225,000	Detached	..	2.22	20854	..	DARNESTOWN OUTSIDE	06/08/12
5	10605 OAKLYN DR	5	..	3	..	2	POTOMAC	\$1,199,000	Detached	..	0.60	20854	WILLIAMSBURG GARDENS	06/15/12
6	10001 CARMELITA DR	5	..	3	..	2	POTOMAC	\$1,180,000	Detached	..	0.54	20854	MCAULEY PARK	06/28/12
7	8212 COACH ST	5	..	4	..	1	POTOMAC	\$1,165,000	Detached	..	0.36	20854	RIVER FALLS	06/25/12
8	9320 FALLS BRIDGE LN	5	..	4	..	1	ROCKVILLE	\$1,107,000	Detached	..	0.60	20854	HERITAGE FARM	06/19/12
9	9701 SOTWEED DR	5	..	4	..	1	POTOMAC	\$1,100,000	Detached	..	0.54	20854	POTOMAC VILLAGE	06/22/12
10	9724 BRIMFIELD CT	5	..	4	..	1	POTOMAC	\$1,100,000	Detached	..	0.65	20854	HERITAGE FARM	06/08/12

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HOME SALES

In June 2012, 56 Potomac homes sold between \$2,910,000-\$475,000. This week's list represents those homes sold in the \$2,910,000-\$635,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision
13 PURCELL CT	7	6	2	POTOMAC	\$2,910,000	Detached	0.69	20854	MCAULEY PARK
12724 GREENBRIAR RD	5	5	2	POTOMAC	\$2,200,000	Detached	2.00	20854	PALATINE
8620 CHATEAU DR	5	5	1	POTOMAC	\$1,900,000	Detached	2.00	20854	KENDALE
9612 HALTER CT	6	5	2	POTOMAC	\$1,650,000	Detached	2.07	20854	CAMOTOP
10912 CRIPPLEGATE RD	4	2	1	POTOMAC	\$1,630,000	Detached	2.22	20854	POTOMAC FALLS
11407 SWAINS CREEK CT	7	5	1	POTOMAC	\$1,628,000	Detached	2.00	20854	SADDLE RIDGE
11705 WINTERSET TER	5	4	2	POTOMAC	\$1,390,000	Detached	0.48	20854	WINTERSET
10013 ORMOND RD	5	6	1	POTOMAC	\$1,250,000	Detached	0.43	20854	POTOMAC VILLAGE
7737 LAUREL LEAF DR	6	5	1	POTOMAC	\$1,250,000	Detached	0.48	20854	FAWSETT FARMS MANOR
12608 BRIDGETON DR	5	5	3	POTOMAC	\$1,225,000	Detached	2.22	20854	DARNESTOWN OUTSIDE
10605 OAKLYN DR	5	3	2	POTOMAC	\$1,199,000	Detached	0.60	20854	WILLIAMSBURG GARDENS
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8212 COACH ST	5	4	1	POTOMAC	\$1,165,000	Detached	0.36	20854	RIVER FALLS
9320 FALLS BRIDGE LN	5	4	1	ROCKVILLE	\$1,107,000	Detached	0.60	20854	HERITAGE FARM
9701 SOTWEED DR	5	4	1	POTOMAC	\$1,100,000	Detached	0.54	20854	POTOMAC VILLAGE
9724 BRIMFIELD CT	5	4	1	POTOMAC	\$1,100,000	Detached	0.65	20854	HERITAGE FARM
12413 RIVERS EDGE DR	4	5	1	POTOMAC	\$1,095,000	Detached	2.12	20854	RIVERS EDGE
9908 BLUEGRASS RD	5	4	3	POTOMAC	\$1,085,000	Detached	0.66	20854	POTOMAC VILLAGE
11136 WILLOWBROOK DR	4	4	1	POTOMAC	\$1,055,000	Detached	0.35	20854	NORMANDY HILLS
11801 AMBLESIDE DR	5	3	1	POTOMAC	\$1,035,000	Detached	0.44	20854	ROBERTS GLEN
8261 BUCKSPARK LN W	6	4	1	POTOMAC	\$1,001,500	Detached	0.34	20854	RIDGELEIGH
7201 MASTERS DR	5	4	1	POTOMAC	\$985,000	Detached	0.44	20854	RIVER FALLS
9800 BROOKFORD RD	4	3	2	POTOMAC	\$975,000	Detached	0.38	20854	GLEN OAKS
9465 TOBIN CIR	5	3	1	POTOMAC	\$915,000	Detached	0.48	20854	MCAULEY PARK
9333 FALLS CHAPEL WAY	4	3	1	POTOMAC	\$880,000	Detached	0.28	20854	FALLSREACH
11505 KAREN DR	5	4	1	POTOMAC	\$862,000	Detached	0.37	20854	LAKE NORMANDY ESTS
10 OVER RIDGE CT	5	4	1	POTOMAC	\$855,000	Detached	0.27	20854	COPENHAVER
9616 ACCORD DR	4	2	2	POTOMAC	\$855,000	Detached	0.49	20854	CONCORD
11921 LEDGEROCK CT	4	2	2	POTOMAC	\$849,000	Detached	0.40	20854	GLEN OAKS
13 COLD SPRING CT	5	3	1	POTOMAC	\$844,000	Detached	0.33	20854	COPENHAVER
11612 SANSBURY CT	5	3	1	POTOMAC	\$785,000	Detached	0.37	20854	BEDFORDSHIRE
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923 WILLOWLEAF WAY	5	3	1	ROCKVILLE	\$775,000	Detached	0.22	20854	ORCHARD RIDGE
9441 LOST TRAIL WAY	3	4	1	POTOMAC	\$770,000	Townhouse	0.12	20854	BEDFORDSHIRE
11437 BEECHGROVE LN	4	2	2	POTOMAC	\$769,900	Detached	0.33	20854	BEDFORDSHIRE
8231 INVERNESS HOLLOW TER	6	2	1	ROCKVILLE	\$732,000	Detached	0.29	20854	INVERNESS FOREST
1414 FALLSMEAD WAY	4	2	1	ROCKVILLE	\$729,900	Detached	0.20	20854	FALLSMEAD
11729 AMBLESIDE DR	4	3	1	POTOMAC	\$720,000	Detached	0.47	20854	ROBERTS GLEN
8548 BRICKYARD RD	4	3	0	POTOMAC	\$700,000	Detached	0.86	20854	FAWCETT FARMS
11117 DEBORAH DR	4	2	1	POTOMAC	\$699,000	Detached	0.25	20854	INVERNESS FOREST
4 OLMSTEAD CT	4	2	1	POTOMAC	\$695,000	Detached	0.24	20854	HORIZON HILL
1127 PIPESTEM PL	4	3	1	ROCKVILLE	\$692,000	Detached	0.28	20854	FALLSMEAD
7 ROYAL OAK CT	5	3	1	POTOMAC	\$665,000	Detached	0.29	20854	HORIZON HILL
11 FALLSWOOD CT	4	3	1	POTOMAC	\$655,000	Detached	0.24	20854	FALLSWOOD
11209 BLACKHORSE CT	4	2	1	ROCKVILLE	\$655,000	Detached	0.26	20854	BEDFORDSHIRE
11413 GEORGETOWNE DR	4	2	1	POTOMAC	\$645,000	Detached	0.30	20854	REGENCY ESTATES
8702 VICTORY LN	4	2	1	POTOMAC	\$636,000	Detached	0.20	20854	HIGHLAND STONE
12105 LITTLE CREEK DR	4	2	1	POTOMAC	\$635,000	Detached	0.28	20854	REGENCY ESTATES

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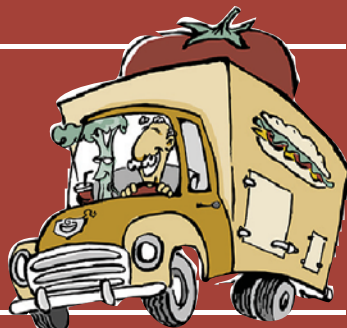
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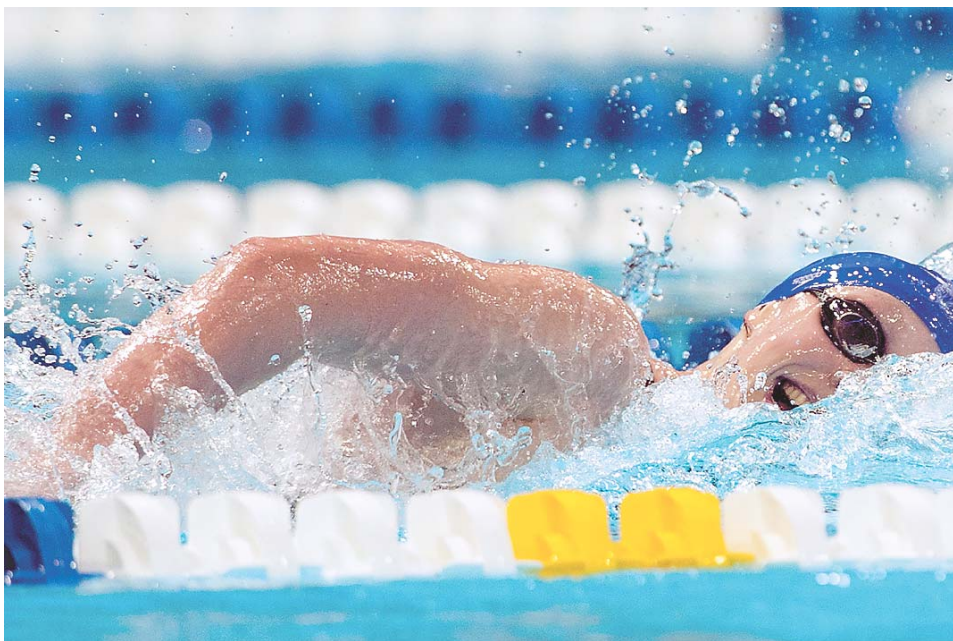
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PHOTOS BY MIKE COMER/PROSWIM VISUALS



Bethesda native Katie Ledecky, 15, is the youngest member of the U.S. Olympic team.

Katie Ledecky, a rising sophomore at Stone Ridge, broke the U.S. Olympic Trials record in the 800 freestyle on July 1 in Omaha, Neb.

Bethesda's Ledecky Is Youngest Member of U.S. Olympic Team

Bethesda native Katie Ledecky started swimming at the age of 6 for the Palisades team of the Montgomery County Swim League. Nine years later, Ledecky is the youngest member of the 2012 U.S. Olympic team.

Ledecky, a 15-year-old rising sophomore at Stone Ridge School of the Sacred Heart,

will compete in the 800-meter freestyle event in London. After breaking the U.S. Olympic Trials record in the 800 on July 1 in Omaha, Neb., to qualify for the U.S. team, Ledecky will swim in heat three at the Olympic Games on Thursday, Aug. 2. She will compete with Canada's Alexa Komarnycky, Hungary's Eva Risztov, South Africa's Wendy Trott, Spain's Mireia Belmonte Garcia, Great

Britain's Ellie Faulkner, Ireland's Grainne Murphy and Russian Federation's Elena Sokolova.

Fellow American and Great Falls, Va., native Kate Ziegler will swim in heat five. The top eight finishers advance to the finals on Aug. 3.

Ledecky was ISL all league and a high school All-American in the 200 free (eighth)

and 500 free (third) during her freshman year at Stone Ridge. She also broke ISL meet records in the 200 and 500.

The 5-foot-10 Ledecky trains with coach Yuri Suguiyama at the Curl-Burke Swim Club. Ledecky's mother, Mary Gen, swam at the University of New Mexico and is a swim rep for Palisades.

Potomac's Banks Helps Men's 8 to Finals

Competing in his second Olympic Games, Potomac native David Banks helped the U.S. men's eight to the finals by winning its heat with a time of 5:30.72 on July 28 in London.

The finals will be held Wednesday, Aug. 1.

"I think it's important just to give the guys confidence," men's coach Mike Teti said in a release. "I think it's a decent boat. I think they're pretty good, but they're all engineers and they're a pretty quiet group. I think it was good for their own confidence to at least win a race here and they controlled it and I'm really happy with their performance."

The men's eight had to qualify for the Olympics at the last chance qualification regatta in May. The boat finished first.

Annandale, Va., native and 2001 McLean High School graduate Giuseppe Lanzone was also a member of the men's eight that advanced to the finals.



USROWING.ORG

Potomac native David Banks helped the U.S. men's eight advance to the finals at the 2012 Olympics in London.

Banks graduated from Churchill High School in 2001 and began rowing when he attended Stanford University, where he was a member of the 2005 All Pac-10 crew team. He competed in the 2008 Olympics as a member of the U.S. men's four, which finished ninth.

Banks was also part of a men's eight that finished first at the U.S. Rowing National Championships in 2010.

SPORTS BRIEFS

St. Andrew's Boys' Basketball Wins League Title

The St. Andrew's boys' basketball team completed an undefeated season on July 23 in the Montgomery County Department of Recreation Summer High School Basketball League as the Lions won the league championship, beating McLean in the title game, 77-69. It is believed to be the first MCDR basketball title for St. Andrew's.

The Lions started the game slow, falling behind 13-0 in the first several minutes of the opening quarter. At the half, St. Andrew's trailed 34-26. But a 51-point second half proved to be more than enough for the Lions, who took their third win of the season from McLean.

"This of season should result in great momentum for our team heading into the regular season," St. Andrew's boys' basketball head coach Kevin Jones said in a press release. "During this summer our team has worked extremely hard and I'm glad the guys were able to end it with a championship. I'm very happy for them. We have a great group of guys and I am very proud of them. I'm also very thankful for the support from the St. Andrew's community. The support from the St. Andrew's community has been key to the progress of our basketball program."

All-Star Record Breakers

Bethesda's Reia Tong, Flower Valley's Jack Conger and the Rockville mixed 13-14 200 freestyle relay team set records at the 55th MCSL Individual All-Star meet on July 29 at the Rockville Municipal Swim Center.

Tong broke the record in the girls' 15-18 100 IM with a time of 1:05.72. Conger set a mark in the boys' 15-18 50 butterfly with a time of 24.05. The Rockville relay team of John Jeang (14), Lynn Zhang (14), Karl Treichel (14) and Elaina Gu (14) recorded a record time of 1:48.55.

Fatherhood in the 21st Century

Potomac psychiatrist creates program to help men become better fathers.

BY MARILYN CAMPBELL
THE ALMANAC

During more than 30 years as a psychiatrist specializing in children and adolescents, Dr. Bruce Pfeffer has witnessed the impact that fathers can have on the lives of their children. He has studied the effect that the presence of a nurturing father can have on a child's development and has observed the ramifications of the absence of such a relationship.

"I myself am an active father of three children and a grandfather," said Pfeffer of Potomac-based Pfeffer Psychiatric Associates. "I have seen how important the role of a father is, and I have seen how the role of the father in the family has traditionally not been ad-

ressed as much as it needs to be."

Pfeffer created the Fatherhood Program to support and educate men on their job as parents. "I wanted to address the important role of the father, the conflicts the father might feel about how to use his time and how to balance his professional role with his ability to father and even how to appreciate his role as a father," he said. "Many fathers did not have positive role models and feel very lost in terms of what fathering means and the importance of it."

The Fatherhood program includes individual sessions structured to address specific issues facing fathers and support group sessions where insights, ideas and strategies are exchanged.

"The program is designed to help fathers find solutions to par-



PHOTO COURTESY OF PFEFFER PSYCHIATRIC ASSOCIATES

Potomac psychiatrist Dr. Bruce Pfeffer created the Fatherhood Program to educate men on their roles as parents.

ticular issues and be positive role models for their children. [It] is designed to teach fathers about child development, help them appreciate their significant role in the

family and encourage them to be an active participant in a positive way," said Dr. Lisa Jager, a psychiatrist with Pfeffer Psychiatric Associates.

Other mental health professionals agree on the notable role of fathers in a child's development: "The number one thing to remember is that fathers have a significant impact on the lives of their daughters," said Dr. Lisa Calusic, a psychiatrist at INOVA Behavioral Health Services in Alexandria, Va. "If a father treats his daughter respectfully, he will set the stage for how the daughter treats herself and how she expects to be treated. If a father is emotionally distant and cold, the daughter internalizes 'This is how the main man in my life treats me and how I should expect to be treated.'"

Pfeffer says the Fatherhood Program includes workshops, lectures and discussion groups. For more information, call 301-983-5103 or visit www.pfefferpsychiatry.com

How To Get a Body Like an Olympian

Fitness gurus offer gold medal advice for a toned, muscular body.

BY MARILYN CAMPBELL
THE ALMANAC

Muscular legs, toned abs and buffed biceps are hard to miss in London this week, but is it possible for the average sports fan to achieve a body like an Olympian? Local fitness experts say "maybe."

"It depends on your genetic make-up and how easily you build muscles," said Michelle Walters-Edwards, chair of Marymount University's Department of Health and Human Performance and an associate professor of exercise and health sciences at the Arlington, Va. campus. "It is possible for everybody to change physically and

define the way they look, but that doesn't mean that we can all look like Michael Phelps."

According to experts, the first step on the road to a lean, muscular body is deciding on a goal, whether it is to tone muscle, lose weight or increase endurance.

"To get muscle definition, you have to change what is on top of the muscle," said Walters-Edwards. "Having less fat around the muscles gives it a better definition. You have to change your body fat composition or reduce the body fat that you have in order to show good definition of the muscles."

Noshing on the right types of food can be more effective at

achieving a lean physique than simply counting calories. "Stay away from highly-processed foods and starchy carbohydrates like white rice, white pasta, potatoes and white bread," said Walters-Edwards. "They can lead to large surges in the blood sugar when you've eaten them and that can make you hungry. Whole grains are great."

FOR THOSE WHO might not yet be in shape, experts said to start with small, attainable goals. "Make what ever you do fun and consistent," said Brenda Loube of the National Association of Health and Fitness and Corporate Fitness. "Just get moving."

Fitness plans must be consistent and include both aerobic exercise and strength training. "You have to work out at an intensity where you feel breathless, but you're not gasping for breath," said Walters-Edwards. "You have to be able to maintain that intensity for 30 minutes (ideally 60 as you build your endurance) for a minimum of three to five days a week."

"People are in need of support in terms of gaining knowledge and access to fitness," said Mead. "There is support to help."

Mead and other experts recommended seeking help from online health and fitness tools such as www.myfitnesspal.com, www.dailyfitnesscenter.com/ and www.aahperd.org/naspe/.



MARILYN CAMPBELL/THE ALMANAC

Students at the Potomac Tennis Club work to tone and tighten their muscles. Fitness experts say that while it is possible to change one's body, not everyone can look like an Olympic athlete.

LET'S TALK Real Estate



by Michael Matese

The Hot Topic of Solar Heat

Solar heat—it's the hottest new item in any home construction, from single-family houses and modest constructions all the way up to luxury mansions! In terms of cost effectiveness, there's no wiser choice than solar. More economical than electricity, propane or oil, it's a renewable resource that some states offer tax exemptions, income tax credits, property tax exemptions and deductions to consumers who choose to integrate solar power into their home's schematic.

It doesn't get much more cost effective than solar heat. It's more economical than electricity, propane or oil and some states even offer sales tax exemptions, income tax credits and property tax exemptions or deductions. The size of your house, local covenants and heating needs are factors in choosing the size of your heating system, and a professional in solar heat panel installations will be your best source of information. Take into consideration your local climate, the type and efficiency of the collector to determine how much heat the system can provide. It's usually most economical to design an active system to provide 40%-80% of the home's needs and a well designed and insulated home that incorporates passive solar heating techniques will use a smaller heating system, needing less supplemental heat. Once installed, maintenance is essential and an average system will require between 8-16 hours of upkeep a year. Don't forget to make certain your homeowner's policy covers the upgrade. Most are already automatically covered, but it's essential to ascertain what your insurance provider's policy is regarding it.

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Choosing My Words, Respectively

By KENNETH B. LOURIE



It has been brought to my attention by some regular Kenny-column readers – who are friends, too, and whose opinions I value, that my most recent batch of “cancer columns” (as I call them) were not funny; in fact, they were more depressing and negative than anything, and not nearly as uplifting and hopeful as many of my previous columns have been. I didn’t need to reread what I had written/published to understand what they were saying. I know (knew) what I felt and know generally, the tone and undercurrent of what I’ve been discussing these last few weeks: neither fun nor funny. Mortality is like that. My dilemma is, how to not take too seriously or focus too much on a set of circumstances which are very serious and require a great deal of focus to manage. As much as I’d like not to, it seems irresponsible if I don’t. Yet doing so might contribute to a poor quality of life, emotionally speaking, which in turn may exacerbate the underlying problem (stage IV lung cancer) which (A) doesn’t need any exacerbating and (B) doesn’t really benefit from negative thoughts/stress on the “diagnosee,” directly, or on anyone else for that matter.

Let me attempt to clarify (I know. What about all the other columns?). Having “NSCLC” (Non Small Cell Lung Cancer) is depressing, but I am not depressed. Moreover, being diagnosed with an inoperable, terminal disease (at age 54) is pretty negative. Of that I’m positive. What I am also positive about is my willingness to face this disease and its effects honestly and with humor. However, sometimes the circumstances (chemotherapy/treatment, lab and scan results, appointments with my oncologist) just aren’t that funny; like when your tumors grow and the medications available to treat you are dwindling (see column titled “Victim of My Own Circumstances”), and statistically speaking, you’ve outlived most of the patients and protocols with which your oncologist is familiar. It’s/I’m a miracle to be sure, but also cause for concern. There may not be another conventional treatment option – for me, after we’ve exhausted the current oral targeted therapy (a daily pill instead of a daily/weekly infusion) which I began three weeks ago. Then what? So it’s not funny. But it doesn’t mean I’m morbid. I may be a bit somber and introspective, but I’m still relatively pleasant to be around and not nearly so self-absorbed (despite my circumstances) as you might imagine.

Quite frankly, I feel like the honesty with which I’ve shared my cancer experiences may have contributed to my overall, above average/not anticipated pretty good health (all things considered); as has the attempts at humor and lightness with which I’ve tried to touch this third rail of a diagnosis. I’ve tried to take it all in stride. Sometimes, there’s been a bounce in my step; other times the steps have been somewhat staggered (literally and figuratively). And often I’ve made jokes in the face of adversity and tried to find humor where previously very little had existed. Call it a defense mechanism. Call it self-preservation. Just let me be alive to call it something.

The adversity I face now is, I am alive 41 months into a “13-month to two-year prognosis.” As much as I try, it’s difficult to ignore that arithmetic. Yet making light of it – all the time, seems disrespectful somehow. When you’ve outlived your original prognosis, it seems to make sense that if you’re not going to walk quietly, you probably shouldn’t carry a very big stick. There are powers at work here bigger than all of us.

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

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Zones 1, 3.....Tues @ 4:00
Zone 2.....Wed @ 11:00
Zone 4.....Wed @ 1:00

E-mail ad with zone choices to: classified@connectionnewspapers.com or call Andrea @ 703-778-9411

ZONES

Zone 1: The Reston Connection The Oak Hill/Herndon Connection	Zone 4: Centre View North Centre View South
Zone 2: The Springfield Connection The Burke Connection The Fairfax Connection The Fairfax Station/Clifton/ Lorton Connection	Zone 5: The Potomac Almanac
Zone 3: The Alexandria Gazette Packet The Mount Vernon Gazette	Zone 6: The Arlington Connection The Vienna/Oakton Connection The McLean Connection The Great Falls Connection

CALENDAR

Email community entertainment events to
almanac@connectionnewspapers.com.

THIRD TUESDAY

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

ONGOING

THROUGH AUG. 12

Children's Play. Imagination Stage's popular show for the very young: Wake Up, Brother Bear! has been extended. This 40-minute show invites children into world of a young brother and sister bear as they explore the seasons. 10:30 a.m. and 11:45 a.m. Appropriate for ages 1-5, tickets are \$10, with a \$5 lap seat for children under 12 months. Tickets may be purchased online at www.imaginationstage.org, at the Imagination Stage box office, or via phone at 301-280-1660.

THROUGH AUG. 18

Art Show. Strathmore concludes its 2011-2012 exhibition season with Inform/Re-form, in which the artists repurpose materials, and sometimes make their own, to create large-scale installation, site-specific works and mixed-media pieces in the Mansion at Strathmore. Call 301-581-5100 or visit www.strathmore.org.

THROUGH AUG. 21

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

THROUGH AUG. 22

Movies on the Square. Wednesdays at dusk (around 8:45 p.m.) Schedule: Movies include The Muppets, Footloose, Dolphin Tale, Independence Day, Soul Surfer, Mission Impossible: Protocol, Miracle, Transformers: Dark of the Moon, Cars 2, The Last Lions and Moneyball. At Rockville Town Square, 200 East Middle Lane, Rockville. Visit www.rockilletownsquare.com.

THROUGH AUG. 23

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

THROUGH SEPT. 2

Snow White. The Puppet Co. presents Snow White and the 7 Dwarves, Thursdays and Fridays at 10 and 11:30 a.m.; Saturdays and Sundays at 11:30 a.m. and 1 p.m. 40 minutes. Recommended K-Grade 6. \$10 adults and children. Group rates available. Call (301) 634-5380 or visit www.thepuppetco.org.

THROUGH SEPT. 16

Wings of Fancy - Live Butterfly and Caterpillar Exhibit. 10 a.m.-4 p.m. daily. See hundreds of African, Asian, Costa Rican, and North American species of butterflies flying freely inside a Conservatory. Learn about the life cycle of these reatures, and what you can do to attract native caterpillars and butterflies to your backyard. Fees: \$6 adults; \$4 ages 3-12; or purchase a “Frequent Visitor Pass” and enjoy unlimited return visits this season. Groups of 15 or more by appointment only, call 301-962-1467. Call 301-962-1453 or visit www.brooksidegardens.org; Brookside Gardens South Conservatory, 1500 Glenallan Avenue, Wheaton.

WWW.CONNECTIONNEWSPAPERS.COM

ENTERTAINMENT



An early Summer Concert Series show attracted people of all ages to the bumper car pavilion at Glen Echo Park for an evening filled with the Blues and dancing.



July Concert Features 'The Blues Man'

PHOTOS BY
KEEGAN BARBER/
THE ALMANAC



The concert featured Clarence "The Blues Man" Turner & His Blues Band with Clarence Turner and Dave Satterwhite on bass, Sean Grave on drums and Gene Merosé on the saxophone.



Gene Merosé and Clarence "The Blues Man" Turner



Clarence Turner often plays the Blues by lifting his bass up and over the back of his head.



Gene Merosé isn't holding back when it comes to playing his saxophone.

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

CALENDAR

WEDNESDAY/AUG. 1

The Bachata Legends: Joan Soriano. 7 p.m. Part of Strathmore's Free

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

THURSDAY/AUG. 2

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

Blues and Swing Dance. 9-11:30 p.m. In the Back Room at Glen Echo Park. Beginner lesson at 8:15 p.m. DJ Mike Marcotte & Guests will play a variety of blues music. \$8. No partner required. Call Donna Barker at 301-634-2231, email info@CapitalBlues.org or visit www.CapitalBlues.org. The Back Room entrance is located on the far left side of the Spanish Ballroom. 7300 MacArthur Blvd.

SUNDAY/AUG. 5

Waltz. In the Spanish Ballroom at Glen Echo Park for a Introductory Waltz Workshop from 2:45-3:30 p.m. and then at 3:30-6 p.m. for a dance.

Avant Gardeners will provide live music.

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.

WEDNESDAY/AUG. 8

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

THURSDAY/AUG. 9

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

Youth Orchestra. 7 p.m. Strathmore will present the National Youth Orchestra Canada's unparalleled musicianship in the Music Center. Free. Visit www.strathmore.org.

Blues and Swing Dance. 9-11:30 p.m. In the Back Room at Glen Echo Park. Beginner lesson at 8:15 p.m. DJ Mike Marcotte & Guests will play a variety of blues music. \$8. No partner required. Call Donna Barker at 301-634-2231, or visit www.CapitalBlues.org. The Back Room entrance is located on the far left side of the Spanish Ballroom. 7300 MacArthur Blvd.

OPEN HOUSES IN POTOMAC AUGUST 4 & 5

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link. **Call Specific Agents to Confirm Dates & Times**

Bethesda (20817)

7605 Holiday Terr.....\$1,699,000..Sun 1-4.....Cheryl Leahy.....Long & Foster ..301-370-2484

Potomac (20854)

11116 Korman Dr.....\$799,000..Sun 1-4.....Homi Irani..Prudential PenFed..301-996-1695
7919 Turncrest Dr.....\$849,500..Sun 1-4.....Debbie Cohen.....Long & Foster..202-288-9939
7947 Turncrest Dr.....\$949,900..Sun 1-4.....Debbie Cohen.....Long & Foster..202-288-9939
9417 Thrush Ln.....\$999,000..Sun 1-4..Yasmin Abadian.....Long & Foster..301-983-1212
9629 Accord Rd.....\$999,000..Sun 1-4.....Sean Moaadel.....Moaadel Inc..301-656-4000
9737 The Corral Dr..\$1,599,900..Sun 1-4..Yasmin Abadian.....Long & Foster..301-983-1212

Rockville (20852)

4905 Randolph Rd.....\$399,900..Sun 1-4.....Michael Ray.....Sunshine Props..301-570-0087

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

POTOMAC PIZZA LUNCH COMBOS

\$9.99 PIZZA COMBO

- ANY TWO SLICES OF PIZZA WITH UP TO 3 TOPPINGS EACH
- CHOICE OF ONE:
 - SMALL TOSSED SALAD
 - CUP OF SOUP
 - SMALL FRIES
- SMALL FOUNTAIN DRINK

\$9.99 SUB COMBO

- ANY SUB, SANDWICH OR WRAP*
- CHOICE OF ONE:
 - SMALL TOSSED SALAD
 - CUP OF SOUP
 - SMALL FRIES
- SMALL FOUNTAIN DRINK

*For veal parmigiana or tuna steak add one dollar.

Combos available Monday thru Friday, 11am–4pm.
Additional charge for priced condiments.
Good for dine-in and carryout only.
Not valid with other offers.

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