

Potomac ALMANAC

WELLBEING

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Park Service helicopter searches for a 21-year-old man who disappeared into the Potomac River on Saturday. Three people who entered the river to try to save their 21-year-old friend were rescued.



The Bies home before the fire ...



... and after.

Nine Years on, the Memory Still Burns

Learning from others' experience.

BY CAROLE FUNGER
THE ALMANAC

The simple act of placing a spoon in a sink made all the difference for the Bies family one spring night in Potomac over nine years ago. That was the night Susan Bies decided to walk up from the basement family room where she and her husband had been relaxing to put a spoon she had been using into the kitchen sink.

On Monday, April 19, 2004, at approximately 10:30 pm, her house burned to the ground.

When Bies entered the kitchen on that particularly warm night, she remembers noting that it seemed especially bright outdoors. Crackling sounds, a noise she had never heard before in her home, seemed to be coming from within the walls. It took her a few short moments to grasp that her entire back porch and deck were on fire.

"By instinct I realized that my son's room lay above this exact area of the house," she said. "I raced up the stairs. By the time I got there his window was engulfed in flames. It hadn't penetrated the glass yet, but the entire window was lit up and he was sleeping completely unaware."

Bies shrieked at her son to get out of the house, literally grabbing him and throwing him out of bed. As he scrambled down the stairs, she realized her daughter was across the hall, also still asleep. As she raced towards her room, her daughter stumbled out of bed. Her husband, unaware of the situation rapidly unfolding, was still in the basement. So she ran to get him too.

"Once I got the kids outside I hurried to

call 911 and realized I couldn't go to the kitchen because it was already engulfed in flames," she remembered. "If I'd gone to the office to use the other phone, I would have been trapped. And I couldn't find my cell phone."

With everyone assembled on the lawn, Bies ran to the neighbor's to get help. She looked back at her home in time to see flames exploding from the windows. So sudden and intense was the blaze that neighbors later likened the fire to Dante's Inferno. It took all night long for the flames to be controlled. By morning, there was nothing left.

Watching her house burn, it seemed like forever until the fire company came.

"When the firemen arrived, they immediately set about protecting our neighbors' houses. I didn't understand why at the time, but they obviously knew our house would be a total loss," she said.

PEOPLE OFTEN ASK Bies about the smoke alarms. She emphasizes that what happened that night occurred outside of their home. They were having renovation work done. Workers had just sanded the deck that spanned the entire back of the house. They'd tied the used-up deck sealer, dirty rags, lunch trash and sawdust in plastic bags and laid it all on top of the leftover cans of sealant.

The cans of sealant, clearly marked "Combustible," coupled with the rags being tied up, plus the unusually warm night, caused the whole pile to spontaneously ignite. The deck and porch, still wet from the sealant, were instantly engulfed. From there, it was only a matter of minutes until the whole back of the house burst into flames.

The Bies know this to be true because the inspector who came that night and investigated the premises wasted no time in con-

cluding that the debris and combustible cans were the clear cause of the fire.

Though the American Red Cross promptly arrived on the scene to offer them shelter, for Bies, one of the hardest parts was realizing her family was suddenly homeless. She is forever grateful to the neighbors who took them in: "Our neighbor came to me and said 'I've cleared out the guest room and you'll be staying with us.'" The family stayed with their neighbors for about a month until they moved into a rental home.

The day following the fire, both Bies children insisted on going to school. They wore borrowed clothes. Bies remembers her daughter being concerned that she was 'out of uniform.' "I still shake my head when I think of that," she said.

In addition to their home, the Bies family lost a new car and all their personal papers, including all sources of identity. The next day, still reeking of smoke, they walked to PNC Bank, their local bank, whose employees thankfully knew them. Through the bank, they were able to access their accounts. Their neighbor drove Bies and her husband to the MVA to get new licenses. The Bies later borrowed a car. The same neighbor gave them all shoes.

"It's amazing the things you take for granted," she said.

THOUGH THE FAMILY has long since rebuilt, parts of the experience, to this day,

are residual. Any crackling or unusual sound in the home sends Bies into a tailspin.

"Sometime after we had finally moved into our new home, which had been entirely rebuilt, my daughter called to me that there was a crackling noise coming from somewhere in her room. I felt my fear well up inside of me. There was a distinct crackling sound coming from somewhere within the space. Could this be happening again? We frantically searched the room until we found a closet mirror that was slowly coming apart from its Velcro mounting. The sound never leaves you," she added.

How to make sense of her experience? Bies has tried to look on the positive side. After over a year spent trying to document her home's belongings, mostly by memory, she ended up compiling a short how-to guide titled "Some 'Peace of Mind' Advice; Before Something Bad Happens."

The short guide provides information on how to prepare for something bad by becoming educated and organized about one's home and personal possessions. These are simple things you can do now, and according to Bies, "You won't be sorry you invested the time. You'll be the better for it." Following are some highlights.

SEE NINE YEARS, PAGE 4

"When the firemen arrived, they immediately set about protecting our neighbors' houses. I didn't understand why at the time, but they obviously knew our house would be a total loss."

— Susan Bies

Deadly River Claims Victim Number Two

Second drowning in Potomac River during the last week.

BY KEN MOORE
THE ALMANAC

In less than one week, two people have drowned in the Potomac River. On Saturday, a 21-year-old drowned near Bear Island. Three of his friends attempted to save him, but were unsuccessful.

Following an extended joint operation, Montgomery County Fire & Rescue recovered the victim's body in the water at approximately 2:25 p.m. on Monday, July 1. Montgomery County Police search and rescue officers were on scene during these recovery efforts.

Montgomery County Police detectives investigating the victim's death revealed that the victim was diving off the cliffs on the Virginia side of the river when his friends noticed him go under the water and not surface. His friends called 911.

The victim has been identified as Vincent Crapps of the 3d United States Infantry Regiment (The Old Guard), stationed at Fort Myer, Va.

Five days earlier, a 19-year-old drowned after attempting to swim near Purple Horse Beach with three friends. His body was discovered two days later.

In both cases, extensive rescue searches were conducted by land, water and by air. Historically, this time of year causes the



PHOTO BY MARY KIMM/THE ALMANAC

Helicopter searches over Great Falls for missing 21-year-old man.

greatest concern to park officials, since river levels are high, summer temperatures soar, and large numbers of visitors flock to the river.

"I have seen people unknowing of these river dangers, enter the river for a swim or simply fall directly into the river's deep waters and never return," said Brent O'Neill, park manager at Great Falls Park since 1997, who has seen many fatalities and hair-raising rescues along the river.

"Don't let this happen to you or someone you love," he said.

One month ago, on May 22, Montgom-

ery County Fire and Rescue, Fairfax Fire and Rescue, National Park Police from the Chesapeake and Ohio Canal National Historical Park at Great Falls, and the Potomac Paddlers Volunteer Corps, warned the public about the dangers of the river.

"The Potomac often looks calm on the surface. What is not visible are downward moving currents that can pull a human being or dog down to the bottom," according to safety materials from the National Park Service.

One speaker last month was a young adult who jumped into the river, attempting to

cool off on a hot day. He was rescued by fire and rescue swift water rescue teams. "We kind of got caught. I got caught in the middle. The water is not peaceful, it is lethal," said the young adult.

As the temperatures rise and visitors flock to the park, the coolness of the water tempts people, said Moe Witt of Montgomery County Fire and Rescue Services. "It is a beautiful scene next to the water and inviting, especially when it gets hot," he said.

"So they want to get in and cool off and think, 'This doesn't look so bad,' and it gets deadly," said Witt.

"There's a lot of undertow and undercurrent," said Caleb Lowe from Montgomery County Fire and Rescue Services.

"You can get sucked underneath and pinned underneath real quickly," Lowe said. "Once you get down there, the force of the water and the current of the water will hold you and just stick you against the rocks. There's no getting out from that point."

"So they want to get in and cool off and think, 'This doesn't look so bad,' and it gets deadly."

**— Moe Witt,
Montgomery County
Fire and Rescue**

SEE SECOND, PAGE 5

Michael Herlihy Authors Young Adult Novel

PES teacher adds another career to his life.

BY SUSAN BELFORD
THE ALMANAC

It took two months — and too many years," said Michael Herlihy, when asked how long it took him to pen his first novel. "I've been writing for years, but to complete a novel, I had to discipline myself to getting up at 4 a.m. and writing 1,000 words before leaving for my job at Potomac Elementary School." For four years, Herlihy was the lead teacher of the Chinese Immersion program at PES where he also taught ESOL. This fall, he will be teaching ESOL at Loiederman Middle School in Silver Spring.

Herlihy's 166-page e-book, "The Shelf Life of Joy" is set in his native Boston in the early 1970s. The coming-of-age story depicts the conflicts of a typical seventh grade student, Aiden McManus. Herlihy's story defines the bewilderment and joy of teen years through the character of Aiden, a 12-year-old who must cope with the many perplexities that he faces: a brainy older sister, an adored brother away at war in Vietnam, his first crush, an intimidating bully, even the Catholic Church. A book review on Amazon.com notes: "Herlihy's vivid description of events, characters and family matters, told with humorous and emotional insights, make this novel a must-read. Not only is the book gripping while you are reading it, but it stays with you afterwards."

Another reviewer added: "You don't have to be from Boston to appreciate this beautiful gem, but the stories are enriched if you know something of Tony Canigliaro, Luis Tiant, Bobby Orr and Jim Plunkett ... and don't forget pro wrestlers and the 3 Stooges,



Michael Herlihy

all important parts of a young teenager's life at a time when life really starts to get serious and childhood becomes a memory."

Herlihy has had a number of divergent careers. After graduating from Boston College in political science and Georgetown University in international relations, he was employed at the U.S. State Department in Geneva, Switzerland. Next he worked in community development in SE Washington

D.C. for a non-profit. Then, he changed his career for a third time to become an educator. He received his teaching certification from Johns Hopkins University.

He has always enjoyed writing. "I come from a family of writers," he said. "I've written a lot of non-fiction articles on everything from human rights to religion. I wrote for the Boston College Magazine, for the Congressional Monthly, America Magazine, the Community Newspaper Company and others. Writing this novel has been a challenge, but I am very very proud of it. I labored over every word in the book and made certain that the book is a good read. The toughest part was to get up every morning to write, whether I felt creative — and editing out sections that I fell in love with." He has almost completed the sequel and is considering topics for his next books. "The Shelf Life of Joy" can be purchased at www.amazon.com for \$2.99. This novel is for both young adults and adults.

Meatless Diet Could Prolong One's Life

New study shows vegetarian and vegan diets could lower risk of untimely death.

BY MARILYN CAMPBELL
THE ALMANAC

Walk into Annie Mahon's spacious kitchen on a day she's cooking, and the first thing you'll notice are fresh herbs and spices resting on her wooden cutting block. The second is a savory aroma wafting from a Le Cruset cauldron simmering on the gas cook top as chickpeas bubble until the outsides are a glistening alabaster and the insides are creamy.

"I don't add salt to the pot because it dries them out," said Mahon, a Potomac resident.

Mahon drained the legumes and doused them with enough olive oil, fresh-squeezed lemon juice, Himalayan sea salt, garlic, red onion and ginger so that their mellow and bland disposition had no choice but enliven under such lush treatment.

"I usually cook once or twice a week," said Mahon on a recent Sunday afternoon. "This will last until Thursday and the longer it sits the more flavorful it becomes."

In another olive oil-coated crucible, Mahon sautés corn, releasing the clean flavors of each kernel. She tosses black beans and slivers of red peppers into the pot and then sprinkles the concoction with assertive cumin, woody, shredded basil and pungent, chopped garlic.

The warm oil melded the flavors, giving the dish a profoundly savory bite.

One thing is missing from her menu: ani-



A recent study showed that vegan and vegetarian meals, such as this corn, red pepper and black bean dish can help prolong one's life.



Nutritionists say vegetables can become hearty and satisfying when they're combined with the right herbs and spices.

"The number one thing to do is to explore different types of vegetables. Think outside of green beans and corn."

— Bonita Lillie, registered dietician

mal products. While Mahon is creating an efficient, balanced meal, researchers say she is also prolonging her life. A recent study published in JAMA Internal Medicine, a Journal of the American Medical Association, showed that vegans and vegetarians experienced a 12 percent lower rate of untimely deaths than their meat-eating coun-

terparts.

According to the study, a vegetarian diet has been associated with lowered risk of several chronic diseases such as hypertension, diabetes and heart disease. Medical experts say dietary choices appear to play a big role in protecting the 70,000-plus study participants from heart disease, which vegetarians were 19 percent less likely to die from than meat-eaters.

"Fruits and veggies — all of them, always are good for hearts," said Laura Evans, who holds a doctor of nursing practice and works as an assistant professor in the Nurse Practitioner Program at George Mason University School of Nursing in Fairfax, Va. "[Also] good are flax seed, nuts especially walnuts and almonds, canola and olive oil."

Evans adds that cholesterol-rich foods can send one's blood pressure, blood sugar and cholesterol readings on the wrong side of normal. "Foods from animals, cheese [because] it's an animal product and most varieties [of cheese] are high in fat and cholesterol. All processed food [is] bad for hearts."

While many carnivores consume their share of plants, the idea of abstaining from meat, dairy and poultry can seem like an insurmountable feat. Local dieticians say not so, however. As Mahon shows, meatless meals are not synonymous with self-denial, monotony, brown rice and tofu.

"The number one thing to do is to explore different types of vegetables. Think outside

of green beans and corn," said Alexandria, Va., resident and registered dietician Bonita Lillie of the Dietetic Consultants of Northern Virginia in Fairfax and Marymount University in Arlington. "Farmers markets are great time this year. I was at the Kingstowne Farmers Market [in Alexandria] recently and I discovered four or five different kinds of eggplants that I hadn't heard of."

When combined with the right spices, root vegetables and Portobello mushroom can make even the most devoted carnivore leave the land of burgers and steak, even if only temporarily.

"Try mixing in herbs and spices to take out salt," said Lillie. "Research to determine which herbs would go best with which vegetables. There are a lot of savory herbs that enhance the flavors of vegetables. Spaghetti squash with marinara sauce, for example, is not meat based, but can be very satisfying."

Meanwhile, Mahon, who eliminated most meat from her diet to support her health, is writing a cookbook that she hopes will show others that vegan meals can be healthful, simple and satisfying.

Nine Years on, the Memory Still Burns

FROM PAGE 2

Five things to do now to safeguard one's home and belongings:

1. Review the Home Owners' Insurance Policy and be comfortable with it.

Be clear what is included/excluded in the \$/square foot rates. Does your coverage include your basement, attic, porches and decks? Make sure you are adequately covered. Know the distinction between 'Replacement Value' and 'Guaranteed Replacement Value.' It makes a difference.

Bies stresses that knowing your insurance policy is only part of the game. She cautions that not all insurance companies are on your side. "Don't assume an insurance carrier is going to educate you

or sell you the policy you need," she said. "The mistake is that people don't think anything will ever happen, so they price shop. Many agents will shave corners in order to give you a cheap estimate. Don't be afraid to brief yourself on your policy. If you knew your house was going to burn down tomorrow, you can be sure you'd read every page of it."

2. Have a family exit plan and rehearse it.

Fire is fast and violent. Practice an exit plan. Children are used to drills.

3. Document your belongings.

Within reason, try to document your belongings. Fill a CD with digital photos, put them on a hard drive and store it in your safe deposit box.

Says Bies, "I spent a good year trying to remember everything in our house. In our case it was a total loss so there was very little if anything to physically evaluate. I had to remember what we owned, room-by-room, drawer-by-drawer, to rebuild it in my mind."

I scoured photographs of my family for what was in the background and what we were wearing."

4. Keep documents in a safe place.

Confirm that you have blueprints/house feature information on file and in a safe place. Make copies of all important identification materials including passport, birth certificate, drivers license, and insurance policies.

5. Before considering a home construc-

tion project, look before you leap.

Ask your builder what insurance coverage he carries and what safety procedures he has in place to protect you, particularly where it concerns sub-contractors.

It turned out that the day the demolition crew came to knock down her home was her son's birthday. As she watched the wrecking ball swing repeatedly against the charred brick remains, Bies was using her neighbor's kitchen to bake his cake.

Life goes on.

For more tips on how to protect one's home and belongings, or for a copy of her "Peace of Mind Advice," contact Bies at Bies87@aol.com.

A helicopter flies low through Potomac River gorge searching for a swimmer who didn't make it back to shore.



PHOTO BY MARY KIMM/THE ALMANAC

Second Drowning in River in Week

FROM PAGE 3

Swimming, wading, and entering the river in any manner are prohibited year round. Dangerous currents, rocks, and rapids make the river extremely hazardous. Rescues from the river itself are difficult. People need to keep their distance from cliff edges and use caution while hiking in rocky areas.

All swimming in the river is illegal, said Assistant Chief Scott Graham, spokesperson for Montgomery County Fire and Rescue Services.

Many people have died swimming in the Potomac River as well as falling in the river from the steep

rocky shorelines. "More than half of all river-related injuries in the Potomac River Gorge are fatal," according to park service documents, and three quarters of river related incidents are based on shoreline activities — not kayaking and canoeing.

"The scenery and river environment is breathtaking and inspiring. But often, where there is rugged natural beauty, danger is present as well. The Potomac River is deep, fast moving, with jagged rock bottoms making power currents that even strong swimmers can not swim against," said O'Neill.

"Respect the river, respect its power," he said.

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OUT & ABOUT

Go to Cabin John Shopping Center and Mall

Successful retail centers are focusing more on offering the things that customers can't buy online, and creating community/regional destinations — restaurants, salons, services, and a variety of experiences, such as entertainment.



Orange Leaf Frozen Yogurt: <http://myorangeleaf.com/potomac>. 301-983-0292.



Starbucks Coffee



Gregorio's Trattoria will open in late summer in space formerly occupied by Umbertos. Serving traditional Italian fare, Gregorio's Trattoria will offer lunch, dinner and a full bar.



Benny's Bar and Grill is another new addition in the past year, serving burgers and steak to chopped salads and pizza. Seating for 240 patrons and a wood-burning fireplace alongside an extensive bar area. The website states that the restaurant is named "in honor of the late Washingtonian Benny Bortnick, boxer, wrestler, referee, restaurateur and humanitarian." Open Sunday through Wednesday: 11 a.m. - 11 p.m.; Thursday: 11 a.m. - 1 a.m.; Friday and Saturday: 11 a.m. - 2 a.m. <http://www.bennysbargrill.com/> 301-299-3377.



Jerry's Subs and Pizza

At Cabin John Shopping Center and Mall, at least 18 different food-related establishments offer a variety of meals and treats that are definitely not available online.

Opening soon is Attman's Delicatessen, offering New York deli food and sandwiches that have been cited as among the best in the country by Fodors.

The Cabin John Kids series is also very popular on the first and third Fridays each month, with free entertainment, giveaways and discounts.

Since mid-2012, Carl M. Freeman Companies has also introduced other new tenants at Cabin John Shopping Center & Mall, including independently owned retailer Leila Fine Gifts & Jewelry, nationally-known Pet Valu, PNC Bank and Orange Leaf, America's Frozen Yogurt, plus independently owned restaurants The Grilled Oyster, and China Jade Bistro.



The Grilled Oyster: Seafood spot offers lunch, happy hour and dinner, plus cocktails. 301-299-9888. <http://thegrilledoystercompany.com/>



Baskin Robbins Ice Cream: 301-983-2300



China Jade Bistro: Open for lunch and dinner with a variety of Chinese and Asian offerings. 301-299-9797.



McDonald's: Gibson McFarland, 5, and his sister Lilly, 3, make friends with Ronald McDonald outside the Cabin John McDonald's.



The Burger Joint BGR: Burgers of many varieties, including veggie and turkey, ahi tuna and sometimes lobster rolls, with fries, sweet potato fries, grilled asparagus, onion rings, shake-of-the month. 301-299-1600. <http://www.bgrtheburgerjoint.com/>

Breadsmith (not pictured): European-style artisan breads in the tradition of old world master bakers. Each loaf is made from scratch using only the finest ingredients. Hand made. Hearth baked. <http://www.breadsmith.com/> 301-983-6033

PHOTOS BY HARVEY LEVINE
/THE ALMANAC



Broadway Pizza: 301-299-3552. www.broadwaypizzaonline.com



Momo Taro Sushi Express: 301-983-1868



Attman's Delicatessen will open for lunch very soon. The original location of Attman's opened in Baltimore in 1915 and is opening their second full-service location at Cabin John Shopping Center. Highly rated by Zagat, Attman's offers an extensive menu of deli fare, from corned beef on rye to kosher style pickles. Visit www.attmansdeli.com.



Goldberg's New York Bagels: Acclaimed bagels, breakfast and lunch sandwiches and more. Open Sunday, Friday 7 a.m. - 3 p.m.; Monday - Thursday 7 a.m. - 4 p.m. <http://goldbergsnybagels.com/> 240-403-1210.



Dunkin' Donuts: 301-983-8267.



Subway

ENTERTAINMENT

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

CLOSING SOON

Exhibit. See Christine Ferrera's exhibit "Between You and Me" on display through Sunday, July 7 at Gibbs Street Gallery at VisArts, 155 Gibbs St., Rockville. Free. Visit www.visartscenter.org or call 301-315-8200.

WEDNESDAY/JULY 3

Outdoor Concert Series. 7 p.m. at Gudelsky Concert Pavilion at the Music Center at Strathmore, 5301 Tuckerman Lane. Hear music by M.A.K.U. SoundSystem. Free. Visit www.strathmore.org for more.

THURSDAY/JULY 4

13th Annual Autism Speaks 5K Run-1 Mile Walk. Annual 5K run and one-mile walk to benefit research on autism 8 a.m. at the Potomac Library, 10101 Glendolden Dr. Post race music, food and prizes. <http://events.autismspeaks.org>

4th of July Fireworks. Starting at 7 p.m. at Montgomery College Rockville Campus. Activities include live music starting at 7 p.m., food and fireworks at 9:15 p.m. Call 240-314-5022 or visit www.rockvillemd.gov/events/independence-day.htm

FRIDAY/JULY 5

Independence Dance party. 8 p.m. Doors open 6:30 p.m. at Rockville Rooftop, 155 Gibbs Street, Rockville. Call 240-450-2405

Contra Dance. 7:30 p.m. lessons start; 8:30-11:30 p.m. dancing at Spanish

Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Big Celtic Fun provides music. \$10/adult; \$5/17 and under. Visit www.fridaynightdance.org for more.

Bethesda Summer Music Festival.

7:30 p.m. "Into The Woods." Bethesda Presbyterian Church, 7611 Clarendon Road, Bethesda. \$20 donation, children free. Visit www.aamsopera.com/bsmf/events.html or call 301-424-3379.

SATURDAY/JULY 6

Battle of the Big Bands: Swing

Dance. 8 p.m. at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Features music by Dean Mora and Mora's ModernRhythmists and George Gee Swing Orchestra. \$20. Visit www.americanswing.org.

Bethesda Summer Music Festival.

2:30 p.m. "Into The Woods." Bethesda Presbyterian Church, 7611 Clarendon Road, Bethesda. \$20 donation, children free. Visit www.aamsopera.com/bsmf/events.html or call 301-424-3379.

Bethesda Summer Music Festival.

7:30 p.m. "Le Nozze di Figaro" opera. Bethesda Presbyterian Church, 7611 Clarendon Road, Bethesda. \$20 donation, children free. Visit www.aamsopera.com/bsmf/events.html or call 301-424-3379.

JULY 6 - JULY 28

Theater Performance. See "Mouse on the Move" at Imagination Stage's Christopher and Dana Reeve Studio Theater. Performances are 10:30 a.m. or 11:45 a.m. on Saturdays and Sundays. Appropriate for children ages 1-5. \$10-\$12/person with \$5 lap seat for children under 12 months. Purchase tickets at www.imaginationstage.org or 301-280-1660.

stage.org or 301-280-1660.

SUNDAY/JULY 7

Waltz Dance. 2:45-6 p.m. at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Dance to live music by Destinoda Rosa. \$10. Visit www.waltztimedances.org for more.

Argentine Tango. 6:30-11 p.m. at Ballroom Annex, 7300 MacArthur Blvd. DJ Rene Davila will mix the music. \$15/person; \$10/dance only. Visit www.glenecho.org.

Contra Dance. 7-10:30 p.m. at Bumper Car Pavilion, 7300 MacArthur Blvd. \$13/nonmember; \$10/member; \$5/17 and under. Visit www.fsgw.org for more.

Bethesda Summer Music Festival.

7:30 p.m. "Le Nozze di Figaro" opera. Bethesda Presbyterian Church, 7611 Clarendon Road, Bethesda. \$20 donation, children free. Visit www.aamsopera.com/bsmf/events.html or call 301-424-3379.

MONDAY/JULY 8

Cartooning Class. 9:30-11:30 a.m. at Glen Echo Park, 7300 MacArthur Blvd. Ages 11 and older can take a weeklong class and learn to create characters, comic strips and more. \$195 for the week includes supplies. To register visit www.glenecho.org or 301-634-2226.

WEDNESDAY/JULY 10

Outdoor Concert Series. 7 p.m. at Gudelsky Concert Pavilion at the Music Center at Strathmore, 5301 Tuckerman Lane. Hear Daryl Davis' Roots music revue. Free. Visit www.strathmore.org for more.

THURSDAY/JULY 11

Free Thursday Concerts. 6-8 p.m. at Veterans Park, corner of Woodmont and Norfolk Avenues, Bethesda. Hear music by 19th Street Band. Visit www.bethesda.org or 301-215-6660.

Backyard Theater for Children.

9:30 a.m. or 11:30 a.m. at Backyard Theater Stage at Mansion at Strathmore, 10701 Rockville Pike. Children's rock band Milkshake performs. \$8/person; free for children 2 and under. Visit www.strathmore.org for more.

Concert. 7:30-8:30 p.m. at Bumper Car Pavilion at Glen Echo, 7300 MacArthur Blvd. Hear music by the Hot Society Orchestra of Washington. Free. 301-634-2222.

Blues Dance. 8:15 p.m. lessons start, dancing from 9-11:30 p.m. in the Ballroom Annex, 7300 MacArthur Blvd., Glen Echo. \$8. Capital Blues presents the dances. Visit www.capitalblues.org for more.

FRIDAY/JULY 12

Comedy Show. 9 p.m. at Visarts at Rockville 155 Gibbs St Rockville. Headlined by Danny Rouhier and hosted by Rahmein Mostafavi. \$15 (pre-sale); \$20 (at the door), .50 for four, use promo code: ROCKPACK. Tickets at www.coolcowcomedy.com.

Art Walk in the Park. 6-8 p.m. at Glen Echo Park, 7300 MacArthur Blvd. Enjoy open studios, demonstrations and more. Free. Visit www.glenecho.org for more.

Contra Dance. 7:30 p.m. lessons start; 8:30 -11:30 p.m. dancing at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. The Glen Echo Open Band provides music. \$10/adult; \$5/17 and under. Visit www.fridaynightdance.org.

LET'S TALK Real Estate



by Michael Matese

What Every Contract Should Have

Whether you're writing your own contract or using a preprinted one, every contract should have specific basic elements. Include, of course, the address of the property and contingencies, financing terms and purchase price, and closing date.

Other specific elements a contract must contain are:

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Seller's Responsibilities: Include passing clear title of the property, maintaining the present condition until closing, making any agreed upon repairs.

What Stays: What fixtures and personal property remain after closing? Make your list written, not verbal and be specific. If you ask for the curtains for example, make sure you include the hardware that holds them up.

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Big Train Remain Atop Ripken League Standings

The Bethesda Big Train sat atop the Cal Ripken Collegiate Baseball League standings with a 14-4 record entering the month of July.

Entering Monday's action, Bethesda was 2 1/2 games ahead of the second-place Gaithersburg Giants and 3 games in front of the defending champion Baltimore Redbirds.

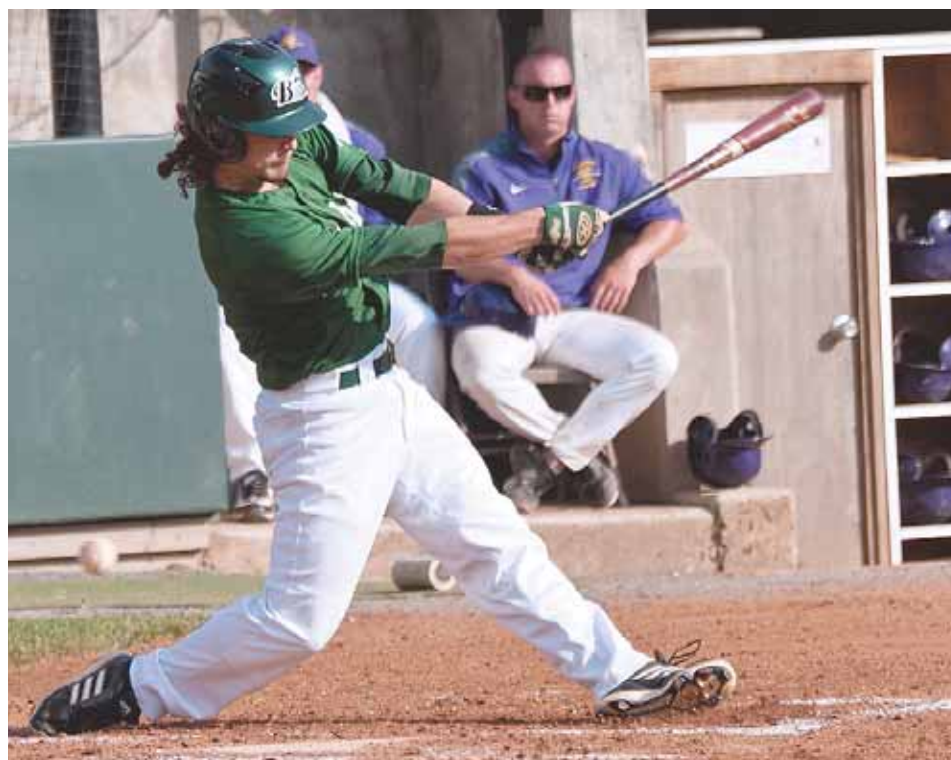
Bethesda and Baltimore have met for the league title the last four seasons, with the Big Train winning three times.

Bethesda left-hander Michael Boyle (Radford University) was named the league's Pitcher of the Week for the week of June 17-23. Boyle made two starts, earning a pair of victories while throwing 12 shutout innings. On June 23 during a 10-4 win over the Herndon Braves, Boyle allowed two hits over six innings.

Bethesda catcher Tucker Tobin was second in the league with 15 RBIs. Tobin, who plays for George Mason University and graduated from West Springfield High School in Springfield, Va., was batting .302 with four doubles, a triple and a home run.

Big Train outfielder David Del Grande (Sacramento State) was batting a team-high .333, with 21 hits in 63 at-bats.

On the mound, Bethesda pitcher Bubba Derby (San Diego State) led the league with

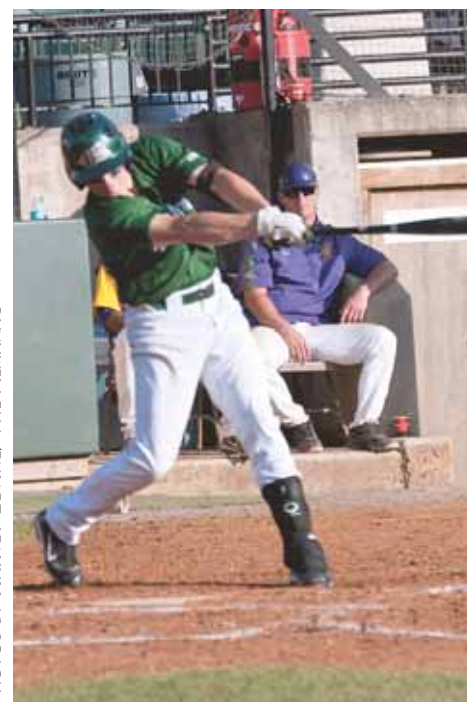


David Del Grande entered July leading the Bethesda Big Train with a .333 batting average.

an ERA of 0.00 in 17 1/3 innings. He was 4-0 and had allowed five hits.

Boyle was tied for second in the league

with a 0.53 ERA, allowing one earned run in 17 innings. He was 2-0 and had surrendered eight hits. Bethesda will travel to face



Bethesda Big Train catcher Tucker Tobin entered July ranked second in the Cal Ripken Collegiate Baseball League with 15 RBIs.

the Herndon Braves at 7 p.m. on Wednesday, July 3 and will host the Rockville Express at 7:30 p.m. on Friday, July 5.

SCHOOL NOTES

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

Kathryn Haynes graduated Phi Beta Kappa from Indiana University with a Bachelors Degree in psychology. She was named Magna Cum Laude, with high distinction from Hutton Honors College. Haynes graduated from Winston Churchill High School in 2009.

The following residents received degrees from Clark University: **Daniel Jonathan Martin**, who graduated with a Doctorate of Philosophy in economics; **Anna F. Wedderien**, who graduated with a Bachelor of Arts in French; and **Alyssa C. Kogan**, who graduated summa cum laude with a Bachelor of Arts in international development and social change. Kogan is also a member of the Phi Beta Kappa honor society.

Todd Michael Erickson, a packaging science major and **John Minich**, an accounting major both have been named to the dean's list at Clemson University for spring 2013.

The following local students were awarded dean's list honors for the spring 2013 semester at St. Mary's College of Maryland: **Elaine Bucknam**, **Emily Buetow**, **Madeline Casey**, **Kevin Goral**, **Michelle Livshin**, **Stephanie Mercado**, **Erin O'Connor**, **Clara O'Shaughnessy**, **Alexander Roca**, **Lydia Roca**, **Michael Shilling**, and **Nguyen-Khuong Than**.

The following residents made the dean's list during the spring semester of the 2012-13 academic year at Bucknell University: **Arielle G. Barnett**, **Pauline M. Dmitriev**, **Joseph P. Kale**, and **Meili G. Sohl**.

Local recipients of National Merit Scholarship Corporation college-sponsored scholarships, their intended career field, and sponsoring university or college, include: **Souvik Ghosh**, studying computer engineering at University of Maryland; **Kathleen Y. Lu**, studying computer science at

The University of Chicago; and **Heidi J. Shiau**, studying accounting at the University of Maryland.

Crystal Sicheng Chiang, a neuroscience major, was named to the dean's list with distinction at Duke University for the Spring 2013 semester.

Rebecca Hyde graduated from Rice University. Hyde received a bachelor of arts degree in civil and environmental engineering and statistics.

Bernadette Corso, **Mary Corso**, and **Cristina Gonzalez** earned dean's list honors for the spring 2013 semester at Mount St. Mary's University.

Cadet Senior Master Sgt. **David Lee Jr.** was recognized for superior performance in Air Force JROTC, and awarded The Annual Daedalian Award, which is presented to a junior who demonstrates patriotism, love of country and service to the Nation.

Students from the area were awarded degrees during Southern Methodist University's May 2013 Commencement ceremonies. **James Gingery**, a resident of Potomac received a Bachelor of Arts in political science. **Elyse Marriott**, a resident of Potomac received a Bachelor of Arts in advertising.

Vanja Basaric; **Daniel Kator**; **Colin Squier**; and **Alisha Bhore** graduated from James Madison University during the May 4, 2013 commencement exercises.

Alexandra Bastol, a Thomas S. Wootton senior, will study piano and music composition this summer at the Boston University Tanglewood Institute.

Jonathan Kuo MD, Doctor of Veterinary Medicine graduated from The Cummings School of Veterinary Medicine at Tufts University.

Amy Cutler has been named to the Dean's List at Southwestern University in Georgetown, Texas, for the spring 2013 semester.

John Potter MD, received a Bachelor of Science degree from Fairfield University's Dolan School of Business.

Local students graduating from Villanova University included: **Alexandra Sobrino**, Bachelor of Arts; **Scott Thiede**, Bachelor of Arts; **Colin Murphy**, Bachelor of Business Administration; **Connor Dierman**, Bachelor of Science in Accountancy; **Kyle Soltesz**, a Bachelor of Science in

Civil Engineering; and **Claire Milliken**, Bachelor of Science in Nursing.

Eitan Fishbein graduated with a bachelor of arts degree in economics and business from Lafayette College.

Dylan T. Thayer has been named to the dean's list at Hamilton College for the 2013 spring semester.



PHOTO BY DEBORAH STEVENS/THE ALMANAC

Fresh Look

Good Earth Landscaping donated time and flowers for Bells Mill Elementary School's fifth grade's present to their school last month. Those working on the project included Roy Ellison, senior foreman, Good Earth Landscaping; Michael Lavin, CPH, manager, Landscape & Design, Good Earth Landscaping; Jack Gordon, Ana Tsikurishvili, Hailey Weiss and Ari Isaacson.

PEOPLE



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Family Days for Learning

Family Days was held June 1 at Lockhouse 25. Families participated in hands-on programs to learn about the C&O canal. From left are David Stuesse, April Schultz, Djina Alicante, Angela Struesse, Sanze Alicante, and Eva the mule. Eva is used to pull the canal boat.



The canal boat goes through the canal.

MILITARY NOTES

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

Marine Corps Pfc. **Francisco-Javie Melendez**, a 2006 graduate of The Heights School, in Potomac, earned the title of United States Marine after graduating from recruit training at Marine Corps Recruit Depot, Parris Island, S.C.

Navy Seaman Recruit **Indonesia P. Putera**, a 2009 graduate of Walt

Whitman High School, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill.

Army National Guard Pvt. **Adam C. Watkins** has graduated from basic infantry training at Fort Benning, Columbus, Ga. Watkins is the brother of Pickle and Aaron Watkins of Potomac. He is a 2012 graduate of Winston Churchill High School.

BUSINESS NOTES

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

Imagination Stage received Adventist HealthCare's 2013 Community Partnership Award for its residency at the Reginald S. Lourie Center for In-

fants and Young Children. Its work was centered on developing cooperative and imaginative play skills through the use of the four actor's tools (body, voice, mind, and imagination). Imagination Stage was honored for its work in the Lourie Center's Therapeutic Nursery Program.

Correction

The photo accompanying "WILL Interactive Inc. Brings Hollywood to Potomac" [The Almanac, June 26] should have been credited to Caroline Horn.

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Been There, Doing That

By KENNETH B. LOURIE



I.V. chemotherapy, that's what; and I'm not infusing it for the fun of it, either. I'm infusing it for the potential tumor-shrinking effect of it. It's not my first choice, to be infused, but after four-plus years of miscellaneous treatments, it is one of the few remaining choices I have left. I've had a good run of success though, diagnosis to date; especially considering that it's been 11 months since my last infusion. Since then, it's been a pill a day, 150 MG of Tarceva, which has indeed kept the doctor away. No fuss. No muss. Now, there's likely to be fuss and muss. It's nothing I haven't experienced and dealt with before — being infused — so I know the drill. The outcome, of course, I don't know.

Not that I'm looking forward to the treatment: three weeks on, one week off, etc., but looking backward serves no particular purpose and certainly offers no guarantee of future success. Tolerating the previous infusions as well as I have bodes well, as does my overall good health. However, if I've learned anything in my cancer journey, it is that oncologists, generally speaking, are not in the predicting business. Projecting maybe, but not so much that it anticipates a scenario worth planning for. The process is not exactly wait and see, it's more like treat and see — via the next scan; the anxiety concerning which has been well-chronicled in this space over the past month or so.

And sure enough, the results from this most recent scan were a bit discouraging. For the first time in nearly a year, growth, "slow growth" was apparent (and as my father used to say: "Any way you slice it, it's still ham.") In the cancer business, when the tumors grow after not having grown previously, it generally means the treatment/medication is no longer effective; it's like a tipping point. Therefore, change is necessary. My change is to restart I.V. chemotherapy, and restart with a drug with which my body has not previously been infused and with which the cancer cells are not familiar. Another cancer fact I've learned: once the cancer cells become acquainted, shall we say, with their chemical adversaries, they fail to respond as hoped. Moreover, once the cells have been exposed/treated by a particular drug/cocktail of drugs, the treatment becomes progressively less harmful to the tumor and in turn more likely to cause collateral damage to the patient, making future treatment options challenging. Outliving one's prognosis is wonderful. However, it is akin to — if I may use a football analogy — outkicking your punt coverage: protocols for patients who significantly outlive their prognosis are, unfortunately, few and far between, given the available patient population.

In addition, I'm limited by the irreparable chemotherapy-caused collateral damage I've already experienced. Still, I'm hopeful (25 percent so, as I've been advised by my oncologist). But I remain positive about this new negative. Diagnosis to date, I've responded better than expected to every previous similarly-necessary treatment change I've faced; and other than the reality of the situation, I have no reason to believe otherwise infusing forward.

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

NEWS

Local Entrepreneurs Launch Sitter Service

Babysitter is an email away.

By SUSAN BELFORD
THE ALMANAC

Finding a babysitter one can trust — and children are happy staying with — can be daunting, especially in a major metropolitan area. But now, a new on-line service will provide "dependable, energetic and caring sitters in the easiest way possible — through e-mail."

Easy Care Sitters is available to residents of Maryland, D.C. and Virginia. This new company provides a solution to the age-old problem of how to find reliable childcare so parents can relax when they leave the little ones at home.

Director of Easy Care Sitters, Jessica Handleman, is excited about offering quality services to families. Her close friend, Cristina Twigg, launched Easy Care Sitters in New York City three years ago — and the idea has taken off throughout the N.Y.C. metropolitan area. When Twigg decided to expand to D.C., Maryland and Virginia, she enlisted her friend Handleman to direct the D.C. operation. Handleman enticed two more Potomac friends — Brandon Shapiro and Ben Piper — to join the organization and now they are up and running. All three

entrepreneurs grew up in Potomac and graduated from Churchill High School.

Handleman has always loved working with children and understands the attributes of an excellent sitter. "I grew up babysitting for everyone in my neighborhood," she said. "I served as a camp counselor, volunteered with organizations centered on children and now my full-time employment is working with teens in foster care."

"We are in the process of hiring skilled sitters," said Handleman. "We have a rigorous interviewing process. We conduct two interviews with each candidate, we complete a thorough background check and verify their references. Each sitter must be certified in CPR and first aid and must have experience. Many of our sitters are also trained to take care of special needs children. We make certain our sitters are responsible, level-headed, personable, kind, sensitive — and love children."

"What sets us apart from hiring the neighborhood teen is the amount of experience, training and reliability," she said.

The process to hire an Easy Care Sitter involves first checking out the Easy Care website www.easycaresitters.com. The parents' first decision is to choose one of three booking options. They can pay as they go (\$10 per booking), purchase a booking multi-pack (\$100 for 12 bookings) or sign up for the monthly unlimited option (\$75 per month for unlimited booking hours.)



Jessica Handleman



After the booking option is selected, the parent completes the Information Request form and submits it. Then whenever they need a sitter, they simply send an e-mail with the dates and start and end times. The wait is no more than 24 hours for a response (usually less), they pay the booking fee and the sitter is assigned. The sitter is paid directly by the parent. The rate for the sitters is \$14 per hour for one child, \$15 for two children and \$17 for three children. For last minute requests, the booking fee is \$15 and for same-day requests, the booking fee is \$20.

Sitters can be booked via e-mail from 9 a.m. to 9 p.m. If one needs to book a sitter after hours, the e-mail will be directly forwarded to the babysitters and if one is free, they will contact the parent directly. The company requires a minimum of three hours. Testimonials from customers concerning the quality of the sitters as well as the organization and responsiveness of the company are available on the website.

"We are providing a great way to hire a sitter — simply shoot out an e-mail, and we do all the work for you. You know that the sitter has been thoroughly checked out — so you are free to enjoy your time away from your kids without worry," Handleman said.

BULLETIN BOARD

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

men grieving the death of a loved one. Second night is Monday, July 22. Free and open to any Montgomery County resident. Registration required, 301-921-4400.

Drop-In Discussion. 1:30-3 p.m. at Montgomery Hospice 1355 Piccard Drive, Rockville. For anyone mourning the death of a loved one. Free and open to any Montgomery County resident. Registration required, 301-921-4400.

THROUGH AUG. 9

Social Skills Summer Camp. Children in grades 1 through 6 can attend camp and learn friendly behaviors, working as a team, anger management and more. Held by the Jewish Social Service Agency and the McLean School of Maryland. All potential campers will be interviewed to make sure the camp is appropriate for their needs. Visit www.summertime.org/ for more.

TUESDAY/JULY 9

Drop-In Discussion. 1:30-3 p.m. Montgomery Hospice 1355 Piccard Drive, Rockville. For anyone mourning the death of a loved one. Free and open to any Montgomery County resident. Registration required, 301-921-4400.

MONDAY/JULY 15

2-Session Workshop. 6:30-8 p.m., for men only, at Montgomery Hospice 1355 Piccard Drive, Rockville. For



PHOTO BY DEBORAH STEVENS/THE ALMANAC

At Folk Festival

Glen Echo Park hosted a folk festival last month, showcasing more than 450 musicians, storytellers, dancers and crafters. From left are Nora Palka, Bella Gleim, Bob Rice and his African Grey Bird Fred.

THURSDAY/JULY 18

Lunch and Learn. 12:30-2 p.m. at Live & Learn Bethesda. Discuss impeachment of the presidents. \$12 includes lunch. E-mail info@liveandlearnbethesda.org or 301-740-6150.

SATURDAY/JULY 27

Public Hearing. 10 a.m. 18753 North Frederick Ave., Suite 210, Gaithersburg. Seeking public input on a list of proposed Early Voting Centers for the 2014 elections. Public comments will be received by the Montgomery County Board of Elections through 5 p.m. on Sept. 17, 2013. Comments should be submitted in writing to elections@montgomerycountymd.gov. Call the Board of Elections at 240-777-8525.

TUESDAY/AUG. 6

Drop-In Discussion. 1:30-3 p.m. Montgomery Hospice 1355 Piccard Drive, Rockville. For anyone mourning the death of a loved one. Free and open to any Montgomery County resident. Registration required, 301-921-4400.

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CHEVY CHASE CENTER

301 951 1127

19 Wisconsin Circle
Chevy Chase, MD 20815

POTOMAC PROMENADE

301 299 7700

9812 Falls Road
Potomac, MD 20854

TRAVILLE VILLAGE CENTER

301 279 2234

9709 Traville Gateway Drive
Rockville, MD 20850

KENTLANDS MARKET SQUARE

301 977 9777

625 Center Point Way
Gaithersburg, MD 20878