

Potomac ALMANAC

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Charles Blessing, 7, plays table tennis during the family fun fest at Potomac Community Center on Friday, Sept. 28.

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Opinion

A Still Very-Relevant Master Plan

By Shawn Justement
West Montgomery County Citizens Association

The 2002 Potomac Subregion Master Plan was developed with the clear goal of maintaining our area's unique environmental resources and semi-rural character, with special attention to low-density zoning, protection of water quality, limited public sewer service, the two-lane road network, and a confined commercial core. The Master Plan was well-thought out, and it has served us admirably for 10 years. Today, though, it is being challenged by several measures pushed by our own county government.

❖ The Master Plan called for a study of failed septic systems in Glen Hills to "ensure the long-term sustainability of septic service" in this R-1 zoned neighborhood. However, the county's Department of Environmental Protection is doing a much broader study that seems designed to approve sewer extensions that are clearly in opposition to the Master Plan.

❖ Glenstone, a private art museum located on Glen Road, received County Council approval for a connection to an existing sewer, despite being outside the sewer envelope. This has wide-ranging ramifications — if allowed here it could provide precedence for inappropriate expansion of the sewer envelope. The private sewer line will run under the Greenbriar Branch, a stream designated in the Master Plan for protection from sewer lines. Glenstone representatives have shown no reason why a state-of-the-art septic system can't be used on its 127 acres. WMCCA has requested that the Maryland Department of the Environment reject the Council decision as inconsistent with the Master Plan, and awaits the response.

❖ Without public knowledge or input, County Executive Ike Legget signed a 10-year lease for 20 acres of land on Brickyard Road to a private soccer club to develop soccer fields. The lease is for the club's exclusive use of the property owned by the Board of Education. The Master Plan recommends that if the property is declared surplus, which it has not been, it should become a local park that anyone could use. The plan says nothing about handing the property to a private commercial entity.

WMCCA works to preserve the intent of the Master Plan and to see that its provisions are followed — and not set aside and ignored whenever convenient.

The Master Plan:

http://www.montgomeryplanning.org/community/plan_areas/potomac/master_plans/potomac/potomactoc.shtm

The Sewer Envelope Map: http://www.montgomeryplanning.org/viewer.shtm#http://www.montgomeryplanning.org/community/plan_areas/potomac/master_plans/potomac/documents/MAP-D.pdf

Glen Hills Sewer Study Phase I Report :

<http://www6.montgomerycountymd.gov/content/dep/downloads/ws/ghass-Final-Report.pdf>

GLEN HILLS SEWER STUDY

By Susanne Lee

The Phase I Report has been finalized. Good news — only nine of the 542 properties studied were identified as having a failed septic system, and of those at least one has already been approved for a hook up to an abutting sewer main. Bad news — notwithstanding these findings, the county is proceeding with Phase II focusing not on why these failures occurred and how to remedy them, but instead on sewer

Updates on Major WMCCA Issues

A lot has happened since West Montgomery County Citizens Association's last General Meeting in May. It has been part of several Circuit Court hearings over the summer on the Brickyard Road School site. The County Council granted Glenstone a sewer category change, despite significant opposition. Gov. Martin O'Malley wrote a strong letter of support for the Brickyard Educational Farm Proposal, and the Glen Hills Sewer Study has moved forward without regard for the Master Plan or community concerns. WMCCA is still working on Potomac Swim Club compliance with its Special Exception. WMCCA's board of directors and committee chairs will update the membership on these and other important issues at its next meeting, Wednesday, Oct. 10, 7:15 p.m. at the Potomac Community Center. The board welcomes input from WMCCA members and look forward to hearing concerns regarding the Potomac Community. The public is invited. If schools are closed because of inclement weather, the meeting will be cancelled.

stream valley and other undeveloped lots, as well as lots with no history of failure. This clearly violates the Potomac Subregion Master Plan requirements for the Study, which state that this environmentally sensitive low-density area is not to be considered for sewer except for possible very limited extensions to address known failures identified in the Study. The Master Plan specifically excludes from the Study any consideration of stream valley and other undeveloped lots that are "environmentally sensitive." Phase II further confirms that the Glen Hills study was hijacked from the beginning by development interest pressures and a sole source contractor whose area of expertise is sewer-line construction and not low-density development on septic systems.

BRICKYARD ROAD SCHOOL SITE

By Ginny Barnes

Following the Circuit Court decision in August which granted a Stay of the Board of Education lease of the site to the county and effectively returned control of the site back to the Board of Education until a hearing on the merits, plaintiffs in the case proffered a solution that could eliminate the need for further legal action if some basic conditions are met. Since the Board of Education has already spent over \$200,000 in legal fees, it would seem a wise course to consider. If the Board of Education takes back the land (which it has a right to do under the lease to the county), engages in an open process with citizen input to determine best use, and considers an agriculturally-based and/or farm education solution that includes retaining organic certification of the land, the plaintiffs will drop legal actions now underway. With the Stay in place, and before any other legal actions are taken the time is right but limited to consider a solution that offers opportunity for an end to the now 18-month struggle to correct a very wrong decision.

See WMCCA, Page 5

www.ConnectionNewsletters.com



Photos by Harvey Levine/The Almanac

Family Fun Fest

During the family fun fest at Potomac Community Center on Friday, Sept. 28, Jaraad Kamal, 12, leaps over three other students while breaking a board with a karate kick. The board was held by his karate instructor Blair Pechner.



Seven-year-old Bianca Bejarano is not only accomplished at karate, but also enjoys a good sword fight.



Christina Blessing, 8, pushes the heavy medicine ball at her fellow sword players.



Nicholas Carranza, 2 and a half, with his grandmother Noemi Rivas and "Teddy" the alpaca from Squeals on Wheels.

Welcome to 'Boutiques of House Tour'

Event occurs during annual Potomac Country House Tour.

By Cissy Finley Grant
The Almanac

Hold onto your hat, grab your pocketbook and let's go shopping in Potomac. It will all be for a good cause.

The "Boutiques of House Tour" will take place in conjunction with the St. Francis annual Potomac Country House Tour, Oct. 13 and 14. Vendors with a variety of wares will be located in the church parish hall where all are invited to visit from 10-5 p.m., Saturday and 10-3 p.m., Sunday. There will also be an Oct. 12, Friday evening preview party.

In its 57th year, the St. Francis Country House Tour attracts huge crowds. "Last year we had our house on the tour. Over 600 people came," Linda Hobbins said. This year, she will be among the nearly 20 vendors at St.

Francis Hall. She will have a large display of wreaths, basket arrangements, wall hangings, centerpieces and whatever she can get her hands on to create eye-catching splendor.

"I never knew you could love your profession so much," she said. Hobbins spends up to four hours most days making arrangements "and just thinking what I will do next," she said. In fact, she thought so much that her husband, Jim, donated his work space in the lower part of their guest cottage to accommodate her designs. He then built her a work sink complete with an old maple board back splash she requested.

Her interest in plant and floral arranging grew from her experience working on the Altar Guild at The Washington National Cathedral. "I took the flower course in 2000 at the cathedral, a pre requisite to be chosen to do the altar arrangements there," she said.

Her good works at the cathedral led to days of wreath making, drying flowers, and filling baskets and centerpieces with displays of pods, berries, leaves of all sorts and just about anything she can find, from fruit to nuts, as long as it fulfills her imagination.



Photos by Cissy Finley Grant /The Almanac

A wreath of fruits, pinecones and pods, displayed on an antique door, will be among Linda Hobbins' (above) collection at the St. Francis "Boutiques of House Tour."

Lining the walls of her three work rooms, plus the show room, are antique doors collected from an old hayloft and decorated with wreaths. She insists, there will be wreaths for all seasons.

While Hobbins creates for all seasons, the "Boutiques Of House Tour" have chosen vendors for many reasons including "Original Designs by Sharon Fabio Nowell." Nowell, a former elementary school art teacher, does pen and ink house drawings, including the one she is presently doing for a Potomac home owner. Only, it doesn't stop with just one house. "There are five drawings, including one of each of the homes the owner and her family lived in prior to their move to Potomac."

"All home drawings are quite labor intensive. I do See Welcome, Page 7



Whooo could send a better welcome message than these two fellows perched upon an antique door with a grapevine wreath of apples and dried hops? "I use bundles of dried hops in the fall," said wreath designer Linda Hobbins.



Not for "Peter Piper" these pumpkins, the imagination of Potomac creator Linda Hobbins. From pumpkin pillows, to those made of dried, glazed leaves (front, left) to rope pumpkins (right), there is a wide choice.

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News

Judge: County Complies Reasonably

More legal proceedings loom in Brickyard farm-to-soccer controversy.

By Ken Moore
The Almanac

Circuit Court Judge Ronald B. Rubin put the county on a specific timetable earlier

this summer to execute a freedom of information request.

He ordered the county to give the Brickyard Coalition documents, emails, and plans from 15 county employees the Coalition believes have been involved with the soccer project on Brickyard Road.

"My goal is to get it done, my goal is to get the county to get it done," he said.

The Brickyard Coalition and West Montgomery County Citizens Association filed the Freedom of Information lawsuit in Montgomery County Circuit Court last November.

The county conducted numerous data base searches and handed over thousands of documents to the Brickyard Coalition this past month.

"Given the scope of the request of the plaintiffs, I find the county's response to the original request was reasonable," Judge Rubin said.

On Tuesday, Sept. 25, Judge Rubin ruled that the county complied with the Brickyard Coalition's freedom of information request, and ordered that the Brickyard Coalition pay the county \$11,700 for the cost in executing the request.

Judge Rubin called the Coalition's request for a search of approximately two-dozen county employees over a period more than five years "massive." He ruled that the county's efforts to locate and turn over documents "reasonable."

"I understand why folks may feel if they don't get everything they get in the first place ... they may be skeptical," Judge Rubin said last week. "That's not a fair inference to draw from this."

MEANWHILE, in a different court case, Circuit Court Judge Robert A. Greenberg issued a stay on Aug. 14.

Nick Maravell's attorney, James L. Parsons, successfully asked the Circuit Court of Montgomery County at a hearing earlier that same day to permit him to stay on the land while legal challenges are pending.

Greenberg's order stopped county plans to force Nick Maravell off 20 acres on Brickyard

Road in August. Maravell has leased the property from Montgomery County Public Schools for more than 30 years, operating an organic farm.

In March 2011, neighbors and civic organizations in Potomac learned that County Executive Isiah 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 to a private organization for development into soccer fields.

Civic organizations say 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.

Local and organic food proponents have also worked to preserve the organic farm.

The Maryland Department of Agriculture has certified the farm as organic, which it has been since

1986.

Legal hearings are expected to resume in that case later this year.

Gov. Martin O'Malley wrote County Executive Isiah Leggett and Board of Education President Shirley Brandman on Sunday Aug. 12.

"I believe we are about to make a big mistake," O'Malley wrote.

"I understand that these issues are the subject of litigation, and it is not my intent to express any view on the legal merits of the case.

However, on policy grounds, there are significant and compelling reasons to preserve this farm for the benefit of the children of Montgomery County," O'Malley wrote.

In his letter, O'Malley suggested the mission of the newly established Brickyard Road Educational Farm shows promise for what the farm could mean for students.

"Rather than moving our State backwards through this destructive policy choice, Montgomery County can and should be a leader," said O'Malley.

"The vital connection between our farms, the food we eat, and our children's future has never been more important than it is right now."

LET'S TALK Real Estate



by Michael Matese

Social Media and Real Estate: Make the Connection!

Facebook, Yelp, Foursquare, Twitter, Google+, LinkedIn, Wordpress, Tumblr, Blogger.....the face of social media is constantly changing—how do you keep on top of trends and utilize these tools to your best advantage? How do you avoid investing your effort into a social media graveyard? Buyers, sellers, REALTORS® and all the various agents associated with property transactions are more reliant than ever on the internet. Social media tools are one way for consumers to weed out the "junk" of information overload.

Recommendations, referrals, testimonials and feedback are what consumers are looking for, and social media tools are one way for anyone involved in property transactions to boost their success. Once a private transaction between REALTOR® and client, the property transaction of today focuses more on the collective power of the social media community: photos are uploaded to Facebook or Google+ from an open house, sellers will comb Twitter feeds for mentions of their property, agents are rated on Yelp and network between one another on LinkedIn. A REALTOR® with social media savvy can be beneficial for both the seller looking for an expedient transaction and the buyer looking for the perfect property. Social media puts homes in the eyes of the consumers and connects the properties available to their target audience—increasing the chances of a bid and successful closing. The bottom line is social media, properly used, can give a REALTOR® a solid edge, which benefits all parties involved in a real estate purchase.

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"That's not a fair inference to draw from this."
— Judge Ronald B. Rubin

Opinion

WMCCA

From Page 2

ENVIRONMENTAL REPORT

By Ginny Barnes

Glenstone Sewer Category Change – The County Council granted the 127-acre Glenstone site a sewer category change under the Private Institutional Facility (PIF) policy, despite the fact that museum expansion plans could be served by ample septic capacity. The Planning Commission agreed with our opposition as inconsistent with the Master Plan, but the County Executive also sided with the applicant. Glenstone is well outside the approved sewer envelope. WMCCA has requested that the State of Maryland reject the council's approval. It is curious that the applicant made its case for the change on environmental grounds, since RE-2 zoned homes directly across Glen Road are developed on septic according to our Master Plan to protect the environment and the same Greenbriar Branch watershed that will be impacted by Glenstone's proposed sewer crossing.

2012 Park, Recreation and Open Space (PROS) Plan - In July, Maryland National Capital Park and Planning Commission (MNCPPC) approved the newest PROS Plan, a document that will guide our park and recreation planning policy to the year 2022 and beyond. It assesses needs and recommends strategies for recreation facilities, natural resource areas, historic/cultural areas, and agricultural lands. What distinguishes the current plan is a new emphasis on the importance of natural resource-based recreation such as hiking, bicycling, bird watching and environmental education activities, as well as an emphasis on creating new types of urban green spaces for county residents.

Write

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

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Art Gallery of Potomac Features Scenes by Local Artists

Opening reception planned for Oct. 6.

By Susan Belford
The Almanac

Nature in October puts on her most gorgeous display of colors — and residents of Potomac are fortunate to live in the midst of delightful weather and stunning scenery. The paintings displayed this month at the Art Gallery of Potomac reflect the beauty of the C&O Canal, Glen Echo and the Potomac Crossroads as well as the lushness of the sunsets, flowers and rural scenes of this area.

October at the Art Gallery of Potomac will feature the work of guest artist Susan Gibbs alongside the work of two resident artists, Terri Cunningham and Carol Dyer. The theme for the show is Potomac – Yesterday and Today. The show will run from Oct. 3 – 31 with the opening reception from 5-7 p.m. on Saturday, Oct. 6.

Gibbs, a long-time Potomac resident, will feature her pastoral paintings. Gibbs attended the Schuler School of Art in Baltimore and paints in an opulent Flemish style. Her floral still-lives are dramatic and her rich pastoral paintings display the cows and sheep in the more rural areas of Maryland and Virginia.

Both Gibbs and Cunningham are plein air painters — artists who paint on location outside — as well as good friends. They enjoy traveling across the U.S. and to Europe to attend work-shops and to paint. They have studied with some of the foremost plein air painters in the world.

“My paintings are a journal of my love of the outdoors. Landscapes, seascapes and cityscapes that are painted in the plein air tradition are more immediate in capturing the light and color on site,” said resident artist Cunningham. “This produces a spontaneous and natural look. Most of all, painting outside evokes a sense of awe and wonder that only being in nature can provide.”



Terri Cunningham and Susan Gibbs at Gavin Brooks workshop in Stratford Hall, Va.

Cunningham will feature paintings of the local area — the C&O Canal with its blue herons and fall colors. Her images of the lock houses invoke the spirit of the canal long-ago when it was heavily traveled by barges carrying food and goods to and from Georgetown and manned by resident families who controlled the locks.

Dyer will be displaying four new paintings of the area. “Potomac Days at the Crossroads” is her vision of what the River and Falls Roads intersection was like in the early 1900s when it was named Offutt’s Crossroads. This folk-art painting is being auctioned 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.

She will also present “Family Day at Glen Echo Park” depicting the park when it was established in 1891 with its famous Dentzel Carousel, a Ferris wheel, hot air balloons, the trolley and families enjoying its wonders. “The park has been dedicated to entertaining people for over 100 years — and I wanted to capture it as it used to be,” she said.

Her “Kensington Marketplace” portrays Kensington’s Antique Row. Dyer said, “The area is full of collectables and gourmet foods.” She paints Antique Row with folks enjoying an afternoon tea at the Corner Cupboard, locating hard-to-find books at the bookstore and viewing the work of the



Art by Carol Dyer.

clock-maker.

One additional painting by Dyer on display is entitled “Clyde’s Cider Mill” — a scene from Old Mystic, Conn. Established in 1881, the mill is the last steam-powered mill in the northeast area. People who visit this quaint New England village in the fall are treated to pumpkin bread and warm spiced apple cider.

The Art Gallery of Potomac’s hours are Wednesday through Sunday from noon – 4

p.m. The gallery is located behind the Verizon Store and next to Big Wheel Bikes in the Potomac Village Shopping Center.

This wine and cheese reception on Oct. 20 will also feature flower arrangements inspired by the artwork and created by the Country Gardeners, Potomac’s oldest garden club. Additionally, there will be musical performances by the Potomac Theater Company from its fall musical, “My Fair Lady.”



Art by Susan Gibbs



Art by Terri Cunningham



Terri Cunningham during an outdoor painting class by Walt Bartman.



Photo by Deborah Stevens/The Almanac

Crittters for the Cure

A champagne celebration at Zohra Salon was held Monday, Oct. 1 to launch the 2013 Crittters for the Cure "Captures The Moment" calendar. From left are: Trixie Bradfield, assistant to the event director; Leslie Kern, model in the calendar; Monique Marwani and her dog Bella, models in the calendar; Stephen Bobb, calendar photographer and his son Ryan; Clancy Kress, event director with dog Scully; Kathy Schonely, model in the calendar, and Lori White, model in the calendar. Funds raised through the sale of this calendar help financially support women who are uninsured or underinsured with financial gaps in treatment to pay for wigs, prosthetics, medical and prescription co-pays, groceries, dog walkers and more.

Welcome to 'Boutiques of House Tour'

From Page 3

them for a while and then branch out to do jewelry and hand bags, " Nowell said. Her handbags, which she has dubbed, "Posh Bags," are made with leather or suede pelt. She also uses faux suede and/or leather for all purpose bags. "They are used for dress up or dress down," she added.

In addition, for the younger shopper, Nowell will have her own line of jewelry. "I like to have an assortment for all ages at all prices, she said. And, special for the house tour boutique, she will introduce embellished Jean Jackets. "They are really pretty," she said, and just in time for fall weather.

Not all of the vendors are presently from the Potomac area. Sara Shankland a former Potomac resident now living in Vero Beach, Fla., will come back to her old stomping ground to participate in the boutique. Her exquisitely designed and personally created jewelry has been extremely popular in Vero Beach where she was selected last spring to participate in the highly regarded "Under The Oaks"

Church Hosts Potomac Country House Tour

St. Francis Episcopal Church will host the 57th annual Potomac Country House Tour, Oct. 13-14. The tour is scheduled to begin and end at St. Francis, 10033 River Road, 301-365-2055.

See potomaccountryhousetour.org.

All proceeds of House Tour directly benefit local, national and international charities.

More than 150 St. Francis volunteers work to create the tour weekend.

Advance tickets for \$20 may be purchased online, or at St. Francis Episcopal Church, 10033 River Road, or at vendors listed on the tour website.

Tour events at the church include a gourmet luncheon, dessert café and boutiques, plus a silent auction and raffle.

event.

Jeff Lia Braaten of Annandale, Va. will bring 200 pillow covers from which to choose, and if you can't find the absolutely perfect combination for what you need he will make it for you. "If you bring your own color samples I will gladly match them," he offered. This year Jeff has added tote bags created from "high-end" decorative fabrics to his inventory. However, going farther afield, he is also introducing vintage home accessories and small furniture.

"We have strived to assemble a wide variety of vendors who will appeal to many, in the community," boutique chairman Gaines Hurdle said. She will also be there representing "The Surrey Two," featuring gifts and accessories for all occasions, from elegant to casual.

Vendors at the "Boutique Of House Tour" donate a percentage of all sales to over 35 outreach programs of St. Francis Episcopal Church. Shopping at this event serves a dual purpose — a contribution to much needed programs and, again, a marvelous reason to shop in Potomac Village.



Photo by Cissy Finley Grant /The Almanac

What may appear as a basket of broccoli, is really a huge collection of dried hydrangeas. It took Linda Hobbins (above) two weeks to dry them, she said.

Two Events - One Day with SUN DESIGN!

Saturday, October 13th — 10am-4pm



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Pascal Leads Wootton Field Hockey Past Churchill

Rivals each experiencing strong 2012 seasons.

By Ben Fox
For The Almanac

There are few rivalries in Montgomery County larger than the one between Wootton and Churchill. No matter the sport, no

matter the year and no matter the circumstances, when these two schools play each other it is sure to be a meaningful game.

On Sept. 28, the Churchill Bulldogs played the Wootton Patriots in an exciting field hockey game at Wootton. Both teams came into

the match with dominant seasons so far; Churchill with a 6-1 record and Wootton with a 6-0-1 mark.

According to Churchill coach Cay Miller, the Bulldogs have recognized that there is a different atmosphere when it comes to games against Wootton.

"As long as I've coached at Churchill, games against Wootton are always good ones," Miller said. "Regardless of either team's record in a given year, both teams match up very well. This year, it was important for us to come at this game as we would any other game against a good team."

At first, Churchill did exactly that, with senior Catherine Roberts scoring an early goal in the first half. According to Roberts, the team's pre-game preparations were a large factor in that quick first goal.

"We started the game after a very energetic warmup, coming out ready to fight," Roberts said. "[Churchill seniors] Jenn Shim, Alyssa Weiss and the rest of the starters moved the ball down the field quickly, earning us corners and a goal."

But the lead did not last for long, as Roberts' goal would be Churchill's last. The Patriots answered back quickly with their own goal seven minutes later, and twice more before the end of the game to secure a 3-1 victory.

The entirety of the Patriots' offense came from attacker Carly Pascal.

The Wootton senior had all three of her team's goals, two in the first half and one in the second, and built a lead for Wootton that it wouldn't relinquish.

"It wasn't easy; their defense was really solid and tough," Pascal said. "We had some great plays and were able to break through their defense. We also took advantage of every opportunity available and fought for each goal."

According to Churchill senior Weiss, who has played on a club team with Pascal and against her in previous Churchill-Wootton matchups, she has grown to appreciate her opponent's skills around the net.

"Carly Pascal is definitely a good player and she's very handy in front of a net," Weiss said. "Every year she's helped Wootton with scoring — she's great at finishing."

These two teams last faced each other in the 2011 4A playoffs, where Wootton lost to Churchill to



Photo by Harvey Levine/The Almanac

Carly Pascal, seen last season, scored each of the Wootton field hockey team's three goals in a 3-1 victory against Churchill on Sept. 28.

end the Patriots' season. The Bulldogs advanced to the region final, where they lost to Bethesda-Chevy Chase.

According to Pascal, making up for that playoff loss was on the minds of many Wootton players.

"This was one of the games that we really wanted to win," Pascal said. "Churchill beat us in the regular season and took us out of playoffs last year, so this game was super important to us. Everyone was invested in this game and nobody gave up. We didn't surrender anything; we left it all out on the field and went home with a win."

The Patriots were not the only team that was thinking of last season on Sept. 28. According to Weiss, the Bulldogs also wanted the win against their rival school.

"Both teams wanted it and I think we are very evenly matched, but Wootton really showed up and

Churchill didn't the way we normally do," Weiss said. "It's an important win for them and they were really excited after the game."

The Bulldogs still have a winning record, and plan to go far in the playoffs. According to Coach Miller, the team will learn from the loss and use it to get better.

"Our team goal is to always improve," Miller said. "It's one thing to say you want to go far in the playoffs, but it's another thing to do the work necessary to get there. There are some solid teams in the 4A West so hopefully we can take Friday's loss as motivation to focus on our game."

Wootton will host Magruder at 3:30 p.m. on Thursday, Oct. 4. Churchill faced Walter Johnson on Oct. 2, after The Almanac's deadline. The Bulldogs will travel to face Watkins Mill at 7 p.m. on Tuesday, Oct. 9.

www.ConnectionNewspapers.com



Photo by Harvey Levine/The Almanac

Vinny Montgillion led the Churchill football team with 70 rushing yards during a 13-6 victory against Gaithersburg on Sept. 29.

Sports Briefs

Churchill Football Beats Gaithersburg

One week after suffering its first loss of the season, the Churchill football team responded with a 13-6 victory at Gaithersburg on Sept. 29. The victory improved the Bulldogs' record to 4-1.

Five Churchill ball carriers combined to rush 35 times for 146 yards and a touchdown. Vinny Montgillion led the Bulldogs with 70 yards. Malik Harris finished with 46 yards and a touchdown.

Quarterback Jonathan Lee completed 7 of 19 passes for 111 yards and a touchdown. Dominique Williams caught a 6-yard touchdown pass.

Defensively, Jake Cantor led Churchill with eight tackles. Giulian Groce had seven tackles and two sacks. Joe Nolan and Williams each had an interception.

Churchill will host Northwest at 6:30 p.m. on Friday, Oct. 5.

Wootton Improves to 3-2

The Wootton football team defeated Walter Johnson, 29-12, on Sept. 28, improving its record to 3-2.

The Patriots will host Blake at 6:30 p.m. on Friday, Oct. 5.

Whitman Loses to B-CC

The Whitman football team dropped to 2-3 with a 7-3 loss to Bethesda-Chevy Chase on Sept. 29. Whitman's Zac Morton carried 30 times for 166 yards.

The Vikings will travel to face Quince Orchard at 6:30 p.m. on Friday, Oct. 5.

Calendar

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

THROUGH OCT. 18

Musical. P. Nokio: A Hip-Hop Musical runs in Imagination Stage's Annette M. and Theodore N. Lerner Family Theatre, 4908 Auburn Ave., Bethesda. Appropriate for ages 5-12, tickets are \$12-\$25, and may be purchased online at www.imaginationstage.org, or at the Imagination Stage box office, or via phone at 301-280-1660.

THROUGH OCTOBER

Potomac Farmers Market. Thursdays, 2-6:30 p.m. at Potomac United Methodist Church, 9908 South Glen Road, at the corner of Falls Road and Democracy Blvd. 301-792-6054.

Bethesda Freshfarm Market. Saturdays, 9 a.m.-1 p.m. at Norfolk Avenue, between Fairmont and St. Elmo Avenues in Bethesda. Call 301-215-6660 or visit www.bethesda.org.

THROUGH DECEMBER

The Puppet Co. at Glen Echo Park has announced its 2012-2013 season with something for everyone. Call 301-634-5380 or visit www.thepuppetco.org.

Carnival of the Animals, Sept. 21 - Oct. 7, 2012. Fridays at 10 and 11:30 a.m. Saturdays and Sundays at 11:30 a.m. and 1 p.m.

Beauty and the Beast, Oct. 12 - Nov. 16, 2012. Thursdays and Fridays at 10 and 11:30 a.m. Saturdays and Sundays at 11:30 a.m. and 1 p.m.

The Nutcracker, Nov. 23 - Dec. 30, 2012. Thursdays and Fridays at 10 and 11:30 a.m. Saturdays and Sundays at 11:30 a.m. and 1 p.m.

WEDNESDAY/OCT. 3

Loide. 7:30 p.m. Mansion at Strathmore, 10701 Rockville Pike. Tickets: \$15. Loide's African roots and her deep love for jazz come together to create a mix of contemporary vocals and afro-lusophone rhythms. Call 301-581-5100 or visit www.strathmore.org.

Ballet Folklórico de México. 8 p.m. Music Center at Strathmore, 5301 Tuckerman Lane. Tickets \$28-\$48. Call 301-581-5100 or visit www.strathmore.org.

FRIDAY & SATURDAY/OCT. 5 & 6

Patti Lupone: Matters of the Heart. 8 p.m. Music Center at Strathmore, 5301 Tuckerman Lane. Tickets \$45-\$85. Chris Fenwick, musical director with the Four Play String Quartet. Call 301-581-5100 or visit www.strathmore.org

SATURDAY/OCT. 6

Taste of Bethesda. 11 a.m.-4 p.m. The 23rd Annual Taste of Bethesda, a food and music festival in the Woodmont Triangle area of downtown Bethesda. Call 301-215-6660 or visit www.bethesda.org.

Montgomery County Out of the Darkness Community Walk. 9 a.m.- noon. Carderock Park Pavilion. Check-in at 9-10 a.m. This 3-5 mile walk benefits the American Foundation for Suicide Prevention. Visit www.afsp.org or e-mail ncacchapter.afsp@gmail.com.

SATURDAY & SUNDAY/OCT. 6 & 7

Art Exhibit. noon-7 p.m. Jim Cobren will present recent paintings at the Glen Echo Park Yellow Barn Gallery, 7300 MacArthur Blvd. A reception for the artist will be held from 5-7 p.m.



Photo by Blake Echols/Imagination Stage

Julia Krebs Patterson and Jasmin Danielle Johnson in the January 2012 world premiere production of "Mouse on the Move" at Imagination Stage. "Mouse on the Move" runs in Imagination Stage's Christopher and Dana Reeve Studio Theatre Oct.6-Nov. 11 at 10:30 a.m. and 11:45 a.m. Appropriate for ages 1-5, tickets are \$10-\$12, with a \$5 lap seat for children under 12 months. Tickets may be purchased online at www.imaginationstage.org, by phone at 301-280-1660 or at the Imagination Stage box office, located at 4908 Auburn Ave., Bethesda.

on Saturday. The Gallery will be open until 5 p.m. on Sunday. Open to the public. Contact the Yellow Barn Gallery at 301-371-5593 or the National Park Service, Glen Echo, at 301-492-6229.

SUNDAY/OCT. 7

Kids Sunday Workshop. 9:30 a.m.-12:30 p.m. Ages 7-11. The Mansion at Strathmore, 10701 Rockville Pike. Call 301-581-5200 or visit www.strathmore.org.

- ❖ Go Crazy with Henna.
- ❖ Artist Trading Cards: Mini Masterpiece.
- ❖ Black & White Printmaking.

MONDAYS/OCT. 8-29

So You Think You Can't Sing. 7:30-9 p.m. This class is for adults who always wanted to sing but couldn't. Breathing exercises, pitch-matching games and enjoyable activities build proficiency and confidence. The Mansion at Strathmore, 10701 Rockville Pike. Call 301-581-5200 or visit www.strathmore.org.

OCT. 9, 23, 24, NOV. 6, 13, 14, 27 & 28

Strathmore Afternoon Tea. 1 p.m. Enjoy afternoon tea in the cozy atmosphere of The Shapiro Music Room at Strathmore. Vegetarian meals are not available. \$23 per person (Stars Price \$20.70). Pre-paid, non-refundable reservations required.



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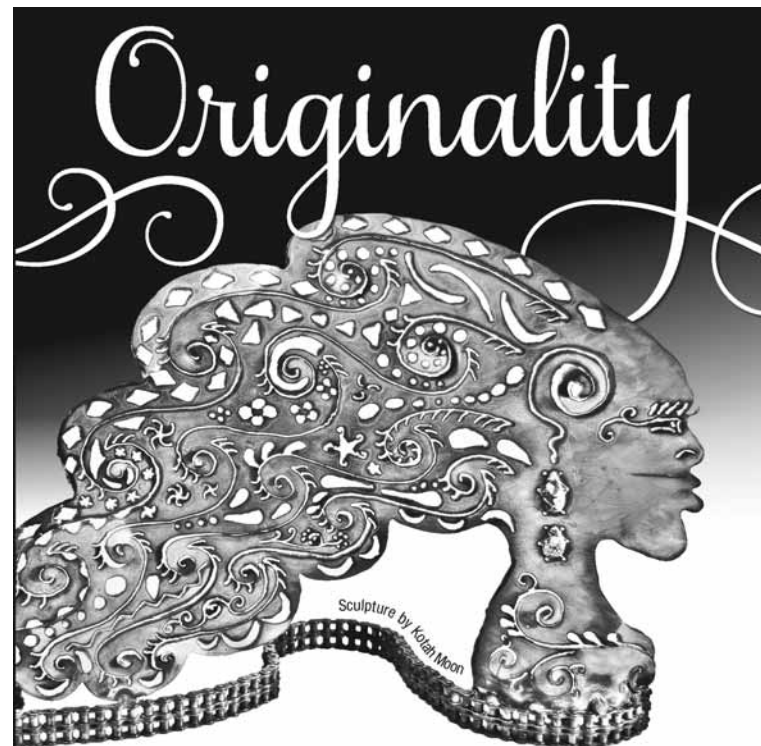
Samis Ahmad. 7:30 p.m. Mansion at Strathmore, 10701 Rockville Pike. Tickets: \$15. North Indian classical vocalist Samia Ahmad branches out from her classical base to incorporate Nazrul Sangeet, Bhajans and global fusion, melding Hindustani classical sounds with the rhythms of South Africa and the West. Call 301-581-5100 or visit www.strathmore.org.

THURSDAY/OCT. 11

Concert. 8 p.m. Travel back in time with Jack Everly and the BSO Superpops for television themes of the '50s, plus "Hit Parade" tunes. Approximately 130 minutes with intermission. The Music Center at Strathmore, 5301 Tuckerman Ln. Call 301-581-5200 or visit www.strathmore.org.

FRIDAY/OCT. 12

Duo Amaral. 7:30 p.m. Mansion at Strathmore, 10701 Rockville Pike. Tickets \$30. Jerusalem-born Mia Pomerantz-Amaral and husband Jorge Amaral are prizewinners of several international guitar competitions. Call 301-581-5100 or visit www.strathmore.org.



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-Abraham Lincoln

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By KENNETH B. LOURIE

These are the exact words, ergo the quotation marks, e-mailed to me by my oncologist describing/assessing my most recent CT Scan. Words which no doubt will be clarified-and-questioned by yours truly at our next face-to-face appointment (in two weeks approximately). Subject to interpretation, misinterpretation, one's level of denial, that same one's level of acceptance; these are words that for now, I must live with, and considering the operative word "live," I am happy – and amazingly fortunate, to do so.

Given the availability of e-mail, results regarding lab work, diagnostic scans and miscellaneous other tests are now just a mouse click away. No more sitting anxiously in the doctor's office waiting for his arrival, eager to observe his facial expressions, body language, tone and inflection, desperate for a hint, until he shares the latest news about your health; now we know, sort of. Although there is a wide margin for conversational disconnect and misunderstanding when doctors provide such information electronically (and not personally, and with no real-time feedback loop), knowing something quickly (same day service for this most recent result), has its place. Not perfect, by any means. But they are a means to an end – of worrying and wondering when you are going to receive a phone call/hear back from your oncologist.

Nevertheless, it is impossible – for me, not to get existential when you receive these e-mails and wonder, what does it all mean? Of course, you know what you want it to mean. But as much as I'd like to think I can be objective about such communications, given the seriousness of the underlying diagnosis (NSCLC, stage IV), I suppose if I were being totally honest, I would have to say that's probably being unrealistic. Moreover, even though I've been through this emotional ringer for three and a half years now, and much of what occurs is familiar, presuming that wishful thinking, naïveté and plain old hope don't subconsciously take over and lead the patient/survivor down the garden path is probably also a bit unrealistic. Still, what's a terminal patient to do? As Tug McGraw of the "Amazin'" '69 Mets made famous: "You Gotta Believe." So I do.

It's not that I'm totally out of touch with the severity of my diagnosis and the statistical probabilities of living beyond a certain number of years, it's more that I choose to ignore them and try extremely hard not to dwell on them. (Much easier written than actually done.) As my brother Richard encouraged me at the very beginning: "There are exceptions to every rule. You'll be the exception that disproves the rule." And so, he has been proven correct as I have survived beyond my oncologist's original prognosis, grim as it was ("13 months to two years"). It's not to say I didn't believe what the oncologist said to me when I first heard it, (life expectancy/prognosis), but it was sure hard to process it since I was asymptomatic and felt completely fine. Still, I took the news very seriously, as you can imagine. To say the next few days at home were not incredibly difficult would be a lie.

Within a few weeks or so, I had made a variety of changes in my life and tried to assimilate my diagnosis/prognosis into my present so that maybe I'd have a future. For a long time I became a proponent of George Allen's football philosophy: "The future is now!" Given how I feel now, three-plus years later, and considering the results of this most recent scan, the future may simply be what it is: not now, but later. At least, that's the way I see it, subjectively speaking. (Now whether "subjectively speaking" is just a euphemism for "unrealistic" is likely a topic for a "future" column.)

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

Wellbeing

Preparing for Cold and Flu Season

Health care professionals offer advice for staying healthy

By Marilyn Campbell
The Almanac

While many of her friends and family members enjoy the cooler temperatures and vibrantly colored leaves that herald the arrival of autumn, Mary O'Brien braces herself. For her, fall and winter mean sniffles, sneezes and frequent trips to the doctor.

"I usually catch about four colds between October and April," said the North Potomac, Md., mother of two preschool children. "Between myself, my husband and our kids, it seems like someone always has a runny nose, fever or cough."

Local health care professionals say that while cold and flu season peaks in January and February, it can begin as early as October and extend through May. While there is no cure for the cold or flu, there are a few strategies that can increase one's chances of staying healthy.

Clean hands are the first line of defense against germs that cause illness. "I advise my patients to practice good hand washing habits, avoid touching their faces when possible, and cover their mouths when they sneeze or cough," said Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network in Alexandria, Reston and Falls Church and Molina Healthcare.

Rachel Lynch, manager for Prevention and Self Care at Inova Health System in Fairfax, adds, "Hand sanitizers are a great option if you're out and about or don't have access to soap, but you should always make sure you clean your hands before and after eating, when you've been around other people who might be sick, or when you've come in contact with animals."

Experts also stress the importance of safeguarding one's immune system: "Getting



Photo by Marilyn Campbell/The Connection

Experts say good hand washing habits, especially for children, can help keep illness at bay.

enough sleep, drinking lots of water and getting exercise are also important in helping your immune system stay healthy and strong," said Lynch.

She went on to advise patients to avoid spreading germs to others: "If you're not feeling well, stay home. If we keep people who are sick at home, we're not spreading it to individuals who aren't sick. A lot of times, people think it's strong to push through and still go to school or work even if you're not feeling well."

WHEN IT COMES to staving off the flu, healthcare professionals say to vaccinate.

"The CDC (Centers for Disease Control and Prevention) reminds us that the single best way to prevent the flu is to get an influenza vaccine each season," said Diane M. White, a registered nurse with a master's of science in nursing and director of the Nurse Practitioner Marymount University Student Health Center in Arlington.

How does one know whether or not they should get a flu shot? "The CDC recommends that anyone over 6 months of age gets vaccinated, especially those at high risk for complications ... like [people with] asthma, diabetes and chronic lung disease, pregnant women, children between 6 and 23 months of age, anyone 65 or older and those who live with or care for those [at] high risk," said Glossa.

Cold or Flu?

"Symptoms of the flu range from mild to severe, but usually begin with a fever and body aches, and often include a cough and/or a sore throat, a headache, a runny nose, fatigue and chills, and potential vomiting, nausea and/or diarrhea. In many cases, the flu will resolve on its own in four to 10 days with plenty of rest and liquids. If symptoms are severe, a doctor can prescribe antiviral medication to help lessen the duration and/or symptoms."

— **Dr. Jean Glossa**, medical director, Fairfax County Community Health Care Network

Glossa adds that because the antibodies take about two weeks to provide the full measure of protection, the CDC recommends that the public get vaccinated as soon as the new vaccine is offered.

Experts say that some people are afraid to get the vaccine because they believe it may cause the flu, but that notion is inaccurate: "Injected flu vaccines only contain dead virus so it can't infect you," said Glossa. "The nasal vaccine, known as FluMist, is the one type of live virus flu vaccine, but this virus is specially engineered to remove the parts of the virus that make people sick."

Glossa offers one caveat: "People with severe allergies, especially those with an allergy to eggs, or anyone who has had a severe reaction to flu vaccines in the past, should check with their doctors before getting a flu shot."

don't mix products." Glossa added that washing one's hands after using chemicals is another preventative measure.

Children are also susceptible to eye injuries, but parents can take a few precautions to thwart harm. "Avoid certain children's toys [like] projectile toys such as darts and bows and arrows," said Glossa. "Keep all household cleaning supplies that contain chemicals and sprays out of a child's reach, and cushion the sharp corners and edges of furniture and home fixtures."

The American Academy of Ophthalmology also recommends care when using lawn mowers, trimmers and shovels, which can propel dirt and debris into the air.

Bulletin Board

Email announcements to almanac@connectionnewspapers.com. Deadline is Thursday at noon.

SATURDAY/OCT. 6

Pet Connect Rescue Dog Adoption Event. 10 a.m. - 1 p.m. White Flint Plaza PetSmart, 5154 Nicholson Ln. Visit www.petconnectrescue.org

MONDAY/OCT. 8

Montgomery County Civic Federation Meeting. 7: 45-10 p.m. State Sen. Jamie Raskin summarize State issues, from redistricting to gambling. County Council Senior Legislative Attorney Michael Faden will provide the gist of some controversial county issues. Meet at the County Council Office Building, 100 Maryland Ave. Free parking in adjacent County Garage. All County residents and representatives of civic organizations welcome. No admission charge. Visit www.montgomerycivic.org.

SUNDAY/OCT. 14

50+ Expo. noon-4 p.m. The Beacon will be hosting 50+ Expo and Prevention of Blindness Society of Metropolitan Washington will be on site to perform glaucoma screenings. Free and open to the public. White Flint Mall.

Free Dog Workshop. 1:30-3:30 p.m. St. Luke's Episcopal Church, 6030 Grosvenor Ln. Dog trainer Jennifer Lund will talk about strategies to deal with dog problems. Leave dog at home. To register, go to www.yourdogsfriend.info or call 301-983-5913.

MONDAY/OCT. 15

Job Search Program. The Career Gateway, JCA's job search training program, kicks off its next session. Featuring small classes, individualized attention, 30 hours of instruction over five class days, and long-term mentors, The Career Gateway is open to job seekers age 50 and over who want to turbo-charge their resumes, hone their interviewing skills, network more effectively, discover the hidden job market, and develop personal job search plans. Classes are held at the Ann L. Bronfman Center, 12320 Parklawn Dr. November classes also are open for registration. Call 301-255-4200 or visit www.AccessJCA.org.

OCT. 16-18

Hebrew Parent and Child Class. The class meets every Tuesday at 10 a.m. Cost: Members \$150, Non-Members \$180. For ages 12-24 months. Enjoy the Hebrew language through stories, rhymes, songs, finger play and much more with an Israeli preschool teacher. Call 717-842-0918.

SATURDAY/OCT. 20

Free Remodeling Seminar. 10 a.m.-2 p.m. Hopkins & Porter, Inc. will be offering "How to Fall in Love with Your Home Again", a free design and remodeling seminar that will include a complimentary lunch with opportunity to discuss one's own project with professional staff. Space is limited to 15 participants per session. RSVPs are required. Call 301-840-9121, #17 or email Debbie@hopkinsandporter.com to reserve a space. The seminar will take place at the offices of Hopkins & Porter, 12944-C Travilah Rd., #204.

Pet Connect Rescue Adoption Cat Event. 11 a.m. - 2 p.m. BARK! (Congressional Plaza), 1643 Rockville Pike. Visit www.petconnectrescue.org

TUESDAY/OCT. 23

Open Meeting of the Potomac Village Garden Club. 7:30 p.m. Get suggestions from the State Division of Natural Resources George Timko who has worked on the deer project for 20 years. Saint Francis Episcopal Church River Road in Potomac Village across from the Safeway. There will be a social time after the presentation with refreshments to allow time for organizing and seeing what is working in the garden club gardens.

Executive Functioning Skills Lecture by Dr. Patrick Savage. 7-9 p.m. Local expert speaks about behavior, emotions, learning and parenting. Our Lady of Mercy School, 9222 Kentsdale Dr. \$10 at door, refreshments are provided. RSVP to schooloffice@olom.org

Protecting One's Eyes

By Marilyn Campbell
The Almanac

Nancy Mahon was cleaning the bathroom of her Herndon home last spring when she noticed that something was going wrong.

"My eyes started burning intensely," she said. "They were red and felt like they were on fire." The source of her eye irritation was a chemical that she was using to clean her bathroom. She sought medical care and now uses mild, non-toxic cleaners.

Simple tasks like gardening or cleaning can lead to eye injury, so ophthalmologists are using the month of October, Eye Injury

Prevention Month, to promote eye safety.

"Unfortunately, most people don't think about eye protection for home projects until it is too late," Dr. Lynn Polonski, M.D., an ophthalmologist and spokesman for the American Academy of Ophthalmology, said in a statement.

"Wear protective eyewear during risky activities, such as anytime you might be exposed to flying particles or dust. Wear goggles when exposed to chemicals," said Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network. "Take caution with chemicals and cleaners. Carefully read the labels of chemicals in household cleaning supplies and

Medical experts offer safety tips.

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