

Potomac ALMANAC

'Art for Paws'

News, Page 3

Election '12

News, Page 2

New Life for Outdated Rink?

News, Page 3

**Huckleberry Fine
Art Gallery
Director Kerilynn
Vigneau cuddles
with Simon for
the "Art for
Paws" fundraiser.**

Shop for a Cause At WHC Boutique

News, Page 5

Wootton Boys' Soccer Beats WJ for 4A West Title

Sports, Page 12

Well Being

Page 13

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Election 2012



Photos by Mary Kimm/The Almanac



The wait in line to vote at River Falls in Potomac was not unpleasant. It was a cool and sunny Election Day with large and lively turnout.

Much To Consider

Even though Maryland is not considered a “battleground” state for the presidential race, there were some significant ballot questions to be decided, including questions about same sex marriage and expansion of gambling. Three Board of Education seats were also on the ballot.

Bullis School Holds Town Hall Debate and Mock Election

Students depict different political perspectives.

By Susan Belford
The Almanac

Students and staff at the Bullis School voted on Tuesday, Nov. 6 for the presidential candidate of their choice. The entire student body and staff at the Bullis School attended a Town Hall Debate on Monday, Nov. 5 — and voted — just as their parents and most of the over-18's in the U.S. All students and staff were required to register in order to vote. Registration duties were handled by the Bullis 5th grade, while students from the other Lower School classes participated in making and hanging posters to encourage everyone to register. Middle School students helped the candidates with publicity and signage, and the Upper School provided candidates and advisory committees for each candidate. Faculty members also served as candidate advisors.

The Town Hall meeting included all four presidential candidates and moderator Zach Wood, a junior at Bullis. Sophomore Teddy Sullivan was Mitt Romney, Senior JD Dyer was President Barack Obama, Sophomore Arman Salmasi was the Libertarian Party's candidate Gary Johnson and Sioned Vaughan, a junior who just moved to the U.S. from Australia was the Green Party's candidate, Jill Stein.

The format of the Town Hall Debate allowed for a one minute introductory speech from each candidate. Questions followed and each candidate had one minute to an-



The candidates and moderator, from left: Teddy Sullivan '15 as Mitt Romney; Sioned Vaughan '14 as Jill Stein (Green Party); Zach Wood '14, moderator; JD Dyer '13 as Barack Obama; Arman Salmasi '15 as Gary Johnson (Libertarian Party).

swer. At the end of the debate, each candidate closed with a 30-second summation. The questions were:

❖ How do you specifically plan to reduce the size of the \$1.5 trillion deficit?

❖ One-sixth of the U.S. lives in poverty, while 48 percent lives in or near the poverty line. What would you do to help poor Americans? After your inauguration, what would be your first action as president?

❖ Syria's dictator is killing his people to stay in power. Should the U.S. get involved in this crisis?

Each of the student-presidential contenders laid out the philosophy of their candidate and party. Dyer (Obama) said, “I want to return to the tax code system of President Clinton and re-establish the surplus

that was attained during his administration. We can best help the poor in our country by providing support for those basic needs that are so costly — like health care and jobs training. We must help 100 percent of America and not ignore 47 percent. People who have more should help more.”

Salmasi (Johnson) of the Libertarian Party said, “We must pull all of our troops out of Afghanistan and avoid unwinnable wars to regain control of our economy and focus on our own issues here at home. We have to put people back to work — and cannot ignore 47 percent of our country.” He also explained in an earlier interview that Libertarians advocate cutting military spending overseas and providing more protection for U.S. borders. “They champion the con-

stitution,” he said.

Vaughn (Stein) of the Green Party said, “Stopping the flow of arms in Syria should be our number one priority in that crisis-stricken country.” She also advocated for a moratorium on foreclosures to give borrowers more time to regain their financial stability and limit the growing homelessness among those struggling to keep their homes. “I would like to institute a carbon tax nationwide to encourage research into new energies. New sources of energy will bring new jobs for America. We must also address tax pollution and eliminate loopholes for the super-rich and reduce the tax burden for the poor.” Vaughn found participating in the debate to be quite exciting and educational, since she is just learning about American government and politics.

Sullivan (Romney) stressed that “We must bring jobs back to America, rather than allowing so many products we use right here to be imported from overseas. We must absolutely limit federal spending, while reaching out to the underprivileged.” He also stated that, “Education must become more accessible. I will support community colleges and financial aid programs. In answer to the Syria question, he said, “We must help the revolutionaries in Syria to fight the dictatorship currently in power.” Sullivan also emphasized, “I am not a monster and have strived to avoid negative campaigning. I care about all Americans.”

The students and staff listened and then had to make their decisions of which candidate to vote for. In the process, they learned about the political process, political parties, the candidates, and the importance of voting. The results of the election will be announced as soon as all the votes are in.

Photo by Susie Zimmerman

New Life for Outdated Rink?

Old roller-hockey rink could be used for adaptive sports.

By Ken Moore
The Almanac

Mary Cassell's family plays soccer. Her sisters. Her brother. Everyone. Mary, 12, who has cerebral palsy, plays soccer with her walker that she uses to navigate the pitch.

"It's a human shield when it comes to defense," she said, of the adaptive device. "It's a metal cube, like an extra defender, it's kind of hard to get around."

Last weekend, Mary Cassell and dozens of athletes with disabilities played in this fall's culminating event for TOPSoccer, an outreach program of soccer for youth with disabilities. TOPSoccer, a Special Olympics program, partners with MSI to offer fall soccer leagues for toddlers to young adults.

"It gives you something to do on the weekend," said Mary, who has a brother and two sisters — including a twin — who play soccer and volunteer with the program.

Catherine and Elizabeth Cassell, Mary's sisters, find the program inspiring and appreciate all opportunities Mary gets to play. "It's kinds of the family sport, everyone does it," said Catherine and Elizabeth Cassell.

But Mary simply loves the game; she doesn't feel the need to be included in the



Alexis Kende and Mary Cassell, in the middle, participate in a soccer game with other athletes of the TOPSoccer program in November 2011 at Wootton High School. TOPSoccer is currently exploring the possibility of using the old inline skating rink at the Potomac Community Center for its programs, which would allow all of the athletes to compete without difficulty due to their equipment.

broader mission of inclusion.

"I really do not care. Soccer is fun. I don't care whatever other people think," she said, when asked if her soccer program raises awareness of her peers or people in the community regarding the abilities of people with disabilities.

That mission she passes back to her par-

ents and family, to MSI, and to Pam Yerg, who continues to captain efforts to turn the dormant Potomac in-line hockey rink into a field that can be used for athletes with special needs.

"We need a surface to allow people with disabilities who have assistive equipment to play multiple sports," said Yerg. "I'm hop-

Get Involved

Public Meeting on Proposal to Modify Potomac Community Center Roller Rink, Thursday, Nov. 15, 7 p.m. Potomac Community Center, Social Hall, 11315 Falls Road

Montgomery County Department of Recreation seeks public input on "a suggestion to modify the existing Potomac Community Center roller rink in order to provide a smooth, soft surface, accessible sports area," for use by athletes with disabilities, according to the Recreation Department. "A renovated composite/textile surface will expand opportunities for all adaptive sports, including individuals with disabilities to participate in activities such as soccer, field hockey and lacrosse. The surface would also accommodate individuals that use assistive equipment such as wheelchairs and walkers. The idea is under consideration after being suggested by the community advisory committee."

Residents and interested groups that actively support services for individuals with disabilities are encouraged to participate in the discussions.

Contact Jeffrey A. Bourne at 240-777-6800.

Pam Yerg, area director of Special Olympics Maryland — Montgomery and Maryland Director for TOPSoccer, can be reached at 301-424-3083, 301-424-7533 and at jeyclan@verizon.net.

ing the community is positive and embracing of the opportunity."

ON THURSDAY, NOV. 15, the Montgomery County Department of Recreation will host a meeting at the Potomac Community Center at 7 p.m. to elicit feedback on the proposal to adapt the rink for use for soccer and other sports programs.

"It's time, it makes sense. This is a really positive thing," said Yerg.

Yerg has been looking at the dormant

See New Life, Page 15

'Art for Paws' Benefits Animal Services and Adoption Center

Art show helps MCPAW raise funds.

By Susan Belford
The Almanac

The Huckleberry Fine Art Gallery in Rockville provided a colorful backdrop for the Montgomery County Partners in Animal Well-Being (MCPAW) fund-raising art show, reception and raffle held Saturday evening, Oct. 27. The "Art for Paws" event featured artist Gavin Glakas demonstrating his painting style as well as the art works of Michael Cheval, J. Scot Nicol, Marilyn Borglum, Rob Gonsalves and other artists and sculptors. But the real stars of the show were Missy and Simon — two rescue dogs hoping to be chosen for a permanent family.

Gallery Director Kerilynn Vigneau immediately fell in love with Simon. When she lifted him up, he immediately cuddled his head under her chin. "I would love to take Simon home with me," she said. "My boyfriend and I have been discussing getting a puppy for a long time." Other guests expressed an interest in adopting Simon and www.ConnectionNewspapers.com



Cindy and Steve Landsman, a MCPAW board member, of Potomac enjoy the event.

Missy — and hopefully the two adorable puppies will soon be with a new loving family.

"I am really proud that we could host this event," Vigneau said. "Everyone who works at the gallery loves animals and we all want to support MCPAW in their mission. When we assist MCPAW, we are helping the animals in Montgomery County."

Allan Cohen, chairman of the MCPAW Board, was pleased with the turn-out. "I

want to thank everyone for coming to support such a worthwhile cause," he said. "MCPAW also thanks Boots Harris, the owner of Huckleberry Fine Art who opened his gallery for us and donated two outstanding works of art for our raffle." MCPAW also raffled off three engraved bricks. These bricks can be purchased as a special gift to honor or remember a loved one or pet or to commemorate a special event.

Judith Woolley McKeivitt of Potomac, who

recently became a strong supporter of MCPAW, said, "When I learned about MCPAW a few months ago, I immediately purchased a brick in memory of my favorite cat, Whizzer White Woolley, named for Supreme Court Judge Byron "Whizzer" White. I now have a Russian Blue cat named Sasha."

Among the many guests in attendance was Lisa Mandel-Trupp, who serves on the staff of Montgomery County Councilman Phil Andrews, chair of the Public Safety committee under which Animal Services falls. Both Andrews and Mandel-Trupp have been strong advocates of the new Animal Services and Adoption Center since the proposal to build it was first brought before the County Council.

Board member Ilissa Flamm, proud of the organization, said, "MCPAW was selected by Discovery's 2012 Creating Change Initiative from hundreds of project requests from area non-profits. MCPAW's passion and mission stood out to Discovery and resulted in the opportunity to work with their employee workforce. This project enables Discovery's employees to give back to their community."

See Fundraiser, Page 15

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Opinion

Untenable Situation of Glen Hills Owners

By Shawn Justement
WMCCA President

The Department of Environmental Protection has completed Phase 1 of the Sanitary Study of the Glen Hills area. The 2002 Potomac Master Plan called for a limited study of failed septic systems in this region to find on-site remedies or, where needed, recommend limited sewer extensions. The DEP expanded the study to include all septic systems and wells in the area, as well as including neighborhoods outside Glen Hills. After finding that only nine of 542 properties had failed systems, the DEP has moved on to Phase 2 of the Study focused on recommendations for sewer extensions to a large number of properties.

Most concerning is that DEP has declared 224 properties unsustainable for septic use without performing any site visits or inspections, and even though only five of those properties are among the nine that have been identified as actually having a failed septic. This designation was made and posted on the Glen Hills Study public website without providing notice to any of the 224 homeowners, without disclosing the specific bases for the determination, and without providing an opportunity for a homeowner to appeal and publicly rebut this determination.

The Phase 1 study used eight different parameters to determine sustainability of a septic system. These include soil type, topography, depth to bedrock, perk rates, proximity to streams, and groundwater depth. If a property fails to meet any one of the criteria it has been labeled as unsustainable, even though DEP admits that not meeting just one of the criteria may not mean that a system is unsustainable. In Phase 2, DEP is concentrating on drawing up plans to extend sewer lines to the 224 properties that have failed to meet even just one of the criteria.

The Glen Hills region is designated by the Potomac Master Plan to be outside the sewer envelope. This area was planned to be lower density housing with minimum one-acre lots to protect sensitive stream valleys from overdevelopment. The extension of sewer lines permits maximum build out on lots, including much larger housing footprints, as well as construction on environmentally sensitive land. The environmental studies that were conducted as part of the Master Plan process provided extensive documentation regarding the impact maximum build out of Glen Hills would have on water quality in the Watts Branch and Piney Branch streams which, in turn, flow into the Potomac near the intake for WSSC's drinking water filtration plant. Maintaining Glen Hills on septic and outside the sewer envelope was a conscious decision to ensure its important role as a water quality recharge area and to ensure that it would not become a source of water quality degradation.

Sewer systems are not the panacea that they are being portrayed. The recent heavy rains caused an estimated 240 million gallons of raw sewage from treatment plants to be released into area waterways. The cost to run new sewer lines can run from \$40,00 to \$100,000

per house to hook up. Sewer lines develop leaks and are costly and disruptive to repair. Sewers allow higher-density infill development.

Septic systems effectively remove biological contaminants and have the added benefit of recharging the water table. Furthermore,

WMCCA

a wide variety of advanced septic systems have been developed to deal with areas where conventional gravity-fed systems don't provide adequate treatment. These systems can address conditions such as insufficient land, poor soil, shallow soil over bedrock, proximity to streams, or high groundwater — the very conditions DEP used to characterize systems as “unsustainable.” These advanced systems are sometimes more expensive to install than conventional systems, but are still a fraction of the cost of sewers.

The labeling of septic systems as unsustainable without inspecting them or examining alternative systems may have serious consequences for those homeowners. The ability to sell or even do renovations to their homes could be jeopardized. At the very least, it would negatively affect the value of a property. Given the untenable situation in which the 224 homeowners have been placed, on Oct. 15, 2012, WMCCA wrote to Robert Hoyt, the DEP director, and requested his immediate assistance. In particular, WMCCA asked that the “unsustainable lot” designations be removed from the website and that actual notice be given to all affected homeowners regarding the basis for their specific lot determination and a meaningful way for them to rebut these allegations. WMCCA also requested that DEP post on the study website copies of the contractor's scopes of work for Phase I and Phase II, as well as a list of costs already incurred for Phase I and Phase II and the proposed budget for Phase II. DEP has not responded to our letter nor taken any of the steps we requested. In the meantime, WMCCA is considering ways that we can notify homeowners and take other collective actions.

Glenstone/Railes Sewer Category Change Update

By Susanne Lee

As [this] goes to print, no information has been received regarding whether the Maryland Department of the Environment (MDE) has approved or disapproved the Montgomery County Council's approval of sewer for this private art museum located on Glen Road. WMCCA has urged MDE to reject the sewer category change because it is inconsistent with the Potomac Subregion Master Plan.

Under Maryland law, MDE must determine whether the category change is consistent with the Master Plan within 90 days after the proposed category change was submitted by the

WMCCA Meeting

The West Montgomery County Citizens Association at the Potomac Community Center on Wednesday, Nov. 14, at 7:15 p.m.

If schools are closed because of inclement weather, the meeting will be cancelled.

The speaker will be David W. Lake, special assistant/Office of the Director, Water and Wastewater Policy, Montgomery County Department of Environmental Protection.

DEP is engaged in a study of Glen Hills and surrounding neighborhoods, an area of Potomac southwest of Rockville. The study area includes 542 properties, 87 percent of which are improved with single-family houses. The majority of existing homes in the study area use wells and septic systems for their water supply and wastewater disposal. There are two phases to the study. Phase I was recently completed and identified those lots DEP has determined are not sustainable for septic system use. Phase 2 is currently underway. DEP has stated that the “intent of Phase 2 is to provide the County Council with information and sewer service policy recommendations related to the feasibility of long-term septic system use in the study area.” A public meeting to review the draft Phase 2 report is planned for mid-January. Lake will discuss progress and findings of the study. As always, the public is welcome to attend.

County Council to MDE for approval. Depending on which day the Aug. 7, 2012 submission letter by the County Council was received by MDE, the 90 days period should expire on or about Nov. 5, 2012.

Brickyard Road School Site Update

By Ginny Barnes

To date, the Board of Education (BOE) has refused to consider the offer made to them by the Brickyard Coalition to drop their current lawsuit if the BOE will recall the land (as they have the right to do under their lease with the county) in exchange for several conditions.

The BOE has been spending taxpayer money in excess of \$200,000 in related legal fees on this 18-month long struggle for an open process. The offer still stands. It is disturbing to learn that school Superintendent Joshua Starr has adamantly defended his predecessor who pushed the decision to lease the land in the first place.

Dr. Starr is an important influence on discussions taking place at the BOE on the Brickyard site. Especially troubling is the fact that Dr. Starr chose to weigh in on a land use issue in Potomac which is well outside his position and has nothing to do with the BOE, namely the Glenstone sewer category change, which he publicly supported in writing.

Meanwhile, the Brickyard Coalition is hopeful that School Board elections will yield a BOE more willing to discuss settlement while the Circuit Court Stay remains in place awaiting a court date in early 2013.

Write

The Almanac welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Email almanac@connectionnewspapers.com

Shop for a Cause at WHC Sisterhood Holiday Boutique

Proceeds benefit variety of charities.

By Susan Belford
The Almanac

Generous Giving is the goal of the members of the WHC Sisterhood as they set the wheels in motion for their 26th Annual Holiday Boutique — and it is also the philosophy of a number of philanthropic vendors who will be selling their wares and donating their proceeds to causes dear to their hearts.

The Holiday Boutique will be held at the Julia Bindeman Suburban Center, located at the intersection of Falls Road and Tuckerman Lane in Potomac from Sunday, Nov. 11 through Tuesday, Nov. 13. The hours on Sunday are 11 a.m. – 6 p.m. and 10 a.m. – 7 p.m. on Monday and Tuesday. The Sisterhood donates the proceeds from their yearly boutique to a significant number of charities; just a few of the many charities they support are MADD, Starlight Children's foundation, JSSA, Jewish Coun-



Co-Chair of the Café Julie Altar.

cil on Aging, Race for Hope (Brain Tumor Research), Save the Children, Doctors Without Borders, and Promise for Prom.

The philanthropy begins with the WHC Sisterhood — and continues with vendors who have chosen to donate their profits and time to a specific charity. Rovi Faber will be selling imported eco-friendly accessories, handbags and other gift items crafted from pull tabs. She is selling these to raise funds for "Pull Tabs for Charity (PTFC)" — a non-profit established in September 2008 in

memory of her daughter, Jody. Jody was committed to collecting pull tabs to raise money for the Ronald McDonald House. She lost her battle with breast cancer, but her legacy is carried on by her family and friends through PTFC.

"One hundred per cent of our proceeds are donated to NIH Charities which include the Children's Inn, Special Love for Children With Cancer (Camp Fantastic) and Friends of the Clinical Center (FOCC). We are proud that the U.S. military, many schools,

communities and other organizations are sharing in collecting tabs for us. It is critically important to raise children's awareness about the value of giving. Collecting the tabs for PTFC makes everyone feel that they can contribute, regardless of age or economic status," Faber said.

"Crafters for a Cure" donate their profits for gynecological cancer research in memory of a member who died from ovarian cancer and in honor of a member who is a survivor. The six local artisans, Carole

Schulman, Danielle Smotkin, Emilee Watzman, Terri Sorota, Melanie Bodie and Janice Alperin create distinctive belt buckles, necklaces, earrings, and brooches, crocheted necklaces, bracelets, and scarves to sell. "We will also feature awareness pins, cancer awareness bracelets and the teal ribbon of hope," said Watzman. "Raising money for gynecological cancer is extremely important because so many women are diagnosed each year with cervical, ovarian, uterine or other forms of gynecological cancer. Honey Ogens of Honey Bee Bakery is giving a package of her delicious homemade cookies to shoppers who donate \$5 to our cause."

"Rockets into Roses" is another vendor with a purpose. Metal sculptor Yaron Bob creates intricate petals and leaves of roses, candlesticks and menorahs from Kassam rockets — actual rockets that were fired into southern Israel. Bob, who lives on the Gaza border said, "I take the Kassam rocket, the instrument of death and I change it. I transfer it into something of beauty. It is a symbol of love, growth and great hope for a peaceful future." His roses have been presented to Secretary of State Hillary Clinton, U.S. Sen. John Kerry and U.N. Secretary General Ban Ki-Moon. A part of the proceeds from "Rockets into Roses" is dedicated

See Shop for, Page 7

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LET'S TALK Real Estate



by Michael Matese

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Choosing the right security system can save you headaches and sleepless nights by warding off trouble and warning others in the event of misfortune while still remaining reliable and easy to use so as to avoid false alarms or cumbersome procedures. The two main security system varieties are monitored and unmonitored. Each type of system has specific components to factor into consideration. Monitored systems are typically preferable because of their constant vigilance in detecting intrusion by triggering upon the opening of doors or windows before alerting the authorities of said intrusion. Unmonitored systems, on the other hand, merely flash lights and sound loud sirens in an effort to alert those in the immediate vicinity. Typically, security systems will consist of several components working in conjunction to ensure your absolute protection. First, the control panel centers all the connections and transmitters of the system in an easy to access station mounted on a wall. The service provider or company is considered the central monitoring station, and operates as the message center for all attacks, break-ins, and problems. Touch-pads allow visitors to arm and disarm their systems while key-fobs allow more rapid security clearance to continually traversed doorways and high traffic areas. Sensors communicate information from both doors and windows, while motion detectors, video cameras, and panic buttons provide added security for manual surveillance or alarm. While it isn't necessarily fun to plan for the worst, it pays to protect your home, property, and loved ones by choosing a reliable, high-quality security system.

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Getting Around

Judi Dench Arrives In Poolesville

By Cissy Finley Grant
The Almanac

It wasn't exactly a typical two days at the big curve on Sugarland Road and Sugarland Lane where the picturesque, brilliantly white, St. Paul Community Church with its quaint bell tower has been a country landmark for many years. The traffic most often seen are horses either frolicking in nearby fields or being ridden down a lane.

But, the picturesque church was discovered. How, remains a mystery. By whom, is more explicable. There was a movie filming in production. The British have discovered Poolesville and this very small, lovely church, in the middle of the back roads of Montgomery County far from London and Northern Ireland where the earlier filming took place. Obviously there had been scouts. Those with whom this reporter spoke — during four hours in the cold wind there was plenty of time to chat — decidedly British accents prevailed.

The occasion on Nov. 5 and 6 was the filming of "Philomena Lee," a movie about the true story of a young Irish woman, who in 1952, had an illegitimate child born in the convent Rosecrea, Co. Limerick. It was her 50-year search for him, following their separation after his birth, that is the heart of the story. At age 3, he was sold to an American family. British journalist, Martin Sixsmith, who met Lee about eight years ago, is the author of the book, "The Lost Child Of Philomena Lee," on which the



British actor Steve Coogan is filmed outside of the church. A majority of the scenes were taken inside where the church was outfitted to resemble a Roman Catholic parish.

movie is based.

Enter Dame Judi Dench, Yes, the same Judi Dench of "Chocolat" and "Shakespeare In Love." There she is from across the Pond, on the back country roads of Poolesville. With her is co-star popular British comedian and actor, Steve Coogan, who also co-authored the screen play.



Steve Coogan leaves St. Paul following an inside shoot.

Dench, who plays the role of "Philomena Lee," was very much in evidence. "She looked like one of my neighbors," remarked Anne Dolan of Potomac. Dolan,

who spent two hours observing during the Monday morning shoot, said she soon realized how repetitive filming action is. "I mainly talked with the chauffeurs for two hours while watching," said Dolan who keeps her horse at a nearby farm.

Dave Phillips, on whose farm many of the vans were parked, voiced it a bit more succinctly. After seeing numerous re-takes he concluded, "This is like watching grass grow." Phillips said the trucks and vans started rolling in before 6 a.m. to prepare for the day's shoot.

Prior to moving to Poolesville, the filming crew, numbering more than a hundred, filmed in Washington at the Lincoln Memorial. Perhaps this location choice relates to Lee's son who eventually worked in Washington and was associated with the Bush One White House. (To maintain the suspense of the show and book, his name, occupation and how Philomena finally was reunited with him, will remain unmen-



St. Paul Community Church, Poolesville, will appear in the forthcoming film starring Dame Judi Dench. The historic bell in the church tower is ringing once again, this time to beckon movie stars.

Photos by Cissy Finley Grant/The Almanac

tioned here.)

The logistics of moving actors, actresses, directors, assistants, plus a multitude of vehicles from location to location, and keeping all on cue, really stretches the imagination. A bystander does not get bored watching it all come together if you wait around long enough.

Included were a make-up trailer, wardrobe van, camera truck, grip truck, electrical truck, five passenger vans and private chauffeured cars for the big shots. The "priest" stepped out from one van and leisurely crossed Sugarland Lane with his white robes whipping in the wind. He was last seen entering St. Paul Church for an apparently extensive filming.

Bill Gray of Baltimore described his job as the set's "still man." One of the scenes played by Dench shows her studying an album containing her son's photos. "She looks at the past in a photo album," he said.

It was Gray's job to digitize all of the photos. "I have already spent two days on them and I'm not finished yet," he said.

His job is just one very small part of what it takes to bring this movie to fruition. Gray also commented, "This is only a \$6 million film, way below most of them."

It's very likely, with Judi Dench starring, that the show's investors will have little to worry about.

And, if you are looking to have a little fun on Dec. 9, you can send Happy Birthday wishes to Dame Judi Dench. She will be 78 years old.

www.ConnectionNewspapers.com

Shop for a Cause at WHC Boutique

From Page 5

toward building above-ground portable bomb shelters in the city of Ashkeon, Israel.

The dedicated knitters of "Knit One, Cure One" donate their proceeds to the Avon Walk for Breast Cancer. The group sells one-of-a-kind fiber art — hand knit scarves, hats, vests, sweaters, jewelry and handbags. "Knit One, Cure One" is a group of crafters who are "in it to end breast cancer." By purchasing items from "Knit One, Cure One" the buyer helps women obtain no-cost screenings and also helps to fund research into better treatments for breast cancer.

Boutique chair Brenda Holt said, "This year, we have 56 vendors and 23 are new to our show. Some of these new vendors are 'La Cigale' with their stainproof table cloths from Provence, '3 Nanas' with the best, most classic shortbread cookies ever - light as a feather, beautiful blond color and fabulous taste, 'B. Hall, The Gourmet Whoopie Pie Baker' (31 different flavors of Whoopie Pies and mini-tarts), 'Homegrown Décor' (unique accessories for the home) and 'Neunel LLC' (wool outerwear, rainwear, evening wear and accessories). Our shoppers will find many unique, distinctive items to buy."

The show will also feature a bountiful Silent Auction, a gift show from the Judaica Gift Shop and the WHC Café. Bakers in the Sisterhood provide a wealth of fresh baked goods for the Café bake sale while sandwiches and salad platters are supplied by Bethesda Bagels. Jay Chow's California Chicken Salad, soup and chili are other sought-after items.



Rovi Faber sells handbags and accessories for Pull Tabs for Charity.

WHC Sisterhood member Michelle Citren said, "Working on this boutique with the rest of the Sisterhood just gives you a good feeling. We have a wonderful multigenerational group of women who return year after year to make this boutique happen. It's amazing to realize the difference we can make in our community and in our world."

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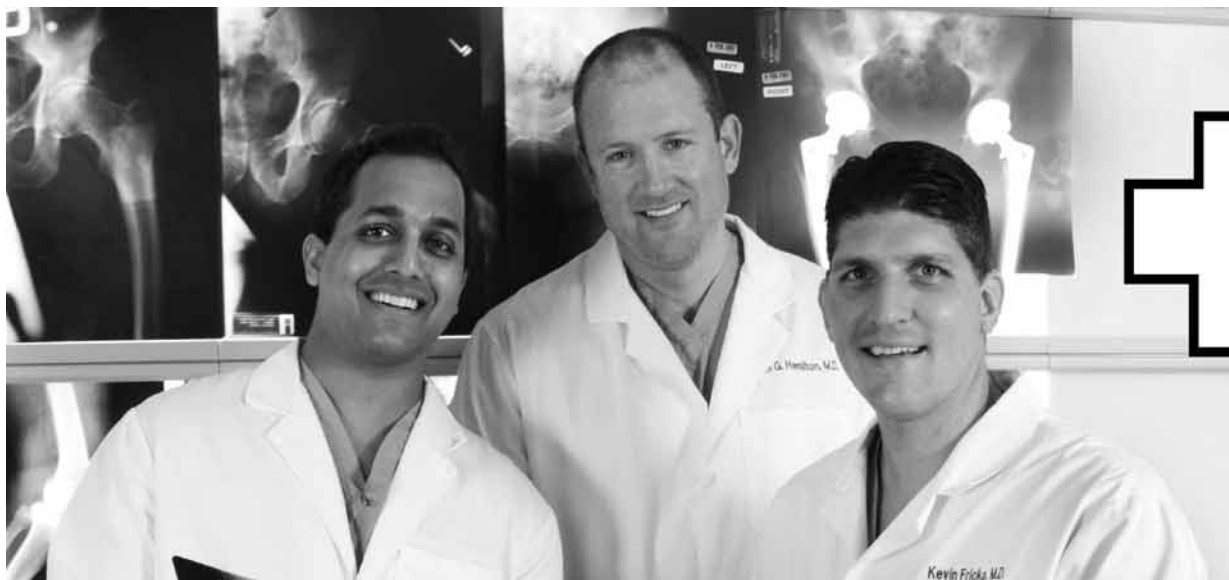
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FREE Community Lecture on Osteoarthritis and the Latest Advances in Joint Replacement

Thursday, November 15, 2012 at 6:30 pm

**Bethesda Marriott
5151 Pooks Hill Road
Bethesda, MD 20814-5423**

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IJRC is the largest joint replacement center in the metro-Washington DC area. Physicians practicing at the Center perform over 2,000 joint replacements annually. Patients from 31 countries and all 50 states have been provided joint replacements at IJRC.

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Entertainment

Seussical Lands at Imagination Stage

Casting is complete for "Seussical," a fantastical, magical, musical extravaganza that brings to life all of the favorite Dr. Seuss characters from a host of the author's most popular books.

Svea Johnson and Simon Diesenhaus will share the role of JoJo, a child from the land of Whoville who gets in trouble for thinking too many "thinks." Both young actors are making their Imagination Stage debut. Svea recently portrayed Gretl in Olney Theatre Center's "The Sound of Music," and was a member of the children's chorus in the Damascus Theatre Company's "Joseph and the Amazing Technicolor Dreamcoat." Simon is making his professional debut, having performed in numerous productions at Musical Theater Center and the French Woods Festival, including the musical "Nine."

Matt Anderson plays Horton the Elephant. Newcomer Shayna Blass will fly into the role of Gertrude McFuzz. Playing Mayzie will be Kirstin Riegler. Ayana Hardy will be Sour Kangaroo. Jamie Smithson brings the Cat in the Hat to life. The cast is rounded out by Matthew Delorenzo (Wickersham Brother), Marieke Georgiadis (Bird Girl), Jamie Ogden (BirdGirl/Mayor's Wife), Matthew Schleigh (Mayor), and Chris Wilson (Wickersham Brother).

Seussical was previously performed at Imagination Stage in 2005. However, this new production will turn audience members into the residents of Whoville. In Seussical, the Cat in the Hat tells the story of Horton, an elephant that discovers a speck of dust containing a village of Whos. Horton faces a double challenge – not only must he protect the Whos from a world of naysayers and dangers, but he must



Photo by Blake Echols/Imagination Stage

The Cat in the Hat (Jamie Smithson) is taught a thing or two by JoJo (Svea Johnson) in Imagination Stage's "Seussical," opening Nov. 14.

guard an abandoned egg left to his care by the irresponsible Mayzie La Bird. Although Horton faces ridicule, danger, kidnapping, and a trial, the intrepid Gertrude McFuzz never loses faith in him. Some of the characters fall in love, some have desperate adventures, and some even save the world. Ultimately, the powers of friendship, loyalty, family, and community are challenged and emerge triumphant.

The remainder of the creative team includes Music Director George Fulginiti-Shakar, Set Designer Tom Donahue, Costume Designer Frank Labovitz, Lighting Designer Catherine Girardi, and Sound Designer Christopher Baine.

Seussical runs in Imagination Stage's Annette M. and Theodore N. Lerner Family Theatre Nov. 14, 2012, through Jan. 6, 2013. Best for ages 4-12, tickets are \$12 to \$25, and may be purchased online at www.imaginationstage.org, at the Imagination Stage box office, or via phone at 301-280-1660. Group rates are available.

Calendar

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

THURSDAY-SUNDAY/NOV. 8-11

Museum Shop Around. The event is Strathmore's art-inspired holiday treasure hunt, where 18 of Washington's finest museums are setting up shop in the historic Mansion. Admission is \$9 (Stars Price \$8) paid at the door each day; proceeds benefit arts and education programming at Strathmore.
♦ Thursday, Nov. 8, 10 a.m.-8 p.m.
♦ Friday, Nov. 9, 10 a.m.-8 p.m.
♦ Saturday, Nov. 10, 10 a.m.-6 p.m.
♦ Sunday, Nov. 11, 10 a.m.-5 p.m.
Free parking is available in the Mansion lot. The Mansion at Strathmore is located at 10701 Rockville Pike. Call 301-581-5100 or visit www.strathmore.org.

FRIDAY/NOV. 9

Celebrate the Crafts of Afghanistan and Support Afghan Literacy and Orphanages. 6 p.m. The evening features Authentic Afghan dinner. At Cedar Lane Unitarian Universalist Church located at 9601 Cedar Ln. Tickets are \$50 per person. Reservation deadline is Monday, Nov. 5. Mail checks to "Kabultec" Eleanor DePaola, 7941 Inverness Ridge Rd., Potomac, MD 20854-4010. Call 301-299-6236.

Review <> Renew Exhibition Opening Reception. 7-9 p.m. Co-curated by Judy Greenberg and Jack

Rasmussen, Review <> Renew celebrates the 25th Anniversary of VisArts. In the Kaplan and Common Ground Galleries (located at 155 Gibbs St., Rockville), Greenberg and Rasmussen bring together local, renowned artists who exhibited and curated at Rockville Arts Place early in their careers. Free and open to the public. The exhibition will be on display through Dec. 29.

SATURDAY/NOV. 10

Concert. 8 p.m. Pianist Brian Ganz will perform Prokofiev's Piano Concerto No. 3 at the Music Center at Strathmore (5301 Tuckerman Lane, Bethesda) with the National Philharmonic, led by Associate Conductor Victoria Gau. The concert will feature mezzo-soprano Magdalena Wór and the National Philharmonic's nearly 200 voice all-volunteer Chorale. A free lecture will be offered at 6:45 p.m. in the Concert Hall. To purchase tickets, visit www.nationalphilharmonic.org or call 301-581-5100. Tickets are \$28-\$81; free for children 7-17. ALL KIDS tickets must be purchased in person or by phone. Parking is free.

Bazaar. 9 a.m. - 5 p.m. Shop a selection of handmade artistry items, holiday decorations, an assortment of jewelry, a variety of specialty crafts, and Greek delicacies, including baklava, spanakopita, and gyros. The Ladies Philoptochos is the philanthropic arm of the Greek Orthodox Church. Admission is \$2. St. George Greek Orthodox Church is located at 7701 Bradley Boulevard, Bethesda. Email stgeorgebazaar@gmail.com

gmail.com or call 301-469-7990. Visit www.stgeorge.org.

SATURDAY-SUNDAY/NOV. 10-11

Art Exhibition. noon-5 p.m. Bethesda resident artist and musician, Sanford Markley, will present a collection of his paintings including landscape, figure and still-life at the Yellow Barn Gallery at Glen Echo. A reception for the artist is at 5-7:30 p.m. on Nov. 10 in the gallery. Visit www.yellowbarnstudio.com.

SUNDAY/NOV. 11

Nathan Pacheco. 4 p.m. Music Center at Strathmore, 5301 Tuckerman Lane. Tickets \$18-\$48. Virginia-born Pacheco, an operatic tenor, will share selections from his debut release *Introducing Nathan Pacheco* at Strathmore. Call 301-581-5100 or visit www.strathmore.org.
Washington Family Dance. 3-5 p.m. Upstairs in the Glen Echo Town Hall. April Blum calls with Cathy Mason and Friends. Admission is \$5 for ages 4 and older. No dancing experience is necessary. Visit www.fsgw.org or contact Penelope Weinberger at dance@fsgw.org or call 301-315-9461.

THROUGH NOV. 12

Free Photography Exhibition. Featuring photographers Huguette Roe, Michael Horan and Matthew Entwistle. All are Photo Slam award winners. Opening reception on Saturday, Oct. 27 from 4-6 p.m. Gallery talk on Saturday, Nov. 10, from 4:30-5:30 p.m. At Photoworks Gallery is located at 7300 MacArthur

Calendar

Blvd. Gallery hours are Saturdays from 1-4 p.m. and Sundays from 1-8 p.m. Call 301-634-2274 or visit www.glenechophotoworks.org.

TUESDAY/NOV. 13

Rita: My Joys. 8 p.m. Music Center at Strathmore, 5301 Tuckerman Lane. Tickets \$40-\$75. The Iranian-born pop singer and actress will perform the music that's made her an icon in the Middle East, including selections from her new 2012 release, *My Joys*. Call 301-581-5100 or visit www.strathmore.org.

Meet The Nature Conservancy's John Myers. 6:30-8:30 p.m. Join Conservancy staff and supporters at MoCo's Founding Farmers Restaurant, 12505 Park Potomac Ave. Appetizers will be provided. The cost is \$15 per person. Space is limited; email getoutside@tnc.org to reserve. Visit www.nature.org.

TUESDAY-WEDNESDAY/NOV. 13-14

Strathmore Afternoon Tea. 1 p.m. The sounds of local musicians fill the room as you enjoy afternoon tea in The Shapiro Music Room at Strathmore. Vegetarian meals not available. \$23 per person (Stars Price \$20.70). (Pre-paid, non-refundable reservations required. Call 301-581-5108. (The Mansion at Strathmore, 10701 Rockville Pike. Visit www.strathmore.org.

WEDNESDAY/NOV. 14

Violin Concert. 7:30 p.m. Mansion at Strathmore, 10701 Rockville Pike. Tickets \$30. Call 301-581-5100 or visit www.strathmore.org.

THURSDAY/NOV. 15

The Potomac Chamber of Commerce's annual awards dinner, honors Potomac's citizen, businessperson and youth of the year. Normandie Farm, 10710 Falls

Rd. Visit www.potomacchamber.org.
Tia Fuller Quartet. 7:30 p.m. Mansion at Strathmore, 10701 Rockville Pike. Tickets \$35. Call 301-581-5100 or visit www.strathmore.org.

Lecture Series. 11:30 a.m. David Maraniss, a "Washington Post" assistant editor and Pulitzer Prize-winning journalist, will discuss his book, "Barack Obama: The Story" at Strathmore Mansion, 10701 Rockville Pike. Book signing and luncheon follow at 12:30 p.m. Books will be available for purchase. Tickets range from \$10 to \$21. Call 240-777-0020 or visit www.folmc.org.

Opening Reception: Dalya Luttwak: "Ground Cover: Roots of Liriope." 7-9 p.m. Free and open to the public. VisArts inaugurates the new VisArts "InSight" series with "Ground Cover: Roots of Liriope" which begins as a single painted line and expands into a three-dimensional steel sculpture that climbs and reaches the corners of VisArts' ground floor atrium. The reception will include a brief talk by the artist followed by light snacks and drinks. VisArts is located at 155 Gibbs St., Rockville. Galleries open Wednesday, Thursday, and Friday noon to 5 p.m., and Saturday and Sunday noon to 5 p.m. Visit www.visartscenter.org or call 301-315-8200.

FRIDAY/NOV. 16

Olivia Newton-John. 8 p.m. This pop icon, star of *Grease* and *Xanadu*, is delivering a show that spans her pop hits and more recent musical explorations. The Music Center at Strathmore 5301 Tuckerman Ln. Visit www.strathmore.org.

NOV. 16-25

Live Orchestra. Potomac Theatre Company presents Alan Jay Lerner & Frederick Loewe's *My Fair Lady* by

George Bernard Shaw. Performances are Fridays and Saturdays at 8 p.m.; Sundays at 2 p.m. At Blair Family Center for the Arts, Bullis School located at 10601 Falls Road, Potomac. Tickets are \$20 for adults \$20; \$18 for seniors and students; groups of 10 or more receive 20 percent off. Call 301-299-8571 to reserve seats.

SATURDAY/NOV. 17

Free Workshop: Learning about Your New Dog. Your Dog's Friend Training Center, 12221 Parklawn Drive, 11:45 a.m. to 1:15 p.m. An expert trainer will discuss common issues new dog adopters face. Leave your dog at home. Register at www.yourdogsfriend.info or call 301-983-5913.

Rummage Sale. 8 a.m.-noon. Join for a cup of coffee and an opportunity to browse interesting items. Emmanuel Lutheran Church at 7730 Bradley Blvd. in Bethesda. 301-365-5733.

SUNDAY/NOV. 18

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
❖ Black & White Printmaking

SATURDAY-SUNDAY/NOV. 17-18

Art Exhibition: "Summer in Provence." An exhibition of plein air watercolors will be on display at the Yellow Barn at Glen Echo Park located at 7300 MacArthur Blvd. The exhibition will be open from 11 a.m. to 6 p.m. on Saturday, Nov. 17, and from 11 a.m. to 5 p.m. on Sunday, Nov. 18. A reception for the artists will take place from 4-6 p.m. on Saturday. Call 202-244-3051 or email amysabrin@gmail.com.

POTOMAC THEATRE COMPANY

Alan Jay Lerner & Frederick Loewe's



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George Bernard Shaw

****Live Orchestra****

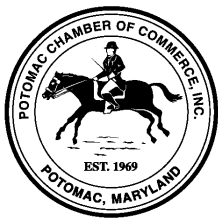
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6:00PM – 9:00PM

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Mr./Ms. _____

Business Name: _____

Phone No: _____ Email: _____

_____ Number of Individual attendees - \$55.00 per person.

_____ I am unable to attend.

Please choose a dish for each individual:

_____ # of Chicken Piccata w/ Capers & Sun dried tomatoes

_____ # or Filet of Cod Stuffed w/ Crabmeat

(or) _____ Steamed fresh Vegetable Plate Sauce Hollandaise

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Potomac REAL ESTATE

August 2012 Sales \$850,000~999,000

Photos by Deb Stevens/The Almanac

In August 2012, 59 Potomac homes sold between \$2,800,000-\$492,000.



2 10836 Admirals Way, Potomac — \$975,000



1 9435 Sunnyfield Court, Potomac — \$989,000

4 9913 Sorrel Avenue, Potomac — \$975,000



3 9208 Sprinklewood Lane, Potomac — \$945,000

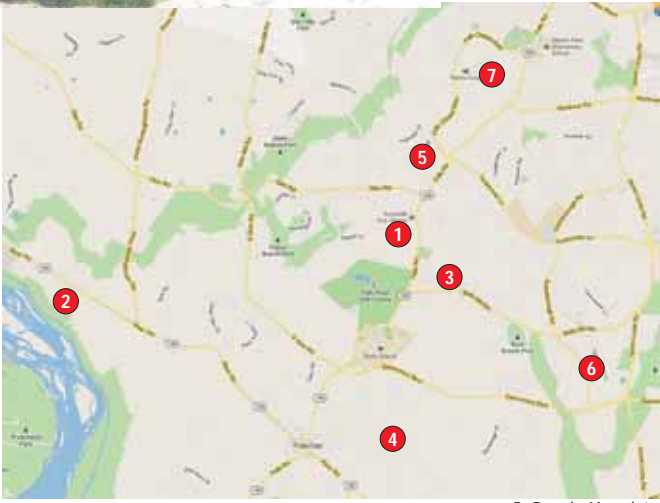
6 10309 Bells Mill Terrace, Potomac — \$881,000



7 12405 Copenhaver Terrace, Potomac — \$857,500

Address	BR	FB	HB	...	Postal City ..	Sold Price	Type	Lot AC .	PostalCode	Subdivision	Date Sold
1 9435 SUNNYFIELD CT	4	3	2	POTOMAC	\$989,000	Detached ..	0.29	20854 ... BEDFORDSHIRE-FALLSWICK ..	08/30/12
2 10836 ADMIRALS WAY	3	4	0	POTOMAC	\$975,000	Detached ..	1.03	20854 POTOMAC HUNT ACRES	08/17/12
3 9208 SPRINKLEWOOD LN	5	4	1	POTOMAC	\$945,000	Detached ..	0.39	20854 PINE KNOLLS	08/20/12
4 9913 SORREL AVE	4	3	2	POTOMAC	\$900,000	Detached ..	0.40	20854 POTOMAC VILLAGE	08/03/12
5 11812 CANFIELD RD	5	4	1	POTOMAC	\$900,000	Detached ..	0.54	20854 WINTERSET	08/20/12
6 10309 BELLS MILL TER	4	2	2	POTOMAC	\$881,000	Detached ..	0.27	20854 BELLS MILL VILLAGE	08/21/12
7 12405 COPENHAVER TER	6	3	0	ROCKVILLE	\$857,500	Detached ..	0.34	20854 COPENHAVER	08/29/12

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© Google Map data



The Potomac Farm Market is partnering with Old Angler's Inn.

Locally Grown Produce Enhances Inn's Menu

Old Angler's Inn partners with Potomac Farm Market.

By Susan Belford
The Almanac

Mark Reges, proprietor of the Old Angler's Inn and Steve Magassy, owner of the Potomac Farm Market have formed an innovative partnership — one that leads to two local businesses beneficially supporting one another. Their partnership enables Old Angler's to serve fresh vegetables and fruit that have been locally picked early in the morning and delivered to their door, and gives the Potomac Farm Market another venue for selling their produce. Every morning, Chef Nick Palermo contacts Magassy to discuss what vegetables he can expect that day in order to plan his menu. On Saturdays and Sundays, the Potomac Farm Market has erected a stand that sells their produce to those who drive by, bicycle or park at the near-by C&O Canal entrance — or to diners who want to take home the vegetables they consumed at Old Angler's Inn.

Magassy, a Bullis graduate who resides in Potomac, owns and operates seven Potomac Farm Markets in the area. He explains his business plan: "We bring the farm to you. We have farm stands at River Road and Congressional Place, Glen Echo, Quince Orchard, Montrose Road and additional places in Montgomery County. Everything we sell is grown locally — within 20 miles — and picked for sale that day. The fruit and vegetables must be ripe in order for it to be picked at its peak. Nothing is ever refrigerated or shipped in."

"We open in June with fresh vegetables and fruit,

then in the fall, we carry pumpkins, then on to Christmas trees, and from January through March we sell firewood and remove snow. Once winter is over, the growing season begins again and we start the cycle again."

"Old Angler's Inn is one of the few restaurants that truly serve locally grown fresh products. They do a phenomenal job of offering a menu that makes the most of the fresh produce," Magassy said. "No one should ever leave OAI after lunch or dinner without a smile on their face. They really serve exceptional food."

"We are pleased that the partnership works so well," said Reges. "The vegetables and fruit are fresh which makes each dish taste that much better. The farm stand on our grounds makes it convenient for our community neighbors to purchase wonderful fresh produce right here on MacArthur Boulevard. It is a wonderful partnership which works well and makes me proud that two local businesses are helping one another."

The Potomac Farm Market is open on Saturday and Sunday from 10 – 6 at 10801 MacArthur Blvd., Potomac. Its website is www.potomacfarmmarket.com.

Old Angler's Inn is open daily except Monday from noon – 10 p.m. (except Sunday when they are open from 11:30 a.m. – 9 p.m.). The restaurant features music in the Beer Garden (casual) every Friday evening. Their outdoor patio dining is a one-of-a-kind delight in the Washington D.C. area. For reservations, call 301-365-2425. The restaurant also features Happy Hour Tuesday through Friday from 4:30 – 6:30 p.m.



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OPEN HOUSES IN POTOMAC NOVEMBER 10 & 11

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Bethesda (20817)

7325 Heatherhill Ct. \$1,395,000 Sun 1-4 Betsy Schuman .. Wash Fine Props .. 301-996-8700

North Potomac (20878)

14305 Stoneview Pl. \$949,900 Sun 1-4 Yasmin Abadian Long & Foster .. 301-983-1212

13307 Query Mill Rd. \$879,900 Sun 1-4 Jessica Alderdice WC & AN Miller .. 301-518-9084

Potomac (20854)

11413 Skipwith \$1,850,000 Sun 1:30-4 Charlotte Pascoe WC & AN Miller .. 301-509-1510

13728 Canal Vista Ct. \$1,399,900 Sun 1-4 Yasmin Abadian Long & Foster .. 301-983-1212

7734 Laurel Leaf Dr. \$1,299,000 Sun 2-4 Traudel Lange Wash Fine Props .. 240-463-6918

11421 Twining Ln. \$1,299,000 Sun 1-4 Leslie Friedson Long & Foster .. 301-455-4506

14529 Pettit Way \$1,292,000 Sun 1-4 Hilde Dachtera Weichert .. 301-509-6608

7600 Laurel Leaf Dr. \$1,199,000 Sun 2-4 Traudel Lange Wash Fine Props .. 240-463-6918

10313 Logan Dr. \$949,900 Sun 1-4 Yasmin Abadian Long & Foster .. 301-983-1212

9212 Farnsworth \$926,000 Sat 1:30-4 Charlotte Pascoe WC & AN Miller .. 301-509-1510

9212 Farnsworth \$926,000 Sun 1:30-4 Graciela Haim WC & AN Miller .. 301-807-8845

9208 Farnsworth Ct. \$799,900 Sun 1:30-4 Graciela Haim WC & AN Miller .. 301-807-8845

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



Junior midfielder Matt McDonnell and the Wootton boys' soccer team advanced to the state final four with a 1-0 overtime victory against Walter Johnson on Nov. 5.



Photos by Harvey Levine/The Almanac

Senior striker Matt Hoy and the Wootton boys' soccer team won the 4A West championship with a 1-0 overtime victory against Walter Johnson on Nov. 5.

Wootton Boys' Soccer Beats WJ for 4A West Title

O'Neil goal, Tsakos assist propel Patriots past Wildcats.

By Jon Roetman
The Almanac

Wootton boys' soccer coach Doug Schuessler wasn't sure which Patriot put the ball in the net during overtime on a cold night at Walter Johnson High School. But as his players burst into jubilation around him, any focus on the process quickly turned to the emotion surrounding the result.

With Wootton and Walter Johnson locked in a scoreless tie in overtime of Monday's 4A West final, Patriots senior Spiros Tsakos sent in a free kick and senior Danny O'Neil headed the ball into the net, giving Wootton a 1-0 victory and a region championship.

"I saw the ball in, I thought I saw a little flick and then I saw the net move and I saw players erupt," Schuessler said. "Truthfully, that's all that mattered."

The Patriots advance to the state final four for the first time since 1990, Schuessler said, and will face Perry Hall, the 4A North champion, on Saturday, Nov. 10 at Richard Montgomery High School.

"Ever since the beginning, we've been telling ourselves this is the year," Tsakos said. "We haven't had it in so long. This [was] one of the most important games in

Wootton soccer history."

O'Neil said Tsakos and he have been working on the game-winning play for a while.

"[We] just try to get that ball near post and [Tsakos has] been trying to get it on my head [for] a nice re-direction," O'Neil said. "Every time, it has gone right over my head. That little skimp, I guess I must have re-directed it. I don't know if it was going to go in anyway, but I'll take credit for the goal."

Both teams entered the contest with only one loss. WJ, the region's No. 1 seed, defeated Wootton, the No. 2 seed, during the regular season.

This time, it was a different story. The Patriots failed to capitalize on their scoring opportunities in regulation, but took care

of business in overtime.

"This [region final location] was set in the beginning and [WJ] made it all the way here," O'Neil said. "They thought with the home advantage they could take us out again. We just wanted it more. We came out in overtime and we had more energy than them."

Now the Patriots have to maintain their winning ways at the state tournament.

"As they're all coming off after the initial euphoria, all you hear is guys saying we're not done yet, we're not done yet," Schuessler said. "They're not going to the final four; they're winning a state title — that's their mindset at this point. It is one game at a time, but the goal is to win it all, not to win the region title. This was just a necessary step on the way."

Sports Briefs

Churchill Football To Face Northwest in Playoffs

The Churchill football team enters the postseason as the No. 3 seed in 4A West and will travel to face No. 2 Northwest at 7 p.m. on Friday, Nov. 9. The two teams faced one another during the regular season, with Northwest winning, 27-24, on Oct. 5.

Churchill closed the regular season with a 17-10 loss to Sherwood on Nov. 2, dropping its record to 7-3. Malik Har-

ris led the Bulldogs with 92 rushing yards. Blake Dove scored a rushing touchdown and led the team with 10 tackles.

Whitman Girls' Soccer Loses in Region Final

Members of the Whitman girls' soccer team shed tears in the cold night air at Walter Johnson High School. The Vikings had created more scoring chances than Bethesda-Chevy Chase during Monday's 4A West final, but their inability to finish cost

them a trip to the state tournament.

B-CC defeated Whitman, 1-0, on Nov. 5 at Walter Johnson High School. The Vikings had multiple opportunities to take the lead against the four-time defending state champions, but couldn't capitalize. The Barons scored in the 72nd minute and held on to win.

"That's a game where I felt we outplayed the other team tonight," Whitman Head Coach Greg Herbert said. "We clearly had a lot more chances, a lot more dangerous opportunities, [but] we couldn't finish tonight. B-CC, credit them, [the Barons] played a great game, [they were] very sound defensively. They got one real good

chance there and they finished it brilliantly, so hats off to them. They're champions for a reason."

Whitman finished the season with a 12-3 record and had a seven-game winning streak snapped by the loss to B-CC.

"Just a great season," Herbert said. "The girls came so far ... the girls did a great job. This senior class was great. We hadn't been to a regional final in five years. Those girls were great leaders for us, just a great successful season. I know it didn't end on a great note, but I'm really, really proud of where these girls went this year."

Wellbeing



Photo by Marilyn Campbell / The Almanac

“Being optimistic improves your immune system and improves your cognitive functioning and your cardiac functioning.”

— **Linda Berg-Cross, Ph.D.**

Mental health experts say keeping a gratitude journal can improve one's mental and physical wellbeing.

Thank You, Thank You, Thank You

Mental Health professionals highlight potential health benefits of gratitude.

By Marilyn Campbell
The Almanac

For many, November ushers in a season of giving thanks, an opportunity to express gratitude, but it can mean even more: some researchers say that Thanksgiving might actually be good for your health.

“When people view what they have as what they need, they are happier,” said Linda Guly, a professor of psychology at Marymount University in Arlington, Va. “Logically, if you don’t view what you have as adequate, then it is going to lead to unhappiness. The value system of the community can distract you from seeing what you have.”

Robert Emmons, Ph.D., editor of The Journal of Positive Psychology and a pioneer in gratitude research, conducted a study of adults with neuromuscular disease. After a 21-day gratitude intervention, he found that the gratitude group was more optimistic, had higher levels of energy, more positive moods and slept better than the control group.

In another study, Emmons found that those who kept weekly gratitude journals exercised regularly and reported fewer physical ailments and a better sense of wellbeing than those who wrote about negative or neutral events. Dr. Michael Siegel of Fairfax County Health Network and Molina Health Care, points to a 2010 study published in Circulation, a journal of the American Heart Association, that looked at more 90,000 women and found that the more cynical study participants had higher rates of both coronary

heart disease and cancer. “Those with a positive outlook fared better,” he said.

“If all you write down is that your boss yelled at you or you couldn’t get all your work done, you’re probably not going to feel better,” said Karen Prince, a licensed clinical social worker and a Kensington, Md., based psychotherapist.

Linda Berg-Cross of Potomac, a researcher and professor of psychology at Howard University in Washington, D.C., said, “Being optimistic improves your immune system and improves your cognitive functioning.”

Prince says that gratitude may not come easily to some. “It is harder for adults to establish gratitude because most of those characteristics are started as children. Parents can model gratitude for your children.”

SO HOW DOES ONE cultivate a sense of gratitude? “It is like a self-fulfilling prophecy: if you look

for things to be wrong you’re going to find things wrong,” said Arlington resident Dr. Lisa Calusic, a psychiatrist at Inova Behavioral Health Service and Inova Mount Vernon Hospital in Alexandria, Va. “When you’re a hammer, everything is going to look like a nail. Remind yourself that just because a couple of things are negative or one thing is negative, doesn’t mean that everything is negative.”

“One way to develop gratitude is to engage in community service and help people who are less fortunate,” said Prince. “For example, go into a soup kitchen and serve meals once a week.”

Prince also encourages others to notice their surroundings. “Stop and smell the proverbial roses,” she said. “A lot of people in the Washington area are really stressed out and engulfed by whatever their dilemma is and they forget that there is a bigger picture and so much more to the world. When you slow down, you can see the forest for the trees more easily.”



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-William Van Horne

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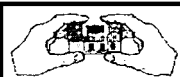
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Weight For It



By KENNETH B. LOURIE

This reference is not about pounds, per se. It is about the two largest tumors in my lungs, inoperable in that they are located between the two halves which make up the whole lung. "Inoperable" defines stage IV lung cancer, along with the cancer having moved from its primary location (still unknown at this time) to a secondary location (my lungs) where we certainly have become familiar with it, but oddly enough, not symptomatic because of it.

One of the first questions my oncologist asked me way back when, at our initial Team Lourie meeting, was if I felt anything heavy in my chest. I said I did feel a weight/heaviness in the middle of my chest; in the exact spot he said, after I pointed it out, where the tumors were located, sort of confirming what all the test results and biopsy had indicated: a growth (determined to be malignant) where it wasn't supposed to be. To this day, 44 months later, the most recurring question my oncologist asks me when we meet is whether I feel that "heaviness" in my chest. More often than not, my answer has been "No," a clear indication, along with the results from my regular CT Scan, that the tumors that have been weighing on my mind were, for that particular two-month interval of treatment, not growing (appreciably, anyway; I try to be realistic). "News with which," as I so often say, "I can live."

I remember three and a half years ago when the significance of this heaviness issue became more obvious to me. It was at the first appointment I had with my oncologist after I had been infused with two or three rounds (six hours+ per round) of heavy-duty chemotherapy. Once the standard pleasantries and how-are-you-feelings were out of the way, we got into more detailed doctor-patient talk: "Kenny," my oncologist asked, "do you not feel anything?" Repeating the question out loud and sort of scoffing at its ambiguity, I found myself, saying/sniggering: "Do I not feel anything? Well, I sort of don't feel that weight in my chest." To which my doctor enthusiastically replied: "That's great! That's where the tumors are located. The chemotherapy seems to be working." (To say we were all a bit encouraged at the time would be the understatement of the universe. Little did we know, the roller coaster had only just begun.)

And so, this same "weight/heaviness" question has continued to be asked at every appointment (now bi-monthly). And every minute of every day, I am self-assessing any weight that I may feel in my chest and/or any other sensations originating from where I know the tumors are situated. What little I know now is, if I feel weight in my chest, perhaps the tumors are growing – or maybe not (ergo my ongoing Memorex-type problem: "Is it real or is it...?") Maybe it's fluid in my lungs or scar tissue scabbing over a shrinking tumor or nothing-in-particular-just-something-I'm-super-sensitive-to because of my age or circumstances? Either way, I'm always waiting and wondering if the weight of the world need be on my shoulders, if occasionally it's not in my chest.

What this all means is, confusion. As much as you want a straight answer and a clear understanding of what was happening to you – and why, and what might happen still, the day you were diagnosed with the cancer was the day all of that ended. And to complicate matters further, under such stressful circumstances as a terminal diagnosis, I can readily admit: One's mind has a mind of its own, and control of it, as with your television – made famous during the beginning of "The Outer Limits" (a mid-60s classic), doesn't belong to you. (Unfortunately, unlike the television show, control does not return in an hour.)

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



Photo by Deborah Stevens/The Almanac

From left: Alexandra Tarpy, Irene Tarpy and Patty Jacobsen.



Photo by Deborah Stevens/The Almanac

From left: Karen Taylor, Christian Shimer and Julie Flick.

Food Festival and Bazaar

St. Mark Orthodox Church Food Festival and Bazaar was held Friday through Sunday, Nov. 2-4. The bazaar is known for its homemade Russian and Eastern European food specialties, drinks and desserts.



Photos by Tazeen Ahmad/The Almanac

From left: Helen Kerch, Christine Busenberg, Konstantin Lyubimov, John Ihnat and Debbi Dillon volunteer in the kitchen.



Tina Burpee, bazaar chairperson, and volunteer Michael Thompson.



Newlyweds Justin and Kaitlin Barber of "Katie B's Cupcakes."



Veteran bazaar bakery managers Joan Mitchum and Martha Baxtresser.



Renee Jones demonstrates making Ukrainian Easter Eggs.

Fundraiser

From Page 3

"As a board member of MCPAW and heading up the visual media committee, I will be working closely with one of their creative teams to create and produce a public service announcement that will raise the visibility of MCPAW, creating impact, while conveying MCPAW'S message and mission to increase awareness and raise additional critical funds for the construction and on-going support of a new state-of-the-art Animal Services and Adoption Center for Montgomery County."

Owner Boots Harris at his Huckleberry Fine Art Gallery.



New Life For Rink?

From Page 3

roller hockey rink at the Potomac Community Center for some time.

"We believe it holds huge potential value as a multi-sport facility for use by people in our county with disabilities," she said.

This summer, the county repaired the wheel chair ramp leading to the rink and completed accessible parking spaces at the community center and sidewalk ramps.

That was serendipitous, said Gabriel I. Albornoz, director of the county's Department of Recreation. The county already had a project in place to ensure ADA compliance to its recreation areas throughout the county, he said.

But that project did eliminate one cost of renovating the rink, he said.

Next week, the county will move forward on eliciting input from neighborhood residents.

"We want to have consent with neighbors and the community and to see if there are thoughts, issues and concerns," Albornoz said.

THE DORMANT RINK will provide a safe, flat surface for people with disabilities who use assistive devices such as crutches, walkers, wheelchairs or prosthetics. It could be used for soccer, kick ball, T-ball, bocce, lacrosse and various other sports.

"There is a tremendous need for this type of amenity," Albornoz said.

Yerg coordinates the TOPSoccer adaptive program and is the area director of Special Olympics MD-Montgomery. Some of her players use crutches and walkers and "struggle through the ruts and grass and the mud" to be part of soccer activities and games.

Mary's Cassell's father calls the potential to have the rink and a flat surface a "game changer."

"That will be such a difference-maker for these athletes," he said.

The rink could also benefit Wounded Warriors, an organization supporting disabled veterans in partnership with Walter Reed National Medical Center and Disabled Sports USA, as well as other programs in the county that serve those with disabilities.

The Wounded Warriors program has asked the county for an inventory of accessible recreation facilities across the county, Albornoz said.

Yerg obtained estimates that substantiated her theory that the cost of demolishing and bulldozing the site and resodding the field would be comparable to the cost of resurfacing the rink.

"It's an exciting opportunity," she said. "There are no other outdoor multi-sport and sports training spaces like this rink anywhere in Montgomery County, which is why we believe it presents a unique opportunity to serve some of the community's most underserved citizens."

Lynn Miller enjoyed her first season with the soccer program, and her sister Eileen braved the impending potential hurricane to come from Ashburn watch her sister play.

"It's a good sport, it's good for your health, and good to run around. It's a good opportunity to play soccer, to get exercise instead of sitting at home," said Miller, who also has a red belt in Tae Kwon-do.

"How fortunate we are to live in a time when she can participate in all kinds of activities," said her mother Rosemary Miller.

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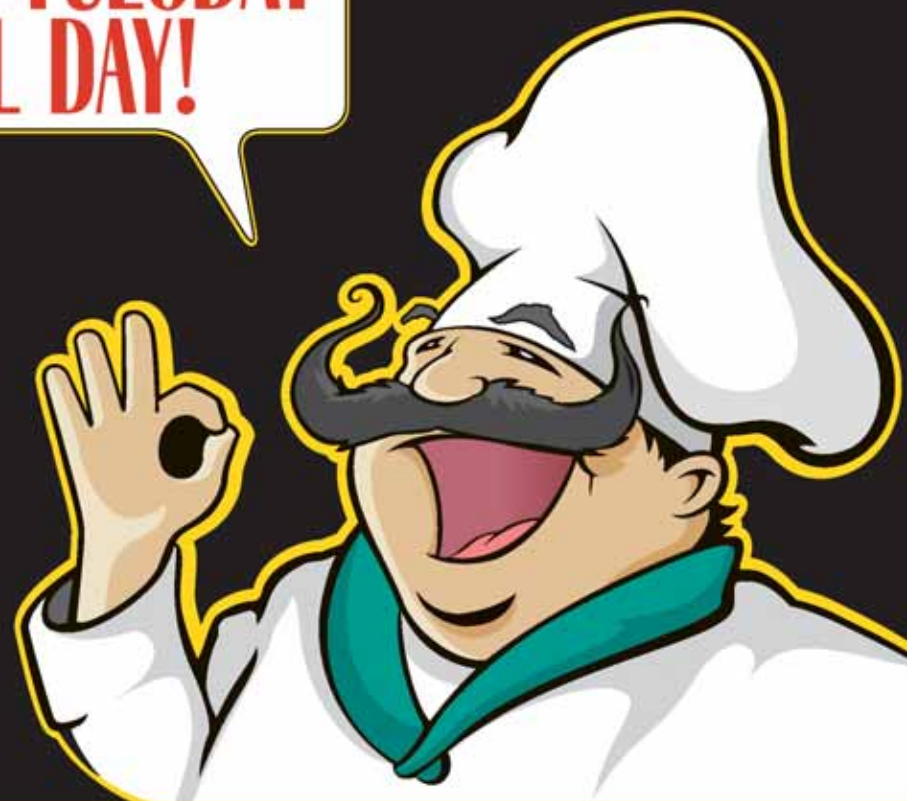
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