

SEPTEMBER 5-11, 2012

ONLINE AT POTOMACALMANAC.COM

YOGA CLASSES IN POTOMAC

For Daytime Classes

Kula Yoga

St. James Episcopal Church 11815 Seven Locks Road Monday - Friday 9:30am



For Weekend & Evening Classes

Hamsa Yoga
St. Andrews
Episcopal School
8804 Postoak Road
Mon & Wed 6:30 & 8:00pm
Thurs 6:30pm
Sat 9:00am

For more information please contact:

Nancy Steinberg 240-994-5092 nancy@kulayogaclass.com www.Kulayogaclass.com Shanthi Subramanian 301-320-9334 shanthi@hamsa-yoga.com www.hamsa-yoga.com



REDUCE STRESS!

POTOMAC YOGA

Classes by Kathleen Hogan Certified International Yoga Teacher

GENTLE STRETCHING AND CLASSICAL YOGA POSTURES TO IMPROVE STRENGTH, FLEXIBILITY & OVERALL HEALTH

CLASSES FOR BEGINNER, INTERMEDIATE AND ADVANCED STUDENTS, PLUS TEACHER TRAINING

Try a free class!

CONVENIENTLY LOCATED:

Potomac United Methodist Church
(Falls & S. Glen/Democracy)

www. potomacyoga.com

301-738-3384

Potomac Village Deli Catering

Breakfast • Lunch • Dinner Catering
301 • 299 • 5770

www.potomacvillagedeli.com

Home of Your Corporate & Residential Catering Headquarters

Serving the Community for over 35 Years



WELLBEING

Support 'Walkabout Abilities'

Annual event benefits the Abilities Network.

By Susan Belford The Almanac

here do you turn when, out of the blue, your child or family member has an epi leptic seizure? Is there someone to ask if a loved one with disabilities needs to become self-supporting? Where can someone with an autistic child find support? The Abilities Network offers solutions to all these problems and more. The 6th annual "Walkabout Abilities" will be held on Sunday, Sept. 30 to raise funds for the contributions that the Abilities Network makes to families in the area and across the United States.

Sam and Lisa Coleman discovered the Abilities Network several years ago when their son Riley who

had the first of many seizures and then was consequently diagnosed with epilepsy — a disorder that no one in his family had ever had. Sam Coleman describes how devastating the diagnosis was to their family: "We felt as if we were in a dark hole - and did not know where to turn or what to do. We knew nothing about epilepsy. We needed information, support and education. We were afraid to let him out of our sight."

was 7 years old

Riley, who attends Bells Mill Elementary School in Potomac is vibrant, athletic and has a drive for success. He

loves to play all sports but basketball is his favorite. He also plays flag football, soccer and takes karate and he wants to play football when he gets old enough. In other words, Riley is a normal boy who is constantly on the go.

"The Abilities Network gave us all kinds of practical information," said Coleman. They provided us with a library of information, doctors that we could talk to and other parents who could give us support and advice on how to best help our son. We wanted to keep his life as normal as possible. The Abilities Network helped us to realize that Riley can do everything and anything.

They taught us how to advise and work with the

schools, coaches and activity sponsors. We feel fortunate because Bells Mill Elementary has been just phenomenal. The staff has been exceptionally caring and concerned about him."

Coleman is encouraging the Potomac area community to come out to the WalkAbout Abilities on Sept. 30. The 1.5 mile Family Fun walk will take place on the grounds of Baltimore's Goucher College. The event will feature breakfast and other refreshments — including Baskin Robbins ice cream donated by Coleman who owns a Baskin Robbins store, a DJ, entertainment and activities for children of all ages. Registration is from 8:30 - 9:30 a.m., the event runs from 9:30 a.m.-12:00 p.m. and activities will take place from 12 – 1 p.m. General registration is \$15 for adults and children 12 and over, \$10 for children 11 and under. Children 3 and under are free. Sponsorships are available and donations are welcome. Information, registration and diavailable rections are www.walkaboutabilities.com. Participants will re-

> ceive a T- shirt, goodie bag and sponsor gift bags.

"My goal is to create awareness about the Abilities Network and to raise funds to support the unique services that they provide," Coleman said. "They are a magnificent organization, and I'm afraid that too few people have ever heard of them. Last year, over 300 people attended. In five years, we have raised more than \$325,000. This year, the Balti-Raven more Mascot Poe, and Raven players Terrance Cody and Laquan Williams will be attending. These football players, along



Sam Coleman and his son Riley.

with the Ravens organization have supported the walk throughout the years. We will also have a silent auction with outstanding auction items."

The Abilities Network is a non-profit 501-c3 organization that provides customized services to children, adults and seniors to promote more inclusive communities. The members of this organization "see abilities, not disabilities." Its six main programs are: Autism Services, Community and Employment Partners, Epilepsy Services (in partnership with the Epilepsy Foundation of the Chesapeake Region – EFCR), Healthy Families Baltimore County, Project ACT - All Children Together, and Senior Services. Find out more about its work at www.abilitiesnetwork.org.

News

'Potomac Days at the Crossroads' To Be Auctioned

Artist Carol Dyer creates historical vision of Offutt's Crossroads.

By Susan Belford The Almanac

arol Dyer has created numerous paintings of life at the turn of the century in Annapolis, Washington D.C., Bethany Beach, Rehobeth and across the nation and now she has produced "Potomac Days at the Crossroads" - painting her vision of what the River and Falls Roads intersection was like in a simpler time when it was named Offutt's Crossroads and folks traveled by horse and buggy and bicycles built for two, three or even four. This folk-art original is being auctioned from Sept. 5 through Oct. 20 by silent bids placed at the Art Gallery of Potomac. The winner will be announced during Potomac Days and the painting will be awarded the evening of Oct. 20 at the Potomac Arts Night.

"A year ago, I decided to create a painting about Potomac Days," said Dyer. "I contacted Elie Pissara-Cain who discussed the history with me and showed me all of Potomac's historic landmarks. I took photos and created this 'Potomac Days' painting." Potomac Days is a 30-year-old community tradition that celebrates and honors Potomac and its organizations, businesses and citizens. The parade, carnival and business fair will take place this year on Oct. 20 and will begin at 10 a.m.

Dyer focuses her painting on life in Potomac around 1880, when it was named Offutt's Crossroads. She displays a scene of a parade marching through the crossroads with historic Potomac landmarks surrounding the activities. She includes the splen-



Carol Dyer

dor of the Potomac Hunt Club, the C&O Canal Museum, the Canal Barge, the Glen Mill, the original Avenel Equestrian Center, Offutt's Beer Parlor (now Mitch and Bill's), The Perry Store, the Happy Pickle (now the

office of WC & AN Miller/Long and Foster Real Estate), Saint Gabriel's Church (burned down), Potomac Methodist Church, Old Angler's Inn and her version of Potomac's one-room school house. The painting contains the village blacksmith and the wheel maker. The trolley is coming through, the Comet Band is playing, horses are frolicking in the pasture and children and parents are celebrating Potomac Days with balloons and by watching the parade — much as done today.

"Welcome to the heart of old Potomac Village where River Road and Falls Road cross. Please enjoy this painting and read it like a book," said Dyer. Indeed, the painting is a reflection of the history of Potomac—and gives one the opportunity to reflect on the changes that have taken place in and around Potomac Village. "I think one of Potomac's businesses, banks or restaurants may want the original," said the artist. "Other Potomac residents and businesses may want to purchase the giclée on canvas and paper. These prints will be available in



"Potomac Days at the Crossroads" by Carol Dyer.

the Art Gallery of Potomac in October."

Terri Cunningham, one of the gallery's resident artists explains the value of the painting: "Carol's painting is the only one of Potomac that I can remember being done from a historical perspective. The Surrey sold prints of the old map of Potomac with pen and ink drawings of Potomac landmarks around the border. I believe that was 30 or 40 years ago. This is a unique opportunity to have this original painting by Carol, who is considered one of the most important historical folk artists in the country."

Dyer is one of 10 resident artists in the Art Gallery of Potomac, recently re-located along the Glenolden Road side of the Potomac Village Shopping Center at 9945 Falls Road in Potomac. Dyer, originally from Boston, took only one art lesson at the Boston Museum of Fine Art when she was a child. In 1970, she began her career as a professional painter. She focused on scenes from the Delmarva Peninsula, creating nostalgic paintings of family beach vacations. Her next endeavor was the "Splendor of

Washington" series. Dyer said, "The capital's famous buildings are displayed as they appeared at the turn of the century with imaginative illustrations and stories of the people who lived in the city during those times. The series now numbers some three dozen scenes at different times of the year and celebrating most national holidays. These paintings are distributed as prints and greeting cards that are sent by most Washingtonians with Christmas and special occasion greetings."

Dyer also continues to create a new Delmarva scene each year.

For the past few years, she was commissioned by the Mystic Seaport Museum to create a "Port Cities Collection" — paintings of famous seaports at the turn of the 20th century. Some of her latest paintings are Tidewater Days, Historic Annapolis Days Passed, The Steamship Savannah, and the Parade of Lights in Charleston.

Her collection can be viewed in the book "Album of American Traditions," published by Mystic Seaport. In the book, Dyer details her technique for creating her appealing folk art. This book, her note cards and paintings can all be purchased at the Art Gallery of Potomac.

Dyer is currently creating a painting of "Family Days at Glen Echo Park." Visit www.caroldyerartwork.com, e-mail caroldyerart@aol.com or call 240-669-7555. To place a bid for "Potomac Days at the Crossroads," go by the Art Gallery of Potomac. They are open Wednesday through Sunday from noon-4 p.m.

New Exhibitors on Display at Art Gallery of Potomac

Spotlight on photography, metal sculpture and mixed media.

By Susan Belford The Almanac

very month, the Art Gallery of Potomac welcomes guest artists to display their talents in their new space in the Potomac Village Shopping Center. From Sept. 4 – 30, Evelyn Jacob's photography and Nancy Frankel's metal sculptures will be in the limelight along with mixed media art by resident artist Felisa Federman.

An opening reception will be held on Friday, Sept.

7 from 6-9 p.m. An artist's talk will be featured at 2 p.m. on Sept. 30.

Potomac's Jacob first became interested in photography while in graduate school at the University of Pennsylvania. Fifteen years ago, she committed herself to serious photography and devoted herself to creating photographs from nature. "Where can we encounter mystery, visual interest and emotional riches in the natural world? An answer, I found, can be in very ordinary places, which when explored in depth can lead to unexpected pleasures and rewards," she said.

Therefore, her photographs help the viewer to see the wonders of nature in a unique manner. As the artist explained, "I have come to think of such ordinary places as hidden worlds. We do not see their

SEE THREE ARTISTS, PAGE 5



Art Gallery of Potomac's featured artists are Felisa Federman, Nancy Frankel and Evelyn Jacob.

POTOMAC ALMANAC

www.PotomacAlmanac.com

Newspaper of **Potomac** A Connection Newspaper

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

1606 King Street Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

PUBLISHER

Mary Kimm 703-778-9433 mkimm@connectionnewspapers.com @MaryKimm

EDITORIAL PHONE: 703-821-5050 E-MAIL:

almanac@connectionnewspapers.com

EDITOR

Steven Mauren, 703-778-9415 smauren@connectionnewspapers.com

SPORTS EDITOR

Jon Roetman, 703-224-3015 jroetman@connectionnewspapers.com @jonroetman

CONTRIBUTING WRITERS

Cissy Finley Grant, Carole Dell, Kenny Lourie, Ken Moore, Susan Belford, Colleen Healy

Contributing Photographers

Harvey Levine, Deborah Stevens

Art/Design: Laurence Foong, John Heinly Production Manager Jean Card

Geovani Flores **Special Assistant to**

the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.cor.
@TheismannMedia

ADVERTISING advertising information

For advertising information e-mail: sales@connectionnewspapers.com

ACCOUNT EXECUTIVES

Display Advertising: **Kenny Lourie** 703-778-9425 klourie@connectionnewspapers.com

Andrea Smith 703-778-9411 Classified Advertising asmith@connectionnewspapers.com

Debbie Funk

National Sales & real Estate 703-778-9444 lebfunk@connectionnewspapers.con

Jerry Vernon

Executive Vice President jvernon@connectionnewspapers.com

Potomac Almanac is published by Local Media Connection LLC

> Five Time First Place Award-Winner Public Service

Four Time Newspaper of the Year

An Award-winning Newspaper in Writing, Photography, Editing, Graphics and Design

PEOPLE

Entrepreneur Brian Rubin Inspires

Despite Asperger's syndrome, Rubin creates award-winning business.

By Susan Belford The Almanac

rian Rubin of Potomac lives by the philosophy of Winston Churchill: "Never, never, never quit." His mother, an elementary school teacher taught him to keep trying, no matter how difficult the task. In spite of a diagnosis at age 34 of Asperger's syndrome and a lifetime of struggling in the classroom and in the social world, he has become a successful entrepreneur.

Rubin is the owner of Maryland Hydroponics, an award-winning business which supplies a wide range of products needed for hydroponic gardening — growing vegetables and plants with water and nutrients instead of soil.

Rubin attended Lake Normandy Elementary, Hoover Middle and Churchill High School, graduating in 1986. He attended Frostburg State University in a program for special needs students.

His school journey was both challenging and frustrating. School psychologists and staff thought he might be dyslexic and/or possess a number of other learning disabilities yet his IQ placed him in the gifted range. For Rubin, it was a relief when he was finally diagnosed with high-functioning autism — or Asperger's syndrome in 2002.

Rubin became interested in plants at the age of 10 when his family visited Disney's Epcot Center. He observed plants growing without soil and was fascinated. When they returned home, he learned as much as he could about hydroponic gardening and created his own home nursery. He moved to the Netherlands for 10 years where he honed his gardening skills and ran a small coffee shop called the Twilight Zone in Amsterdam. When he returned to the U.S., he was finally identified as having Asperger's syndrome. With the help of the Department of Rehabilitation Services (DORS), he enrolled in RISE (Reach Indepen-

THIS WEEK IN POTOMAC

— Compiled by Ken Moore

Zoning Rewrite Project

Montgomery County planners have been revising sections of the Montgomery County Zoning Ordinance since 2010. Planners seek to rewrite the Zoning Code — last rewritten in 1977 and 1,200 pages long — to modernize antiquated, redundant zoning regulations and create new tools to help achieve goals in community plans, according to the Montgomery County Planning Department.

Next Tuesday, Sept. 11, the County Council will hold public hearings at 1:30 on Transit Proximity Definitions in Commercial and Residential zones; Established Building Line Clarification, Density Transfer from C-2 to CBD Zones and Accessory Apartments Amendments.

To testify, call the County Council at 240-777-7803.

"The revised code — which will be considered by the Planning Board in a number of

dence Through Self-Employment) — a program for disabled individuals who have a desire to start their own businesses but need direction and support.

"Through DORS, I met the most important mentor of my life — Dusty Rhodes. With his help, I was able to take classes that taught me how to develop a business plan and how to interact with and hire people to help me. Accountants, lawyers and bankers need to be sensitive to the unique aspects of Asperger's syndrome. I've still been in contact with Dusty over the last 10 years."

Rubin launched Maryland Hydroponics in 2003. Within six months, he had outgrown the space. "Business has grown each year and we have expanded to three stores — one in Laurel, one in Falls Church, Va. and one in Negril, Jamaica. Some of our items include water filtration systems, HID lighting, hydro systems, American medicinal art glass vaporizers and one of the largest liquid organic plant food selections on the east coast," he said. One motto of his business is that they offer the "Lowest Guaranteed Prices on Planet Earth." Supplies can be purchased in the store or on the internet at www.dchydro.com.

For the first 24 months while opening his business, Rubin worked 100-hour work weeks. The business grew from a 700-square-foot business space to 4,900. He has twice been honored by the State of Maryland as "Maryland Small Business Owner with a Disability" for 2006 and 2007. The Progressive Gardening Trade Association gave Maryland Hydroponics an award for best TV commercial in 2004, 2005 and 2007.

In his spare time, Rubin enjoys his family, friends, cooking and travel. He is also giving back as a member of the board of directors of the Itineris Foundation. Itineris is a non-profit organization which serves adults with autism in the Baltimore region by providing community-based services to adults with autism spec-

work sessions before going to the County Council for review ... is expected to reduce the number of zones, clarify what uses are permitted in each zone, and rethink 1950s-era commercial strips and office parks," according to Planning Board officials.

Download the draft at www.zoningmontgomery.org.

Fill the Boot

Montgomery County firefighters raised money for the Muscular Dystrophy Association as part of the national "Fill the Boot" Campaign.

Money raised from the three-day fundraising event, which began last Wednesday Aug. 29, stays local and helps support 400 families in Montgomery County, according to Montgomery County Fire and Rescue Service.

Before this year's event, Montgomery County Firefighters had raised \$1.8 million since the county began participating in the cause in 1984. In 2012, the International Association



Brian Rubin

trum disorders. Rubin also supports Camp Fantastic as a sponsor for the kick-off cook-out given by the Olney Rotary Club for the children and the doctors and nurses from NIH who provide treatment for the youngsters at the camp. Camp Fantastic is a week-long camp for children with cancer. He is also an avid gardener. His azalea gardens are featured on a local garden tour every year.

Rubin's mother now has a new motto: "If you have a problem, find a solution." Rubin's solution was to discover a passion — and start a company doing what he loved. After working hard, Maryland Hydroponics has become both a successful business and an ongoing hobby.

Maryland Hydroponics Falls Church is located at 1061 B West Broad Street in Falls Church, Va. Phone: 866-DC-HYDRO. The Maryland location is 10051 North 2nd Street in Laurel. Phone: 1-301-490-9236. The Jamaican location is Maryland Hydroponics Express, Negril, West End Westmoreland, Jamaica. Phone: 876-485-0713. This store carries a smaller selection as well as smaller sized bottles of plant food.

of Fire Fighters raised \$28 million for the Muscular Dystrophy Association, according to the fire service. MDA is a volunteer health agency working to defeat more than 40 forms of Muscular Dystrophy through programs of worldwide research, comprehensive services and professional and public health education.

Proceeds help local services and research programs, including a week-long summer camp for children, support groups and local clinics.

Stop by any fire station, including Cabin John Park Volunteer Fire Department on 8001 River Road, with donations.

Potomac's Got Talent

The Potomac Community Center will kickoff its new season with a new talent show to be held in conjunction with the Potomac Family Fun Fest on Friday, Sept. 28 from 4-9 p.m. at the Potomac Community Center, 11315 Falls Road

"Does your family, or your child, have a tal-SEE THIS WEEK IN POTOMAC. PAGE 9

www.ConnectionNewspapers.com

News

Three Artists Featured

From Page 3

promise until we slow down and look carefully, but once we do immerse ourselves in them, they seem to open up worlds of possibilities."

Frankel has four metal sculptures on display. Frankel learned to weld in a local bicycle shop in Germany and realized that her passion was working in metals. She explained that welding tools have changed radically since she started: "I am still in love with metals and the creation of pieces." She grew up in New Jersey, graduated from Temple University and completed her graduate work at Columbia University and then studied with Hans Hoffman, a famous painter from Greenwich Village. She now has studios in both Laurel and Kensington.

For this show, she has provided four of her art works. "Waterfalls," "Impromptu," "Whimsy" and "Growth." These metal sculptures are contemporary pieces which reflect the balance of nature and yet some of the more whimsical moments in life.

"I created 'Growth' after participating in a plein air tour in Europe with many Russian artists," said Frankel. "They were celebrating the 30th year of freedom from the Turks. This piece represents the growth of their country after their freedom."

Resident artist Federman's newest creations are also on display this month. Born in Argentina, Federman has resided in Potomac for 21 years. She also teaches art and Spanish throughout the area.

Federman combines oils, acrylics and fiber materials to create striking contemporary pieces of art. Her colors are bright and lively - and her art contains much of her culture. Her background is in weaving and she brings these skills into her "Vagon" 1 and 2 which "looks a little like a train," said Federman.

Come by the new location of the Art Gallery of Potomac to see these three artists as well as the art



"Growth" — a metal sculpture by Nancy Frankel.

works by the other nine resident artists. All the art on display is for sale. The new gallery is located behind the Verizon store, next to Big Wheel Bikes in the back of the Potomac Village Shopping Center - just down from Tally Ho. The gallery's regular hours are Wednesday through Sunday noon-4 p.m., or by appointment. Call 301-299-6042 #2. Visit www.theartgalleryofpotomac.com.





by Michael Matese

The Appraiser and What **He Does**

Home appraisals might be more accurately described as "home evaluations". Appraisals are an essential part of the home sale process, from both the buyer and the seller's end, and are invaluable tools to have firmly in hand before an offer ever hits the table. Many sellers have an appraisal completed before the home is listed, in order to get a working grasp of current home value trends in the market and establish a baseline for the asking price. It is important to keep a few key pieces of information in mind when having an appraisal performed on your house. First, both appraisers and their appraisals vary—so make sure to find a reputable, experienced, reliable appraiser in your area to perform your home's appraisal. Three different appraisals by three different appraisers might give you three different ideas about your home's value—and while you definitely don't want a appraiser who lowballs your home's value and causes you to ask for a price lower than your home is worth, likewise you don't want an appraiser who overinflates your home's value, making your asking price higher than what the market will bear and keeps your home languishing without a potential buyer in sight. The most accurate appraisal is one that is neither too high, nor too low—a realistic evaluation of what the home is worth, versus what the market will bear that results in a home being sold with a reasonable profit to the seller in an expedient amount of time. An appraiser's document is only as valuable as their expertise and reliability, and in a profession that's not expertise and renaming and in a procession track and strictly regulated, you want to ensure that you've not paid a fee to a flight-by-night appraiser whose evaluation of your home's value isn't worth the paper it's printed on. Ask your Realtor® to point you in the direction of a reputable home appraiser, and screen the appraiser thoroughly before contracting their services. With just a little extra effort on your part, your home's most accurate asking price could be just a phone call away! Things to ask an appraiser before

- What is their professional background
- regarding home appraisal?
 Are they trained and/or certified?
 Do they have a portfolio they'd be willing to share,
- or will they put you in touch with satisfied clients?
 Are they knowledgeable in your area?
- Do they know the history of your neighborhood and its constructions?
- What comparables will they be using?

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

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

🗎 Mike@michaelmatese.com 🛭

No Power? No Problem. Gas Logs on Sale for Immediate Installation **Call for Free In-Home Professional Estimate!**

Enjoy your fireplace without all the work!

- No carrying wood
 No tending
- No lighting
- •No clean-up!
- No damper worries
- Easy flame control by remote
- ·Beautiful efficient Heat

Evening Fyre Gas Logs are 99.9% efficient and you never lose heat through your chimney.

#1 In Safety

Come to the Fireplace Experts!!

Sales • Warranty Service • Installation Family Owned and Operated Since 1957 We put safety first



On Anything in Our Showroom!



#1 in Safety and **Efficiency**





301.990.6195

WWW.WASHINGTONFIREPLACE.COM

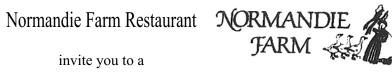
Serving the Washington Metropolitan Area **Since 1957**

16165 Shady Grove Road . Shady Grove Plaza . Gaithersburg, MD 20877

THE POTOMAC CHAMBER OF COMMERCE

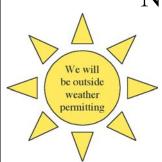


in partnership with



invite you to a

NETWORKING EVENT!



Wednesday, September 19, 2012 4:00 PM - 6:00 PM10710 Falls Road Potomac, MD 20854

Cost: Potomac Chamber Members: \$10.00 Non-Members: \$15.00 Cash Bar available

NORMANDIE FARM IS GENEROUSLY PROVIDING HORS D'OUERVES FOR YOUR ENJOYMENT!

To reserve your place and/or for additional information, Call the Potomac Chamber of Commerce:

301-299-2170



Or reserve your spot online at www.potomacchamber.org



Bring your business cards and plenty of conversation!

If you would like to donate a door prize, please call Jennifer at the Chamber office.

Photos by Deb Stevens/The Almanac

Potomac REAL ESTATE

In June 2012, 56 Potomac homes sold between \$2,910,000-\$475,000.



Home Sales

In July 2012, 47 Potomac homes sold between \$3,275,000-\$410,000.

9206 BELMART RD
10839 PLEASANT HILL DR 6 6 1 POTOMAC \$2,350,000 Detached 2.09 20854 9900 RIVER VIEW CT 6 7 2 POTOMAC \$2,050,000 Detached 1.94 20854 12500 PARK POTOMAC AVE #702 S 3 3 1 POTOMAC \$1,725,000 Hi-Rise 9+ Floors 20854 8605 WHITE POST CT 5 4 1 POTOMAC \$1,700,000 Detached 0.48 20854 12500 PARK POTOMAC AVE #707 3 3 1 POTOMAC \$1,699,900 Hi-Rise 9+ Floors 20854 11209 GREENBRIAR PRESERVE LN 5 5 1 POTOMAC \$1,675,000 Detached 0.79 20854 4 BEMAN WOODS CT 5 5 2 POTOMAC \$1,600,000 Detached 0.24 20854 12705 TRAVILAH RD 4 4 1 POTOMAC \$1,305,000 Detached 2.03 20854 1010 COUNSELMAN RD 5 4 1 POTOMAC \$1,298,000 </td
9900 RIVER VIEW CT
12500 PARK POTOMAC AVE #702 S 3 3 1 POTOMAC \$1,725,000 Hi-Rise 9+ Floors 20854 8605 WHITE POST CT 5 4 1 POTOMAC \$1,700,000 Detached 0.48 20854 12500 PARK POTOMAC AVE #707 3 3 1 POTOMAC \$1,699,900 Hi-Rise 9+ Floors 20854 1209 GREENBRIAR PRESERVE IN 5 5 1 POTOMAC \$1,675,000 Detached 0.79 20854 4 BEMAN WOODS CT 5 5 2 POTOMAC \$1,600,000 Detached 0.24 20854 12705 TRAVILAH RD 4 4 1 POTOMAC \$1,350,000 Detached 0.59 20854 21 MASTERS CT 5 4 1 POTOMAC \$1,305,000 Detached 0.59 20854 10101 COUNSELMAN RD 5 4 1 POTOMAC \$1,280,000 Detached 1.24 20854 805 RIVER FALLS DR 6 4 1 POTOMAC \$1,280,000
8605 WHITE POST CT 5 4 1 POTOMAC \$1,700,000 Detached 0.48 20854 12500 PARK POTOMAC AVE #707 3 3 1 POTOMAC \$1,699,900 Hi-Rise 9+ Floors 20854 11209 GREENBRIAR PRESERVE IN 5 5 1 POTOMAC \$1,675,000 Detached 0.79 20854 4 BEMAN WOODS CT 5 5 2 POTOMAC \$1,600,000 Detached 0.24 20854 12705 TRAVILAH RD 4 4 1 POTOMAC \$1,350,000 Detached 0.59 20854 21 MASTERS CT 5 4 1 POTOMAC \$1,350,000 Detached 0.59 20854 10101 COUNSELMAN RD 5 4 1 POTOMAC \$1,298,000 Detached 1.24 20854 8305 RIVER FALLS DR 6 4 1 POTOMAC \$1,289,000 Detached 0.34 20854 10034 CARMELITA DR 5 5 1 POTOMAC \$1,275,000
12500 PARK POTOMAC AVE #707 3 3 1 POTOMAC \$1,699,900 Hi-Rise 9+ Floors 20854 11209 GREENBRIAR PRESERVE IN 5 5 1 POTOMAC \$1,675,000 Detached 0.79 20854 4 BEMAN WOODS CT 5 5 2 POTOMAC \$1,600,000 Detached 0.24 20854 12705 TRAVILAH RD 4 4 1 POTOMAC \$1,350,000 Detached 2.03 20854 21 MASTERS CT 5 4 1 POTOMAC \$1,305,000 Detached 0.59 20854 10101 COUNSELMAN RD 5 4 1 POTOMAC \$1,298,000 Detached 1.24 20854 10101 GARDEN WAY 6 4 0 POTOMAC \$1,280,000 Detached 2.02 20854 8305 RIVER FALLS DR 6 4 1 POTOMAC \$1,275,000 Detached 0.34 20854 9411 TURNBERRY DR 3 3 1 POTOMAC \$1,165,000 Detached 0.59 20854 10909 PICASSO IN 4 4
11209 GREENBRIAR PRESERVE LN 5 5 1 POTOMAC \$1,675,000 Detached 0.79 20854 4 BEMAN WOODS CT 5 5 2 POTOMAC \$1,600,000 Detached 0.24 20854 12705 TRAVILAH RD 4 4 1 POTOMAC \$1,350,000 Detached 2.03 20854 21 MASTERS CT 5 4 1 POTOMAC \$1,350,000 Detached 0.59 20854 10101 COUNSELMAN RD 5 4 1 POTOMAC \$1,298,000 Detached 1.24 20854 10101 GARDEN WAY 6 4 0 POTOMAC \$1,280,000 Detached 2.02 20854 8305 RIVER FALLS DR 6 4 1 POTOMAC \$1,275,000 Detached 0.34 20854 9411 TURNBERRY DR 3 3 1 POTOMAC \$1,165,000 Detached 0.59 20854 10909 PICASSO IN 4 4 1 POTOMAC \$1,060,000
11209 GREENBRIAR PRESERVE LN 5 5 1 POTOMAC \$1,675,000 Detached 0.79 20854 4 BEMAN WOODS CT 5 5 2 POTOMAC \$1,600,000 Detached 0.24 20854 12705 TRAVILAH RD 4 4 1 POTOMAC \$1,350,000 Detached 2.03 20854 21 MASTERS CT 5 4 1 POTOMAC \$1,350,000 Detached 0.59 20854 10101 COUNSELMAN RD 5 4 1 POTOMAC \$1,298,000 Detached 1.24 20854 10101 GARDEN WAY 6 4 0 POTOMAC \$1,280,000 Detached 2.02 20854 8305 RIVER FALLS DR 6 4 1 POTOMAC \$1,275,000 Detached 0.34 20854 9411 TURNBERRY DR 3 3 1 POTOMAC \$1,165,000 Detached 0.59 20854 10909 PICASSO IN 4 4 1 POTOMAC \$1,060,000
4 BEMAN WOODS CT 5 5 2 POTOMAC \$1,600,000 Detached 0.24 20854 12705 TRAVILAH RD 4 4 1 POTOMAC \$1,350,000 Detached 2.03 20854 21 MASTERS CT 5 4 1 POTOMAC \$1,305,000 Detached 0.59 20854 10101 COUNSELMAN RD 5 4 1 POTOMAC \$1,298,000 Detached 1.24 20854 10101 GARDEN WAY 6 4 0 POTOMAC \$1,280,000 Detached 2.02 20854 8305 RIVER FALLS DR 6 4 1 POTOMAC \$1,275,000 Detached 0.34 20854 9411 TURNBERRY DR 5 5 1 POTOMAC \$1,165,000 Detached 0.59 20854 9411 TURNBERRY DR 3 3 1 POTOMAC \$1,140,000 Townhouse 0.13 20854 11825 WINTERSET TER 5 4 1 POTOMAC \$1,068,000 <
21 MASTERS CT 5 4 1 POTOMAC \$1,305,000 Detached 0.59 20854 10101 COUNSELMAN RD 5 4 1 POTOMAC \$1,298,000 Detached 1.24 20854 10101 GARDEN WAY 6 4 0 POTOMAC \$1,280,000 Detached 2.02 20854 8305 RIVER FALLS DR 6 4 1 POTOMAC \$1,275,000 Detached 0.59 20854 10034 CARMELITA DR 5 5 1 POTOMAC \$1,165,000 Detached 0.59 20854 9411 TURNBERRY DR 3 3 1 POTOMAC \$1,140,000 Townhouse 0.13 20854 10909 PICASSO LN 4 4 1 POTOMAC \$1,068,000 Detached 1.49 20854 11825 WINTERSET TER 5 4 1 POTOMAC \$1,068,000 Detached 0.38 20854 11000 DOBBINS DR 5 4 1 POTOMAC \$1,049,000 Detached 2.06 20854 9617 PINKNEY CT 4 3
10101 COUNSELMAN RD 5 4 1 POTOMAC \$1,298,000 Detached 1.24 20854 10101 GARDEN WAY 6 4 0 POTOMAC \$1,280,000 Detached 2.02 20854 8305 RIVER FALLS DR 6 4 1 POTOMAC \$1,275,000 Detached 0.34 20854 9410 TURNBERRY DR 5 5 1 POTOMAC \$1,165,000 Detached 0.59 20854 9411 TURNBERRY DR 3 3 1 POTOMAC \$1,140,000 Townhouse 0.13 20854 10909 PICASSO LN 4 4 1 POTOMAC \$1,068,000 Detached 1.49 20854 11825 WINTERSET TER 5 4 1 POTOMAC \$1,050,000 Detached 0.38 20854 11000 DOBBINS DR 5 4 1 POTOMAC \$1,049,000 Detached 2.06 20854 12224 SELINE WAY 5 4 1 POTOMAC \$1,041,918
10101 GARDEN WAY 6 4 0 POTOMAC \$1,280,000 Detached 2.02 20854 8305 RIVER FALLS DR 6 4 1 POTOMAC \$1,275,000 Detached 0.34 20854 10034 CARMELITA DR 5 5 5 1 POTOMAC \$1,165,000 Detached 0.59 20854 9411 TURNBERRY DR 3 3 1 POTOMAC \$1,140,000 Townhouse 0.13 20854 10909 PICASSO IN 4 4 1 POTOMAC \$1,068,000 Detached 1.49 20854 11825 WINTERSET TER 5 4 1 POTOMAC \$1,050,000 Detached 0.38 20854 11000 DOBBINS DR 5 4 1 POTOMAC \$1,049,000 Detached 2.06 20854 12224 SELINE WAY 5 4 1 POTOMAC \$1,041,918 Detached 0.25 20854 9617 PINKNEY CT 4 3 1 POTOMAC \$1,030,
10101 GARDEN WAY 6 4 0 POTOMAC \$1,280,000 Detached 2.02 20854 8305 RIVER FALLS DR 6 4 1 POTOMAC \$1,275,000 Detached 0.34 20854 10034 CARMELITA DR 5 5 5 1 POTOMAC \$1,165,000 Detached 0.59 20854 9411 TURNBERRY DR 3 3 1 POTOMAC \$1,140,000 Townhouse 0.13 20854 10909 PICASSO IN 4 4 1 POTOMAC \$1,068,000 Detached 1.49 20854 11825 WINTERSET TER 5 4 1 POTOMAC \$1,050,000 Detached 0.38 20854 11000 DOBBINS DR 5 4 1 POTOMAC \$1,049,000 Detached 2.06 20854 12224 SELINE WAY 5 4 1 POTOMAC \$1,041,918 Detached 0.25 20854 9617 PINKNEY CT 4 3 1 POTOMAC \$1,030,
8305 RIVER FALLS DR 6 4 1 POTOMAC \$1,275,000 Detached 0.34 20854 10034 CARMELITA DR 5 5 1 POTOMAC \$1,165,000 Detached 0.59 20854 9411 TURNBERRY DR 3 3 1 POTOMAC \$1,140,000 Townhouse 0.13 20854 10909 PICASSO IN 4 4 1 POTOMAC \$1,068,000 Detached 1.49 20854 11825 WINTERSET TER 5 4 1 POTOMAC \$1,050,000 Detached 0.38 20854 11000 DOBBINS DR 5 4 1 POTOMAC \$1,049,000 Detached 2.06 20854 12224 SELINE WAY 5 4 1 POTOMAC \$1,041,918 Detached 0.25 20854 9617 PINKNEY CT 4 3 1 POTOMAC \$1,030,000 Detached 0.67 20854 1040 WINDSOR VIEW DR 5 4 1 POTOMAC \$1,000,000
10034 CARMELITA DR 5 5 1 POTOMAC \$1,165,000 Detached 0.59 20854 9411 TURNBERRY DR 3 3 1 POTOMAC \$1,140,000 Townhouse 0.13 20854 10909 PICASSO IN 4 4 1 POTOMAC \$1,068,000 Detached 1.49 20854 11825 WINTERSET TER 5 4 1 POTOMAC \$1,050,000 Detached 0.38 20854 11000 DOBBINS DR 5 4 1 POTOMAC \$1,049,000 Detached 2.06 20854 12224 SELINE WAY 5 4 1 POTOMAC \$1,041,918 Detached 0.25 20854 9617 PINKNEY CT 4 3 1 POTOMAC \$1,030,000 Detached 0.67 20854 10404 WINDSOR VIEW DR 5 4 1 POTOMAC \$1,000,000 Detached 0.38 20854
9411 TURNBERRY DR 3 3 1 POTOMAC \$1,140,000 Townhouse 0.13 20854 10909 PICASSO LN 4 4 1 POTOMAC \$1,068,000 Detached 1.49 20854 11825 WINTERSET TER 5 4 1 POTOMAC \$1,050,000 Detached 0.38 20854 11000 DOBBINS DR 5 4 1 POTOMAC \$1,049,000 Detached 2.06 20854 12224 SELINE WAY 5 4 1 POTOMAC \$1,041,918 Detached 0.25 20854 9617 PINKNEY CT 4 3 1 POTOMAC \$1,303,000 Detached 0.67 20854 10404 WINDSOR VIEW DR 5 4 1 POTOMAC \$1,000,000 Detached 0.38 20854
10909 PICASSO I.N 4 4 1 POTOMAC \$1,068,000 Detached 1.49 20854 11825 WINTERSET TER 5 4 1 POTOMAC \$1,050,000 Detached 0.38 20854 11000 DOBBINS DR 5 4 1 POTOMAC \$1,049,000 Detached 2.06 20854 12224 SELINE WAY 5 4 1 POTOMAC \$1,041,918 Detached 0.25 20854 9617 PINKNEY CT 4 3 1 POTOMAC \$1,030,000 Detached 0.67 20854 10404 WINDSOR VIEW DR 5 4 1 POTOMAC \$1,000,000 Detached 0.38 20854
11825 WINTERSET TER 5 4 1 POTOMAC \$1,050,000 Detached 0.38 20854 11000 DOBBINS DR 5 4 1 POTOMAC \$1,049,000 Detached 2.06 20854 12224 SELINE WAY 5 4 1 POTOMAC \$1,041,918 Detached 0.25 20854 9617 PINKNEY CT 4 3 1 POTOMAC \$1,030,000 Detached 0.67 20854 10404 WINDSOR VIEW DR 5 4 1 POTOMAC \$1,000,000 Detached 0.38 20854
11000 DOBBINS DR 5 4 1 POTOMAC \$1,049,000 Detached 2.06 20854 12224 SELINE WAY 5 4 1 POTOMAC \$1,041,918 Detached 0.25 20854 9617 PINKNEY CT 4 3 1 POTOMAC \$1,030,000 Detached 0.67 20854 10404 WINDSOR VIEW DR 5 4 1 POTOMAC \$1,000,000 Detached 0.38 20854
12224 SELINE WAY 5 4 1 POTOMAC \$1,041,918 Detached 0.25 20854 9617 PINKNEY CT 4 3 1 POTOMAC \$1,030,000 Detached 0.67 20854 10404 WINDSOR VIEW DR 5 4 1 POTOMAC \$1,000,000 Detached 0.38 20854
9617 PINKNEY CT
10404 WINDSOR VIEW DR
9200 SPRINKLEWOOD LN
8501 TIMBER HILL LN 6. 4. 1 POTOMAC \$930,000 Detached 0.61 20854
12713 HUNTING HORN CT 4 3 1 POTOMAC \$915,000 Detached 0.24 20854
10804 HIILIBROOKE LN 4 . 3 . 1 POTOMAC \$899,900 Detached 0.18 20854
12323 OVERPOND WAY 5 3 2 POTOMAC \$895,000 Detached 0.25 20854
8121 BUCKSPARK LN E 4 3 1 POTOMAC \$888,000 Detached 0.29 20854
12112 REACH WAY 4 3 3 POTOMAC \$858,000 Detached 0.31 20854
11013 HAISLIP CT 431 POTOMAC \$850.000 Detached 0.32 20854
10903 OLD COACH RD 421 POTOMAC \$825,000 Detached 0.21 20854
8122 TUCKERMAN I.N
11701 KAREN DR
11704 BUNNELL CT N
8019 GRAND TETON DR
13300 SUNNY BROOKE PL
11530 GLEN RD S 4 2 0 POTOMAC \$712,000 Detached 2.00 20854
7711 WHITERIM TER
12204 ESPALIER PL
8620 FALLS RD
14 TANAGER CT
21 TRAILRIDGE CT
12001 GREENLEAF AVE
8301 RAYMOND LN
8519 POSTOAK RD
7506 CODDLE HARBOR LN
9332 BENTRIDGE AVE

Copyright 2012 RealEstate Business Intelligence. Source: MRIS as of August 16, 2012.

Be a part of our Wellbeing pages the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-thetop remodeling projects, get prac tical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our A-plus: Education, Learning, Fun pages, the third week of every month.

Questions? E-mail sales@connection newspapers.com or call 703-778-9431





SUN DESIGN INVITES YOU TO OUR REMODELED HOME TOUR IN L'AMBIANCE OF MCLEAN!

Saturday, September 8th, 10am-4pm

6649 Avignon Blvd, Falls Church, VA 22043



Reinvent Your Home to Enrich the Way You Live.

Come see first hand how redesigning existing and adding space created better function, flow, and light in this remodeled home to include an elegant kitchen and sunroom addition, creating an extension of entertainment space for both indoors and out.

Special Thanks to Our Sponsors:

tailored living

CLOSETS • GARAGES • PANTRIES

Todd Carter 703-707-0009 703-599-0648

DECOR & YOU

LOVE THE SPACE YOU'RE IN

SUN DESIGN

design/build | additions | kitchens | baths | basements | outdoor spaces 703-425-5588 SunDesignInc.com info@SunDesignInc.com



SPORTS

Churchill Field **Hockey Wins Opener**

One season removed from reaching the 4A West Region championship game, the Churchill field hockey team opened the 2012 campaign with a 7-0 home victory against Wheaton on Aug. 31.

Jenn Shim led the Bulldogs with three goals and added an assist. Annie Moshyedi scored a pair of goals and Mary Lee Lawrence and Clare Nolan

SPORTS BRIEFS

each had one. Catherine Roberts, Chrishad an assist.

"The Wheaton girls played tough the entire game," Churchill head coach Cay Miller wrote in an email. "They've got heart. [Head coach] Alex ing loss since falling to Northwest in 2008. Quarter-Helberg is making good things happen over there. back Kevin McGowan completed 10 of 26 passes for Wheaton is only getting better."

Wednesday, Sept. 5, and the Bulldogs will face carried 15 times for 48 yards. Bethesda-Chevy Chase on Sept. 12 at B-CC in a rematch of last year's region final.

Churchill Football Shuts Out Kennedy

The Churchill football team defeated Kennedy, 34-0, on Aug. 31 to open its 2012 season.

The Bulldogs, last year's 4A West Region runnerup, amassed 285 yards and four touchdowns on the ground. Quarterback Jonathan Lee carried 10 times their 2012 seasons with victories on Sept. 1. The boys for 117 yards and two scores. Jake Longenecker defeated Mt. St. Joe's, 3-1, at Churchill High School. rushed six times for 71 yards and a score, Blake Dove The girls traveled to Rockville and beat the Rams, 9carried seven times for 46 yards and Juwan Hamelin 0. scored a rushing touchdown.

intercepted once. Dominique Williams caught four Clarksburg on Sept. 4, after the Almanac's deadline. passes for 75 yards. Defensively, Adrien Bossogo- They will host Poolesville at 7 p.m. on Sept. 13.

Egoume led Churchill with five tackles and two sacks. Blake Dove and Will Sickels each had four tackles. Joseph Dennis, Aaron Wiggins and Sickels each had one sack and Jack Norman had an interception.

Churchill's home opener is at 6:30 p.m. on Friday, Sept. 7 against Whitman.

Wootton Football **Beats Whitman**

The Wootton football team traveled to Whitman tina Michaels and Catherine Nardi each and defeated the Vikings, 15-3, on Aug. 31. It was the Patriots' first win in a season opener since Wootton defeated Walter Johnson in the 2006 opener.

For Whitman, it was the Vikings first season-open-121 yards and was intercepted three times. Nicholas Churchill will travel to face Einstein at 7 p.m. on Newsham caught five passes for 90 yards. Zac Morton

> A 40-yard field goal by Zachary Snyder accounted for Whitman's offense.

> Wootton will host Kennedy at 6:30 p.m. on Friday, Sept. 7. Whitman will travel to face Churchill at 6:30 p.m. on Friday.

Whitman Boys', Girls' Soccer Win

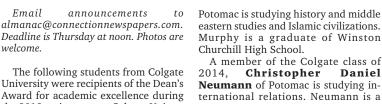
The Whitman boys' and girls' soccer teams opened

The boys will travel to Rockville at 7 p.m. on Lee completed 6 of 11 passes for 78 yards and was Wednesday, Sept. 5. The girls traveled to face

nomics. Zolet is a graduate of Thomas S. Wootton High School.

A member of the Colgate class of 2014, Madeline Aikins Tennis of Potomac is studying peace and conflict studies. Tennis is a graduate of The Holton-Arms School.

A member of the Colgate class of 2015, Juliane Viktoria Wiese of Potomac is studying philosophy. Wiese is a graduate of The Academy of the



Award for academic excellence during the 2012 spring term at Colgate Univer-

SCHOOL NOTES

A member of the Colgate class of 2014, Rebecca Faith Murphy of Potomac is studying history and middle eastern studies and Islamic civilizations. Murphy is a graduate of Winston

Daniel Neumann of Potomac is studying international relations. Neumann is a graduate of Landon School.

A member of the Colgate class of 2014, Caitlin Elizabeth Zolet of Potomac is studying mathematical eco-



Cooking on Labor Day

Jeremy Rosenthal grills hotdogs and hamburgers for golfers at the Falls Road Golf Course.



Jenn Shim, seen during a preseason practice, scored three goals for the Churchill field hockey team during its season-opening win against Wheaton on Aug. 31.



Summer Training

Meredith-Wynn Barber of Potomac, 10th grade student at Walt Whitman High School and member of the Whitman Crew Team, trained this summer with the Sarasota Crew team, which is the Florida State Champion rowing team.

THIS WEEK IN POTOMAC

From Page 4

ent that you'd like to show off? Our community talent show is the perfect place to try!" according to the Potomac Community Center. "We're looking for individuals and groups to show off their talents (singers, bands, musicians, anything) and compete for prizes at our talent show."

See www.potomacsgottalent.com to sign up and describe your act.

Call the Potomac Community Center at 240-777-6960 for more information about the Potomac's Got Talent competition.

Family Fun Fest is open to the entire community - members, non-members and families with youth or adults of all ages. The event will include carnival rides, an obstacle course and wrecking ball, the Squeals on Wheels Petting Zoo, music from Electric Entertainment and the Potomac's Got Talent event.

Club Friday

The Potomac Community Center's program begins its 22^{nd} year at the Community Center on Oct. 5, 2012, the week after Family Fun Fest (see above).

Activities for students in third through sixth grades include basketball, bingo, dances, ping pong, gym hockey, soccer, crafts, movies and special theme nights.

The weekly evening event takes place from 7-9 p.m., and the Center will open the snack bar at 6:30 p.m.

Online registration is underway at https:/ /www.recweb.montgomerycountymd.gov

After Hours meets the first Friday of evern and the surrounding areas. ery month from 9:15 to 11 p.m., and also runs through March 1, 2013.

The program is available for sixth through eighth grade students.

Call the Potomac Community Center at 240-777-6960.

MLK Auditions

Montgomery County seeks performers for the 2013 Dr. Martin Luther King Jr. Celebration scheduled Sunday, Jan. 20, 2013 at the Music Center at Strathmore.

The MLK Commemorative Committee will hold three-minute auditions on Friday, Sept. 14 at Montgomery College in Rockville, Room 124 of the Musical Building, from 5:30 to 9 p.m. The committee is interested in musicians, dancers and performers for spoken word and skits.

E-mail mlkcelebration@hotmail.com to reserve an audition time.

For more information, e-mail Susan Peevy at mlkcelebration@hotmail.com or Yvonne Stephens of Montgomery College's Office Equity and Diversity Yvonne.stephens@montgomerycollege.edu or 240-567-4203.

Great Falls Stewards

The Park Service and Canal Trust seek volunteers to come to Historic Great Falls Tavern on Sept. 22 and Oct. 6 from 9 a.m. to noon. Volunteers, 12 and older, will paint, rake, clean and clear debris from the Tav-

For more information or to sign up, contact Becky Curtis at 301-745-8889, or email her at volunteer@canaltrust.org.

High school students can receive Student Service Learning hours.

Live and Learn

The Bethesda-Chevy Chase Regional Services Center, which also serves the Potomac area, will partner with Live and Learn Bethesda to offer classes and programs to the community. Some of the fall programs include legal and financial planning for elders, ballroom dancing for beginners, a discussion of "The Secrets of Washington D.C." with author Ronald Kessler, a discussion of "Famous KGB Spies: Where Are They Now?" with former KGB General Oleg Kaulgin, and a lecture series on aging in the community.

The BCC-Regional Services Center also partners with Suburban Hospital, Washington Oasis and the Conflict Resolution Center of Montgomery and the Bethesda Urban Partnership and other organizations to present programs and classes to the community.

www.montgomerycountymd.gov/bcc and www.liveandlearnbethesda.org or call Live and Learn Bethesda at 301-740-6150.

Hall of Fame

Montgomery County's Office of Human Rights seeks nominations for its Seventh Hall of Fame, to celebrate individuals whose

ongoing work, service and contributions have positively impacted human and civil rights in the county.

The induction ceremony is scheduled for Sunday, Oct. 28 from 3-5 p.m. at the BlackRock Center for the Arts in Germantown.

Nominations are available online or by calling the Office of Human Rights at 240www.montgomerycountymd.gov/

humanrights. The deadline for submissions is Sept. 10.

Honoring WWII Veterans

World War II veterans will be honored Wednesday, Sept. 19 at the Silver Spring Civic Building at One Veterans Plaza. County Executive Isiah Leggett, Council President Roger Berliner and the County Council will lead ceremonies starting at 10:30 a.m.

Speakers will include veterans who served in various aspects of World War II.

The county's public cable television channel will simulcast the event life. In addition, the PEG Network will be recording the stories of many of the veterans for a documentary that will first be shown on Veterans Day.

Montgomery Honors WW II Vets event organizers seek contact with more veterans. Call 240-777-7929.



AT THE GERMAN SCHOOL Washington, D.C.

36 YEARS OF EXPERT INSTRUCTION

Classes for Children

AND TEENS OF ALL LANGUAGE PROFICIENCY LEVELS: AGE 3 & UP

- DIPLOMA CLASSES (DSD)
- · CLASSES FOR ADULTS OF ALL LANGUAGE PROFICIENCY LEVELS
- LITERATURE CLASSES
- CONVERSATION CLASSES

Fall classes begin September 8, 2012.

8617 Chateau Dr., Potomac, MD 20854 301.767.3824 • glc@dswash.org www.dswashington.org/glc

College Essay Writing

Professor Z will help your College-bound student prepare "Common App" Essays and College-specific Essays.

Professor Z has been teaching College and MBA school business, economics, finance and ethics for 15 semesters.

Professor Z has helped dozens of local students prepare their College Essays.

Private hours (including weekends) are available throughout the Fall of 2012.

Professor Z The Semmes Building - Suite #302 10220 River Road, Potomac 301 537-4131(cell) 301 299-4185 (office)

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Be the first to know – get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads. delivered weekly to your e-mail box.

Questions? E-mail: goinggreen@connection newspapers.com





Swann Daingerfield Penthouse

\$725,000

A rare opportunity to live in the heart of Old Town, Alexandria. The elegant, historic Swann Daingerfield condominium has a spacious 20 ft x 13 ft living room with 11½-foot ceilings and marble fireplace, dining room with 2nd fireplace, kitchen with sunny breakfast area, spacious 2nd bedroom. Large Master Bedroom, Master Bathroom and Dressing Room. Balcony overlooking courtyard garden. Elevator, private parking and large storage area. This sought-after location at the corner of Prince Street and S. Columbus Street is only two blocks away from King Street and Washington Street. Perfect for gracious living and convenient to all amenities of Old Town, Alexandria

> For private showings, please contact Cindy Byrnes Golubin 202-437-3861 Proud TWIG member since 1978



Sotheby's INTERNATIONAL REALTY

R

Sotheby's International Realty

LASSIFIED

Zone 5: Potomac Ad Deadline: Monday Noon • 301-983-1900

Zone 5: Potomac

Ad Deadline: Monday Noon • 301-983-1900

CLEANING

26 Antiques

We pay top \$ for antique Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks. Schefer Antiques @ 703-241-0790. Email:theschefers@cox.net

ALMANAC CLASSIFIED

Classified or Home • Lawn • Garden: 703-917-6400

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

21 Announcements

21 Announcements

you see better.

Help for people with

Find out if special glasses can help

Call for a FREE phone consultation

with Dr. Armstrong, Optometrist

IT'S HARVEST TIME FOR YOUR BUSINESS!

Reap rewards when you advertise through Virginia Press

Services' Statewide Display Advertising Network!

Place your business card-size ad in more than 65 newspapers

and your message will reach more than 800,000 Virginians.

CONTACT THIS NEWSPAPER or Adriane Long,

Virginia Press Services, 804-521-7585 or adrianel@vpa.net.

21 Announcements

Macular Degeneration

Offices in: Roanoke, Charlottesville, Harrisonburg, Wytheville

(866) 321-2030

Dr. David L. Armstrong VirginiaLowVision.com

21 Announcements 21 Announcements

21 Announcements

Angies List 2011-Super Service Award!

<u>acleaningserviceinc.com</u> 703-892-8648

FLOORING

FLOORING

HARDWOOD

A CLEANING SERVICE

Since 1985/Ins & Bonded

Quality Service at a Fair Price

Satisfaction Guaranteed-

Comm/Res. MD VA DC

Sanding, Refinishing, & Installation **EXPERT FLOORS**

Licensed & Insured. Excellent references. Serving since 1995!

301-570-5700

IMPROVEMENTS IMPROVEMENTS

A&S Landscaping

• All Concrete work **Retaining Walls • Patios**

Decks • Porches (incl. screened) • Erosion & **Grading Solutions**

French Drains • Sump Pumps • Driveway Asphalt Sealing

703-863-7465

Energetic gardener,

Speaks French & English.

Fall Cleanup, weeding, planting, edging,

mulching, maintenance.

Excellent Potomac references.

301-980-8258

LICENSED **Serving All of N. Virginia**

LANDSCAPING

EMPLOYMENT

AD DEADLINE: TUESDAY 11 A.M. • 301-983-1900

HOW TO SUBMIT ADS TO

CONTECTION

CLASSIFIED DEADLINES

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

EMPLOYMENT

DEA	DLINES		
Zone	s 5, 6	Tues @ 11:00	
Zone	s 1, 3	Tues @ 4:00	
Zone	2	Wed @ 11:00	
Zone	4	Wed @ 1:00	
E-mail ad with zone choices to:			
cla	assified@conn	ectionnewspapers.com	
	or call And	rea @ 703-778-9411	

ZONES

Zone 1: The Reston Connection
The Oak Hill/Herndon Connection
Zone 2: The Springfield Connection The Burke Connection The Fairfax Connection
The Fairfax Station/Clifton/

Lorton Connection **Zone 3:** The Alexandria Gazette Packet The Mount Vernon Gazette

Zone 4: Centre View North Centre View South

Zone 5: The Potomac Almanac Zone 6: The Arlington Connection The Vienna/Oakton Connection The McLean Connection
The Great Falls Connection

learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. and for adults considering change of career. Unpaid.



Educational Internships

Unusual opportunity to Opportunities for students, E-mail internship@connec tionnewspapers.com

MASONRY

For All of Your Masonry Needs Custom Design, Installation, Repairs & Restoration

BRICK - FIELDSTONE FLAGSTONE - CONCRETE BÉB

EP Henry & Belgard Pavers Patios, Walkways, Driveways, Retaining & Decorative Walls

703-443-2308 Go to www.masonrvspecialist.com for ideas, pictures & coupons

All Work Guaranteed - Licensed & Fully Insured Class A License #VA2705087240A

Charles Jenkins

Seasoned Firewood

Topping, trimming, Stump Grinding

Lic. & Ins! 540-829-9917 or 540-422-9721

Are your recruiting ads not working in other papers?

Employers:

Try a better way to fill your employment openings



- Target your best job candidates where they live.
- Reach readers in addition to those who are currently looking for a job.
- Proven readership.
- Proven results.

CONVECTION to your community

703-917-6464

classified@connection newspapers.com

Great Papers • Great Readers **Great Results!**

Symptoms or just Sometimes

By KENNETH B. LOURIE

Is what I feel - wherever I feel it, cancer or middle age? Is what I feel worthy of a mention to my oncologist or merely yours truly looking for trouble? Moreover, Is the pain/discomfort I feel in my chest (between my lungs) par for the course of treatment I'm on and characteristic of the disease with which I've been diagnosed, or is it completely unrelated and not at all noteworthy (dare I say, normal)? Or is this a repeat of a symptom I've experienced previously? Once the pain represented a tumor growing in my lungs (bad news); another time, the same pain was scar tissue growing over tumors that had shrunk (great news). (Scar tissue, as my oncologist explained to me, is similar to the scab that eventually forms over a skinned knee and is a sign of healing.) In each case, however, the identical symptom had two very different causes: one good, one bad. Ergo my confusion now. Is what I feel good, bad, or shall I remain indifferent?

And if I remain indifferent, how do I remain indifferent about the most important thing in my life: my health/diagnosis/prognosis? However, stressing about unconfirmed complications seems itself an unnecessary complication and one to be avoided. Where's the benefit in making myself sick (see 8/29/2012 column: "Diagnosed But Not Sick") simply because I have a terminal disease? Then again, if I am to remain proactive with respect to my care and feeding, I must advocate for myself and not allow time to pass when pain and suffering need not occur. I don't want to worry myself sick, but nor do I suppose that neglecting myself dead serves any particular purpose either. As Curly Howard of The Three Stooges said: "I'm too young to die, too handsome; well, too young, anyway." My feelings exactly.

Not only has the same pain-in-my-chest symptom led to opposite interpretations, it has also caused me to wonder if what I've felt was real or imagined (see 8/22/2012 column: "Life in the Cancer Lane") and typical of the roller-coaster existence that becomes "normal" for cancer patients. The dilemma is, I don't want to make something out of nothing any more than I want to make nothing out of something. Nor do I ever want to be damned, but with some days/certain symptoms. I feel as if I'm damned if I do and damned if I don't. Still, I can live with it: I have lived with it, but it certainly doesn't make me feel like I've mastered it.

Even writing a column about it (cancer, and the emotional confusion it causes) seems like I'm bringing unnecessary attention to a condition (some condition) with which I'm forced to live, but a condition any cancer/ terminal patient still living would be happy to endure: life. And let me be clear: I am not complaining. I am "introspecting" into the peculiarities and perplexities of living a life for which I had no preparation, no experience and zero indication – until the biopsy confirmed it, that my life, as I had previously known it and expected it to be, was officially over. Not literally, but figuratively. Yet another

Making the best of a bad situation, that's how I roll (I'm a Red Sox fan after all). Some days are easier than others, some symptoms, treatments/results are better than others. And some columns make more sense than others. But that's cancer for you: an equal opportunity "screwer-upper."

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

Entertainment

CityDance Premiers Fresh Visions

n Saturday, Sept. 8 at 7:30 p.m. and Sunday, Sept. 9 at 3 p.m., the CityDance staff and faculty will grace the newly opened CityDance Studio Theater at Strathmore with an evening of artistry and dance in the show "FRESH VISIONS: under one umbrella." This inaugural CityDance faculty show will premiere multiple original works and showcase current works in a 90-minute performance.

The performers in this show, the CityDance faculty and staff, work hard to teach and enrich the lives of CityDance School & Conservatory's students year round. "FRESH VISIONS: under one umbrella" is an opportunity for these choreographers, dancers and educators to share their artistry with challenging and complex contemporary, classical and fusion works. Faculty and staff participating in the show will have the opportunity to work on production elements ranging from lighting to costuming to staging.

Sarah Ewing, coordinator of "FRESH VI-SIONS," who recently showcased original work at the Boston Contemporary Dance Festival, will be premiering an original piece.

Other CityDance faculty and staff presenting works are Juliana Calderon, Ivy Chow, Junichi Fukuda, Kaitlin Madzelan, Robert

Priore, Michelle Sarson, Elizabeth Terschuur, Monique Walker and Daniel H. Zook

Tickets for "FRESH VISIONS: under one umbrell" are \$15 and can be purchased online at www.strathmore.org or by calling 301-581-5100.

CITYDANCE PROVIDES arts education, professional dance training and performances throughout the D.C. metropolitan area including the Center at Strathmore in North Bethesda, where its Conservatory trains young dancers for professional careers; the Center at DC Dance Collective; The Madeira School in McLean, as well as many other area public, private and Charter Schools.

CityDance's community programs, located at 17 sites across the region, provide free performances, after-school programs and summer camps to over 15,000 students a year in the region's most under-resourced neighborhoods and schools. In November 2011, CityDance opened the CityDance Studio Theater at Strathmore and welcomed Christopher K. Morgan and Artists as its inaugural resident professional dance company. CityDance was the 2010 winner of the DC Mayor's Arts Award for Outstanding Contribution to Arts Education.



CityDance faculty member Junichi Fukuda.

The CityDance Center at Strathmore offers dance education for students of all ages and levels. With classes and camps for children, youth and adults, plus the Conservatory/Select Program for advanced dancers ages 11-19, CityDance is committed to providing students with quality dance education that nurtures the relationships between

young dancers and professional artists. CityDance provides its young dancers with opportunities to work with professional artists from around the globe in order to facilitate personal, professional, and artistic growth, while integrating the next generation of dancers into the professional dance world.

Calendar

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

SATURDAY/SEPT. 8

Book Sale. 10 a.m-1 p.m. Potomac Library. 10101 Glenolden Dr. Sponsored by the Friends of the Library, Potomac Chapter. Most hardbacks \$1 and paperbacks \$.50. Look for the large collection of children's books and tapes.

English Language Conversation Club. 3 p.m. Join in practicing and improving your spoken English with the help of volunteers leading

the help of volunteers leading discussions. 2 hours. Drop-in. No registration required. Meets every Saturday unless otherwise announced.

Yellow Barn. The selected works of Julia Latein-Kimmig and Maya Ormsby in "The Way We See It" will be featured at the Yellow Barn Art Gallery in Glen Echo Park. The exhibit is open from noon-5 p.m. Contact the Yellow Barn Gallery, at 301-371-5593.

SUNDAY/SEPT. 9

Voices of the River. Noon-2 p.m.
Come to an art exhibit featuring the work of local artists. Join Judy
Welles, author of Cabin John, as she explains the history of the Potomac River and C&O canal community and the mystery behind Cabin John. At River Center at Lock 8, 7906
Riverside Dr. Contact Anne Sundermann at sundermann@potomac.org.

Half Marathon. 7 a.m. Run from Rockville to Bethesda. Showcases Montgomery County's park system. Sponsored by Montgomery County Road Runners Club. Visit www.mcrrc.org. or www.parkshalfmarathon.com.

Yellow Barn. The selected works of
Julia Latein-Kimmig and Maya
Ormsby in "The Way We See It" will
be featured at the Yellow Barn Art
Gallery in Glen Echo Park. The
exhibit is open from noon-5 p.m. A
reception for the artists will be held
from 3-5 p.m. Contact the Yellow
Barn Gallery, at 301-371-5593.

MONDAY/SEPT. 10

Be Social. While most children learn the skills of social thinking intuitively, many children have great difficulties with this process. Attend this workshop to learn about a dynamic approach focusing on social learning. Call Early Intervention Therapy at 301-468-9343.

WEDNESDAY/SEPT. 12

Jeff Antoniuk. 7:30 p.m.known as a co-founder of Unified Jazz Ensemblenow sax man Jeff Antoniuk brings his forward-thinking band The Jazz Update to the Mansion. \$15. At the Mansion at Strathmore, 10701 Rockville Pike. Call 301-581-5100 or visit www.strathmore.org.

FRIDAY/SEPT. 14

Gallery Reception. 6-9 p.m. The Trawick Prize, downtown Bethesda's annual juried arts competition awards: Bethesda Contemporary Art Awards. The exhibition features the Trawick Prize finalists runs through Sept. 29, at Gallery B, 7700 Wisconsin Ave., Suite E. Call 301-215-6660 or visit www.bethesda.org.

SATURDAY/SEPT. 15

Cabin John Kids Run at the Cabin

John Regional Park in Potomac, Westlake Drive. Free for runners 18 and under. One mile run, half-mile run and quarter mile young run offered. Registration is race-day only. Visit www.mcrrc.org

Visit www.mcrrc.org

Free Gym Classes. 2-5 p.m. Families and children are welcome to learn more about My Gym classes, parties, camps and more. Deals and specials are available for those who sign up during the Open Houses. Enrolled members welcome at Open Houses with a non-member friend. Socks are required for the grown-ups.

SUNDAY/SEPT. 16

Waltz Dance. 2:45-3:30 p.m. Join for Waltz Dancing lessons and workshops, and social dancing from 3:30-6 p.m. in the Spanish Ballroom at Glen Echo Park, featuring the ensemble Blue Bamboo playing a lively mix of folk waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polka. \$10. Call 202-238-0230 or visit www.WaltzTimeDances.org.

Washington Family Dance. 3-5 p.m. The Bumper Car Pavillion at Glen Echo Park. \$5 for ages 4 and older. No dancing experience is necessary — the dances are taught for ages 4 and up. Visit www.fsgw.org or contact Penelope Weinberger at dance@fsgw.org or 301-315-9461.

WEDNESDAY/SEPT. 19

Potomac Chamber of Commerce Networking at Normandie Farm.

Networking at Normandie Farm, 4–6 p.m., 10710 Falls Rd. \$10 for chamber members; non-members \$15. Cash bar. Normandie Farm providing hors d'ouerves. Call 301-299-2170

Book Club. 1 p.m. Potomac Library

Ongoing

THIRD TUESDAY

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

FIRST AND THIRD FRIDAY/SEPT. 7 & 21

Event for Children. Free entertainment and crafts for children in the Atrium of Cabin John Mall. Intersection of Tuckerman Lane and Seven Locks Road. Visit www.shopcabinjohn.com, email info@shopcabinjohn.com or call 240-779-8000.

SEPT. 1-29

Art Exhibition. The Trawick Prize, downtown Bethesda's annual juried arts competition awards: Bethesda Contemporary Art Awards. The exhibition featuring The Trawick Prize finalists will be held from at Gallery B, 7700 Wisconsin Ave., Suite E. Call 301-215-6660 or visit www.bethesda.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 butterflies flying freely inside a Conservatory. \$6 adults; \$4 ages 3-12; or purchase a "Frequent Visitor Pass" and enjoy unlimited return visits this season. Groups of 15 or more by appointment only, call 301-962-1467 for reservations or visit www.brooksidegardens.org. Brookside Gardens South Conservatory, 1500 Glenallan Ave.

THURSDAYS THROUGH OCTOBER

Potomac Farmers Market. 2-6:30 p.m. Organized by Montgomery County at Potomac United Methodist Church, 9908 South Glen Rd., at the corner of Falls Road and Democracy Boulevard. Call 301-792-6054.

Adult Book Club. "Back When We Were Grownups" by Anne Tyler. Ask for the book at the Circulation Desk. No registration required. New members welcome.

Eric Scott. 7:30 p.m. Singer-songwriter Eric Scott and his band combine the storyteller's art and the rock-androller's drive. \$15. At the Mansion at Strathmore, 10701 Rockville Pike. Call 301-581-5100 or visit www.strathmore.org.

THURSDAY/SEPT. 20

Book Talk. 11 a.m. Photographer Ann Stevens and writer Giles Kelly, will speak on their new book "Diplomatic Gardens of Washington" to Rock Spring Garden Club. Admission free with an optional \$5 lunch. At Little Falls Presbyterian Church, 6025 Little Falls Rd. RSVP by Sept. 13. Email jgoulden@verizon.net or call 703-533-2942.

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.

POTOMAC PIZZA

www.potomacpizza.com

Dine-in, Carry-out, Delivery & Catering Serving Our Communities Since 1978



CHEVY CHASE CENTER 301 951 1127

POTOMAC PROMENADE 301 299 7700

TRAVILLE VILLAGE CENTER 301 279 2234

KENTLANDS MARKET SQUARE 301 977 9777