

Potomac ALMANAC

Tom Koerner and Debra Sternberg hold dances regularly at Glen Echo. Dances are preceded by classes for new and returning dancers. Visit gottaswing.com. See Late Summer Fun, page 7.

Late Summer Fun

ENTERTAINMENT, PAGE 7

Trees Get More Protection

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Professional Speaker Writes 'Attitude Check'

NEWS, PAGE 3

Big Train Clinches Top Seed in CRCBL Playoffs

SPORTS, PAGE 8

News

Almanac Receives Press Awards

The Potomac Almanac won multiple first place awards from the Maryland-Delaware-DC Press Association.

Susan Belford won first place for her story, "Wounded Warriors Train Service Dogs for Vets," in the feature story category.

Excerpt: "Before Marine Sgt. Jon Gordon became involved in training service dogs for his fellow wounded warriors, he slept little more than 5 hours a week.

He seldom spoke with anyone and rarely left his home except for treatment sessions. He had been kicked out of group therapy sessions time after time, and was unable to participate in his young daughter's life.

His post traumatic stress disorder (PTSD), traumatic brain injury (TBI) and constant headaches had changed him from a confident young Marine to an angry introvert who wanted only to be left alone with his pain."

Access the entire story here: <http://www.connectionnewspapers.com/news/2012/dec/12/wounded-warriors-train-service-dogs-vets/>

Ken Moore won first place in education writing for "Mock Tragedy or Sober Truth?"

"With dramatic photos and first-hand accounts from participants, this entry was above and beyond the entire field," wrote the judge. "Here's hoping teens and their parents got the message about drinking and/or texting and driving. Well done."

See the story and photos from Churchill at <http://www.connectionnewspapers.com/news/2012/oct/10/mock-tragedy-or-sober-truth/>



Susan Belford



Ken Moore



Laurence Foong

John Byrd won first place for medical/science writing for his story, "A Family Home," a story about remodeler Russ Glickman's adaptation of his own home for his son who uses a wheelchair.

Excerpt: "As a builder and a father, though, Glickman began looking ahead at ways to reconfigure the house that would work better for everyone. This became a particular priority when, by 4, Michael was diagnosed with cerebral palsy and it was clear that he would need a wheelchair."

See the story here on page 6: <http://connectionarchives.com/PDF/2012/061312/Potomac.pdf>

The staff of the Potomac Almanac won second place for its 2012 Children's Almanac. See the award-winning edition here: <http://connectionarchives.com/PDF/2012/122612/Potomac.pdf>

Laurence Foong and Ken Moore won second place for informational graphics, Insiders Guide to Potomac Parks, published in last year's Newcomers and Community Guide. See page 10-11 here: <http://connectionarchives.com/PDF/2012/082212/Potomac.pdf>

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Trees Get More Protection Council passes two bills aiming to protect and expand tree canopy.

BY KEN MOORE
THE ALMANAC

Dr. Seuss's Lorax finally appeared more than two hours into Montgomery County Council's debate on tree canopy.

"Who will speak for the trees?" said Councilmember Valerie Ervin.

"Today, all of us are speaking for the trees, and in the end, I think the trees are going to win in Montgomery County," she said.

Montgomery County Council approved bills 35-12 and 41-12 at its regular session on July 23. The bills protect trees in the county's right of way and on privately owned land to preserve the tree canopy.

"We have two bills and they're important bills and they fundamentally assert the value that our county puts in preserving trees," said Councilmember Roger Berliner. "Our community places great value in our trees for environmental reasons, for aesthetic reasons and for economic reasons, and these bills reflect those values."

The bills will protect roadside trees targeted for trimming, to be cut down or otherwise damaged, and "will require owners of infill development properties to plant trees to bolster the county's tree canopy," according to the council.

"Today is a big day for everyone who loves trees," said Berliner.

THE COUNCIL VOTED unanimously to approve the Tree Canopy Conservation Bill, 35-12.

According to county documents, the Tree Canopy Conservation Bill will require property owners who apply for a sediment control permit to plant trees even if they did not take down trees as part of their development. Sediment control permits are required if more than 5,000 square feet of property would be disturbed. The bill is intended to help the canopy of shade trees that benefit the county in numerous ways. The bill would not apply to major developments, which have a different set of tree protection mitigation requirements.

The Tree Canopy Conservation Bill re-



The County Council approved two bills July 23 to protect trees in the county's right of way and on privately owned land to preserve the tree canopy.

quires property owners to plant three shade trees on a smaller lot and a greater number of trees on larger lots. Property owners have the option of paying into a fund for tree canopy conservation projects. The bill would require 400 square feet of open space per shade tree planted onsite.

Bill 35-12 also would require the county's Department of Environmental Protection to develop a comprehensive county-wide shade tree planting plan, according to county officials.

"This bill is a giant step forward," said Councilmember Marc Elrich.

"This bill goes some place we haven't gone before," said Councilmember Nancy Floreen.

"All of us agree that tree canopy is important," said George Leventhal.

"I can't tell you how enthusiastic I am about engaging in a comprehensive tree planting campaign," said Hans Riemer.

"We are making a very significant advance in terms of protecting our tree canopy in our county. We are doing something we have not ever done before," said Berliner. "This bill has been five plus years in the making. It is a major environmental initia-

tive of the administration."

A SECOND TREE BILL faced some opposition but also passed. Berliner and Elrich sponsored Bill 41-12, the "Roadside Trees - Protection," which the council approved 7-2. Councilmembers Floreen and Leventhal dissented. "The simplification of this bill is not appreciated by this councilmember because it is a complicated discussion," said Leventhal.

"My sense about this bill is it will not accomplish the things that people who are writing me think it will accomplish," he said. "It's not likely that this bill will change the rate at which approval will be granted to remove trees."

"An unnecessary piece of legislation," said Floreen.

It took 19 drafts of the bill to get it prepared for vote.

"We have worked, reworked and reworked these bills over and over again," said Berliner.

"It emanates from one of the strange quirks in our legal system. We have a state law that was passed in 1914 that purported to protect our assets and our streets trees

in our county's right have way," Berliner said. "I have to say, perhaps in 1914 that was the right thing to do. But in 2013? Really? We need a state law to tell us how to manage our assets in our county's right of way? I don't think so."

The bill protects trees that are in county right-of-ways, according to county documents. Some trees that a property owner considers to be their trees actually are in county right-of-ways and Bill 41-12 would apply in those cases. In some cases, property owners want to cut down trees they believe to be unsafe, but when a property owner wants to cut down a roadside tree for other reasons, they would have to get a state tree care permit and a county right-of-way permit, according to county documents.

The bill authorizes the Department of Transportation to create a tree replacement fund to pay for needed roadside trees. An applicant who wants to cut down or trim a roadside tree will be required to get a county right-of-way permit from the Department of Permitting Services. That application will be required to include a site-specific tree protection plan.

The bill also requires a permittee who removes a roadside tree both to plant another tree from a county recommended tree list at or near the site, and also to pay into a tree replacement fund that will allow the county to plant two more trees in a right of way, according to county documents.

"At its basic level, this bill says if you are working in our right of way you need to make sure that you are protecting our county assets," said Berliner.

"Even internally, our bureaucracies really didn't understand who was in charge of what and how to take care of this," he said. "So on a fundamental level, this bill is simply clarifying the ambiguity that exists because of the ways in which the laws have been interpreted and not understood clearly. And now they will be and everyone can move forward with great clarity."

The effective date of both bills will be March 1, 2014, according to council documents.

Professional Speaker Writes 'Attitude Check'

Potomac's Heath Suddelson examines leadership.

BY SENITRA T. MCCOMBS
THE ALMANAC

After working with someone with a bad attitude, Potomac resident and professional speaker/business leader Heath Suddelson began thinking "if he could adjust someone else's attitude by adjusting his own."

Two and half years later, he released his



Heath Suddelson

new book, "The Attitude Check: Lessons in Leadership," discussing how an individual's attitude can make or break one's effectiveness as a leader.

It is available at all retail markets including Amazon.com.

"The Attitude Check' is a self diagnostic on how we look on our own attitudes and how we are helping or hindering our team," he said.

"The Attitude Check," a field guide for leaders, begins with the basics of leadership and then deals with how to build a

team, resolving conflicts and grooming a successor along with variety of other topics. Each chapter builds upon the last to form a leadership life cycle.

Suddelson personalized the book by using examples of effective and ineffective leadership from his own career and life.

"It wasn't as much research as talking about the epiphanies that I had from examining all these situations," he said.

According to Suddelson, the most common mistake among leaders is that people don't understand who their customer is. A customer

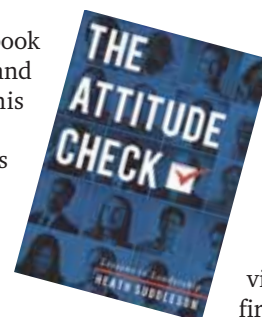
can come at various levels of an organization including the people on one's team.

"As a leader you need your team way more than your team needs you," he said.

This type of attitude can cause leaders to "develop a sense of self importance" and do things that demoralize their team and then "they lose the camaraderie and capability of the team."

Suddelson admitted that he fell victim to this mistake when he was first placed in a leadership role. He believed that being a good leader was

SEE SUDDELSON, PAGE 7



Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

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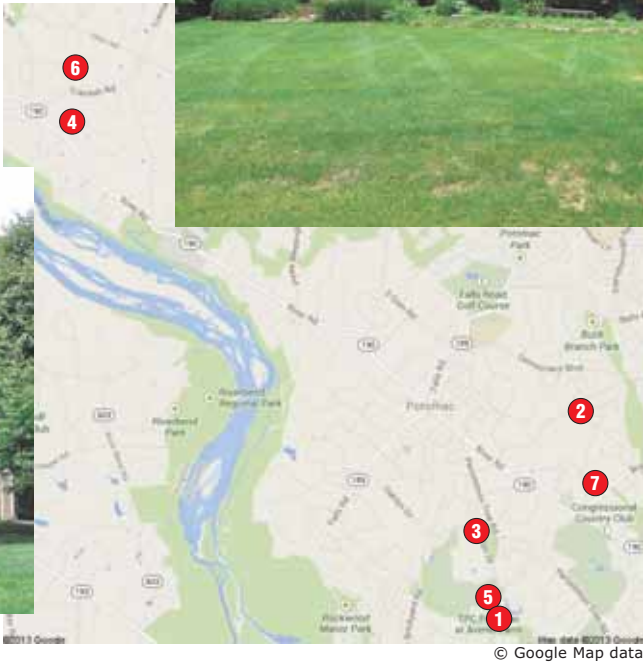


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BUSINESS

The Pampered Pooch Luxury accessories for well-heeled canines.

BY MARILYN CAMPBELL
THE ALMANAC

Marcia Schwartz strolled through the handbag section at a high-end department store at Tysons Galleria in McLean, Va., her eyes taking in the latest offerings from Prada. The companion at her side was not a personal shopper or a credit card-clad husband, however. It was a snow-white fuzzball with a rhinestone-encrusted collar named Cleopatra. Cleo, as she is most often called, is a Bichon Frisé.

"I have to say she is spoiled," said Schwartz, who lives in Alexandria, Va. "I don't have any children, so I consider her my daughter."

From designer accessories and couture canine clothing to gourmet dog food served in hand-thrown porcelain bowls, there is no shortage of splendor on the market for those who choose to spoil their pets.

When it comes to canine cuisine, Alexandria-based Barkley Square offers an array of gourmet treats that range from bacon cheddar bones made from whole-wheat flour to pawti fours, the company's twist on a traditional petit four. For pet owners who'd like to socialize their animals in style: "We

have yappy-hours with a full spread for the dogs," said Sarah Zuidema, Barkley Square's marketing coordinator and "pawstry" chef. "We offer custom birthday party packages for girl or boy dogs with any theme you want. We do a lot birthday cakes and adoption day cakes for dogs who were adopted, and all of our treats contain no sugar."

Karlisa Goddard of Pet Valu in Potomac, Md., says front-style dog carriers are popu-

"We just put out a brand new line of spa products called Dog Fashion Spa, and the fragrance is so incredibly amazing that I'm wearing it myself."

— Stacy Braverman

lar with those who choose to keep their pooches close. "They work [like] carriers that people use to carry their young babies in the front," she said. "It is the same concept except with a dog."

For some passionate pet lovers, no item is too good for a beloved pooch and they indulge in luxury accessories ranging from designer raincoats and cashmere sweaters to perfumed bath gels and jeweled leashes. Pet supply owners say the options in opu-

lent pet accessories are almost limitless.

"We just put out a new line of spa products called Dog Fashion Spa, and the fragrance is so incredibly amazing that I'm wearing it myself," said Stacy Braverman, former Potomac resident and owner of online luxury pet supply store Bitch New York.

There is also an Aroma Paws line with scents such as honeysuckle jasmine, lavender chamomile and vanilla lemongrass. While enjoying the scents, dogs can relax in special spa robes and pajamas.

Owners of luxury pet supply stores say they get requests for custom-made winter coats, alpaca sweaters and even raincoats. "There are limited edition diamond dog collars, but the most popular collars are customizable crystal collars made from Italian leather," said Braverman.

For daily grooming needs, Jordan Rolnick of PetMAC, which has locations in Arlington, Va., and Washington, D.C., recommends a FURminator brush. "When you use your regular brush, you're brushing the outside of your dog's fur, but it doesn't always get the stuff that is underneath," he said. "This brush gets the undercoat where the problem of shedding occurs."

Schwartz, however, says she doesn't need many grooming tools for Cleo. "I book in-home spa treatments for her."

BULLETIN BOARD

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

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.

THURSDAY/AUG. 8

Guest Speaker. 7 p.m. at Potomac Library, 10101 Glenolden Drive. Susan Coll, author of novels 'Beach Week' and 'Acceptance' will be speaking. She has worked as a travel and feature writer and been published in such places as The Asian Wall Street Journal, NPR.org, and the Washington Post. Visit www.pwcgov.org.

THROUGH AUG. 11

Summer Reading Program. The Friends of the Library, Montgomery County's summer reading program offers three levels. "Dig into Reading" for babies through pre-K and kindergarten through sixth grade; and "Beneath the Surface" for teens. Children and teens (or parents of very young children) can sign up online or in person at any branch library. Visit <http://montgomerycountymd.libguides.com/summerreading> for more information.

MONDAY/AUG. 12

2 Session Workshop: Beyond Words. 6:30-8 p.m. Montgomery Hospice 1355 Piccard Drive, Rockville. For anyone grieving the death of a loved one. No art experience needed. Free and open to any Montgomery County resident. Registration required, 301-921-4400.

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"Chemo-Nosabe"



By KENNETH B. LOURIE

Although I've not seen the current "The Lone Ranger" theatrical release, I am of a certain age and generation who grew up watching – on black & white television with NO remote control and only THREE watchable channels – the original "The Lone Ranger" (starring Clayton Moore and Jay Silverheels), along with other weekday-afternoon and Saturday-morning classics like "The Rifleman," "Roy Rogers," "Sky King," "Superman," "Leave It To Beaver" and "Ozzie and Harriet" – in my house, anyway. And though the "effects" weren't nearly as "special" as they are in today's movie/television productions/versions, nevertheless, the effects on me, personally, were far greater. Can you say wholesome goodness? The Golden Rule? Do unto others...

What little I know about life and death and sickness, I wasn't learning from these programs. And since I was raised in an extremely healthy household with an extended family that didn't seem to be too sick, too often, my upbringing had zero exposure to cancer – other than asking a girl for her astrological sign. Even into my adulthood, I had very little experience with this dreaded disease, and when I got married and connected with an entirely new and different set of people/backgrounds, cancer was amazingly still not impacting our lives. Obviously, we were all very lucky.

Well, I certainly know about it now: stage IV, non-small cell lung cancer (the terminal kind) diagnosed at age 54 and a half. Thank God my parents weren't alive when I was diagnosed; I imagine the news would have taken years off their lives. As it was, they lived full lives and died at 87 and 86; my widowed mother having died nearly three months before my diagnosis was confirmed. Certainly my parents would have provided great comfort to me, but predeceasing me was probably for the best.

And what's also been for the best, since my diagnosis, is what I've learned about my situation, a situation unlike any with which I've had experience. Previous to my diagnosis, my knowledge on the cancer subject would likely have fit on the head of a pin. Now, it's a bit more, not too much, but more than enough, as you regular readers know. And mostly that knowledge has to do with chemotherapy and targeted treatment, the two primary treatment protocols for stage IV lung cancer patients (stage IV means the cancer has metastasized and is inoperable; there is no stage V).

The most distressing thing I've learned is that chemotherapy/targeted treatment is no friend of mine; more like a necessary evil with no guarantees of success. Though these treatments may be an enemy of the cancer/tumors, they are no silver bullet and no Clayton Moore-type life saver (maybe if my oncologist wore a mask and yelled "Hi-Yo Silver" every time he saw me, my progress would be different). Granted, I've survived way longer than I was originally "prognosed" to do so ("13 months to two years"), for which I'm extremely grateful and fortunate. However, only reruns last forever.

Perhaps the years I spent watching these programs instilled in me a certain positive hopefulness that somehow things would work out OK. So far they have. And even though these shows have mostly disappeared from the airwaves, I haven't. See you next week. I'll be write here.

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

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21 Announcements

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SUMMER FUN

Gotta Dance

Tom Koerner and Debra Sternberg have been teaching Jitterbug and Lindy Hop since 1987. Starting with a single class each week, their swing lessons are now taught at eight locations, with more than 500 students each week. Visit gottaswing.com to find dances and classes in the area.

More chances to dance at Glen Echo include: blues dance presented by Capital Blues, www.capitalblues.org; contra dancing with Friday Night Dancers, www.fridaynightdance.org or The Folklore Society of Greater Washington, www.fsgw.org; waltz with Waltz Time, www.waltztimedances.org; for more swing dancing, visit www.flyingfeet.org or www.americanswing.org; and for Argentine tango or ballroom, visit www.glenechopark.org.

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

ONGOING

Yellow Barn Studio & Gallery.

Saturdays and Sundays, noon-5 p.m. The Yellow Barn Studio & Gallery presents free exhibitions of emerging artists' work. Each weekend features the work of a different artist. Most artwork is for sale. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-371-5593 or visit www.yellowbarnstudio.com.

Science & Nature. Saturdays and Sundays, 10 a.m.-3 p.m. Weekend Nature Programs at Living Classrooms Children's Museum Living Classrooms Children's Museum at Glen Echo Park presents engaging science and nature activities for the family. Encounter live animals, take an interpretive hike, explore the indoor anthill and tree slide and more. 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.

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 for tickets.



PHOTO BY CAROL E. WARD

Every dance at the Spanish Ballroom is preceded by a drop-in, beginner lesson included in the admission. New and experienced dancers, all ages are welcome. No partner needed. Visit gottaswing.com for information on dances, weekly lessons and special events.

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 for more.

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.

Photograph Exhibit. Saturdays 1-4 p.m. and Sundays 1-8 p.m. at Photoworks Gallery and Photography School, 7300 MacArthur Boulevard. Through Tuesday, Sept. 3, see photographs by The Master Darkroom class. Visit www.glenechophotoworks.com or email gaylesue@me.com.

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 for more.

THURSDAY/AUG. 1

Backyard Theater for Children. 9:30 a.m. or 11:30 a.m. at Backyard Theater Stage at Mansion at Strathmore, 10701 Rockville Pike. Taikoza will give a glimpse into the music and culture of Japan. \$8/person; free for children 2 and under. Visit www.strathmore.org for more.

Musical and Spoken Word Performances. 7 p.m. at Kaplan Gallery in VisArts, 155 Gibbs Street, Rockville. Poet Sean Enright and bluegrass musician Michael Winch and the New Time Orchestra will be performing. Free to the public. Visit www.visartsrockville.org.

Concert. 7:30-8:30 p.m. at Bumper Car Pavilion at Glen Echo, 7300 MacArthur Blvd. Hear music by Bitter Liberals. Free. 301-634-2222.

Concert. 8 p.m. at the Music Center at Strathmore, 5301 Tuckerman Lane. Hear music by Natalie Cole. \$35-\$95. Visit www.strathmore.org for more.

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/AUG. 2

Puppet Slam. 7 p.m. and 9:30 p.m. at Mansion at Strathmore, 10701 Rockville Pike. \$15. Visit www.strathmore.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. Cosmic Otters provides music. \$10/adult; \$5/17 and under. Visit www.fridaynightdance.org for more.

Concert. 8 p.m. at Rockville Rooftop, 155 Gibbs St., Rockville. Higher Hands will be performing. Doors open at 6 p.m. tickets are \$10. Visit www.rockvillerooftoplive.com or call 240-450-2405.

SATURDAY/AUG. 3

Puppet Show. 10 a.m.-noon at Mansion at Strathmore, 10701 Rockville Pike. Children ages 8-12 can create their own puppet show, complete with handmade rod puppets and scripted skit. \$25. Visit www.strathmore.org for more.

Panel Discussion. 3-4:30 p.m. at Mansion at Strathmore, 10701 Rockville Pike. Artists and educators will discuss new transformations of theater through puppetry. Free, but tickets required. Visit www.strathmore.org for more.

Tribute to Wayne Shorter. 8 p.m. at Music Center at Strathmore, 5301 Tuckerman Lane. Trumpeter-composer David Weiss and his band, Endangered Species, plus Wallace Roney Orchestra pay tribute. \$25-\$35. Visit www.strathmore.org.

SUNDAY/AUG. 4

Riley's Rumble Half-Marathon. Visit www.mcrrc.org to register and more.

Puppet Performance. 1 p.m. and 4 p.m. at City Dance Studio 405 Theater at Music Center at Strathmore, 5301 Tuckerman Lane. Blair Thomas & Company will perform "Hard Headed Heart." \$15. Visit www.strathmore.org for more.

Waltz Dance Workshop. 2:45 and 3:30 p.m. at the Spanish Ballroom, 7300 MacArthur Boulevard, Glen Echo. Waverly Station will be playing the music. Entrance fee is \$10, no partner required. Visit www.waltztimedances.org or call 301-634-2222.

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 for more.


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.

Music Performance. 7 p.m. at Music Center at Strathmore, 5301 Tuckerman Lane. Rodrigo Y Gabriela perform featuring Alex Wilson. \$58-\$68. Visit www.strathmore.org.

THURSDAY/AUG. 8

Author Discussion. 7 p.m. at the Potomac Library, 10101 Glenolden Drive. Susan Coll, the author of novels 'Beach Week' and 'Acceptance', will be speaking. She has written for the Washington Post, NPR.org and many more. Visit www.montgomerycountymd.gov/apps/libraries.

Concert. 7:30-8:30 p.m. at Bumper Car Pavilion at Glen Echo, 7300 MacArthur Blvd. Hear music by Rockville Swing Band. Free. 301-634-2222.



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LET'S TALK Real Estate



by Michael Matese

Feng Shui

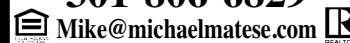
Stressed out and frazzled? That's when home becomes sanctuary. The ancient Asian art that began in China can help with that, with such famous people as Oprah, Steven Spielberg and Donald Trump practicing it.

Feng Shui (pronounced Fung Shway) focuses on a balance between the Yin and Yang and the five elements of fire, earth, metal, water and wood. The living room is all about promoting an easy flow of positive energy. First, de-clutter the room; less is more with Feng Shui. Arrange what is needed in a comfortable layout, preferably in a circular pattern rather than having most of the furniture against a wall or tucked in a corner.

Mirrors are great to incorporate in the living room, because they tend to give the illusion of more space. Be careful what the mirror reflects though. It should be something beautiful like a plant or a piece of art. One last thing to make certain of is that the light is throughout the whole room and there are no dark corners.

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Suddelson Examines Leadership

FROM PAGE 3

being authoritarian or having a command and control leadership style.

Since "checking his attitude," he learned that a responsibility and reward style is much more effective, focusing on rewarding a team member after they have followed through on a given responsibility.

The second most common leadership mistake is not understanding what motivates people.

"When you want someone to increase performance, you have to touch them on a personal level. You've got to find out what motivates them," he said.

Michael Abrashoff, Gary Schmidt and his personal mentor Bob Burg are three individuals he

considers as possessing the qualities of a good leader.

"A leader has two roles, the first one is to empower and the second is to enable," he said.

Leaders should drive the natural instinct people have to succeed.

In addition, they should also "give their team the tools they need to get the job done" and to "remove the obstacles in their way, even if it is you."

Suddelson hopes that readers will come away from the book knowing that "anyone can be a great leader but it's going to take lots of time, practice and mistakes along the way."

Currently, he is working on another leadership book, "From Project Manager to Project

Leader."

During his spare time, he enjoys riding his Harley Davidson, scuba diving, golf and trying out different restaurants in the Gaithersburg/Rockville area.

Besides his work as a professional speaker and executive coach, Suddelson has 25 years managing design and construction programs for a global engineering and construction company and he served as the director on the international board of directors for Toastmasters International from August 2009 until August 2011.

For more information on leadership or Suddelson, contact him either through his Facebook or LinkedIn or his website www.executiveachievement.com.

SPORTS

Montgomery County All-Star Swim Results

Several swimmers from the area posted victories at Sunday's Montgomery County Swim League All-Star meet at Rockville Municipal Swim Center.

The following swimmers won their respective events: Little Falls' Rachel Danegger (girls' 12U 100 IM, 1:10.14 and 50 breaststroke, 36.0); Regency Estate's Noah Rutberg (boys' 9-10 50 free, 30.92), Regency Estate's Malia Bush (girls' 9-10 50 free, 30.66); Palisades' Grant Goddard (boys' 15-18 100 free, 51.42); Chevy Chase Recreation Association's Caroline McTaggart (girls' 15-18 100 free, 57.12); Wildwood Manor's Asher Good (boys' 8U 25 backstroke, 20.11); Potomac Woods' Erin Gemmell (girls' 8U 25 backstroke, 20.01); Tallyho's Brett Feyerick (boys' 9-10 25 backstroke, 15.58); Tallyho's Phoebe Bacon (girls' 9-10 25 backstroke, 15.78 and 25 butterfly, 15.07); Potomac Woods' Aaron Lazar (boys' 11-12 50 backstroke, 30.76); Old Georgetown's Carsten Vissering (boys' 15-18 100 IM, 58.04 and 100 breaststroke, 1:01.41); Tallyho's Ben Long Zuo (boys' 9-10 25 breaststroke, 18.47 and 25 butterfly, 14.96); and Mohican's Danny Calder (boys' 11-12 50 butterfly, 29.17).

SCHOOL NOTES

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

Andrew Casper received a degree from Ithaca College. Casper was a television-radio major.

Christina Hamm graduated from The Georgia Institute of Technology.

Erika Burns, Carlos Echeverria, Megan Hahn and Nicole Krusen were named to the dean's list at Loyola University Maryland.

Nisha Parikh has been named to the spring 2013 dean's list at University of the Sciences.

Natalie Abrams was named to the spring 2013 dean's list at Colgate University.

Big Train Clinches Top Seed in CRCBL Playoffs

The Bethesda Big Train clinched the Cal Ripken Collegiate Baseball League regular-season championship and secured the top seed in the playoffs.

Bethesda finished the regular season with a 30-14 record. The Big Train will host a second-round playoff game at 7:30 p.m. on Wednesday, July 31. Bethesda won three consecutive league championships before finishing runner up to Baltimore last season.

Bethesda pitcher Bubba Derby (San Diego State) was first or tied for first in three categories at the conclusion of the Big Train's regular season schedule. He tied for the lead in wins with six, struck out a league-high 56 and finished league-low 0.76 ERA. Big Train hurlers Brock Larson (San Francisco) and Michael Boyle (Radford) tied for third with five wins, and Danny Mooney was fourth with an ERA of 1.57.

In the batter's box, Big Train third baseman Ty France (San Diego State) was tied for fourth in the league in batting average at .331. First baseman Johnny Cole (Coastal Carolina) was tied for third in home runs with four and shortstop Ryne Willard (Tallahassee CC) was tied for fifth in RBIs with 25.



PHOTO BY HARVEY LEVINE/THE ALMANAC

Bubba Derby and the Bethesda Big Train finished atop the Cal Ripken Collegiate Baseball League regular-season standings.

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