

NEWCOMERS & COMMUNITY GUIDE

Potomac ALMANAC

Insiders
Edition
2013-2014

The Great Falls Tavern
Visitor Center is open
year round, seven days
per week from 9 a.m.
to 4:45 p.m.

Far from the Madding Crowd

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Top Issues
Facing Potomac

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Dog-Gone Good
Place To Socialize

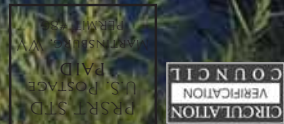
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Have You Seen Potomac from Over Here?

Some suggestions for where to take those out-of-area visitors.

COMPILED BY KEN MOORE

GREAT FALLS

More water flows over Potomac's Great Falls, than Niagara Falls. For up close views, enter the C&O Canal National Historical Park on MacArthur Boulevard, walk 0.2 miles over the Olmsted Island Bridges to the overlook at the end. Bridges and boardwalks traverse a rare floodplain terrace environment, ending with an observation deck over the spectacular views of the Falls and the head of Mather Gorge.

Great Falls Tavern Visitor Center and Olmsted Overlook

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Accessible for wheelchairs and strollers.

The tavern is open year round, seven days per week from 9 a.m. to 4:45 p.m.

<http://www.nps.gov/archive/choh/Visitor/Centers/GreatFalls.html>

CABIN JOHN REGIONAL PARK

7400 Tuckerman Lane
www.montgomeryparks.org/facilities/regional_parks/cabinjohn

This 528-acre park centrally located offers an Adventure playground, miniature train rides, dog park, picnic areas, lighted athletic fields, ice rinks and indoor/outdoor tennis courts, nature center, softball fields, Shirley Povich Field, home of Big Train baseball. Be sure to ride the little train through the woods, it's delightful.

See more of Potomac's parks on pages 10-11.

C&O CANAL

Potomac is bordered by more than 12 miles of the C&O Canal, the towpath and the Potomac River. From Carderock to Riley's Lock, Potomac provides opportunities to enjoy the sights and sounds of the river while walking, biking, birding, taking a stroll with the children or grandchildren, or even taking a kayak lesson on the flatwater. Wildlife is abundant. All outdoor areas of the C&O Canal National Historical Park are open daylight hours year round. Access the canal at the River Center, Lock 8 or Carderock Park, both off the Clara Barton Parkway; from the trails and parking across from Old Anglers Inn on MacArthur Boulevard; from the Great Falls entrance at MacArthur Boulevard and Falls Road (entrance fee); from Swains Lock, Penneyfield Lock, Violette's Lock or Riley's Lock, each off River Road out past Potomac Village about 2 miles apart.

BLOCKHOUSE POINT PARK

www.blockhousepoint.org
Locals who know the 630 acres of land that straddles River Road between Tobytown and Callithea Farm call Blockhouse Point the jewel of Potomac. The hike to Blockhouse Point itself offers panoramic



Marcus Medlin is the conductor for the miniature train at the Cabin John Regional Park.



Hikers at Carderock Recreation Area include Mike Stevens, dogs Chunk and Lily, Mara and Sydney Maples, Jesse Crane, Art and Carter Maples.



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Climbers at Carderock Recreation Area: Ryan Hansen and Rebecca Sheehan.

views of the Potomac River, especially in winter.

The natural and cultural resources at Blockhouse Point are among the most valuable in the country, although a walk along its trails often provides complete solitude.

The park contains a variety of exceptional and rare habitat, including mature upland forest, floodplain forest, wetlands, streams and river-rock outcrops. Nine species of threatened, endangered or watchlist species of plants have been identified in the park, along with 25 species of fish, nine species of amphibians, four species of reptiles, 39 species of nesting birds and 10 species of mammals.

Blockhouse Point also tells a little of Potomac's history. During the Civil War, the 19th Regiment Massachusetts Voluntary Infantry built three blockhouses in 1862 to guard Violette's Lock and Pennyfield Lock, taking advantage of panoramic views from Blockhouse Point. Union sentries kept watch for Confederate movements across the river and at area fords.

BILLY GOAT TRAIL

Thousands hike the challenging Billy Goat Trail every year, although it is never crowded. Access across from Old Angler's Inn (10801 MacArthur Blvd.) or at the Great Falls Tavern Visitor's Center (11710 MacArthur Blvd., 301-767-3714) or at Carderock Park off the Clara Barton Parkway. The loop between the C&O Canal and Potomac River is less than five miles long, but allow plenty of time to stop and enjoy spectacular views of the rockface, Potomac River and sensitive vegetation and rare plants. The wild power and natural beauty of the Potomac River and its surrounding come alive on this hike that is marked by light blue trail blazes to keep visitors from trampling on Bear Island's many rare plants

SEE SOME SUGGESTIONS, PAGE 12



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NEWCOMERS & COMMUNITY GUIDE

COMPILED BY KEN MOORE

County Council

Potomac residents live in County Council District 1, and are represented by Councilmember Roger Berliner (D-1) as well as the four at-large councilmembers, Marc Elrich, Nancy Floreen, George Leventhal and Hans Riemer. All nine members of the current Montgomery County Council are Democrats.

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240-777-7828, councilmember.berliner@montgomerycountymd.gov
- Marc Elrich**
240-777-7966, councilmember.elrich@montgomerycountymd.gov
- Nancy Floreen**
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- George Leventhal**
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- Hans Riemer**
240-777-7964, councilmember.riemer@montgomerycountymd.gov
Mail: Montgomery County Council
100 Maryland Ave., Rockville, Md. 20850
Phone: 240-777-7900 (voice); 240-777-7914 (TTY for hearing impaired); 240-777-7888 (fax);
Legislative Information Services: 240-777-7910;
Listen to Live Council Sessions and Committee Meetings: 240-773-3377; www.montgomerycountymd.gov/council

County Executive

County Executive **Ike Leggett** (D) is the top elected official in Montgomery County. Dial 311, or email ocemail@montgomerycountymd.gov
Executive Office Building
101 Monroe Street, 2nd Floor
Rockville, MD 20850

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Patricia_O'Neill@mcpsmd.org
Michael A. Durso, District 5
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Board of Education

There are seven members of the Montgomery County Board of Education, plus a student member. Two members serve at-large, while the other five members live in their geographic districts. But all members are elected county-wide, and serve staggered terms. Members of the Board of Education are non-partisan and elected without identifying as belonging to any political party.

- Montgomery County Public Schools
Carver Educational Services Center
850 Hungerford Drive, Room 123
Rockville, Maryland 20850
Phone: 301-279-3617
Fax: 301-279-3860
E-mail: boe@mcpsmd.org
(All messages sent to this address will be automatically copied to all Board members.)
- Christopher Barclay**, District 4
Current President
301-431-7736
Fax: 301-279-3860
Christopher_Barclay@mcpsmd.org
- Philip Kauffman**, At Large
Vice President
301-924-3133
Fax: 301-924-3134
Phil_Kauffman@mcpsmd.org
- Shirley Brandman**, At-Large

General Assembly

Potomac is split between two state legislative districts, 15, which includes much of the upcounty, and 16, which includes Bethesda and Chevy Chase. Each district has one senator and three delegates. All members of the Montgomery County delegation to the Maryland General Assembly are Democrats. The General Assembly meets beginning Jan. 8.

- DISTRICT 15**
Sen. Robert J. Garagiola (D)
James Senate Office Building, Room 104, 11 Bladen St., Annapolis, MD 21401
410-841-3169, 301-858-3169
e-mail: rob.garagiola@senate.state.md.us
- Del. Kathleen M. Dumais** (D)
House Office Building, Room 101
6 Bladen St., Annapolis, MD 21401
410-841-3052, 301-858-3052
kathleen.dumais@house.state.md.us
- Del. Brian J. Feldman** (D)
House Office Building, Room 350
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410-841-3186, 301-858-3186
brian.feldman@house.state.md.us
- Del. Aruna Miller** (D)
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6 Bladen St., Annapolis, MD 21401
410-841-3090, 301-858-3090
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SEE ELECTED OFFICIALS, PAGE 7

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A lie can
travel
halfway
around
the world
while the
truth is
putting on
its shoes.

—Mark
Twain

Issues Facing Potomac Residents

COMPILED BY KEN MOORE

Jockeying for Position

With almost all state and local offices on the ballot in 2014, intense jockeying is underway between potential candidates for many offices. Because Montgomery County currently has no elected Republicans in office, the primary election, less than a year away on Tuesday, June 24, is of intense importance. Candidate filing deadline for those running by party is Feb. 25, 2014, less than six months from now. General Election Day is Nov. 4, 2014.

Three Democratic candidates look likely for County Executive, with incumbent Ike Leggett saying he will likely run again despite having said earlier that he would not seek reelection. Councilmember Phil Andrews has already filed his candidacy. And former County Executive Doug Duncan is also running for his old job.

Sen. Rob Garagiola (D-15) who has served much of Potomac since 2002 has announced plans to resign on Sept. 1, and Gov. Martin O'Malley will appoint someone to serve out the rest of his term with Del. Brian Feldman (D-15) generally believed to be the most likely.

Sen. Brian Frosh (D-16) representing parts of Potomac and Bethesda since the early '90s, is contemplating a run for Attorney General, and Del. Susan Lee (D-16) has filed to run for his Senate seat.



The Scotland Community Center is under construction and set to open next summer.

Potomac is divided between General Assembly districts 15 and 16, and each district is represented by one state senator and three state delegates.

All nine members of the Montgomery County Council are up for reelection, with Potomac represented by the four at-large members and District 1.

Several vocal groups of citizens have expressed displeasure with some members of the Board of Education. One at-large member and Districts one, three and five are on the ballot, but all candidates are elected at-large, making campaigns expensive.

U.S. Rep. John Dulaney will face his first reelection challenge.

Two Montgomery County politicians, Attorney General Douglas G. Gansler and Del.

Heather R. Mizeur (D-20), are among the three Democratic candidates for Governor, with the Democratic primary June 24, 2014. The third candidate is Lt. Gov. Anthony G. Brown.

Brickyard Road School Site

County Executive Ike Leggett's edict to turn a 20-acre organic farm and future school site on Brickyard Road over to a private soccer organization for soccer fields is dead.

But the action resulted in organic farmer Nick Maravell, who farmed the land for more than 30 years, losing his lease, and he and the Brickyard Educational Farm have been shut out of the property for the entire 2013 growing season.

The site, until this year producing heirloom, GMO-free, organic seed for corn and soybeans, now sits unmowed and untended.

One proposal is to build a new Potomac Elementary school on the site, but in a prioritization process, Montgomery County Public Schools rated that option well below rebuilding Potomac Elementary on its current site.

Local food advocates hope that the Montgomery County School Board will embrace

SEE ISSUES FACING, PAGE 9

Environmental Perspective On Top Issues

BY GINNY BARNES
PRESIDENT, WMCCA

Here are some of the issues facing Potomac:

1. The proposed mid-river intake which will damage the C&O Canal National Historic Park as well as the Potomac River, leaving Watts Branch stream to continue pouring silted water into the River and ultimately the Chesapeake Bay. A so-called solution that creates further an environmental problem.

2. The Glen Hills Sewer Study which has already exceeded the parameters of the Potomac Master Plan recommendations and will likely set a precedent for sewer where we never intended.

3. The 20-acre Brickyard School site is still a deep concern since the Board of Education has indicated no interest in protecting the resource of 30 year old organic soil and by considering it as a replacement for Potomac Elementary, the Board of Education ignores the lack of road infrastructure on Brickyard (which is fully in place on River Road for the existing site) and that Brickyard site is an inappropriate location within the school district it would serve.

4. The new Zoning Code rewrite may bring some unwanted surprises.

5. Most people don't realize it but Potomac Village sits on headwaters of Rock Run stream. Loss of tree canopy in the Village (which should serve as a model for the environmental precepts of our Master Plan) is a contributor to degrading Rock Run. This is especially noticeable in the two older shopping centers fronting River Road. People have been telling me they are dismayed to see how few trees are shading parking lots and lining roads through Potomac Village.

West Montgomery County Citizens Association

WMCCA, founded in 1947, is Potomac's voice in the halls of government. Board members serve on government advisory committees and testify at public hearings before the Planning Board, County Council and the Board of Appeals. When necessary, WMCCA retains Counsel in legal issues beyond its expertise.

The civic organization holds monthly public meetings October through May that feature speakers, citizen concerns, development proposals, and environmental issues relevant to the Potomac community. WMCCA's Board of Directors meets monthly year-round, and three committees shape its agenda – Environment; Planning and Zoning; and Roads, Bikeways and Sidewalks.

WMCCA's effectiveness comes through learning how government functions, collaborating with other groups, and establishing relationships with planning and permitting agencies and legislative officials.

IN 1964, the Montgomery County Council adopted the General Plan "On Wedges and Corridors," which established land use guidelines for the County and set the standard for local and area master plans.

The General Plan "envisioned the

Potomac Subregion as a low density residential wedge area, which would complement the developed I-270 corridor."

The plan explains that a "low density, rural and semi-rural area is needed not only for aesthetic reasons, but ... as a conservation area to protect the public water supply" and to insulate agriculture "from the development pressures which affect those areas closer to the transportation corridor."

The West Montgomery County Citizens Association has sought to maintain quality of life by monitoring growth and by placing the highest priority on green space. WMCCA aims to protect the environment; perpetuate animal and bird habitats; encourage low density, controlled growth and confined commercial areas; and it supports the philosophy, policies and goals of the General Plan as set forth in the Master Plan for the Potomac Subregion.

The 2002 Potomac Subregion Master Plan Revision reaffirms the "Green Wedge" function, according to WMCCA. "The Master Plan calls for maintaining Potomac's semi-rural character through low-density zoning, limited sewer capacity, the two-lane road network, and a confined commercial core. These limit

impervious surfaces, enhance forest and tree cover, and protect streams, wetlands and the Potomac River, the major source of public drinking water."

IN 1989-90, WMCCA adopted a full range of policy statements addressing Ethics in Government, Taxation, Planning and Zoning, Environmental Issues and Roads. These statements are the basis of members' common ideas. They articulate direction and allow the organization to quickly and judiciously respond to new questions and agendas.

Through its committees, WMCCA is primed to accomplish its objectives and to:

- ❖ Study proposals in State and County Transportation, Planning and Zoning, Taxation, Environmental Protection and Services;
- ❖ Review agendas of the County Council, Board of Appeals and Planning Board;
- ❖ Assess impact and develop position statements on issues, then represent these positions before County and State authorities.

Armed with facts, statistics, and the backing of members, WMCCA will then:

- ❖ Meet with government officials
- SEE GET INVOLVED, PAGE 8

OPINION

About the Almanac

Newcomers and Community Guide 2013-2014

As your local, weekly newspaper, the Potomac Almanac's mission is to bring the local news you need, to gather information about the best things in and near your community, to advocate for community good, to provide a forum for dialogue on local concerns, and to celebrate and record milestones and events in community and people's lives.

Here in our Newcomers and Community Guide, we've included an expanded and updated insider's look at the parks, plus details of how to vote in the upcoming elections, information on local government, nonprofits and business organizations, plus tips and tidbits from the community.

We invite newcomers and long-time residents alike to let us know how we're doing and let us know what is going on in your part of the community. If you have questions or ideas, send us an e-mail or call us, contact us on Facebook or send us a tweet. We invite you to send letters to the editor or to send an e-mail with feedback about our coverage.

We want to know if someone in your family

or your community published a book, started a business, became an Eagle Scout, raised money for a good cause, accomplished some feat like running a marathon, supporting a cause or having art included in an art show. We publish photos and notes about personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries. We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. Email us a note about the event, being sure to include when and where the photo was taken and the names of all the people who are in a photo.

EDITORIAL

We also publish notes about news and events from local businesses. Notes about openings, new employees, anniversaries are welcome. It is especially important to us to let people know about events ahead of time in our calendar of events. We appreciate getting notice at least two weeks ahead of the event, and we encourage photos.

The paper you're reading, the Potomac Almanac is one of 15 papers published by the independent, locally owned Local Media Connection LLC, serving the suburbs of Metropolitan Washington in Northern Virginia and Potomac.

Our flagship paper, the Alexandria Gazette Packet, is one of the oldest continuously publishing papers in the country, beginning publi-

cation in 1784.

The Connection Newspapers have won hundreds of press awards in just the past few years, including the Virginia Press Association Award for Journalistic Integrity and Community Service, and awards in news, art, business, special projects, sports, entertainment, design, photography, and much more.

We have staff and contributors here at the Connection Newspapers with remarkable talent and experience, far greater than one might expect. While the last few years have brought many challenges to the newspaper business everywhere, affecting us as well, we continue to publish 15 distinct papers every week that serve their communities in distinct ways.

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— MARY KIMM,
MKIMM@CONNECTIONNEWSPAPERS.COM,
@MARYKIMM

COMMENTARY

Welcome to Potomac

BY ROGER BERLINER
COUNTY COUNCIL MEMBER

If you are a newcomer to Potomac, you are in for a real treat — as living there for 20-plus years was for me everyday.

Each of us has different aspects of a community that we are passionate about. Mine is the environment. To this day, I marvel at the elemental wildness of the Potomac River so close to the heart of the free world. I take my dog to the river on a regular basis, fly fish on it, and simply find a nice spot and let the rest of the day's concerns float away like the current before me.

Access to this beauty isn't limited to the hardy. The C&O Canal, one of the National Park Services' most popular parks, affords all of us an equal opportunity to appreciate the splendor of nature. With over 700,000 visits per year, the C&O Canal offers wonderful hiking trails and beautiful views of the Potomac River. When the canal was badly damaged by a hurricane in 2008, I was pleased to work with Congressman Van Hollen and the state of Maryland to secure the necessary funding to restore the canal to its status as

one of the Park Service's treasures.

Potomac is more than beautiful of course. It has some of the finest residential neighborhoods anywhere; it has some of the finest schools anywhere; and it has one of the finest privately owned museums in the world in Glenstone. It has great golf courses; fine restaurants; and an active citizenry that works hard to protect what is truly special about Potomac.

Ask anyone you meet on a crisp autumn morning at the Potomac Day Parade. Ask the person you pass hiking the Billie Goat Trail. Ask any of your new neighbors that moved to Potomac "for the schools" but have lingered long after their children donned graduation caps. They will tell you that beyond the beautiful parks, the outstanding schools, the top-notch golf courses, in Potomac you will find a genuine sense of place. A strong and vibrant community nestled just outside the nation's capitol.

It has been my privilege to represent Potomac on the Montgomery County Council since 2006. Now it is my privilege to welcome you to Potomac — and to welcome you home. If you ever need assistance with a county government issue, please don't hesitate to contact my office. You can reach me at 240-777-7828 or councilmember.berliner@montgomerycountymd.gov.

What I Love About Living In Potomac

BY GINNY BARNES
PRESIDENT, WMCCA

The Potomac region has a mission to protect the drinking water supply for two counties. It means we have green neighborhoods edged by parks and trails through stream valleys that lead to our most well known natural attrac-

tion, the C&O Canal National Historic Park, which stretches a ribbon of green 184 miles along the Potomac River. Edged by the towpath trail that runs from Cumberland to Georgetown, in all seasons it attracts birdwatchers, hikers, bicyclists, fishermen, naturalists and anyone who likes to stand beside a mighty river under towering Sycamore trees and feel a sense of wilderness. From the bluffs above the towpath at Violette's Lock, you can see the

SEE LIVING, PAGE 7



PHOTO BY MARY KIMM/THE ALMANAC

Snapshot

This well-endowed buck was grazing along Brickyard Road on Sunday, Aug. 25. Deer are most active in the autumn when it is mating season; drivers are urged to be especially careful during this time.

POTOMAC ALMANAC

www.PotomacAlmanac.com

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NEWCOMERS GUIDE

Living

FROM PAGE 6

Blue Ridge Mountains on a clear day. From Olmsted Island looking out on the Great Falls, you can watch scores of Great Blue Herons fishing from the rocks in rainbows of spray and hear only the sound of crashing water. In spring, Bluebells flower in long swaths between the towpath and the River's edge. Tucked down amongst them is a nice place to sit and sketch on an April morning, observing how they create a blue haze beneath the tall trees on nearby islands.

The way our subregion has developed is no accident but the result of careful, deliberate planning. We have the first Master Plan in the county to be based on retaining the health of our streams, forests and wetlands. Look around and you see evidence of our environmental planning in stream valley parks running the length of Cabin John Creek, Watts Branch, Muddy Branch and portions of Rock Run. You see it in the abundant forest cover and tree canopy, in our two-lane road system and the open section grass swales adjacent to them that catch and infiltrate rain. We have designated some of our roads Rural and Rustic to maintain our ties with our

farming past. We are a residential buffer between the urban down county and the Agricultural Reserve to our North.

Potomac has enormous diversity in our many acres of County parkland. One of the newest is known as the Serpentine Barrens, though it is actually a forest of very old, unusual and stunted trees growing from a geology so rare that the bedrock found there occurs on only 1 percent of our planet. The soils are thin, supporting an ecosystem unlike any other park in Montgomery County. You could spend a lifetime here without seeing all the natural wonders Potomac offers. It's why I continue to love living here.

Elected Officials

FROM PAGE 4

DISTRICT 16

Sen. Brian E. Frosh (D)

Miller Senate Office Building, 2 East Wing, 11 Bladen St., Annapolis, MD 21401; 410-841-3124, 301-858-3124

brian.frosh@senate.state.md.us

Del. C. William Frick (D)

House Office Building, Room 219 410-841-3454, 301-858-3454

bill.frick@house.state.md.us

Del. Ariana B. Kelly (D)

House Office Building, Room 210 410-841-3642, 301-858-3642

ariana.kelly@house.state.md.us

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LET'S TALK Real Estate



by Michael Matese

Contemporary Luxury Kitchen Trends

The luxury home market is one that is dynamic and always changing at a quick pace to meet the unique needs of its clients. Over the past decade, the trend of defining what makes luxury has shifted dramatically—once, an abundance of square footage was the primary aspect of defining a property as a luxury home. Today, the market and clientele have adjusted their needs, wants and long-term goals when purchasing luxury real estate. The new definition of luxury home places more emphasis on the ease, comfort, convenience and magnificence of the home's details, features and amenities, rather than the space that they take up. One such paradigm shift happens in the kitchens of luxury homes, with a trend towards the creation of a professional, modern atmosphere in the comfort of one's own home on the rise in popularity. For the coming year, here are a few simple upgrades that can take any luxury home's kitchen to the next level, enticing prospective owners, indulging the current residents of the home and adding to the home's long-term value over time.

Refrigerator Plus!

Surprisingly low in added cost, refrigerators with built-in television or internet installations are both eye-catching and functional and available at national home improvement and electronics retailers. LG Electronics, whose 15-inch LCD door television and an Internet refrigerator retails at around \$3,150, allows entertainment and web access during mealtimes, cooking times or midnight snacking.

Triple Door Refrigerators

This type of refrigerator combines the best elements of the two most popular refrigerator styles, incorporating traditional French doors on the top and a large, deep one-drawer pull-out freezer on the bottom. This streamlining of styles allows easy access to the items used most frequently and provides handy storage to lesser used items without sacrificing prime fridge real estate.

Food Prep Sink

Not just for professional kitchens anymore! The addition of an extra sink doesn't automatically mean the usage of precious counter space, either—and in a larger kitchen, an additional sink can actually maximize the work flow, encouraging more cooks to lend a hand in the kitchen. Additionally, this set-up is ideal for cooks who prefer to clean as they go, as it allows a dedicated sink for preparation and a dedicated sink for washing up.


For professional advice on all aspects of buying and selling real estate, call:

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Long & Foster Realtors

301-806-6829

Mike@michaelmatese.com



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NEWCOMERS GUIDE

What's Best About Living in Potomac?

COMPILED BY
SUSAN BELFORD



Debbie Dager: "After spending over 20 years living in both California and Texas, the thing I like most about this area are the seasons. When it is a season here, it is that season to the definition, spring flowers, summer heat, fall leaves, winter snow, we get to experience it all."

Mike Dager: "My favorite thing about living in Potomac is the schools. I went to Montgomery County Public schools and I wanted the best again for my boys. The schools and living close to my family were the biggest reasons for our move back to this area."

Kim Ribera: "We love Potomac because we have raised our children here and we have made life-long friendships."



Kim, Brian, Nora and Michael Ribera



Sylvia Darrow: "I like the urban flair of living in the suburbs."

Benny Fischer (owner of Benny's Bar and Grill at Cabin John Mall): "I live less than a mile from my restaurant - and I love the short commute. I can be here in minutes and can even walk to work. Potomac is great!"



Anne Davis and Holly Wittmann: "We like that Potomac is very family-oriented with excellent schools." Davis is a teacher at Bethesda Elementary. Wittmann teaches in Norfolk, but grew up in Potomac.



Sasha Biderman and Olivia Piess: "We both love playing at Cabin John Park. It's so much fun."

Get Involved: WMCCA

FROM PAGE 5

cials, testify and retain counsel, if needed, to ensure that citizen's views are heard;

- ❖ Work with other community groups to broaden citizen awareness; and

- ❖ Provide education forums, publicize issues, and strengthen community involvement.

WMCCA has helped:

- ❖ Save sensitive areas from over-development;
- ❖ Preserve trees and stream val-

leys;

- ❖ Limit commercial areas;
- ❖ Retain quality and style in commercial establishments;

- ❖ Maintain low density zoning and residential quality of the area; and

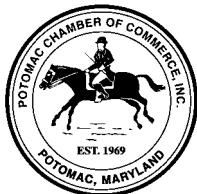
- ❖ Keep major highways from cutting across the community.

In the process, WMCCA has won the respect of county and state officials and the community at large.

See www.wmcca.org.

WWW.CONNECTIONNEWSPAPERS.COM

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Normandie Farm



NEWCOMERS & COMMUNITY GUIDE

Issues Facing Potomac Residents

FROM PAGE 5

a proposal to run an educational farm on the site. So far there is no sign of any action.

Zoning Rewrite

A four-year project to rewrite the Zoning Code of Montgomery County has moved from the Planning Board to the County Council earlier this year.

The Montgomery County Planning Board has rewritten the county's Zoning Code, which guides all development and building in the county, to remove antiquated or redundant regulations and to help achieve goals in community plans, like the Potomac Master Plan, a must read for every Potomac resident.

The revised Zoning Code will cover what is permitted in each zone, and the process by which development is reviewed and approved.

The new draft proposes:

- ❖ Consolidate 123 existing zones into 30 proposed zones

- ❖ Ensure consistency with existing height and density rules

- ❖ Retain consistency with recommendations in master plans

- ❖ Make the code easier to use by adding diagrams and clearer text.

What is unknown at this point, said Callum Murray, chief planner of Potomac, is what the unintended consequences of the rewrite will be. Some effects of changes of zoning can become clear as the language is applied, and it is the unintended consequences that will be noteworthy, he said.

Mid-River Intake Proposed

Washington Suburban Sanitary Commission seeks a new mid-river intake pipe in the Potomac River to improve the quality of drinking water for residents of Montgomery County and surrounding areas.

The purpose of the new intake, according to WSSC, is to provide a consistently higher quality raw water source for the water filtration plant than can be achieved using the existing onshore intake, according to WSSC.

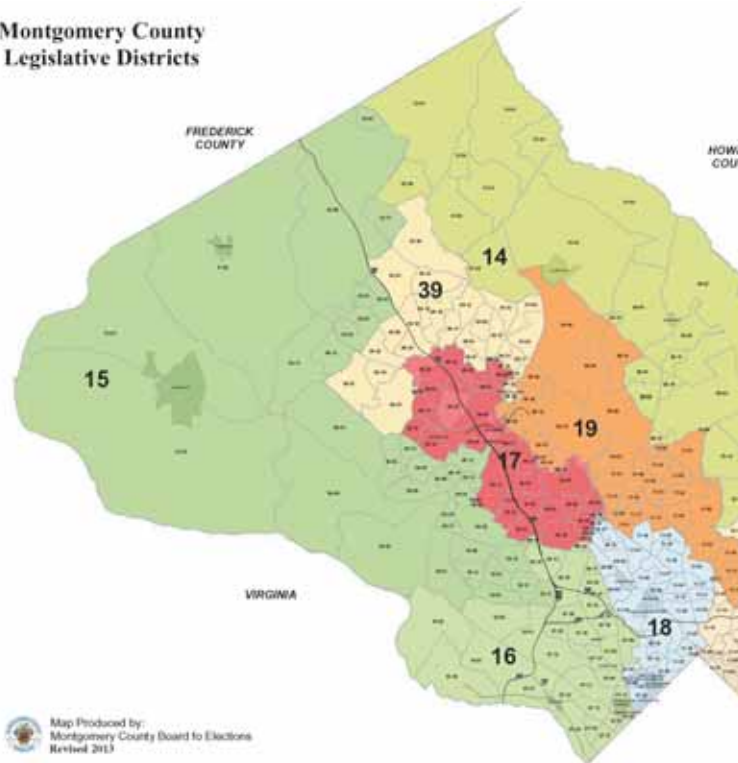
"The current Potomac River raw water intake structure is adversely impacted by its location along the Potomac River shoreline. During local storm events, sediments in runoff from local tributary inflows — particularly from nearby Watts Branch — cause the source water quality to change dramatically and affect the water treatment plant operation. Water quality is cleaner and more stable in the middle of the Potomac River," according to WSSC documents.

The Potomac Water Filtration Plant produces approximately three-quarters of the water used by 1.8 million customers in Montgomery and Prince George's counties.

The location is located within the Chesapeake and Ohio Canal National Historical Park, so WSSC is required to obtain a special use permit from the park service to build any offshore intake pipe.

"To examine and evaluate the impact to Park re-

Montgomery County Legislative Districts



Map of the General Assembly districts: Potomac is divided between District 15 and 16 with one state senator and three delegates per district.

sources, NPS is initiating an environmental assessment of the proposal prior to the issuance of a construction Special Use Permit," according to the National Park Service.

Civic and environmental advocates fear damage that might result from WSSC's proposal.

Ginny Barnes, advocate with West Montgomery County Citizens Association and Potomac resident, says a mid-river intake "will damage the C&O Canal National Historic Park as well as the Potomac River, leaving Watts Branch stream to continue pouring silted water into the River and ultimately the Chesapeake Bay.

"A so-called solution that creates further an environmental problem," she said.

Barnes and Neal Fitzpatrick, of Audubon Naturalist Society, support improving the water quality in the Watts Branch watershed and other tributaries of the Potomac River to improve the quality of drinking water for the region.

New Recreational Facilities for Underserved

The long-awaited new-and-improved Scotland Community Center is under construction and set to open next summer.

Here is a description of the project: "A larger gymnasium and modern interiors will be a focal point for the facility. Upgrades to the site include improved landscaping and parking. A key component of the site and new facility's design is to conform to Montgomery County standards, including meeting with green building and sustainability goals; energy guidelines; and the Americans with Disabilities Act (ADA). The project will be designed to comply with Leadership in Energy and Environmental Design (LEED) guidelines for LEED Silver certification."

The defunct roller hockey rink at the Potomac Community Center will soon serve as a facility for adaptive sports for athletes with disabilities.

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Potomac Insider's Guide to Parks

BY KEN MOORE
THE ALMANAC

From Carderock to Riley's Lock, Potomac is bordered by more than 12 miles of the C&O Canal, the towpath and the Potomac River. Living in Potomac provides opportunities to enjoy the sights and sounds of the river. Outdoor activities ranging from an easy stroll to a multi-day bike trip, to rock climbing, to world-class kayaking or a gentle paddle on flatwater. Wildlife is abundant. All outdoor areas of the C&O Canal National Historical Park are open daylight hours year round.

1 Carderock Recreation Area

301-767-3731

Reach this part of the park from the Clara Barton Parkway at the Naval Surface Warfare exit. Carderock's rock faces prized by climbers. The recreation area includes playing fields, a picnic pavilion and access to the Potomac River and one of the loops of the Billy Goat Trail.

2 Old Angler's Inn Access

Across from 10801 MacArthur Blvd.

Between Carderock and Great Falls, you can also get to the towpath and River across from Old Angler's Inn on MacArthur Boulevard. A popular spot for outdoor adventure companies teaching beginning to advanced kayaking and canoeing. Hikers have quick access to the Billy Goat Trail from here. Take an evening stroll or bikeride along the Berma road or around Widewater.

3 Billy Goat Trail

Thousands hike the challenging Billy Goat Trail every year, with access from the Old Angler's site or from the Great Falls Tavern Visitor's Center or Carderock. The loop between the C&O Canal and Potomac River is less than five miles long; bring water and wear good walking shoes. Allow plenty of time to stop and enjoy spectacular views of the cliffs, Potomac River passing through the gorge and sensitive vegetation and rare plants. The wild power and natural beauty of the Potomac River and its surrounding come alive on this hike that is marked by light blue trail blazes to keep visitors from trampling on Bear Island's many rare plants and sensitive vegetation. The trail can be rough and rocky with steep climbs. But the trail is one of the most popular hikes in all of the metropolitan area, of which can be done by people of all ages.

INSIDER'S TIP: The park service seeks volunteer trail stewards willing to hike parts of the trail, educate visitors at the trailheads, protect the natural resources of Bear Island, ensure visitors are prepared for the strenuous hike, share stories about the sensitive vegetation, and reduce trampling of the Bear Island's many rare plants. Active trail stewards carry park radios for emergency communication and can offer basic first aid training to help with minor injuries. www.nps.gov/choh/supportyourpark/volunteer.htm

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4 Great Falls Tavern Visitor Center and Olmsted Overlook

11710 MacArthur Blvd.
301-767-3714

Enter the C&O Canal National Historical Park here for up close views of Great Falls by walking 0.2 miles over the Olmsted Island Bridges to the overlook at the end. Bridges and boardwalks traverse a rare floodplain terrace environment, ending with an observation deck over the spectacular views of the Falls and the head of Mather Gorge. More water flows over Great Falls than Niagara Falls.

Accessible for wheelchairs and strollers. The tavern is open year round, seven days per week from 9 a.m. to 4:45 p.m. <http://www.nps.gov/archive/choh/Visitor/Centers/GreatFalls.html> \$5 per visit or \$20 annually to enter the park at Great Falls.



Climbers at Carderock

INSIDER'S TIP: The Gold Mine Trail can be accessed at the top of the entrance to Great Falls, at the intersection of Falls Road and MacArthur Boulevard, or near the Great Falls Tavern Visitor's center. Trails, which can be used for running with some steep inclines, pass the remains of an old building that was used from 1900-1939 to mine gold.

5 Swain's Lock

Swain's Lock Road (off River Road)

Campsites are available at Swain's Lock, one of the largest of the canal lockhouses. The lockhouse is named for Jess Swain, a lock-keeper in the early 1900s whose father helped in the excavation and construction of the canal. After running a boat rental and refreshment stand at Swain's Lock for almost a century, the family ceased operations in 2006.

6 Pennyfield Lock

Pennyfield Road (off River Road)

The three-mile walk from Pennyfield Lock to Violette's Lock takes you through many kinds of bird habitat and around Blockhouse Point.

Pennyfield Lock was President Grover Cleveland's favorite destination when he went on fishing excursions, according to the Potomac Master Plan. The Pennyfield Lockhouse, built in 1879, was the home of lock-keeper Charles W. Pennyfield. This house is currently in poor condition, but the National Park Service awarded a lease to a local non-profit, to rehabilitate the house.

INSIDER'S TIP: Pennyfield Lock is also home to a lockhouse built in 1830 that you can rent by the night. The Canal Quarters Interpretive Program invites visitors to stay in a historic lockhouse for a day and night to learn about the living conditions of a lockkeeper's family. www.canalquarters.org/



7 The River Center (Lockhouse 8)

7906 Riverside Drive, Cabin John
www.potomac.org

The Potomac Conservancy runs The River Center at Lockhouse 8, open weekends from 10 a.m. to 2 p.m. Nature walks, canoeing trips, art exhibits, educational events and canoe cleanup events are offered throughout the year. See its website for a schedule of events. One goal of The Potomac Conservancy is to educate, inspire and engage Potomac watershed residents about the wonders of living near the Potomac River and its tributaries.

8 Blockhouse Point

www.blockhousepoint.org

Those who know the 630 acres of land that straddles River Road between Tobytown and Callithea Farm call Blockhouse Point the jewel of Potomac.

The natural and cultural resources at Blockhouse Point are amongst the most valuable in the country, but a hiker there can often find solitude.

The park contains a variety of exceptional and rare habitat, including mature upland forest, floodplain forest, wetlands, streams and river-rock outcrops. Nine species of threatened, endangered or watchlist plants have been identified in the park, along with 25 species of fish, nine species of amphibians, four species of reptiles, 39 species of nesting birds and 10 species of mammals.

11 Adventure Conservation Park

10801 Glen Road, Potomac

This 14-acre neighborhood conservation area established in 1969, includes areas set aside for bird-banding.

12 Falls Road Golf Course

10800 Falls Rd.
301-299-5156
www.montgomerycountygolf.com

Falls Road Golf Course was completed in 1961 on 150 acres of former farmland, and includes an 18-hole course renovated in 2003, plus a clubhouse and driving range. Rates from \$25 each player; cart is \$10. Reserve tee times online.

19 Hadley's Playground at Falls Road Local Park

12600 Falls Rd.
Park Manager: 301-299-0024

Falls Road Local Park, which showcases the award-winning Hadley's Park, allows all kids to play together. In 1986, the park system acquired the 20-acre park, including soccer, baseball and other sports fields. Hadley's Park, and its accessible theme, equipment, design and surface, have been emulated by approximately 250 playgrounds across the country, including one at Dulles Town Center and one in McLean.

The park is the brainchild of a Potomac family whose daughter, Hadley, uses a wheel chair. The family envisioned an accessible playground after watching her daughter's wheelchair get stuck in playground mulch as she played with her sibling and friends.

9 Violette's Lock

Violette's Lock Road (off River Road)

Violette's Lock offers one of the more beautiful views of the sunset over the Potomac River.

10 Riley's Lock

Riley's Lock Road (off River Road)

Riley's Lock features a boat ramp on Seneca Creek that allows easy access to a quiet and inviting part of the Potomac River for canoes, kayaks or small motorboats.

The Seneca Creek Aqueduct, opened in 1833 and made of red sandstone, allowed thousands of canal boats to move across Seneca Creek from 1833-1924, the year of the canal's closing. The aqueduct was protected by Union garrisons during the Civil War.

Riley's Lockhouse is open for tours on Saturday and Sunday, 1-4 p.m. in May and June, and September and October. Volunteers in period costume guide you through one of the C&O Canal's original lockhouses to explore the life of a lock-keeper. Call the Great Falls Tavern Visitor Center to confirm, 301-767-3714.

INSIDER'S TIP: Get involved on the river by joining the Bike Patrol, becoming a Billy Goat Trail Steward, or volunteering to help run the Canal Boat, or serving as a docent at the River Center at Lockhouse 8. www.nps.gov/choh/supportyourpark/volunteer.htm



Sunset at Riley's Lock.

www.ConnectionNewspapers.com

www.ConnectionNewspapers.com



PHOTOS BY DEB STEVENS/THE ALMANAC



20 Potomac Horse Center

14211 Quince Orchard Rd.
301-208-0200
potomachorse.com/

County-owned and privately run, this large facility offers lessons at all levels year round, summer camp, birthday parties and special events. Open house is Oct. 3; Oct. 24 is the Potomac Horse Center Client Horse Show featuring the Halloween Costume Class. It's a great way to get close to the horsey part of Potomac.

21 Rockwood Manor Park

11001 MacArthur Boulevard, Potomac
Reservations/Manager: 301-299-5206

Facilities for weddings, meetings, with overnight accommodations and dormitories for youth groups.

13 Cabin John Regional Park

7400 Tuckerman Lane
www.montgomeryparks.org/facilities/regional_parks/cabinjohn/

This 528-acre park centrally located offers an Adventure playground, miniature train rides, dog park, picnic areas, lighted athletic fields, ice rinks and indoor/outdoor tennis courts, nature center, softball fields, Shirley Povich Field, home of Big Train baseball.



14 Locust Grove Nature Center

7777 Democracy Boulevard
301-765-8660
www.montgomeryparks.org/nature_centers/locust/VirtualTour.shtm

Hike the upper meadow of the Locust Grove Nature Center and look for monarch butterflies and caterpillars, listen for wrens and bluebirds, or watch for box turtles crossing the path in the early morning. Wander to the Lower Meadow and watch bats in the late afternoon, sit under the shade of a 200-year-old sycamore and spot minnows, crayfish, bathing birds of beaver activity in the Cabin John Creek. Locust Grove offers programs featuring local natural and cultural history for children, teens and adults.

INSIDER'S TIP: The Locust Grove Nature Center trains adults to become volunteer naturalists, with courses on stream ecology and pollinators. Numerous civic leaders monitor water quality in streams throughout the Potomac region. Get involved.

15 Campground

7701 Tuckerman Lane,
301-495-2525 (for permits)

16 Ice Rink

10610 Westlake Drive
301-365-2246

Private and group lessons for all ages, open skating times, and special events. Open year round.

17 Indoor Tennis Courts

7801 Democracy Boulevard
301-365-2440

Private and group lessons for all ages and seasonal court rentals.

18 Miniature Train

7410 Tuckerman Lane
301-765-8670

The miniature train is a replica of an 1863 C.P. Huntington, a locomotive purchased by the Southern Pacific Railroad. The train runs from June 1 to Aug. 31. Monday - Thursday, the first train leaves at 10:30 a.m. and the last train at 6 p.m. On Friday, Saturday, Sunday and holidays, the first train leaves at 10:30 a.m. and last train at 7:30 p.m.



Neighborhood Parks

Potomac has many small neighborhood and local parks that offer hiking trails, basketball and tennis courts, playgrounds and sports fields, picnic areas and more.
Directory of county parks http://www.montgomeryparks.org/parks_facilities_directory/index.shtm

22 Buck Branch Neighborhood Park

Playground, lighted ballfield, and lighted tennis court.

23 Avenel Local Park

Playground, softball field, multi-use fields, and tennis courts. Paths suitable for bikes or children's tricycles. The 20.7-acre park was established in 1989.

24 Heritage Farm Neighborhood Park

Playground, multi-use field, softball field, two tennis courts, and picnic area.

25 Potomac Community Neighborhood Park

Playground, lighted ballfield, and lighted tennis courts.

26 Fox Hills West Neighborhood Park

Two-acre park includes playground, tennis courts, multi-use field, and picnic shelter.

27 Bedfordshire Neighborhood Park

Six-acre park established in 1933 includes playground, multi-use field, lighted tennis court, basketball court, and picnic area.

33 Potomac Community Center

11315 Falls Road
240-777-6960
This is Montgomery County's busiest community center, providing a variety of recreation activities for all ages such as open gym, arts and crafts, exercise/leisure classes, group support meetings and socials, senior adult activities through the Potomac Seniors program, area and county-wide sports programs, summer camps, programs for individuals with disabilities, children's holiday parties, volunteer opportunities and more. Facilities include a gymnasium, exercise room, meeting rooms, art room, lounge area, community room and social hall. The outdoor area includes two baseball fields and an in-line hockey rink, and lighted basketball and tennis courts. The Center offers table tennis, billiards and foosball, a gymnasium, weight room, social room, meeting rooms, and hundreds of classes through the Department of Recreation.

35 Glen Echo Park

7300 MacArthur Blvd., Glen Echo
www.glenchopark.org

Originally a Chataqua retreat, then an amusement park, Glen Echo National Park now hosts a variety of arts, environmental and history programs. Classes are offered in pottery, painting, photography, glass art, silversmithing, textiles and other arts, as well as in dance, writing and music.

The famous 1921 Dentzel Carousel in the center of the park has been giving rides to the public for 90 years. The restored carousel is open for rides in August, Wednesday, Thursday, and Friday, 10 a.m. - 2 p.m. and Saturday and Sunday, 12 - 6 p.m. In September, Saturday and Sunday, 12 to 6 p.m.

Adventure Theatre (www.adventuretheater.org, 301-634-2270) is one of the area's longest running children's theater companies, and the Puppet Co. Playhouse (www.puppetco.org) offers shows as well as was for children to be involved.

The 3.75-acre park includes a basketball court, playground, and an open play area. Plans to replace the aging and under-serviced community center, which serves the Scotland community, are underway.



Potomac Community Center

ALEXANDRIA KING STREET

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NEWCOMERS & COMMUNITY GUIDE



PHOTO BY DEBORAH STEVENS/THE ALMANAC

Swift Water Rescue Class at Carderock Recreation Area includes Eric Ruhl, Connor Shepherd, Delilah Heshmat, Joe Shepherd, Tony Allred-ACA Certified Swift Water Rescue instructor, Brandon Brown, Michael Bubulca and Earl Baer.

Some Suggestions for Visitors

FROM PAGE 3

and sensitive vegetation. The trail can be rough and rocky with steep climbs. But the trail is one of the most popular hikes in all of the metropolitan area, which can be done by people of all ages.

GLEN ECHO PARK

7300 MacArthur Blvd., Glen Echo
www.glenechopark.org
Originally a Chautauqua retreat, then an amusement park, Glen Echo National Park now hosts a variety of arts, environmental and history programs.

Classes are offered in pottery, painting, photography, glass art, silversmithing, textiles and other arts, as well as in dance, writing and music.

Adventure Theatre
(www.adventuretheater.org, 301-634-2270) is one of the area's longest running children's theater companies, and the Puppet Co. Playhouse (www.puppetco.org) offers shows as well as was for children to be involved.

EAT AT A HISTORIC POTOMAC RESTAURANT

❖ Hunters Inn, calls itself "the Cheers of Potomac." 10123 River Road, 301 299-9300. Opened in 1977, it's a great place to

sit at the bar for a drink and conversation, or for lunch or dinner. thehuntersinn.com.

❖ Normandie Farm, <http://popovers.com>, 10710 Falls Road, 301-983-8838. Long-time Potomac institution opened in May 1931, and is now a hub of community meetings and special celebrations. Rotary Club meets here for lunch each Wednesday at noon. Potomac Chamber holds networking events and awards dinners here. Famous Sunday brunch.

❖ Old Anglers Inn, 10801 MacArthur Blvd. oldanglersinn.com, 301-365-2425. This famous Potomac restaurant located in a historic building showcases its woody setting near the river, and a beautiful outdoor setting in good weather.

THE RIVER CENTER (Lockhouse 8)

7906 Riverside Drive, Cabin John
www.potomac.org

The Potomac Conservancy runs the River Center at Lockhouse 8, open weekends from 10 a.m. to 2 p.m. Nature walks, canoeing trips, art exhibits and canoe cleanup events are offered throughout the year. One goal of The Potomac Conservancy is to educate, inspire and engage Potomac watershed residents about the wonders of living near the Potomac River and its tributaries.

DON'T MISS AN INSIDERS GUIDE TO 2013-2014 POTOMAC EVENT HIGHLIGHTS

COMPILED BY KEN MOORE
THE ALMANAC

AUGUST 2013

Great Falls Tavern, **Mule-Drawn Canal Boat Rides**, through October. Wednesday-Sunday, 11 a.m., 1:30 p.m., 3 p.m. Experience living history while traveling up the canal, locking through lift locks during this one-hour boat ride. C&O Canal National Historical Park at Great Falls Visitor Center, 301-767-3714. www.nps.gov/choh/planyourvisit/great-falls-canal-boat-rides.htm

Glen Echo Park's **1921 Dentzel Carousel** will be open Saturday and Sundays, from noon to 6 p.m. through September. Additional hours during the Glen Echo Labor Day Art Show includes Aug. 31 from 7 to 9 p.m., and Sept. 1-3 from noon to 6 p.m. \$1.25. Call 301-634-2222 or visit www.glenechopark.org.

Potomac Village Farmers Market through October (and sometimes into November), Thursdays, 2-6:30 p.m. Potomac United Methodist Church, 9908 South Glen Road at corner of Falls Road and Democracy Blvd. 301-792-6054.

First day of school, Montgomery County Public Schools, Monday, Aug. 26. www.montgomeryschoolsmd.org.

Glen Echo Open House, Saturday, Aug. 31, noon to 4 p.m. Open house, hosted by Glen Echo Park Partnership, introduces visitors to arts, dance, theater, classes at the park. Free classes, demonstrations and viewings of artists at work in their studios. www.glenechopark.org. Call 301-634-2222.

Yellow Barn Studio and Gallery **43rd**

Annual Labor Day Art Show features the work of more than 250 artists, including painting, photography, ceramics, jewelry, glass, pottery and more at Glen Echo. Opening reception, Friday, Aug. 30, 7-9 p.m., Spanish Ballroom. Will continue to be exhibited from Aug. 31 to Sept. 2. Free. Visit www.glenechopark.org or www.yellowbarnstudio.com. 301-634-2222.

Irish Music and Dance Showcase, Saturday, Aug. 31 and Monday, Sept. 2, 1-6 p.m. Bumper Car Pavillion. Two days of Irish music and dance. Presented by Glen Echo Park Partnership for Arts and Culture and the Irish Inn at Glen Echo. Free. See glenechopark.org. 301-634-2222.

SEPTEMBER 2013

Cabin John Kids Run at the Cabin John Regional Park in Potomac, Westlake Drive. Free for runners 18 and under. Sunday, Sept. 15. A mile run, half-mile run and quarter mile young run is offered. Registration is race-day only. See www.mcrrc.org

74th Annual Labor Day Parade in the City of Gaithersburg, Monday, Sept. 2 at 1 p.m. rain or shine. Call 301-258-6350. See www.gaithersburgmd.gov.

Half Marathon, Sept. 8, 7 a.m., Annual Parks Half-marathon, www.parkshalfmarathon.com. Run from Rockville to Bethesda. Showcases Montgomery County's park system. Sponsored by Montgomery County Road Runners Club, www.mcrrc.org.

Potomac Library Book Sale, 10101 Glenolden Dr., Saturday, Sept. 14, 10 a.m.-1 p.m. 240-777-0690.



PHOTO BY HARVEY LEVINE/THE ALMANAC

Caitlan Michinski directs riders during a demonstration at the 2012 Potomac Horse Center open house last spring.

Sponsored by the Friends of the Library, Potomac Chapter. Runs most months.

Potomac Chamber of Commerce Networking, Thursday, Sept. 19, 4-6 p.m., Normandie Farm Restaurant. See www.potomacchamber.org. 299-2170.

Family Fun Fest, Friday, Sept. 27, 4-7 p.m., Potomac Community Center at 11315 Falls Road, Potomac. Sponsored by Montgomery County Recreation and Friends of Potomac Community Center, "Who's Got Talent" contest, carnival rides and games, prizes, petting zoo, DJ, \$5 for unlimited rides and games.

The Trawick Prize, downtown Bethesda's annual juried arts competition awards: Bethesda Contemporary Art Awards. The exhibition featuring The Trawick Prize finalists will be held from Sept. 4-28 at Gallery B, 7700 Wisconsin Ave., Suite E. 301-215-6660. See www.bethesda.org.

Guided tours of Riley's Lockhouse, one of the C&O Canal's original lockhouses. Join volunteers in period costume and explore the life of a lock-keeper. September and October (also May and June). Riley's Lock Road (off River Road.) www.nps.gov/choh/.

Glen Echo Park's 1921 Dentzel Carousel will be open Saturday and Sundays, from noon to 6 p.m. through September. Call 301-634-2222 or visit www.glenechopark.org.

Montgomery County Out of the Darkness Community Walk, Sept. 21, from 10 a.m.-noon. Rockville Town Center, 200 East Middle Lane. This walk, in conjunction with 200 communities across the country this fall, benefits the American Foundation for Suicide Prevention. See www.afsp.org or e-mail ncacchapter.afsp@gmail.com. An overnight Out of Darkness takes place in June.

Then & Wow! Glen Echo Park's annual celebration of the park's past and present. Sunday, Sept. 29, 11 a.m.-5 p.m. Magicians, carousel rides, arcade games, face painting, mini golf, exhibits, tours and more. See www.glenechopark.org. 301-634-2222.

Potomac Village Farmers Market through October (and sometimes into November), Thursdays, 2-6:30 p.m. Potomac United Methodist Church, 9908 South Glen Road at corner of Falls Road and Democracy Blvd. 301-792-6054.

OCTOBER 2013

Potomac Day in Potomac Village, the annual community festival, will be held Saturday, Oct. 19, 8 a.m.-3 p.m.

Arts and free entertainment for all ages, ranging from rides for children to an antique show and business fair. The highlight is the Potomac Day Parade at 10:30 a.m., featuring hundreds of entrants, including bands, horses, antique cars, school groups, scouting organizations, and candidates for elected office. Call the Potomac Chamber of Commerce at 301-299-2170 or visit www.potomacchamber.org.

West Montgomery County Citizens Association, Potomac's umbrella citizens association, is scheduled to hold its first general meeting. Meets the second Wednesday of each month, October through May (Oct. 9, 2013). Potomac Community Center, 11315 Falls Road. 7:15 p.m. - 8:45 p.m. www.wmcca.org.

Potomac County Vintage Arts Festival is organized by Saint Francis Episcopal Church, raises funds for dozens of local charities. Oct. 5-6, including Saturday, Oct. 6 Art Evening Kickoff from 4-7 p.m. and Sunday, Oct. 6, Arts Festival from 10 a.m.-5 p.m. See www.potomaccountryhousetour.org for listing of activities and this year's schedule.

Taste of Bethesda, Oct. 5 from 11 a.m.-4 p.m. The 23rd Annual Taste of Bethesda, a food and music festival in the Woodmont Triangle area of downtown Bethesda. Enjoy "tastes" from more than 55 participating restaurants, along with live entertainment and a children's activities area and classic car show. Call 301-215-6660 or visit www.bethesda.org.

Potomac Library Book Sale, 10101 Glenolden Dr., Saturday, Oct. 12, 10 a.m.-1 p.m. 240-777-0690. Sponsored by the Friends of the Library, Potomac Chapter.

Firehouse Open House at the Cabin John Park Volunteer Fire Department Station 10, 8001 River Road. Activities include live action demonstrations, including stop, drop and roll, stove fire demonstrations and automobile extrication. Cabin John Volunteer Fire Department now hosts birthday parties for children. Call 301-365-2255 or visit www.cjpvfd.org to find this year's October date.

Potomac Village Farmers Market through October (and sometimes into November), Thursdays, 2-6:30 p.m. Potomac United Methodist Church, 9908 South Glen Road at corner of Falls Road and Democracy Blvd. 301-792-6054.

NOVEMBER 2013

The Potomac Chamber of Commerce's annual awards

dinner, honors Potomac's citizen, businessperson and youth of the year. Normandie Farm, 10710 Falls Road. See www.potomacchamber.org.

Potomac Community Center Open Flea Market at the Potomac Community Center, 11315 Falls Road, has been regularly scheduled on a biannual basis in November and May. Call the community center, 240-777-6960.

Lessans Family Annual Book Festival, Nov. 8-17, at the Jewish Community Center of Greater Washington, 6125 Montrose Road, Rockville. Call 301-881-0100. See www.jccgw.org.

Rockville 10K/5K, returns Nov. 3 to King Farm Village Community Center. See www.mcrrc.org.

West Montgomery County Citizens Association general meeting, second Wednesday, Potomac Community Center, 11315 Falls Road, 7:15 - 8:45 p.m.

Potomac Library Book Sale, 10101 Glenolden Dr., Saturday, Nov. 9, 10 a.m.-1 p.m. 240-777-0690. Sponsored by the Friends of the Library, Potomac Chapter.

Potomac Theatre Company's fall production. In the Blair Family Center for the Arts at the Bullis School, 10601 Falls Road. Call 301-299-8571. See www.potomactheatrec.org.

Bazaar, Greek Orthodox Church of Saint George, 7701 Bradley Blvd., Bethesda. Nov. 16, 9 a.m.-4 p.m. Handmade artistry, holiday decorations, jewelry, specialty crafts, and Greek delicacies, including its famous baklava. www.stgeorge.org. 301-469-7990.

Dinner of Champions, Saturday, Nov. 23 at the Jewish Community Center of Greater Washington, 6125 Montrose Road, Rockville, 6:30-9 p.m. Call 301-881-0100 or see www.jccgw.org. The 22nd annual event honors those who have achieved success in the world of sports, and those who have made extraordinary contributions to the community. The dinner benefits the Jewish Community inclusion programs for individuals with special needs.

Turkey Chase 10K Run benefits the YMCA Bethesda-Chevy Chase, YMCA's Youth and Family Services and the Bethesda-Chevy Chase Rotary Club Foundation. Race takes place on Thanksgiving, Nov. 28, 8:30 a.m. at 9401 Old Georgetown Road at Spruce Street. Includes a two-mile walk/run; wheelchairs welcome. See www.turkeychase.com. Sponsored by Congressional Bank.

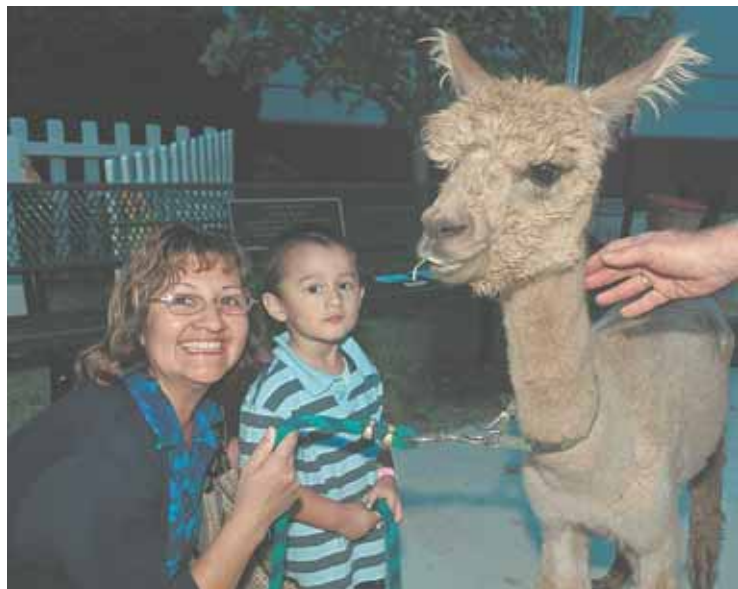


PHOTO BY HARVEY LEVINE/THE ALMANAC

Nicholas Carranza, 2, with his grandmother Noemi Rivas and "Teddy" the alpaca from Squeals on Wheels at Potomac Community Center's 2012 Family Fun Fest.

Coming Up

❖ **Glen Echo Open House**. Saturday, Aug. 31, noon to 4 p.m. Open house, hosted by Glen Echo Park Partnership, introduces visitors to arts, dance, theater, classes at the park. Free classes, demonstrations and viewings of artists at work in their studios. Visit www.glenechopark.org or call 301-634-2222.

❖ **Family Fun Fest**. Friday, Sept. 27, starting at 4 p.m., Potomac Community Center, 11315 Falls Road, Potomac. Sponsored by Montgomery County Recreation and Friends of Potomac Community Center.

❖ **Potomac Day**. Oct. 19, 10 a.m.-2 p.m. Parade, 10:30 a.m., Potomac Village. Arrive before 10 a.m. to avoid road closures. Free children's rides and more, sponsored by Potomac Chamber of Commerce.

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FROM PAGE 12

Winter Lights is a 3.5-mile drive through a holiday light show at Seneca Creek Park with more than 360 illuminated displays. The 18th Annual Winter Lights Festival runs nightly from Nov. 29 through Dec. 31 with additional events including walks and runs under the lights and S'more lights. Proceeds from the Festival benefit local charities. Call 301-258-6350 or visit www.gaithersburgmd.gov.

DECEMBER 2013

West Montgomery County Citizens Association, general meeting, second Wednesday, Potomac Community Center, 7:15-8:45 p.m. Public is welcome. See www.wmcca.org.

Potomac Library Book Sale, 10101 Glenolden Dr., Saturday, Dec. 14, 10 a.m.-1 p.m. 240-777-0690. Sponsored by the Friends of the Library, Potomac Chapter.

Bethesda's Winter Wonderland takes place in December at multiple locations, including concerts at Imagination Stage and in Bethesda's Woodmont Triangle. The event features caroling, ice sculpting, storytelling, holiday performances and hands-on craft activities for children. Call 301-215-6660 or visit www.bethesda.org.

Winter Lights is a 3.5-mile drive through a holiday light show at Seneca Creek Park with more than 360 illuminated displays. The 18th Annual Winter Lights Festival runs nightly from Nov. 29 through Dec. 31 with additional events including walks and runs under the lights and S'more lights. Proceeds from the festival benefit local charities. Call 301-258-6350 or visit www.gaithersburgmd.gov.

Jingle Bell Jog 8K, Dec. 15, 9 a.m., at the Rockville Senior Center, 1150 Carnation Drive. See www.mcrrc.org.

Christmas Tree Sale, Cabin John Park Volunteer Fire Department, Station 10, 8001 River Road. Call 301-365-2255 or visit www.cjpvfd.org.

Santa on Fire Engines, toy collection, is run by the Cabin John Park Volunteer Fire Department. A procession of fire engines carry Santa on a tour of Potomac neighborhoods over the course of several evenings in December, collecting unwrapped new toys for needy children. Call 301-365-2255 or visit www.cjpvfd.org.

Friends of the Yellow Barn, 18th annual members show. Dec. 1 through Dec. 23. Visit www.glenechopark.org or www.yellowbarnstudio.com. Call 301-634-2222.

As organizations finalize their calendars, here are some highlights to look out for during 2014.

JANUARY 2014

The Maryland General Assembly meets in Annapolis each year for 90 days to act on more than 2,300 bills including the state's annual budget. Potomac falls into two districts, District 15 and District 16, each one with one senator and three delegates. <http://mlis.state.md.us>. The 2014 General Assembly begins Jan. 8, 2014.

West Montgomery County Citizens Association, general meeting, second Wednesday, Potomac Community Center, 7:15-8:45 p.m. Public is welcome. See www.wmcca.org.

FEBRUARY 2014

Chinese New Year begins Jan. 31 and is the year of the horse. Watch for local events at Potomac Library and Potomac Elementary School, which has a Chinese language immersion



PHOTO BY KEN MOORE/THE ALMANAC

Paige Keith, 5, secures one of the best seats in the house to watch the 2012 Potomac Day parade with her friend Ryan Schoenfeld, 5, and mother, Christine Keith.

program.

The Mid-Atlantic Jazz Festival, an annual show, Feb. 14-17, 2014. Hilton Washington D.C./Rockville Hotel and Executive Meeting Center. The festival provides live musical performances, workshops and seminars. See www.midatlanticjazzfestival.org.

West Montgomery County Citizens Association, general meeting, second Wednesday, Potomac Community Center, 7:15-8:45 p.m. Public is welcome. See www.wmcca.org.

MARCH 2014

Potomac Theatre Company spring production, in the Blair Family Center for the Arts at the Bullis School, 10601 Falls Road. Call 301-299-8571. See www.potomactheatreco.org.

West Montgomery County Citizens Association, general meeting, second Wednesday, Potomac Community Center, 7:15-8:45 p.m. Public is welcome. See www.wmcca.org.

APRIL 204

The Bethesda Literary Festival is held annually in April. Features poets, authors, journalists, novelists, poetry slams, essay contests and youth book parties. Literary events take place in downtown Bethesda's bookstores, galleries and retail businesses, as well as the library and elementary school. Visit www.bethesda.org.

Pike's Peek 10K run along Rockville Pike from Shady Grove Metro to White Flint Mall. April 27, 2014. See the Montgomery County Road Runners Club website at www.mcrrc.org or pikespeek10k.com. Now named Kaiser Permanente Pike's Peek 10K.

"Blast from the Past" at Winston Churchill High School, 11300 Gainsborough Road in Potomac, presents its annual musical revue featuring student cast members, musicians and stage crew. Late April or early May. Call 301-469-1200 or visit www.mcps.k12.md.us/schools/churchillhs for dates and more information.

The Annual C&O Canal Pride Days, a joint effort between the park and C&O Canal Trust, brings hundreds of volunteers into the park to conduct maintenance projects. Work at C&O Canal National Historical Park at Great Falls (Md.) and other sites along the Potomac River and C&O Canal towpath. Call the Canal Trust at 301-714-2233, www.canaltrust.org, or see the park website at www.nps.gov/choh

Potomac Watershed Cleanup, sponsored annually by Alice Ferguson Foundation. Sat. April 5, 2014, 9 a.m.-noon. Last year, more than 14,238 volunteers picked up 574,000 pounds of trash including 1,314 tires, 27,400 cigarette butts, and 27,200 plastic bags. Volunteers helped at many sites along the Potomac River in Potomac. See www.fergusonfoundation.org.

West Montgomery County Citizens Association, general meeting, second Wednesday, Potomac Community Center, 7:15-8:45 p.m. Public is welcome. See www.wmcca.org.

MAY 2014

Mule-Drawn Canal Boat Rides, Great Falls Tavern, May - October. Call the C&O Canal National Historical Park at Great Falls visitor center, 301-767-3714 or visit www.nps.gov.

Potomac Horse Center Annual Spring Open House, see www.PotomacHorse.com

Run Aware 5K, Cabin John Regional Park, Westlake Drive, organized by Montgomery County Road Runners Club. Race through woods, trails, and, if lucky, mud. Along with the 5K (Cross Country Series) race, there will be a 1K (Junior Participation Series) race. See www.mcrrc.org.

Potomac Village Farmers Market through October (and sometimes into November), Thursdays, 2-6:30 p.m. Potomac United Methodist Church, 9908 South Glen Road at corner of Falls Road and Democracy Blvd. 301-792-6054.

Spring Festival at the Greek Orthodox Church of St. George 7701 Bradley Blvd., Bethesda. The annual festival includes traditional Greek cuisine, outdoor/indoor dining, Greek dancing, church tours and Greek pastries. Call 301-469-7990 or visit www.stgeorge.org.

The Potomac Hunt Races, May 18, 2014, an annual May tradition, celebrating the sport of steeplechase racing and benefiting local charities. Race day festivities include steeplechase racing, thoroughbreds and festival tailgate parties, a car show, pony rides and more. See www.potomachuntraces.com.

Strawberry Festival at Potomac United Methodist Church, 10300 Falls Road in Potomac, is traditionally held the weekend before Memorial Day. Berries, a silent auction, bake sale, rummage sale, craft fair, dollar items and games and activities for children. Call the church at 301-299-9383 or visit www.potomac-umc.org.

SEE DON'T MISS, PAGE 15

DON'T MISS AN INSIDERS GUIDE TO 2013-2014 POTOMAC EVENT HIGHLIGHTS

FROM PAGE 14

The Landon Azalea Garden

Festival, May 2-4, 2014 in the Perkins Garden and the Landon campus, 6101 Wilson Lane, Bethesda. The annual festival dates back to the mid-1950s when Landon's founders, Paul and Mary Lee Banfield opened the newly acquired azalea garden to the public. Call 301-320-3200 or visit www.landon.net.

Mark's Run, a 5-K race and one-mile run also takes place during the Landon Azalea Garden festival. Mark's Run is held each year in memory of alumnus Mark Ferris '94, who lost his battle with juvenile diabetes. The run raises more than \$50,000 for the Mark Ferris Scholarship Fund and \$75,000 to the Joslin Diabetes Center. Call 301-320-3200 or visit www.landon.net.

The Bethesda Big Train begins its season at the Shirley Povich Field in Cabin John Regional Park, 10600 Westlake Drive. The Big Train plays in the Cal Ripken Collegiate Baseball League, a wooden-bat collegiate league that has sent athletes to Major League Baseball. See www.bigtrain.org.

Hometown Holidays is a Memorial Day festival and parade in the City of Rockville with concerts, children's crafts and games. Call 240-314-5022 or visit www.rockvillemd.gov.

Bethesda Summer Concert Series, May to July. Free. Last year's

Thursday concerts took place at Veterans Park, at the corner of Norfolk and Woodmont avenues. See www.bethesda.org.

West Montgomery County Citizens Association, general meeting, second Wednesday, Potomac Community Center, 7:15-8:45 p.m. Public is welcome. See www.wmcca.org.

JUNE 2014

Potomac Theatre

Company's June show is a Cabaret where the audience eats and drinks while watching a series of one-act plays. In the Blair Family Center for the Arts at the Bullis School, 10601 Falls Road. Call 301-299-8571. See www.potomactheatreco.org.

Imagination Bethesda, 19th annual children's street festival celebrating the arts. The festival will feature costume characters, face painters, international dance troupes, theater performances, a moon bounce and a variety of hands-on arts activities. Call 301-215-6660 or see www.bethesda.org.

2013 AT&T National, June 23-June 29, 2013, features 120 PGA Tour professionals at Congressional Country Club in Bethesda who will compete for a \$6.5 million purse. The



Potomac Village Farmers Market typically runs from May through October.

event raises funds and awareness for the Tiger Woods Foundation while paying tribute to U.S. armed forces. See www.tigerwoodsfoundation.org or www.usga.org.

Glen Echo Park's Summer Concert Series begins in June on Thursday evenings. Free. Visit www.glen-echopark.org or call 301-634-2222.

JULY 2014

Autism Speaks Annual 5K run and one-mile walk to benefit research on autism takes place on July 4 at the Potomac Library, 10101 Glendolden Dr., one block from the intersection of River and Falls roads at 8 a.m. Last year's event raised more than \$260,000. See

www.autismspeaks.org or email autismspeaks5K@autismspeaks.org.

Montgomery County Fairgrounds 4th of July Fireworks, activities include live music, games and food. Call 301-258-6350. See www.gaithersburgmd.gov.

Montgomery College Rockville Campus 4th of July Fireworks, Rockville. Activities include live music and food. Call 240-314-5022. See www.rockvillemd.gov.

Potomac Whitewater Festival in late June or early July is an annual fundraising event that celebrates kayaking in the Potomac River. Offers races for kayakers and clinics and activities for the public. See www.potomacfest.com or anadventures.com.

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

Montgomery County Farm Tour and Harvest Sale, sponsored by the Department of Economic Development. See www.montgomerycountymd.gov/farmtour

AUGUST 2014

Riley's Rumble Half-Marathon. See www.mcrrc.org.

Montgomery County Agricultural Fair is a favorite destination each August. See www.mcgafair.com.

CALENDAR

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

ONGOING

Mommy & Me (& Daddy, Too).

Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-alongs, prizes and more. Visit rockvilletownsquare.com/events/mommy-and-me. On the Square: Sept. 17 and Oct. 15.

Art Exhibition.

The Art Glass Center Gallery's ongoing exhibitions feature sculpture, vessels, functional art, and jewelry are also for sale. Classes are taught year-round for beginner, intermediate and advanced students. Fridays 10 a.m.-2 p.m., Saturdays 10 a.m.-4 p.m., and Sundays noon-4 p.m. at Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2273 or visit www.artglasscenteratglenecho.org.

Glassworks.

Saturdays, 11 a.m.-4 p.m. Glassworks is the D.C. area's first glass school. Classes are taught year-round for both new and advanced students. At Glen Echo Park, 7300 MacArthur Blvd. 301-634-2280, www.innervisionglassworks.com.

Photoworks.

Photoworks is a resource for both student and professional photographers to develop their talents through classes, workshops, and exhibitions. Open Saturdays 1-4 p.m., Sundays 1-8 p.m., and during all scheduled classes and workshops. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2274 or visit www.glenechophotoworks.org.

FRIDAY-MONDAY/AUG. 30-SEPT. 2

Art Show. Browse the work of more than 250 artists at the Spanish Ballroom, 7300 MacArthur Blvd., Glen Echo. Hours are 7-9 p.m., Friday, Aug. 30; noon-6 p.m., Saturday-Monday, Aug. 31-Sept. 2. There will also be a free Irish music

and dance showcase Saturday and Monday from 1-6 p.m. in the Bumper Car Pavilion at Glen Echo. Visit www.glenechopark.org or 301-634-2222 for more.

SATURDAY-MONDAY/AUG. 31-SEPT. 2

Yellow Barn Drawing Exhibition.

Noon-5 p.m. at Yellow Barn Studio at Glen Echo Park, 7300 MacArthur Blvd. See paintings and drawings by the resident artists. Free. Visit www.yellowbarnstudio.com or 301-371-5593.

SATURDAY/SATURDAY/AUG. 31-SEPT. 14

Art Exhibit.

The "Fine Artists in Residence" exhibit will be on display at Mansion at Strathmore, 10701 Rockville Pike. See works by emerging Washington, D.C. artists. Free. Visit www.strathmore.org for more.

SUNDAY/SEPT. 1

Waltz Dance Workshop. Workshop at 2:45 p.m. and dance at 3:30 in the Bumper Car Pavilion at Glen Echo Park, 7300 MacArthur Boulevard. Join us for a Waltz dance featuring the ensemble Waltz du jour playing a lively mix of folk waltzes with a few other couple dances. Admission is \$10, no partner required. Visit www.waltztimedances.org or call 301-634-2222.

Contra and Square 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.

Blues Dance. 8 p.m. lessons start, dancing from 9 p.m.-midnight in the Ballroom Annex, 7300 MacArthur Blvd., Glen Echo. Admission TBD. Capital Blues presents the dances. Visit www.capitalblues.org for more.

THURSDAY/SEPT. 5

Blues Dance. 8:15 p.m. lessons start, dancing from 9-11:30 p.m. in the Ballroom Annex, 7300 MacArthur

Bld., Glen Echo. \$8. Capital Blues presents the dances. Visit www.capitalblues.org for more.

Opening Reception. 7-9 p.m. meet some of the artists of the "Fine Artists in Residence" exhibit at Mansion at Strathmore, 10701 Rockville Pike. See illustrations, mixed media sculptures and more. Free. Visit www.strathmore.org for more.

FRIDAY/SEPT. 6

Contra Dance. 7:30 p.m. lessons start; 8:30-11:30 p.m. dancing at Bumper Car Pavilion at Glen Echo, 7300 MacArthur Blvd., Glen Echo. KGB provides music. \$10/adult; \$5/17 and under. Visit www.fridaynightdance.org for more.

SATURDAY/SEPT. 7

Swing Dance. 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Features music by Mint Julep Jazz Band. Admission to be announced. Visit www.glenechopark.org for more.

SUNDAY/SEPT. 8

The PawPaw Festival. Noon-4 p.m. at Meadowside Nature Center, Rock Creek Regional Park, 5100 Meadowside Lane, Rockville. Learn about the history of America's largest native tree fruits, the Pawpaw (asimina triloba) at this family friendly event featuring crafts, music, live animals and more. \$5. Visit www.MeadowsideNature.org or www.ParkPASS.org (Course #247802).

VisArts Open House. Noon-5 p.m. at VisArts at Rockville, 155 Gibbs Street. Visitors will have a chance to learn more about everything offered to the artist community. Live activities for the whole family will take place including wheel throwing and face-painting. Visit www.visartsatrockville.org.

Ballroom Dance. 3-6 p.m. at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Dance to live music

FOOD & DRINK

Rockville's Wednesday Farmers Market. 11-2 p.m. in Rockville Town Center. Visit www.rockvillemd.gov/events/farmers.htm.

Potomac Village Farmers Market. Thursdays, 2-6:30 p.m. at Potomac United Methodist Church, at Falls Road and Democracy Boulevard. Through November. Visit www.potomacvillagefarmersmarket.net.

Kensington Farmers Market. Saturdays, 8 a.m.-noon. at Kensington train station parking lot on Howard Avenue. Call 301-949-2424.

Pike Central Farmers Market. Saturdays, 9 a.m.-2 p.m., 11806 Rockville Pike, Rockville. Call 301-775-6402.

Rockville's Saturday Farmers Market. 9 a.m.-1 p.m. in Rockville Town Center. Visit www.rockvillemd.gov/events/farmers.htm.

by Hot Society Orchestra of Washington. All ages. \$14. Visit www.glenechopark.org for more.

Cajun/Zydeco Dance. 3-6 p.m. at Bumper Car Pavilion, 7300 MacArthur Blvd., Glen Echo. All ages welcome. Price to be determined. Visit www.dancingbythebayou.com 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 for more.

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

THURSDAY/SEPT. 12

Friends of the Library Presentation. 12:30 p.m. at Potomac Library community room, 10101 Glendolden Drive. Great Decisions is a program in which local groups gather to discuss topics associated with foreign policy. This meeting the topic will be Iran. Brown bag lunches encouraged. Visit www.folmc.org.

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/SEPT. 13

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

Salsa Dance. 8 p.m.-midnight at Ballroom Annex at Glen Echo, 7300 MacArthur Blvd. \$12. Visit www.oohsalsa.com for more.

SATURDAY/SEPT. 14

Arts and Crabs. Enjoy an all-you-can-eat crab feast, enjoy live music and create a crustacean keepsake at VisArts, 155 Gibbs St., Rockville. Visit www.visartscenter.org or call 301-315-8200 to register and for pricing.

Art Exhibit. Noon-6 p.m. at Yellow Barn Gallery at Glen Echo Park, 7300 MacArthur Blvd. See travel paintings by local artist Chris Luckman. A reception will be held from 4-6 p.m. Free. Visit yellowbarnstudio.com.

Family Swing Dance. 2:30-5:30 p.m. at Ballroom Annex at Glen Echo, 7300 MacArthur Blvd. \$8/adult; 13 and under free. Visit www.flyingfeet.org for more.

Swing Dance. 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Features music by Dr. Zoot. \$18/adult; \$12/age 11-17; \$10/age 10 and below. Visit www.glenechopark.org for more.

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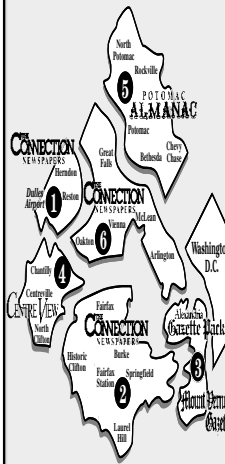
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From Weak to Week



By KENNETH B. LOURIE

Eight days and seven nights. Not exactly the vacation I was planning. Nevertheless, admitted to the hospital on Friday, August 2nd. Discharged on Friday, August 9th: that was my hospital "staycation." Though I definitely improved as the post-surgical week went on, the process itself – specifically, nearly four days in S.I.C.U. (Surgical Intensive Care) with round-the-clock monitoring, nursing and doctoring – was hardly restful. In fact, if you read the following prose, you'll presumably develop an understanding of the cons.

Sleep in the S.I.C.U. is not next to impossible, it is impossible. Though the room is private (there are no other patients sharing your space), the overall environment is public; as the nurse told me, they need to be able to see their patients at all times, just in case something bad (you'll note I didn't say unexpected) happens. In addition, the various overhead lighting remaining lit is hardly conducive to sleep, but it's very conducive to staff responsibilities, which ultimately is the point, I suppose.

Let me attempt to describe for you the difficulties and demands – and discomfort – I experienced during my post-op. treatment, designed no doubt to stabilize my vitals and return me to good health, whatever the cost or inconvenience. For certain it was all about me and all about getting me better – and presumably getting me healthy enough to be transferred to a non-intensive care floor and eventually being discharged from the hospital.

On my right arm, I had an I.V. inserted (connected to an I.V. pump) through which I received clear liquids and miscellaneous other medicines as their respective delivery systems mandated. On my right index finger a plastic clip was taped in place – also connected to a monitor, which measured my oxygen levels. Stuck on my chest were eight electrodes connected by wire to a heart-monitoring device – the size of a cell phone approximately – stuck in my hospital gown's lone chest pocket; the device itself was likewise connected, by wire, to a monitor adjacent to my hospital bed. Each calf, since I was bed-bound, was wrapped in Velcro, individually connected by wire to a pump hanging off the front of my bed. Every 30 seconds or so – alternating between each calf – the pump "pressured" air into the wraps, and wires inside inflated to stimulate the respective calves, the point of which is to prevent blood clots/pulmonary thrombosis. Not last, and certainly not least, between my legs, I was connected to a catheter (a "foley" as it was called), a necessary evil if ever there was one, itself connected by tube to a repository hanging off the side of my bed.

On my left arm, I was 24/7 connected and wrapped by a blood pressure cuff. Every hour on the hour (I checked) I was "pressured" with my readings automatically transmitted to the nurse's station (one time I unwrapped the cuff and the nurse immediately came by to chastise me for doing so). On my face (in my nose, actually), with cords wrapped around my ears to secure its position, I wore a "nasal cannula," a plastic tube placed into my nostrils, which provided "high-flow" oxygen constantly. This cannula was likewise connected by tube/hose to a pump adjacent to my bed, about three feet away, like all of these connections. Lastly, and probably mostly, a post-surgical chest tube, 28 centimeters long, had been inserted under my left arm penetrating to my left lung to drain any residual fluid/"infiltrate" from it. This tube was part of a longer tube, maybe four feet in length or so, which deposited fluid draining from that lung into a collection box placed on the floor which enabled the staff to assess its contents. To say this tube and or its placement was painful, awkward and impossible to ignore, especially when attempting to sleep, is to do injustice to the words "painful," "awkward" and "impossible."

In summary, I was connected by wire/tube/hose to nine devices/monitors. Yet I persevered. The process wasn't pretty or planned, but I got out alive and was much improved from when I was admitted. Sleep-deprived for sure, but no longer oxygen-deprived. Obviously, I'm glad to be home, still mindful of the challenges ahead, however.

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

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2 9009 Congressional Court — \$4,700,000



1 9411 Newbridge Drive — \$5,000,000



6 13 Purcell Court — \$2,850,000



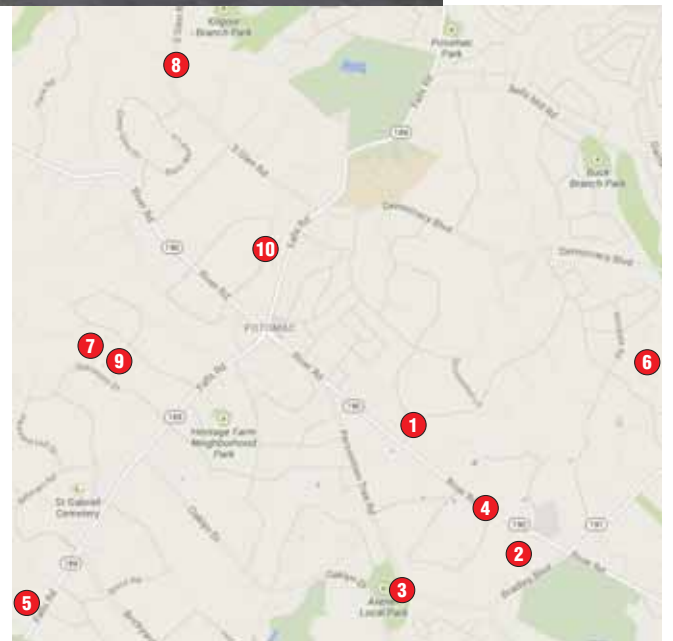
4 9121 River Road — \$3,600,000



9 9705 The Corral Drive — \$2,542,500



8 11018 Glen Road South — \$2,650,000



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Address BR FB HB .. Postal City .. Sold Price Type Lot AC . PostalCode Subdivision Date Sold

1	9411 NEWBRIDGE DR	7	7	5	POTOMAC	\$5,000,000	Detached	2.25	20854	FALCONHURST	03/07/13
2	9009 CONGRESSIONAL CT	8	7	3	POTOMAC	\$4,700,000	Detached	2.10	20854	BRADLEY FARMS	01/15/13
3	8801 PERSIMMON TREE RD	7	8	3	POTOMAC	\$3,850,000	Detached	2.16	20854	BRADLEY FARMS	05/17/13
4	9121 RIVER RD	7	8	2	POTOMAC	\$3,600,000	Detached	4.78	20854	BRADLEY FARMS	03/08/13
5	8841 BELMART RD	6	8	2	POTOMAC	\$3,150,000	Detached	2.00	20854	GREAT FALLS ESTATES	06/04/13
6	13 PURCELL CT	7	6	2	POTOMAC	\$2,850,000	Detached	0.69	20854	MCAULEY PARK	05/03/13
7	10817 STANMORE DR	5	7	2	POTOMAC	\$2,800,000	Detached	3.61	20854	GREAT FALLS ESTATES	03/15/13
8	11018 GLEN RD S	8	12	3	POTOMAC	\$2,650,000	Detached	2.08	20854	POTOMAC OUTSIDE	03/18/13
9	9705 THE CORRAL DR	6	5	2	POTOMAC	\$2,542,500	Detached	2.01	20854	POTOMAC FALLS	05/08/13
10	10208 GARY RD	8	7	2	POTOMAC	\$2,462,000	Detached	0.71	20854	POTOMAC HILLS	06/14/13

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Getting To Know Churchill Sports

Boys' lacrosse team repeated as region champions.

School: Winston Churchill High School
Mascot: Bulldogs.
School Colors: Blue and green.
Athletic Director: Scott Rivinius, 301-469-1240.

Football Coach: Joe Allen (fifth year).
The Bulldogs made the playoffs in 2012 with a 7-3 regular-season record. Churchill lost to Northwest in the region semifinals.

Boys' Soccer Coach: Arnold Tarzy.
Girls' Soccer Coach: Haroot Hakopian.
Boys' Basketball Coach: Matt Miller.
Girls' Basketball Coach: Kate McMahon.
Baseball Coach: Scott Blackwood.
Boys' Lacrosse Coach: Jeff Fritz.
Girls' Lacrosse Coach: Jamie Frank.
Rival School: Wootton.

What happened last year: The girls' cross country team finished fourth in the state. The field hockey team reached the region semifinals. The boys' basketball team won its third consecutive division title and reached the region semifinals. The boys' lacrosse team repeated as region champions. The baseball team won the region title despite losing 10 of its first 13 games.

Famous Graduates: Brian Holloway (1977 graduate) was an All-American offensive lineman who played at Stanford University and was a first-round NFL Draft pick of the New England Patriots in 1981. He played in Super Bowl XX for New En-



Louis Dubick and the Churchill boys' lacrosse team defeated Sherwood in the 2013 region semifinals.

gland and was selected to play in three Pro Bowls. He also played for the Los Angeles Raiders. Swimmer Mike Barrowman (1987) won a gold medal in the 200-meter breaststroke at the 1992 Olympics. Linebacker Dhani Jones (1995) was a three-time All-Big Ten selection at Michigan before being drafted in the sixth round by the New York Giants in 2000.

He played 11 seasons in the NFL with the Giants, Philadelphia Eagles and Cincinnati Bengals. David Banks (2001) competed for the U.S. rowing team in the 2008 and 2012 Olympic Games. ESPN reporter Rachel Nichols graduated from Churchill in 1991.

Quotable: "Everyone feeds off them. ... Matt Leonard gets his goals and gets the team fired up and gets the team going, [Louis] Dubick gets everyone else involved." — Churchill boys' lacrosse coach Jeff Fritz. Leonard and Dubick would lead the Bulldogs to a second consecutive region title.

Getting To Know Whitman Sports

Baseball team finished one win shy of state tournament.

School: Walt Whitman High School.
Mascot: Vikings.
School Colors: Black, white and Columbia blue.
Athletic Director: Andy Wetzal, 301-320-6595.

Football Coach: Jim Kuhn (seventh year).
In 2012, the Vikings posted their second consecutive 5-5 record.

Boys' Soccer Coach: Dave Greene.
Girls' Soccer Coach: Greg Herbert.
Boys' Basketball Coach: Chris Lun.
Girls' Basketball Coach: Pete Kenah.

What happened last year: The girls' soccer team finished region runner-up. The girls' basketball team won the region title. The boys' swim team finished girls' swim team finished fifth in the state and the boys' team was sixth.

Famous Graduates: Ryan Kuehl (1991 graduate) played 12 seasons in the NFL for the San Francisco 49ers, Washington Redskins, Cleveland Browns and New York Giants. Primarily a long-snapper, Kuehl was part of the Giants team that won Super Bowl XLII, upsetting the previously unbeaten New England Patriots. While at Whitman, Kuehl competed in football, basketball, baseball and track, earning 10 varsity letters. In high school, Kuehl played tight end and linebacker. He went on to play football at the University of Virginia, where he was named second-team all-

Whitman's Brittany Fleck shoots a jumper against Bethesda-Chevy Chase on Feb. 4.



ACC at defensive tackle. Stephanie Smith (2001) led the Whitman volleyball team to a 48-4 record during her three seasons with the team and went on to star at the University of Maryland. Smith ranks No. 2 all time in solo blocks, block assists, total blocks and hitting percentage for the Terrapins

Quotable: "It's a super-competitive group. Winning is very important to them. You don't always find that in girls. What this group has been great about is they have been able to be ... competitive without [being] combative. ... We also do quite a bit of film work, so they don't want to be the one kid in film that gets pointed out didn't go after the ball." — Whitman girls' basketball coach Pete Kenah. The Vikings went on to win the region title.

Getting To Know Wootton Sports

Boys' soccer team won the state championship.

School: Thomas S. Wootton High School.
Mascot: Patriots.
School Colors: Red, white and blue.
Athletic Director: Christopher Thompson, 301-279-8575

Football Coach: Tyree Spinner (second year).
In 2012, the Patriots finished 4-6 for the second consecutive season, including a victory over Bethesda-Chevy Chase, which made the playoffs.

Boys' Soccer Coach: Doug Schuessler.
Boys' Basketball Coach: Chris Bohlen.
Girls' Basketball Coach: Maggie Dyer.
Baseball Coach: JD Marchand.
Boys' Lacrosse Coach: Colin Thomson.
Rival School: Churchill.

What happened last year: The boys' soccer team won the state championship. The boys' cross country team placed third in the state. The girls' swim team won the state championship. The boys' swim team finished fifth in the state. The baseball and softball teams finished region runners-up.

Famous Graduates: Mathis Nkwenti (1996 graduate) reached the NFL despite not participating in athletics until his junior year of high school. He was named all-state as a senior at Wootton and went on to play at Temple, where he was an honorable mention All-American. He was drafted in the fourth round of the 2001 NFL draft by the Pittsburgh Steelers and played offensive tackle for three seasons. He is the only Wootton graduate to play in the NFL. Members of the rock group Of A Revolution (O.A.R.) — Richard On, Benj Gershman, Marc Roberge and Chris Culos — attended Wootton. Actor Thomas Jane, who played on "The Punisher" and "Deep Blue Sea," attended Wootton.



Matt Hoy and the Wootton boys' soccer team beat Walter Johnson for the region title and went on to win the state championship, as well.

Quotable: "Ever since the beginning, we've been telling ourselves this is the year. We haven't had it in so long. This [was] one of the most important games in Wootton soccer history." — Former Wootton boys' soccer player Spiros Tsakos after the Patriots won the region title. They would go on to capture the state championship, as well.

Getting To Know Bullis Sports

School: The Bullis School.
Mascot: Bulldogs.
School Colors: Blue and gold.
Athletic Directors: (boys) Andres Parra, 301-983-5743, (girls) Kathleen Lloyd, 301-983-5738.
Football Coach: Pat Ciento (fourth year).
The Bulldogs won their first seven games in 2012 and finished the season with an 8-2 record.
Boys' Basketball Coach: Bruce Kelley.
Girls' Basketball Coach: Clinton Perrow.
Baseball Coach: Brian Lumpkin.
Boys' Lacrosse Coach: Bobby Pollicino.
Girls' Lacrosse Coach: Kathleen Lloyd.

What happened last year: The boys' basketball team won undefeated during league play and captured the IAC title. The girls' basketball team won the ISL AA championship.

Famous Graduates: Doug Moe (1957 graduate) played basketball at Bullis before attending the University of North Carolina, where he was a two-time All-ACC selection and a first-team All-American as a senior. He played professionally for the ABA's New Orleans Buccaneers and was a three-time ABA all-star and two-time ABA all-pro. Moe coached in the NBA for 15 years with the San Antonio Spurs, Denver Nuggets and Philadelphia 76ers. He was the NBA Coach of the Year in 1988 with the Nuggets. Monique Currie (2001) was an All-American basketball player at Duke University before the Charlotte Sting selected her No. 3 overall in the 2006 WNBA Draft. She has also played with the Chicago Sky and currently plays for the Washington Mystics. Tanard Jackson (2003) is a safety for the Washington Redskins. He played collegiately at Syracuse and was drafted by the Tampa Bay Buccaneers in the fourth round of the 2007 draft.

Quotable: "Them coming all the way from Cali, we wanted to make sure it was worth their trip and give them a good game." — Former Bullis boys' lacrosse player Nick Fields after the Bulldogs beat Coronado High School from California.



Nick Fields, a 2013 Bullis graduate, will play lacrosse at Johns Hopkins University.

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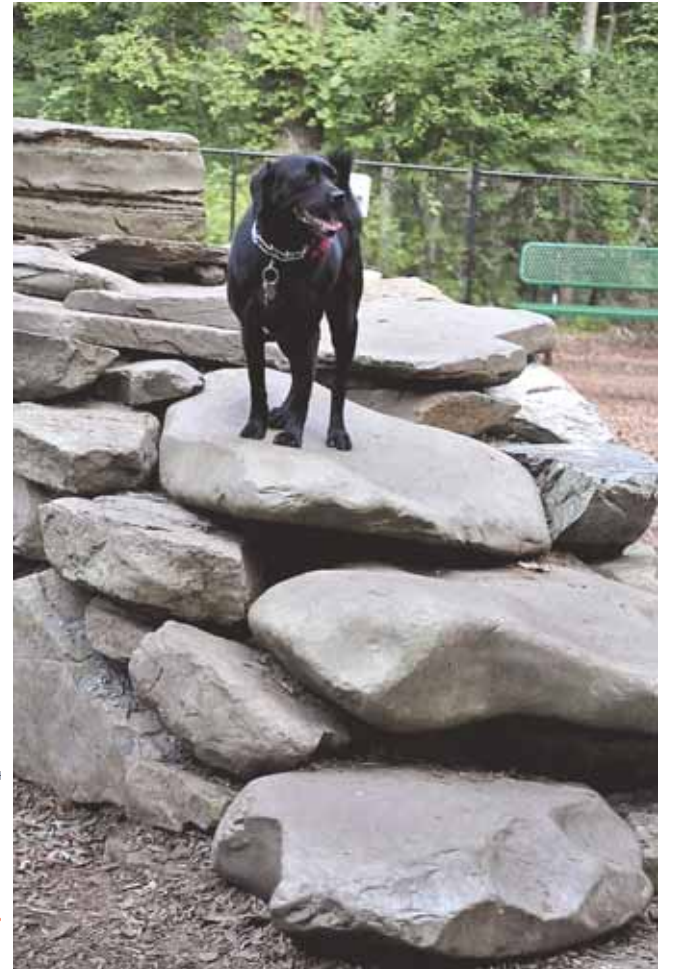
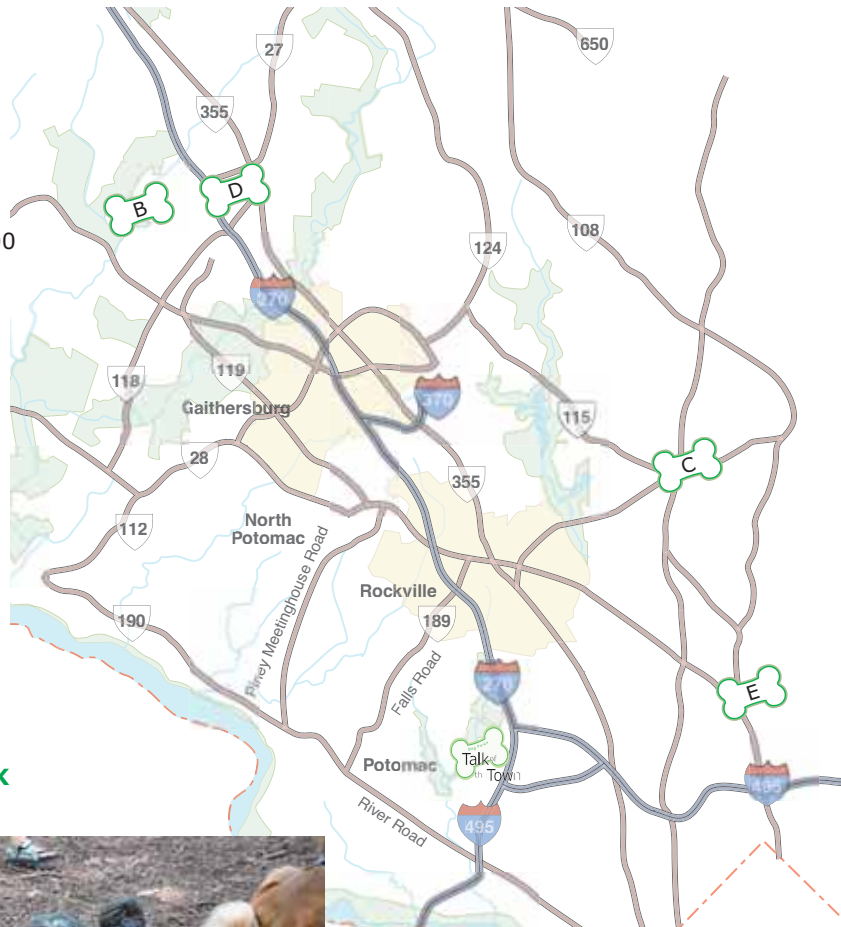
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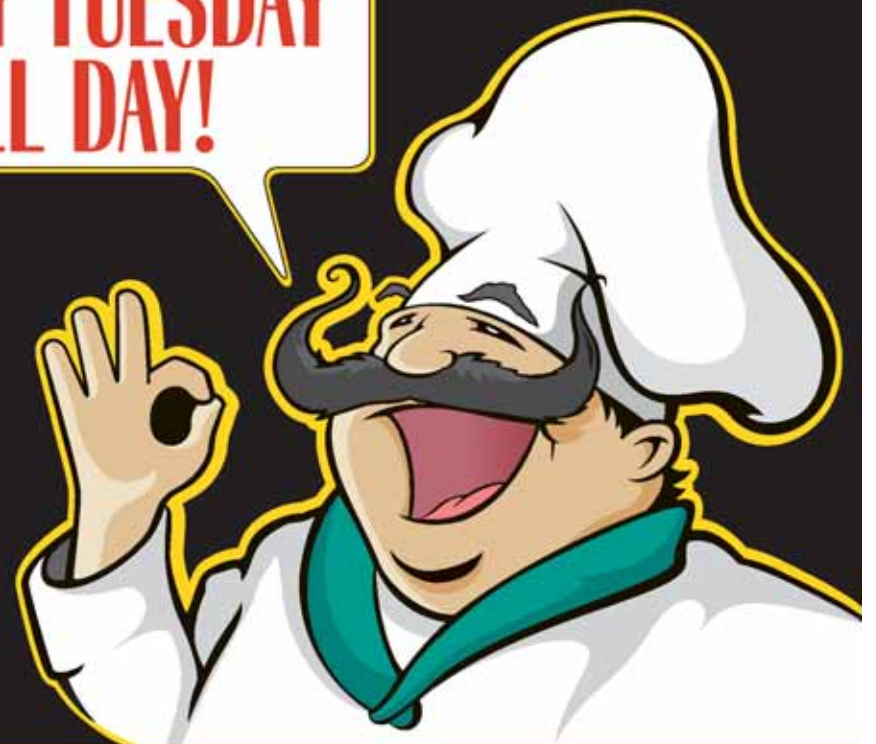
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