

Potomac ALMANAC



Kayaker Drowns At Great Falls

NEWS, PAGE 3

Hidden Artwork Being
Revealed at Old Angler's Inn

NEWS, PAGE 5

NBA Memorabilia Stolen

NEWS, PAGE 5

Creating Fresh,
Healthy Summer Treats

A+, PAGE 6

Six Big Train Players Named
To Ripken League
All-Star Game

SPORTS, PAGE 7

A helicopter searches for
kayaker Shannon Christy on
July 11 along the Potomac
River at Great Falls.

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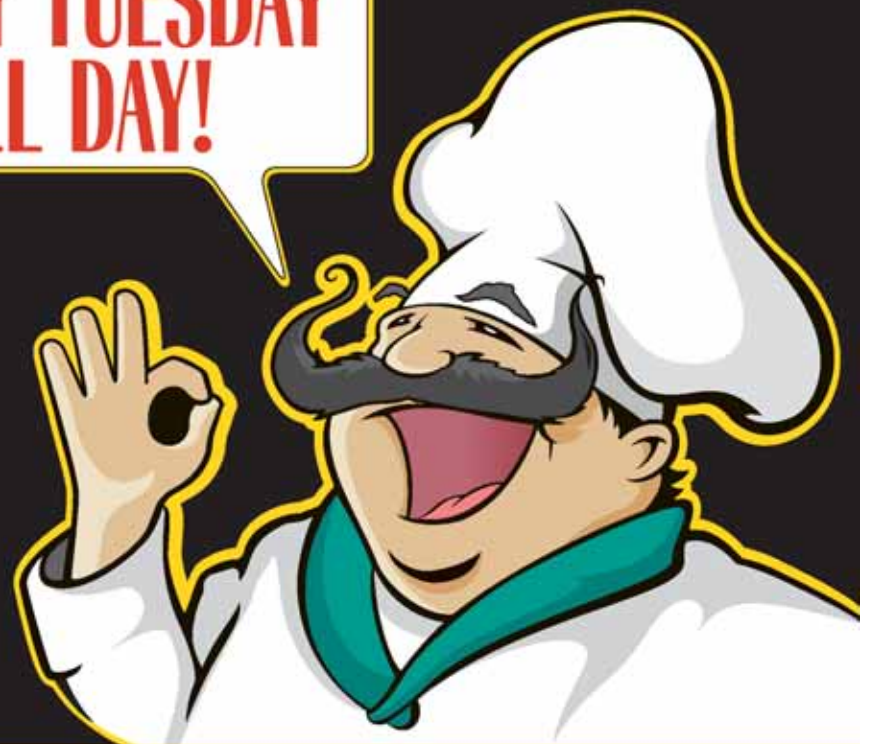
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Kayaker Drowns at Great Falls

Potomac River gorge claims third victim in one month.

BY KEN MOORE
THE ALMANAC

Shannon Christy, 23 of Greenville, S.C., died Thursday, July 11, kayaking the chutes of the Potomac River at Great Falls.

Christy “disappeared while going down the falls and was pinned underneath the water for a period of time,” according to Montgomery County Police Reports.

Police were called at 4:17 p.m.

“Following an extensive search by Fire/Rescue and the victim’s fellow kayakers, the victim’s body was recovered from the river by Fire/Rescue personnel,” according to reports.

Christy drowned the day before the 26th Annual Great Falls Race, “a festival of top kayakers who celebrate and promote the Potomac River, the sport of kayaking, and the large and diverse community of paddlers in the region,” according to the festival sponsor Active Nature. The race was cancelled, replaced by a memorial service in honor of Christy for her family and friends.

“We are saddened to have lost a dear friend yesterday due to drowning at Great Falls on the Potomac River,” according to an Active Nature statement. “Shannon Christy loved kayaking and it is through kayaking that we honor her memory.”

Posted on Potomac Outfitters Facebook page: “We lost an amazing member of our paddling community yesterday. Our thoughts and prayers go out to the friends and family of Shannon Christy.”



PHOTO COURTESY OF SCOTT GRAHAM

Kayakers and Montgomery County River Rescue in the successful effort to recover Shannon Christy’s body.

“She was a ray of light,” said Will Seeber, expert kayaker and Christy’s friend who spoke at the memorial service. “Everytime she met people and in every circumstance ... she was positive and happy and literally like a ray of light. That’s the feeling I keep when I think about Shannon.”

“For those who never got to meet Shannon, here is an amazing video to give you a little insight into the amazing human being that she was as well as the incredible impact she had on our community even in the end,” according to Potomac Paddlesports, <http://vimeo.com/m/70285367>.

THE POTOMAC RIVER at Great Falls,

class V-plus rapids, builds up speed and force as it falls over a series of steep, jagged rocks and flows through the narrow Mather Gorge. The falls consist of cascading rapids and several 20-foot waterfalls, with a total 76-foot drop in elevation over a distance of less than a mile. The Potomac River narrows from nearly 1,000 feet, just above the falls, to between 60 and 100 feet wide as it rushes through Mather Gorge, a short distance below the falls, according to the National Park Service.

Less than two months ago, on May 22, Montgomery 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.

“There’s a lot of undertow and undercurrent,” said Caleb Lowe from Montgomery County Fire and Rescue Services at the safety event in late spring. “You can get sucked underneath and pinned underneath real quickly.”

“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,” he said.

During the past three weeks, two young men swimming in the Potomac River gorge, where swimming is prohibited, have drowned.

On Saturday, June 29, a 21-year-old drowned on the Potomac River near Bear Island. Three of his friends attempted to save him, but were unsuccessful. His body was discovered Monday, July 1. According to Montgomery County police, 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. The victim was identified as Vincent Crapps of the Third United States Infantry Regiment (The Old Guard), stationed at Fort Myer, Va.

On June 24, Ngo Tekwe Forchick, 19, of Takoma Park, drowned after attempting to swim near Purple Horse Beach along the Billy Goat Trail with three friends. His body was discovered two days later.

In both cases, extensive rescue searches were conducted by land, water and by air.

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

Historically, kayakers and paddlers are “the ones who respect the river the most and know about the rivers’ currents and dangers,” Brent O’Neill, site manager at Great Falls Park, said at the safety event at the beginning of the season.

“Truthfully, there is a long history of kayakers and canoeists who have saved lives by assisting a victim in the river,” said O’Neill. “For instance, there have been incidents where swimmers or waders who become distressed in the river and the only help around at that moment in time is a paddler on the river who provides assistance to land that person safely back on shore. Some stories are hair-raising accounts.”

The National Park Service and the local boating community partnered together to form a group called Potomac Paddlers Volunteer Corps to work towards safety on the river. “We have increased visibly on the river, making contacts with park visitors engaged in risky activities on the river and saving lives.”

“Respect the river, respect its power,” O’Neill said.

How Did Shannon Christy Drown?

Statement from Active Nature, sponsors of this year’s Great Falls Race:

“On July 11, 2013 at approximately 3:45 p.m., two highly experienced whitewater kayakers put on the Potomac River at C&O Canal National Historic Park.

“The two boaters, Will Seeber and Shannon Christy, had the intention of kayaking down familiar lines of the Falls. Together, they paddled down to the starting area above the first drop. ...

“Shannon went first into the first drop of the Center Lines of the Falls, [called] ‘Grace Under Pressure.’ From Will’s vantage point above, her entry into the waterfall looked normal. Will followed approximately 15 seconds behind Shannon, only to find no sight

of her at the base of the waterfall.

“Will proceeded into the second section of the Center Lines, ‘Ledges,’ thinking that Shannon had paddled down as if practicing a continuous run. While Will was approaching the final waterfall of Center Lines, ‘The Middle Finger,’ Shannon appeared, swimming out of her boat in full paddling gear.

“She was swept down the slide, ‘Hollywood Boulevard,’ rapidly approaching ‘Subway,’ ... a known deadly section of the run. The cause of Shannon’s swim is unknown. Will attempted to come to her aid, but could not reach her in time before the fast-moving currents pulled Shannon into ‘Subway.’ Will paddled down ‘The Middle Finger’ in order to attempt to rescue Shannon. There was no sight of her.

“Minutes later, her PFD and helmet surfaced. ... After Will notified park rangers and onlookers at the shore, rescue crews arrived via motorized raft. Rescue personnel transported Will down the river to Old Angler’s Inn to speak with authorities. ...

“An extraordinary rescue effort was then led by professional kayakers, Steve Fisher and Jason Beakes. The sophisticated effort was executed by numerous kayakers who arrived on the scene to assist. Will returned to Great Falls to help the other kayakers in the rescue. The team was able to successfully extract Shannon’s body from a catastrophic underwater pin in ‘Subway’ hours later.”

— FROM ACTIVE NATURE.
WWW.ANADVENTURES.COM

POTOMAC ALMANAC

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Newspaper of Potomac
A Connection Newspaper

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

1606 King Street
Alexandria, Virginia 22314

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Potomac Almanac is published
by Local Media Connection LLC

**Five Time First Place
Award-Winner
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OPINION

Share Wisdom with Newcomers and Others

Almanac's Newcomers and Community Guide publishes in late August.

EDITORIAL

Our Newcomers and Community
Guides, Insider's Editions, will
publish the last week of August.

We're hoping to share the
places, activities, events, organizations and
volunteer opportunities your neighbors might
not know about. What tips do you have for
someone getting to know your community?
Great places and activities? Events that should
not be missed? Organizations that do a great
job? Places to volunteer? Tips for navigating
your PTA or your school's front office? We'd
love to have your photos to go along with your

suggestions.

Faith organizations, nonprofit organizations,
clubs, environmental groups, advocacy groups,
youth sports teams and others who offer events
open to the public are invited to send a para-
graph about the organization and how to get
involved.

We will publish a selection of local tips along
with a plethora of information useful to new-
comers and long-time residents alike, includ-
ing our award-winning Insiders Guide to the

Parks, information on how to vote and more.

See last year's community guides by going
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Email tips and photos to almanac@connectionnewspapers.com
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THROUGH AUG. 9

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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.summeredge.org/ for more.

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 20

Workshop for Dog Adopters. 11:45
a.m. Your Dog's Friend Training
Facility, 12221 Parklawn Drive,
Rockville. Learn how to deal with
common issues, prevent problems,
and maintain a strong, trusting
relationship. Time to discuss
individual concerns. Rescue and
shelter foster parents and potential
adopters welcome. Please leave dogs
at home. Visit <http://yourdogsfriend.org/free-workshops/>
or call 301-983-5913.

TUESDAY/JULY 23

"Safety for Seniors" Presentation.
7:30 p.m. at the Potomac Community
Center, 11315 Falls Road.
Community Officer Michael Prather
of Montgomery County Police
Department will discuss safety at
home and in the street. Visit
www.montgomerycountymd.gov.

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.



Summer Boat Ride

The National Park Service
offers boat rides on the
Chesapeake & Ohio Canal
April through October. The
summer schedule is
Wednesday-Sunday 11 a.m.,
1:30 p.m. and 3 p.m.

From left: Jacob
Dowdy, Faith
Zombori, Tyler
Dowdy, Sarah
Rogers, Peter
Zombori and Joyce
Ack enjoyed their
ride on the mule-
drawn canal boat.

PHOTOS BY
DEBORAH STEVENS/
THE ALMANAC



Hidden Artwork Being Revealed at Old Angler's Inn

Restoration is in progress upstairs in the Inn's front dining room.

BY SUSAN BELFORD
THE ALMANAC

When Hurricane Sandy blasted through the Mid-Atlantic last year, Mark and Sara Reges, owners of Old Angler's Inn received the call that the roof on their historic restaurant was leaking. When they arrived at the Inn, they discovered an amazing surprise. The constant dripping in their upstairs dining room was causing the plaster to peel from the wall — but underneath was a picturesque mural of the C & O Canal, painted by Mark's grandfather George Reges.

The multi-faceted George Reges was an attorney as well as an accomplished artist who trained and taught at the Corcoran School of Art. After Mark's father purchased the Inn in 1957 for his mother Olympia because it reminded her of her home in Macedonia, George Reges decided to paint a mural of his beloved C&O Canal in the upstairs dining room. Olympia Reges devoted her energies to restoring the Inn's charming setting, the hospitality, the fine foods and carefully-chosen beers, wines and liquors.

Olympia Reges gained fame in 1962 when Supreme Court Justice William Douglas marched members of Congress up the C&O Canal to demonstrate the beauty of the environment and the need to keep the canal. Congress wanted to destroy the canal to build a super-highway.

The tired and very dirty hikers, accompanied by a large press corps, arrived at Old Angler's Inn for lunch. Taking one look at their filthy appearance and muddy fishing boots, Olympia refused to allow them to enter because she had just had new rugs installed in her restaurant.

Her husband George Reges was on a case in Miami. He awoke to front page headlines



The mural was painted by Mark Reges' grandfather.

A close-up view of the mural.



stating, "Innkeeper's Wife Refuses Justice Douglas Entry into Restaurant." The story appeared in every major newspaper in the U.S. — and Olympia Reges became famous for standing her ground. She was the proprietor of the Inn through the 1980s — and when she died in 2005, her grandson and his wife, Mark and Sara Reges took over ownership along with back taxes and badly needed repairs. They have restored Old Angler's Inn to its previous glory.

The first Old Angler's Inn was opened in

1860 just as the Civil War was beginning. It was built to offer respite to travelers in carriages and on horseback journeying to and from the nation's capital. The Inn, located next to the C & O Canal and near Great Falls, was also a summer destination to escape the muggy temperatures in D.C.

During the Civil War, couriers and officers often stopped at the Inn to dine or for a good night's rest after their travels. In 1864, gold was discovered by a California soldier who returned after the war to operate a

mine successfully there until 1880. One of the owners of the gold mine was so appreciative of the fine food and the many hours of good company he found at the Inn that he presented the proprietor with a set of solid gold fishing hooks fashioned from the ore of the mine. It is after these hooks that the "Order of the Golden Hook," which makes its headquarters at the Inn is named.

Mark Reges remembers stories of his grandfather painting the mural in the dining room. "He loved the C&O and often fished the river. His fishing rod still hangs in the cocktail lounge of the restaurant. My father hung it up there soon after Granddad's death. George got great pleasure from painting the mural — and he also designed the original sign and logo for Old Angler's Inn."

The Regeses have enlisted the help of The Heights School teacher John Folley and several of this year's graduates to work on uncovering and restoring the mural. Folley explained the process: "We are removing the plaster very carefully with water and chisels. We are being exceptionally careful to protect the paint on the mural. We have now uncovered several paintings — and we believe the mural goes all the way around the room. Uncovering this piece is truly exhilarating."

Henry Song, Daniel Lulli and Michael Kolb are three Heights students who graduated in June. Folley asked them to help uncover the mural this summer since they are all talented artists who have studied art with him for several years. "This is a terrific opportunity to learn about restoration processes and architecture," he said.

Lulli is enthusiastic about the project. "Each time we approached an uncovered portion of the mural, I remembered the recorded thoughts of Michelangelo and how he saw figures in every block of stone and carved until they were set free. As I looked back on the walls previously masked by exterior paint and plaster, I smiled at the figures and landscapes we had set free."

The restoration is in progress upstairs in the Inn's front dining room. Old Angler's Inn is located at 10801 MacArthur Blvd, Potomac, and their telephone number is 301-365-2425.

Crime: NBA Memorabilia Stolen in June

Two days after the Miami Heat stole the NBA Championship from the San Antonio Spurs, Tim Duncan and the Spurs were robbed again.

On June 22, "unique sports memorabilia" was stolen from a residence on Holly Leaf Lane, according to Montgomery County Police.

Investigative detectives determined the homeowners discovered that "several items of unique sports memorabilia" were stolen while they had taken a walk.

"The sports memorabilia items that

were taken from the home include a basketball signed by the 2005 San Antonio Spurs Championship team, a basketball signed by the 2007 San Antonio Spurs Championship team, and two San Antonio Spurs #21 jerseys autographed by Tim Duncan," according to Montgomery County Police.

Call the 2nd District Investigative Section at 301-657-0112 to report any information regarding the burglary or the whereabouts of the stolen property.

IN A SEPARATE INCIDENT last Satur-

day, July 13, investigators with the same division investigated a late-night burglary and robbery on the 7100 block of Natelli Woods Lane that occurred at approximately 11:30 p.m.

Residents of the home awoke and found two male suspects in the house who demanded valuables, according to police.

"Investigators believe that entry to the home was made through an unlocked door and will attempt to determine whether this incident is related to other late-night burglaries," said police. "Patrol units and a K-9 team searched the area but the suspects

were not located."

Police urge homeowners to lock all doors and windows and utilize any available security measures such as exterior lighting and alarm systems.

Report suspicious activity to the police non-emergency number at 301-279-8000.

Those who wish to remain anonymous may call Crime Solvers of Montgomery County toll-free at 1-866-411-TIPS (8477).

— KEN MOORE

From left: Katie King, Sasha Fedorchak, Lucy Rogers, Eliza Grace Ulmer, Haley King and Grace Griffin prepare to cook in Arlington, Va. Local culinary enthusiasts say there are an abundance of healthy summer treats that can be made at home.



PHOTO COURTESY OF CREATIVE KIDS KITCHEN

Creating Fresh, Healthy Summer Treats

Local chefs offer recipes for refreshing, healthy snacks to keep kids satisfied during vacation.

BY MARILYN CAMPBELL
THE ALMANAC

Enticing children to forgo strawberry-flavored candy and choose fresh fruit in its natural form can be challenging. After all, lemonade, popsicles and cookies with milk are considered summertime classics.

Some local culinary enthusiasts say there are an abundance of summer treats that can be made at home and keep children fueled and healthy all season long, however. They offer several suggestions that are ideal for after-camp snacks or whenever the munchies hit.

“When I think of healthy eating and kids and summer, the first thing I think of is fruit,” said Andrea Nelson of Creative Kids Kitchen in Arlington. “Beyond the natural sugar factor, most fruit has as much vitamins as a vegetable.”

One treat that tops Nelson’s summer treat menu is fruit gazpacho. “It is made with a medley of fruits like watermelon, blueberries, honeydew melon. If you have a particularly picky eater, you can puree the fruit. You can involve the kids by getting them to help wash and cut the fruit.”

Christine Wisniewski, an instructor at Culinary Cooking School in Vienna, also recommends making use of the bounty of fresh fruit available during summer. “Sliced peaches or nectarines with a dollop of sour cream and a light sprinkle of brown sugar are a sweet, tangy treat. Or sweeten some Greek yogurt with a little bit of honey and use it as a dip for strawberries,” she said.

Nelson turns the abundance of blueberries that are now available into blueberry biscuits. “They are su-

per easy to make and blueberries are inexpensive right now,” she said. “I also make baked strawberry, banana and quinoa muffins using nonfat Greek yogurt. They are healthy and gluten free.”

Nikki Drummond of Tiny Chefs Cooking School in Potomac, Md., and Arlington, Alexandria, McLean, Oakton and Springfield, uses her classroom to offer children alternatives to prepackaged, sugar-laden treats. “We make fun fruit kabobs with a yogurt dip made with plain low-fat yogurt and honey and cinnamon,” she said. “The kids cut up the fruit so they are having fun.”

Drummond also teaches students to make a healthy dessert using uncooked oatmeal, wheat germ and chocolate chips. “We call them breakfast balls, but you can keep them in a container and kids can snack on them throughout the week,” she said.

To cool kids down after a day of playing in the sun, Wisniewski offers homemade frozen bananas and sorbet. “[To make] frozen bananas, halve a banana crosswise, insert a popsicle stick in the cut end, freeze for one hour,” she explained. “Dip frozen bananas in melted chocolate. Only dip one side if you want to limit the chocolate, then dip bananas in fun toppings like sprinkles, toasted coconut, chopped nuts, or crushed cookies.”

To make sorbet, Wisniewski combines fruit and simple syrup. “To make a simple syrup, [use a] one-to-one ratio of sugar to water and bring to a boil to dissolve sugar,” she said. “Reduce heat to very low and simmer 10 minutes. Cool, combine syrup with pureed summer fruit. Try berries, peaches or mangos. Add a pinch of salt, and a squeeze of citrus juice. Chill until the sorbet mixture is very cold.”

For those who want culinary simplicity during the summer, Wisniewski said, “Fresh cherries or grapes heaped in a bowl of ice are more refreshing than those served alone. Even the largest watermelon disappears quickly and keeps kids hydrated when left on the counter for snacking. Some people opt for a sprinkle of salt on their watermelon.” For a more sophisticated palate, she suggests adding a squeeze of lime, or a small sprinkle of mild chili powder or cumin.

Summer Treat Recipes

STRAWBERRY BANANA QUINOA MUFFINS

Courtesy of Creative Kids Kitchen

Ingredients

1/4 cup quinoa
1/2 cup water
1 cup whole wheat flour
1 1/2 tsp baking powder
1 tsp salt
1 tsp ground cinnamon
3/4 cup packed brown sugar
1/4 cup vegetable oil
1/2 cup nonfat Greek yogurt
1 tsp vanilla extract
1 1/4 cup mashed ripe banana
1 cup diced frozen strawberries

Directions

Combine the flour, baking powder, salt and cinnamon in a medium bowl. Add cooked quinoa. Add strawberries. Combine sugar and oil, yogurt, vanilla and banana in another bowl. Stir gently; do not overmix. Bake at 400°F for 25-30 minutes.

BLUEBERRY BISCUITS

Courtesy of Creative Kids Kitchen

1 cup all-purpose flour
Pinch of sugar
1/4 teaspoon salt
2 teaspoons baking powder
4 tablespoons unsalted butter
1/4 cup half and half
1/4 cup blueberries

In a large bowl, combine flour, sugar, salt and baking powder. Cut butter into 1/2 inch cubes and using your fingertips, work butter into flour until mixture resembles coarse crumbs. Add half-and-half and stir. Add blueberries. Transfer dough to lightly floured surface and knead for 30 seconds. Pat out until it is 1-inch thick then cut out rounds with a cookie cutter. Arrange biscuits on baking sheet 1 inch apart and bake at 425°F until puffed and golden (about 15 minutes).

YOGURT DIP WITH FRUIT KEBABS

Courtesy of Tiny Chefs

Makes 2 cups dip, 8 servings of 1/4 cup each

Ingredients
2 cups plain yogurt
1/2 cup honey
1 tsp ground cinnamon
Assorted fresh fruit (apples, bananas, pineapple, strawberries, grapes) cut into bite-sized pieces

Supplies

Measuring cups
Measuring spoons
Small mixing bowl
Cutting board
Paring knives
Wooden spoon
8 wooden skewers
8 small plastic bowls or cups

Directions

Combine yogurt, honey and cinnamon in small bowl; stir to blend. Thread fruit onto wooden skewers. Divide dip among 8 small bowls or cups and serve with fruit kebabs.

BREAKFAST POWER BALLS

Courtesy of Tiny Chefs, Inc.

Makes 8 servings of 2 truffles each

Ingredients
1 cup dried pitted dates (find these in the dried fruits section, near the raisins)
1 cup rolled or old fashioned oats (NOT quick oats)
1/2 cup good quality semisweet chocolate chips (E. Guittard is a good, “nut free” choice)

Supplies

Measuring Cups
Measuring Spoons

Directions

Set the flaked coconut onto a plate or bowl. Set aside for rolling. In the bowl of a food processor, add all ingredients from dates through water and blend until the mixture goes from crumbly to moist and becomes almost one mass. Dump the mass into a separate bowl (be careful to avoid the blade of the food processor) and start scooping 1 tablespoon balls. Smooth each ball with the palms of your hand and then place into the plate/bowl of coconut. Roll each ball in coconut, pressing with fingertips to force some sticking. Mound power balls onto a serving platter and eat.

SPORTS



PHOTO BY HARVEY LEVINE/THE ALMANAC

Bethesda Big Train second baseman Tim Yandel was named to the 2013 Cal Ripken Collegiate Baseball South All-Star team.

Six Named to All-Star Game

Six members of the Bethesda Big Train were named to the Cal Ripken Collegiate Baseball League South All-Star team.

Outfielder David Del Grande (Sacramento State), second baseman/shortstop Tim Yandel (Tulane), catcher Josh Spano (High Point) and pitchers Bubba Derby (San Diego State), Michael Boyle (Radford) and Zach Morris (Maryland) were selected to participate in the all-star event, which will

be held at 7:30 p.m. on Wednesday, July 17 at Povich Field in Bethesda.

Entering Tuesday's action, Del Grande was batting .330 with seven doubles, one home run and 11 RBIs. Derby was 5-1 with a 1.11 ERA and 41 strikeouts in 32 1/3 innings pitched.

The Big Train remained atop the league standings with a 23-7 record. Bethesda is four games ahead of the Gaithersburg Giants and 4.5 ahead of the Alexandria Aces.

SCHOOL NOTES

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

The following local students graduated from Gettysburg College on May 19: **Veronika Stare** majored in music and health sciences and graduated cum laude; **Kyle Corsini** majored in organization and management studies; **Andrew Stout** majored in organization and management studies; **Patricia Atwater** majored in organization and management studies; **Lindsey Robinson** majored in organization and management studies; **Michael Boyland** majored in organization and management studies; **Cailen Spingler** majored in philosophy; **Emily Kleinburd** majored in psychology; **Justin Dhyani** majored in health sciences; and **Matthew Danielson** majored in organization and management studies.

Rebecca Bader has been named to the University of Hartford's Spring 2013 dean's list.

John Jankosky and **Colleen Krizan** have been named to the dean's list at Frostburg State University for the spring 2013 semester.

Camille St. Regis received the Thomas E. Bellavance Honors Program Award at Salisbury University. She is a member of the Honors Student Association and a University Writing Center consultant.

Jonathan Arias received the Art Department Meritorious Award at Salisbury University.

Laura Schutt received the Avery W. Hall Scholarship at Salisbury University. Schutt is a junior majoring in nursing and is vice president of the Student Nurses Association.

Gloria Chibueze-Azing, daughter of Charles Monu of North Potomac, received the Justin Y. Shen Award for Outstanding Senior in Political Science at Salisbury University. She is a member of the SU Liturgical Dance Club, a Cultural Laureate representative and a student assistant in the President's Office. Chibueze-Azing is a 2009

graduate of Northwest High School.

Lori Defnet received the Burke Family Information Systems Scholarship and the Craig N. Piepenbring Memorial Scholarship at Salisbury University. Defnet is a junior majoring in accounting and information systems and is a member of the Phi Kappa Phi the international honor society, Beta Gamma Sigma international business honor society.

Elaina Iosue received the Guerrieri University Center Scholar Athlete award at Salisbury University. Iosue is a senior majoring in political science and communication arts and is a member of the women's tennis team, treasurer of the Lambda Pi Eta national communications honor society, a member of the Student Athlete Advisory Committee, Student Athletic Mentors and College Republicans, and staff assistant at the Institute for Public Affairs and Civic Engagement.

Matthew Goldkind was named to the American Hebrew Academy's dean's honor roll for the spring trimester of 2013.

Margaret Mullan graduated from Spring Arbor University in May with a master of arts in communication.

Marcella Bianci, Rebecca Kline, and Will Mulhern were named to the University of Wisconsin-Madison's dean's list for the spring 2013.

Margaret Baglien, daughter of Brent and Susan Baglien, received a bachelor of arts degree from the Northwestern University School of Communication.

Caren Welik received a master of business administration degree in management from Frostburg State University.

Cate McCaffery was named to the dean's list at The College of the Holy Cross.

The following local students graduated from Frostburg State University: **John Jankosky**, with a bachelor of science in history, and **Neffetara Morris**, with a bachelor of science in mass communication.

Angela Biciocchi, Perri Miller, Akira Sirvain and Timothy Smith graduated from the University of Delaware.

Lindsey Robinson earned a spot on the dean's commendation list at Gettysburg College.

Veronika Stare was named to the dean's honor list at Gettysburg College.

The following local students graduated from Denison University: **Rebecca K. Amster**, with a bachelor of science in biology, and **Joanna E. Hornbeck**, with a bachelor of science in psychology.

Antonios Anagnostopoulos, Hannah Goldstein, Jonathan Jang and Aubrey Tingler were named to the dean's list at Emory College of Arts and Sciences.

Amanda N. Corwin, daughter of Erik and Manal Corwin, was named to the dean's list at Colby College.

Mara Hanerfeld, Thomas Hsieh, Andrea Sunshine, Marisa Braun, Jimmy Daruwalla, Phillip Kim, Hannah Goldstein, Jacob Israel and Alexander Kiener graduated from Emory University.

Gabriel Barnaby received an honorable mention on the Spanish National Exam.

Rebecca Friedland, a peace and conflicts major from Potomac, was named to the dean's list at Colgate University for spring 2013.

The following students from Colgate University were recipients of the dean's award for academic excellence during the 2013 spring term: **Andrew Weinstein**, an economics major; **Rebecca Murphy**, a history major; **Avery Albert**, a psychology major; **Katherine Sotos**, a biology major; and **Juliane Wiese**, a philosophy major.

WES Campers Raise Funds for Pet Shelter

Campers at Summer at WES in Bethesda, have a knack for business, and for philanthropy, as well. In five camp sessions this summer, they will donate hundreds of dollars to House With A Heart senior pet sanctuary, located in Gaithersburg. The camp session, titled "Mind Your Own Business," exposes the children to all the elements it takes to be an entrepreneur and run a business. This year they are making snow cones and selling them to fellow campers for \$3 each. The sound of the ice shaving machine alerts the campers, hot from their daily activities, to the sale twice a week right after lunch.

"The kids come up with a plan, decide on a product to sell, and put the whole thing together to make a profit," said Camp Counselor and Washington Episcopal School teacher Brian Belstock. "They chose a good cause to donate their profits to, which makes it even more worthwhile. It involves teamwork, a lot of effort, and a little math — counting money, making change, and determining what the profits are." Counselor in Training (CIT), 15-year old Elena Kozak explained that the "campers make flyers on MACs to promote our snow cone sales. Last year we even made a commercial." Amy Lewis, 16, has been with the camp for 11 years and is now a CIT. She adds that "This experience really shows [the kids] how to run a business. We all get so



PHOTOS BY ALI BRATUN

Emelia Isola, 10, helps to sell snow cones during Summer at WES camp to benefit House With A Heart, a senior pet Sanctuary in Gaithersburg.

excited about making \$100 but then we have to deduct our costs, so our profit is much less." Camper Emelia Isola, 10, said she loves that fact they are helping old dogs.

Washington Episcopal School is an independent, coeducational day school in Bethesda, for students age 3 to Grade 8, founded in 1986. For more information, visit www.w-e-s.org.

House With A Heart's founder, Sher Povinale, received the Montgomery County Humane Society 2009 Humanitarian Award. For more information: www.HouseWithaheart.com.



Camp Counselor Brian Belstock helps "Mind Your Own Business" campers Sully and Mario Kadnar, 9, add flavoring to shaved ice at Washington Episcopal School's summer camp, while camper Griffith Ruck, 13, waits in line. Proceeds from the snow cone sales will benefit House With A Heart, a senior pet Sanctuary in Gaithersburg.

Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

IN APRIL 2013, 42 POTOMAC HOMES
SOLD BETWEEN \$4,380,000-\$476,000.

April 2013 Sales in \$800,000s and \$900,000s



7 12488 Ansin Circle Drive
— \$835,000



1 10805 Willow Run Court
— \$980,000



3 9212 Farnsworth Court
— \$910,000



4 8829 Cold Spring Road
— \$910,000



8 8904 Maxwell Drive — \$830,000

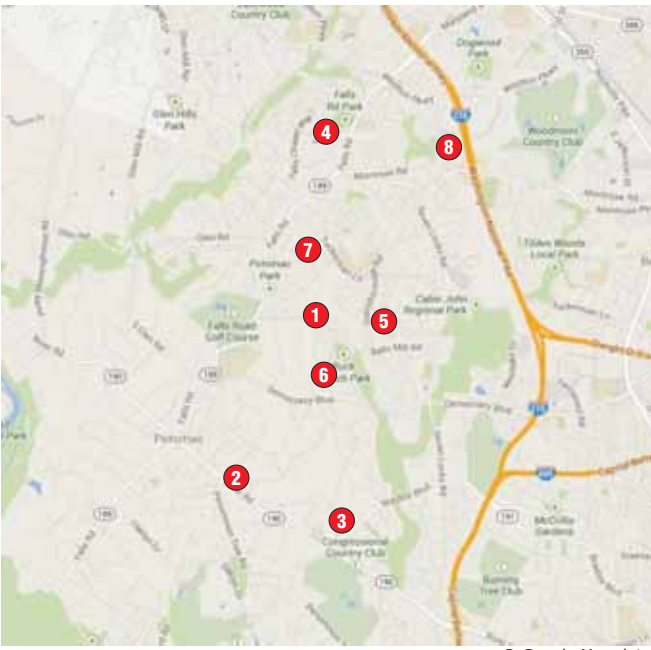


5 10926 Bells Ridge Drive — \$907,500

Address	BR..	FB	HB	Postal City ..	Sold Price ...	Type	Lot AC ...	Subdivision	Date Sold
1 10805 WILLOW RUN CT	4 ...	3	1	POTOMAC	\$980,000	Detached	0.30	FOX HILLS	04/02/13
2 9708 SOTWEED DR	4 ...	3	1	POTOMAC	\$950,000	Detached	0.40	MASS AVE HIGHLANDS	04/17/13
3 9212 FARNSWORTH CT	5 ...	3	0	POTOMAC	\$910,000	Detached	0.76	POTOMAC OUTSIDE	04/30/13
4 8829 COLD SPRING RD	5 ...	4	1	POTOMAC	\$910,000	Detached	0.54	COPENHAVER	04/23/13
5 10926 BELLS RIDGE DR	5 ...	2	1	POTOMAC	\$907,500	Patio Home	0.15	BELLS MILL ESTATES	04/04/13
6 10407 GREAT ARBOR DR	5 ...	3	0	POTOMAC	\$890,000	Detached	0.27	EAST GATE OF POTOMAC	04/30/13
7 12488 ANSIN CIRCLE DR	4 ...	4	1	POTOMAC	\$835,000	Townhouse	0.03	WHEEL OF FORTUNE	04/12/13
8 8904 MAXWELL DR	4 ...	3	1	POTOMAC	\$830,000	Detached	0.38	OLDFIELD	04/26/13

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HOME SALES

In June 2013, 91 Potomac homes sold between \$3,150,000-\$380,000.

Address	BR	FB	HB	..	Postal City	Sold Price ...	Type	Lot AC	..	PostalCode	Subdivision
8841 BELMART RD	6	8	2	POTOMAC	\$3,150,000	Detached	2.00	20854	GREAT FALLS ESTATES
10208 GARY RD	8	7	2	POTOMAC	\$2,462,000	Detached	0.71	20854	POTOMAC HILLS
11808 CENTURION WAY	6	5	1	POTOMAC	\$2,300,000	Detached	2.00	20854	PALATINE
9450 NEWBRIDGE DR	5	5	2	POTOMAC	\$2,200,000	Detached	2.02	20854	FALCONHURST
10017 NEW LONDON DR	5	5	2	POTOMAC	\$2,021,000	Detached	2.00	20854	MAZZA WOODS
10410 WILLOWBROOK DR	5	5	3	POTOMAC	\$1,895,000	Detached	2.00	20854	KENTSDALE ESTATES
2 STAPLEFORD HALL CT	5	4	2	POTOMAC	\$1,780,000	Detached	2.00	20854	KENTSDALE ESTATES
11516 MORNING RIDE DR	5	4	1	POTOMAC	\$1,550,000	Detached	0.58	20854	MERRY GO ROUND FARM
9501 HEMSWELL PL	7	4	1	POTOMAC	\$1,550,000	Detached	0.51	20854	MCAULEY PARK
9200 PEGASUS CT	5	5	1	POTOMAC	\$1,500,000	Detached	2.45	20854	POTOMAC RANCH
10504 WILLOWBROOK DR	6	4	2	POTOMAC	\$1,435,000	Detached	2.20	20854	KENTSDALE ESTATES
12304 GREENBRIAR BRANCH DR	5	4	1	POTOMAC	\$1,415,000	Detached	0.30	20854	GREEN BRIAR PRESERVE
8536 HORSESHOE LN	6	5	0	POTOMAC	\$1,415,000	Detached	2.01	20854	POTOMAC RANCH
8925 HARVEST SQUARE CT	8	5	3	POTOMAC	\$1,350,000	Detached	2.00	20854	KENTSDALE ESTATES
9701 KENDALE RD	4	4	1	POTOMAC	\$1,330,000	Detached	2.00	20854	MCAULEY PARK
13728 CANAL VISTA CT	5	4	2	POTOMAC	\$1,312,500	Detached	1.50	20854	RIVERS EDGE
10100 MEYER POINT TER	4	4	1	POTOMAC	\$1,300,000	Detached	0.33	20854	AVENEL
12420 BACALL LN	5	4	1	POTOMAC	\$1,300,000	Detached	2.19	20854	STONEY CREEK ESTATES
7818 STABLE WAY	6	5	1	POTOMAC	\$1,297,000	Detached	0.18	20854	RIVER FALLS
10408 JOINERS LN	5	4	1	POTOMAC	\$1,295,000	Detached	0.98	20854	POTOMAC OUTSIDE
10913 BURBANK DR	7	6	3	POTOMAC	\$1,275,000	Detached	5.13	20854	POTOMAC MANOR
7708 MASTERS DR	4	3	1	POTOMAC	\$1,250,000	Detached	0.35	20854	RIVER FALLS
11 BEMAN WOODS CT	6	5	1	POTOMAC	\$1,248,800	Detached	0.15	20854	AVENEL
12432 BACALL LN	5	3	2	POTOMAC	\$1,245,000	Detached	2.00	20854	STONEY CREEK ESTATES
11016 LARKMEADE LN	5	4	1	POTOMAC	\$1,235,000	Detached	0.18	20854	BELLS MILL ESTATES
9612 WINDCROFT WAY	4	4	1	POTOMAC	\$1,225,000	Detached	0.37	20854	FALLSREACH
12922 TRAVILAH RD	5	4	2	POTOMAC	\$1,195,000	Detached	2.10	20854	TRAVILAH MEADOWS
11617 SWAINS LOCK TER	4	4	1	POTOMAC	\$1,189,000	Detached	2.00	20854	SADDLE RIDGE
10405 DEMOCRACY LN	5	4	1	POTOMAC	\$1,175,000	Detached	0.44	20854	INVERNESS FOREST
8700 SNOWHILL CT	5	4	1	POTOMAC	\$1,169,900	Detached	0.46	20854	KENTSDALE ESTATES
8801 SLEEPY HOLLOW LN	5	4	1	ROCKVILLE	\$1,150,000	Detached	0.26	20854	NORMANDY HILLS
11421 TWINING LN	5	4	1	POTOMAC	\$1,150,000	Detached	0.58	20854	ELBERON
11629 FALLS RD	4	4	1	POTOMAC	\$1,121,750	Detached	0.46	20854	LAKE NORMANDY ESTS
9829 CONESTOGA WAY	5	3	1	POTOMAC	\$1,080,000	Detached	0.45	20854	POTOMAC VILLAGE
10127 GLEN RD	3	3	3	POTOMAC	\$1,070,000	Detached	0.94	20854	GLEN MILL VILLAGE
10609 TANAGER LN	6	4	1	POTOMAC	\$1,049,000	Detached	2.00	20854	GLEN MILL KNOLLS
9417 THRUSH LN	5	4	0	POTOMAC	\$1,037,500	Detached	0.83	20854	WILLIAMSBURG GARDENS
12500 PARK POTOMAC AVE #806N	2	2	1	POTOMAC	\$1,000,000	Hi-Rise 9+ Floors	20854	PARK POTOMAC
10400 LLOYD RD	3	2	1	POTOMAC	\$999,900	Detached	0.92	20854	HOLLINRIDGE
13309 DEERBROOK DR	4	4	1	POTOMAC	\$998,000	Detached	0.24	20854	PINEY GLEN VILLAGE
10407 WINDSOR VIEW DR	4	3	2	POTOMAC	\$970,000	Detached	0.34	20854	WINDSOR HILLS
12427 ANSIN CIRCLE DR	4	3	2	POTOMAC	\$970,000	Townhouse	0.05	20854	WHEEL OF FORTUNE
10000 GAINSBOROUGH RD	4	2	1	POTOMAC	\$905,000	Detached	0.32	20854	EAST GATE OF POTOMAC
10911 CHANDLER RD	4	3	1	POTOMAC	\$885,000	Detached	1.01	20854	FAWCETT FARMS
11817 HUNTING RIDGE CT	4	2	1	POTOMAC	\$880,000	Detached	0.36	20854	GLEN OAKS
9012 WOODEN BRIDGE RD	4	2	2	POTOMAC	\$872,500	Detached	0.25	20854	FOX HILLS WEST
10403 GREAT ARBOR DR	4	2	1	POTOMAC	\$870,000	Detached	0.27	20854	EAST GATE OF POTOMAC
11117 POST HOUSE CT	4	2	1	POTOMAC	\$860,000	Detached	0.27	20854	FOX HILLS
8729 WANDERING TRAIL DR	4	3	1	POTOMAC	\$860,000	Detached	0.25	20854	POTOMAC COMMONS
11708 BEEKMAN PL	5	2	1	POTOMAC	\$840,000	Detached	0.93	20854	GLEN MILL VILLAGE
12004 TRAILRIDGE DR	4	3	1	POTOMAC	\$831,500	Detached	0.27	20854	FALLSREACH
10044 COLEBROOK AVE	4	3	1	POTOMAC	\$828,500	Detached	0.23	20854	BEDFORDSHIRE
10612 CROSSING CREEK RD	5	3	1	POTOMAC	\$825,000	Detached	0.34	20854	RED COAT WOODS
11422 CEDAR RIDGE DR	3	3	1	POTOMAC	\$820,000	Townhouse	0.06	20854	POTOMAC CREST
11400 CEDAR RIDGE DR	4	3	1	POTOMAC	\$820,000	Townhouse	0.09	20854	POTOMAC CREST
8024 LAKENHEATH WAY	4	3	1	ROCKVILLE	\$815,000	Detached	0.29	20854	INVERNESS FOREST
8728 FALLS CHAPEL WAY	4	2	1	POTOMAC	\$805,000	Detached	0.24	20854	FOX HILLS WEST
8721 WANDERING TRAIL DR	5	3	1	POTOMAC	\$798,100	Detached	0.24	20854	POTOMAC COMMONS
8810 BELLS MILL RD	4	2	1	POTOMAC	\$788,000	Detached	0.34	20854	FOX HILLS
1301 FALLSMEAD WAY	5	3	1	ROCKVILLE	\$782,000	Detached	0.22	20854	FALLSMEAD
8513 VICTORY LN	5	3	1	POTOMAC	\$780,000	Detached	0.20	20854	HIGHLAND STONE
11110 LAMPLIGHTER LN	4	2	1	ROCKVILLE	\$780,000	Detached	0.23	20854	FOX HILLS
8221 SCOTCH BEND WAY	5	3	1	ROCKVILLE	\$772,500	Detached	0.38	20854	INVERNESS FOREST
11616 BEDFORDSHIRE AVE	5	3	0	POTOMAC	\$760,000	Detached	0.29	20854	BEDFORDSHIRE
8402 BUCKHANNON DR	4	2	1	POTOMAC	\$755,000	Detached	0.21	20854	HIGHLAND STONE
1096 PIPESTEM PL	4	2	1	POTOMAC	\$750,000	Detached	0.27	20854	FALLSMEAD
16 INFIELD CT N	4	2	1	ROCKVILLE	\$745,000	Detached	0.20	20854	FALLSMEAD
12006 TITIAN WAY	5	3	1	POTOMAC	\$741,000	Detached	0.26	20854	WILLERBURN ACRES
12500 PARK POTOMAC AVE #309S	2	2	0	POTOMAC	\$740,000	Hi-Rise 9+ Floors	20854	PARK POTOMAC
11000 SEVEN HILL LN	6	3	1	POTOMAC	\$740,000	Detached	0.21	20854	HILLTOP ESTATES
12000 GLEN MILL RD	4	4	0	POTOMAC	\$733,000	Detached	2.85	20854	POTOMAC OUTSIDE
1826 CLIFFE HILL WAY	4	3	1	POTOMAC	\$730,000	Detached	0.26	20854	ORCHARD RIDGE
1388 GANTERBURY WAY	4	3	1	POTOMAC	\$717,500	Detached	0.22	20854	POTOMAC WOODS
11414 GAINSBOROUGH RD	5	3	1	POTOMAC	\$703,000	Detached	0.25	20854	REGENCY ESTATES
1 ROYAL OAK CT	5	2	1	POTOMAC	\$700,000	Detached	0.23	20854	HORIZON HILL
10 STONEPATH CT	6	3	1	POTOMAC	\$695,000	Detached	0.24	20854	HORIZON HILL
12303 OLD CANAL RD	4	2	1	POTOMAC	\$680,000	Detached	0.22	20854	MONTGOMERY SQUARE
2418 CHILHAM PL	4	2	1	POTOMAC	\$665,000	Detached	0.21	20854	MONTGOMERY SQUARE
11714 GREENLANE DR	4	2	1	ROCKVILLE	\$665,000	Detached	0.21	20854	REGENCY ESTATES
12301 SAINT JAMES RD	24	3	0	POTOMAC	\$650,000	Detached	0.35	20854	GLEN PARK
11904 ENID DR	5	3	0	POTOMAC	\$650,000	Detached	0.48	20854	REGENCY ESTATES
15 LAWNGATE CT	6	3	0	ROCKVILLE	\$650,000	Detached	0.26	20854	SADDLEBROOK
7915 IVYMOUNT TER	5	3	1	POTOMAC	\$645,700	Detached	0.22	20854	REGENCY ESTATES
8621 BUNNELL DR	4	2	1	POTOMAC	\$628,000	Detached	0.21	20854	HIGHLAND STONE
1708 SUNRISE DR	4	2	1	POTOMAC	\$600,000	Detached	0.25	20854	HORIZON HILL
11103 CANDLELIGHT LN	4	3	1	POTOMAC	\$550,000	Townhouse	0.04	20854	INVERNESS WOODS
10526 SUNNY BROOKE LN	3	2	1	POTOMAC	\$515,000	Townhouse	0.05	20854	PINEY GLEN VILLAGE
12250 GREENLEAF AVE	3	2	2	POTOMAC	\$500,000	Townhouse	0.05	20854	WAITKINS GLEN
8124 INVERNESS RIDGE RD	4	3	1	POTOMAC	\$498,000	Townhouse	0.05	20854	INVERNESS FOREST TH
10107 PLEASANT FIELDS CT	3	2	1	POTOMAC	\$483,500	Townhouse	0.04	20854	KENTSDALE ESTATES
12269 GREENLEAF AVE	3	2	2	POTOMAC	\$455,000	Townhouse	0.05	20854	WAITKINS GLEN
8549 BELLS RIDGE TER	3	1	1	POTOMAC	\$380,000	Townhouse	0.03	20854	BELLS MILL ESTATES

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Heatwave: Especially Dangerous for Children

When temperatures rise, so does the risk of tragedy — children accidentally left in hot cars. Nationally, the number of children who have died in cars as a result of the heat has already doubled compared to the same time last year. Montgomery County Fire and Res-

cue is teaming up with Safe Kids Worldwide to prevent child deaths and injuries in hot cars.

When outside temperatures are in the low 80s, the temperature inside a vehicle can reach deadly levels in only minutes even with a window rolled down two inches.

With sustained and record-breaking temperatures predicted in the region, families are reminded that one of the greatest dangers is leaving a child in a car unattended on a hot day. Infants and children under four years old are at greatest risk for heat-related illness.

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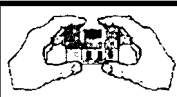
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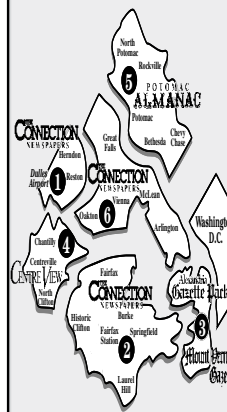
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Centre View South
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Zone 6: The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

ENTERTAINMENT

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

ONGOING

Science & Nature. Saturdays and Sundays, 10 a.m.-3 p.m. Weekend Nature Programs at Living Classrooms Children's Museum at Glen Echo Park presents engaging science and nature activities for the family. Free for members/children under 2; \$5 for non-members. At Glen Echo Park, 7300 MacArthur Blvd. Call 202-488-0627, ext. 242 or visit livingclassroomsdc.org/Site-BasedPrograms.html.

ARTS8 is a group of eight **Artists in Residence** at the Stone Tower Gallery, Yellow Barn, Glen Echo Park, 7300 MacArthur Blvd. They can be visited while working and showing their art, during June. Open to the public from Tuesday to Sunday, noon-5 p.m. The art runs the gamut from purely abstract to representational. Visit www.glenechopark.org/ARTS8.

Photography Exhibition. Dennis O'Keefe and Sarah Hood Salomon show their work at Photoworks Gallery and Photography School in Glen Echo Park, 7300 MacArthur Boulevard through July 22. Saturdays, 1-4 p.m. and Sundays, 1-8 p.m. Gallery appointments available. Visit www.glenechophotoworks.org.

Art Exhibit. Through Saturday, July 27, see "Speed and Pressure" in the Kaplan Gallery at VisArts, 155 Gibbs St., Rockville. Free. Visit www.visartscenter.org or call 301-315-8200.

Art Exhibit. Leah Cooper presents "Drawing the Undifferentiated" through Saturday, July 27 at Common Ground Gallery at VisArts, 155 Gibbs St., Rockville. Free. Visit www.visartscenter.org or call 301-315-8200.

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 through July 28. 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.

Theater Performance. Through Sunday, Aug. 11, see "Peter Pan and Wendy" at Imagination Stage, 4908 Auburn Ave., Bethesda. Best for ages 4-11. Tickets start at \$12. ASL performance on Sunday, July 14 at 4 p.m. Visit www.imaginationstage.org.

Art Exhibit. Through Saturday, Aug. 17, see "No Strings Attached," which examines the role of fine arts in the creation of puppets and marionettes, at Mansion at Strathmore, 10701 Rockville Pike. The exhibit features photography, sculpture, masks and puppets of every size. Free. Visit www.strathmore.org.

Saturday Fun. Every Saturday through August there will be a new media for a child to try at VisArts, 155 Gibbs St., Rockville. Sign up for one or for all, it is not a series. Visit www.visartscenter.org or call 301-315-8200 to register for a class.

Rockville Town Square offerings include live bands on Friday nights through Sept. 27. Tuesdays are kids' nights through Aug. 20, with entertainment and free food. Wednesdays are movie nights through Aug. 21, and Thursdays are \$5 wine tasting nights, with live entertainment

and food through Aug. 22. **Summer concert series at Glen Echo Park.** Each week there will be a different group performing. The concerts begin at 7:30 p.m. in the Bumper Car Pavilion, 7300 MacArthur Boulevard, Glen Echo. Call 301-634-2222.

Theatre. Adventure Theatre MTC performances of "Dr. Seuss's Cat in the Hat," through Sept. 2. Based on the book by Dr. Seuss, starring Rick Hammerly and narrated by NPR's Guy Raz. \$19. At Glen Echo Park, 7300 MacArthur Blvd. Visit www.adventuretheatre-mtc.org or call 301-634-2270.

Group Bike Ride. Thursday nights through September at 7 p.m. enjoy a bike ride. Meet at Freshbikes Bethesda store, 7626 Old Georgetown Road. All abilities welcome. Free. Visit www.freshbikescycling.com.

WEDNESDAY/JULY 17

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

THURSDAY/JULY 18

Free Thursday Concerts. 6-8 p.m. at Veterans Park, corner of Woodmont and Norfolk Avenues, Bethesda. Hear music by Too Many Daves. 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. Hip-hop dance troupe Urban Artistry 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 David Schulman, who plays a Zeta electric violin through a loop station. 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.

FRIDAY/JULY 19

Concert: Bad Influence. 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. Sugar Beat provides music. \$10/adult; \$5/17 and under. Visit www.fridaynightdance.org.

Balboa DJ Dance. 8:30-11:30 p.m. at Ballroom Annex at Glen Echo Park, 7300 MacArthur Blvd. \$10. Visit www.americanswing.org.

SATURDAY/JULY 20

Puppet Theater. 1 p.m. or 3 p.m. at City Dance Studio 405 Theater at Music Center at Strathmore, 5301 Tuckerman Lane. See "Eleventh Finger" presented by Blue Sky Puppet Theatre. \$8. Best for ages 5-12. Visit www.strathmore.org for more.

Swing Dance. 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Features music by Tom Cunningham Orchestra. \$15. Visit www.glenechopark.org for more.

SUNDAY/JULY 21

English Country Dance. 2:30-5:30 p.m. at Ballroom Annex, 7300 MacArthur Blvd. All ages welcome. \$10. Visit www.glenechopark.org for more.

Waltz Dance. 2:45-6 p.m. at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Dance to live music by AddisonBleuFonte. \$10. Visit www.waltztime.com.

Family Jazz Day. 3-7 p.m. at Bumper Car Pavilion, Glen Echo, 7300 MacArthur Blvd. Hear music from four different jazz bands. Free. Visit www.glenechopark.org.

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.glenechopark.org.

Contra and Square Dance. 7-10:30 p.m. at Spanish Ballroom, 7300 MacArthur Blvd. \$13/nonmember; \$10/member; \$5/17 and under. Visit www.fsgw.org.

MONDAY/JULY 22

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

JULY 22-AUG. 2

Middle School Art Camp. Richard Montgomery High School, 250 Richard Montgomery Drive. A new art program created to allow students to explore various art mediums. Dates and tuition vary. Visit visartsatrockville.org.

TUESDAY/JULY 23

Concert. 2:30-4 p.m., "The Best Medicine: Laughter" by Mark Hanak. Hosted by Live & Learn Bethesda, 4805 Edgemoor Lane, Bethesda. 2:30-4 p.m., \$15. Register online at www.liveandlearnbethesda.org, call 301-740-6150 or email info@liveandlearnbethesda.org.

TUESDAY-SATURDAY/JULY 23-27

Bethesda Outdoor Movies. Annual outdoor movie series at corner of Norfolk and Auburn avenues. Call 301-215-6660 or visit www.bethesda.org.

WEDNESDAY/JULY 24

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

THURSDAY/JULY 25

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

"Autism Night Out." 6-9 p.m. at the Public Safety Training Academy, 9710 Great Seneca Highway. The MCPD and Autism Speaks host an event for those looking to learn more about autism. Contact Laurie Reyes at 301-840-2788 or email laurie.reyes@montgomerycountymd.gov. **Backyard Theater for Children.** 9:30 a.m. or 11:30 a.m. at Backyard Theater Stage at Mansion at Strathmore, 10701

Rockville Pike. Pop Ups reinvent '80s pop. \$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 SongRise, an a capella group based in D.C. 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 26

Concert: Moonshine Society. 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. Coffee Zombies provide music. \$10/adult; \$5/17 and under. Visit www.fridaynightdance.org.

SATURDAY/JULY 27

Swing Dance. 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Admission to be determined. Visit www.glenechopark.org for more.

Living with Multiple Pets Workshop. 1:30 p.m. at St. Luke's Episcopal Church, 6030 Grosvenor Lane, Bethesda. Trainer Lenne Bower will be speaking. Leave pets at home. Visit www.yourdogsfriend.org/free-workshops or call 301-983-5913.

Shadow Puppet Show. 10 a.m.-noon at Mansion at Strathmore, 10701 Rockville Pike. Children ages 8 and older can create shadow puppets and more. \$25. Visit www.strathmore.org for more.

Puppet Theater. 1 p.m. or 3 p.m. at City Dance Studio 405 Theater at Music Center at Strathmore, 5301 Tuckerman Lane. See "Alonzo's Lullaby." \$15. Visit www.strathmore.org for more.

JULY 27-28

24th Annual Farm Tour and Harvest Sale. 10 a.m. at seven farms across Montgomery County. The tour will feature fresh fruits and vegetables available for purchase, as well as an up close look at farm animals. Visit www.montgomerycountymd.gov/farmtour.

SUNDAY/JULY 28

Ballroom Tea Dance. 3-6 p.m. at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Dance to live music by Hot Society Orchestra of Washington. All ages. \$14. Visit www.glenechopark.org for more.

Dutch Crossing Workshop. 4-5:30 p.m. at Ballroom Annex at Glen Echo, 7300 MacArthur Blvd. Music by Coffee Zombies. \$10. Visit www.fsgw.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.glenechopark.org.

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

MONDAY-FRIDAY/JULY 29-AUG. 2

Teen Fine Art Camp. 9:30 a.m.-12:30 p.m. at Mansion at Strathmore, 10701 Rockville Pike. Children ages 12-15 can learn technique and creative processes and establish artistic identity. \$225. Visit www.strathmore.org for more.

"Focus-Pocus"



By KENNETH B. LOURIE

I imagine most of you readers are familiar with the phrase, "Hocus-Pocus," the magician's nonsensical expression of sleight of hand, as words spoken and arms waved as the rabbit wiggles out of the magician's hat, among other deeds/extractions of "wow!" The idea being to trick, deceive, obfuscate and ultimately amaze the audience into believing the unbelievable and to not see what they should be able to see.

"Focus-Pocus" is this cancer survivor's sleight of brain – as I refer to it, as I attempt to live longer and prosper without paying too much attention to the undeniable fact that I have a terminal disease: stage IV, non-small cell lung cancer (NSCLC), one that kills way more than it is cured. I have found however, that living in dread – and in acceptance of my presumptive reality/status, is no good for my head (emotionally/mentally speaking) so I try to deviate, whenever possible, from that norm and not conform, and hope that living is indeed its own reward.

Oh sure, I scan the weekly Health & Fitness section in The Washington Post, especially if there's a cancer reference; if sitting and waiting somewhere where reading material is present, if there's a lung cancer-related article, I will read it immediately; and if there's a segment on television concerning cancer, I will watch it or record the program to watch later. I don't exactly live under a metaphorical rock, but nor can I make cancer my life's pursuit, as odd as that may sound; since presumably, I am pursuing life despite the fact that having cancer is definitely having some say in that matter.

Thinking positively and keeping my sense of humor are the two most effective tools in my anti-cancer arsenal. Employing these weapons of mass (as in tumors) destruction are what I live for: Duh! So doing, and assimilating this figurative weapon array into my attack requires very little, really; this is my personality and my nature, so it's no particular challenge. It's who I've been, it's who I am, it's just me. Still, as many of you know, cancer has a way of intervening, especially physically, but most assuredly, mentally as well. It creates darkness and fear and anxiety and all the less-than-ideal characterizations you can imagine – whose intrusions you are often powerless to stop. Yet somehow, you must.

In the nearly four and a half years since my diagnosis, I have tried to defend against them. Occasionally by embracing them, but more often, as is the subject of this column, by ignoring the reality of them, almost like a magician attempts to do with his audience; that what you see, what you get, is not necessarily what you feel – or so I tell myself repeatedly. And though it might seem difficult to trick oneself as easily as it might be possible, with a wink and a nod, to trick another, a better-than-expected life expectancy might depend on it. And at this juncture, having outlived my original prognosis by more than three years, I don't see any reason to change my focus.

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

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