

# Potomac ALMANAC

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Horses peer out from the  
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PHOTO BY DEBBIE STEVENS/THE ALMANAC

SEPTEMBER 4-10, 2013

ONLINE AT [POTOMACALMANAC.COM](http://POTOMACALMANAC.COM)



## LET'S TALK Real Estate



by Michael Matese

### Designing Your Home

You've bought the beautiful home of your dreams and you have excellent taste, so you don't want to hire a designer you want to do it yourself. Where do you start?

Fine a rare or one of a kind piece of art, or a piece of furniture as each room's focal point. Good items to choose are an original painting, perhaps an antique piece of furniture that's dramatic and will draw visitor's eye to it. That one piece will command the attention of the room, no matter what else is in it.

Highlight interior contents with neutral, rich wall colors so that art and accessories aren't overwhelmed by bright colors. Designate one wall to be an accent wall, a brighter color than the rest.

Don't use white unless you're looking for that high contrast of black and white, staying instead with warm, muted browns or tans.

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## NEWS

# Concert To Benefit Ocular Melanoma

Music and art  
to raise funds for  
cancer research.

BY SUSAN BELFORD  
THE ALMANAC

Potomac's Harvey Levine is on a mission to find a cure to ocular melanoma (OM), a little-known disease that affects only 2,000 people annually. His reason is personal — his sister Sheila was diagnosed with OM in 2008. Three years later, after her eye had to be removed and she returned to a fairly normal life, the cancer metastasized into her liver. She is now in experimental drug trials, hoping to block the spread of her cancer cells. Her philosophy is "not to dwell on the inevitable but to live each day to the fullest and hope a cure will be found."

Her brother Harvey is not just hoping the treatment will be the solution. He has mobilized to raise money for OM research by planning, producing and funding a benefit concert and art sale in honor of his sister, Sheila.

"All revenue will go directly to CURE OM to help fund critically important research," said Levine. "OM is known as an 'orphan disease' because the pharmaceutical companies do not invest their research dollars in such a little-known disease. Graduates of medical schools resist entering fields where patient cure rates are virtually nonexistent and fundraising focuses on areas with large active constituencies. Very few doctors are aware of how aggressive OM tumors can be and even fewer doctors are aware of recent medical procedures that can significantly prolong the lives of OM patients."

Tim Turnham, executive director of the Melanoma Research Foundation (MRF) reported in "MRF Matters" that many doctors are not even prescribing new drugs. He wrote, "The odds of beating melanoma are now being impacted



Sheila and Harvey Levine

by where you are treated and by who your doctor is. With more drugs coming over the next few years, this disparity will likely grow. We could see a time when survivorship of Stage IV melanoma will vary from 50 percent down to 5 percent based solely on which doctor you see."

Harvey Levine is all about optimism; he has planned a fundraising concert and art show and he hopes the public will save the date and make it a priority to attend.

The benefit concert, entitled "The Music of George Gershwin and John Denver" will take place on Sunday, Oct. 6, at the Sixth and I Street Historic Synagogue at 600 I Street, NW, Washington D.C. The art show will begin at 1 p.m. and the concert will start at 1:45 p.m. Performing artists will be Shaun Tirrell, Matthew Bachman and Side By Side (Doris Justis and Sean McGhee.) The art of Carl Dryer, Jill Freedman, Alan Rubin and others as well as a painting by benefit coordinator Harvey Levine will be featured. A reception and continuation

of the art show will take place following the concert.

Levine commented on the pairing of Gershwin and Denver: "I believe that the music of these two musical icons deserves to be played together. Their music was heard throughout virtually the entire 20th century and many of their songs are timeless. Their compositions span the genres of jazz, folk opera, pop, stage and screen." Gershwin is known for his Broadway musicals and his orchestral compositions of "Rhapsody in Blue," "An American in Paris" and "Porgy and Bess." Denver is well-known for his folk hits of "Take Me Home, Country Roads," "Annie's Song" and "Rocky Mountain High."

"Think of New York partnering with Colorado and traveling to Paris to spread the rhapsody that is American culture," said Levine, "with the goal of finding a cure for a devastating disease."

Gershwin's music will be interpreted by concert pianist Tirrell, accompanied by Bachman. Tirrell has performed solo performances at the Kennedy Center, the Great Hall of St. Petersburg, Russia and Alte Aula in Heidelberg, Germany. Bachman is the pianist with the chamber group Tri Simpatico and has also performed with the University of Maryland Symphony Orchestra.

Justis and McGhee have performed as "Side by Side" for almost 30 years. They have played at the Birchmere Music Hall, the Kennedy Center and with Mary Chapin Carpenter, Christine Lavin and other well-known vocalist groups. They will be accompanied by Paul Prestopino and Ron Greenstein.

Tickets to this benefit concert and art show are \$50 (or \$35 for parties of six or more). Checks are payable to CURE OM and should be sent to Harvey Levine, 7803 Cadbury Avenue, Potomac, MD 20854. For more information, contact him at hoybean39@yahoo.com.

For more information on Melanoma Research Foundation/CURE OM, see [www.cureom.org](http://www.cureom.org).

# Code Camp Teaches Computer Programming

Potomac entrepreneurs inspire youth to pursue computer science.

BY SUSAN BELFORD  
THE ALMANAC

Two long-time friends, Amar Mukunda and Ameen Soleimani spent most of their summer turning youngsters on to the excitement and creativity of computer programming.

"Coders build the internet. Coders bring robots to life. Coding young means feeling you can build anything you put your mind to," they wrote on their Potomac Code Camp website. And their young charges did build all kinds of computer projects while they mastered the skills of coding. More than that, they gained an interest that may change their lives forever.

Potomac Code Camp was established in July by Mukunda, a junior at Amherst College majoring in computer science and geology and Soleimani, a graduate of Rensselaer Polytechnic Institute with a degree in chemical engineering. They had been kicking around entre-



At Potomac Code camp: (At left) Waverly Lewis, Ameen Soleimani, Elijah Emory, Amar Mukunda (at right) Jacob Stocker and Kai Jacobs.

PHOTO  
CONTRIBUTED

preneurial ideas for many months. Each had experience working as a teacher — and knew he loved working with younger students. They decided they wanted to impact youngsters' lives and hoped to turn them on to the excitement and fulfillment of programming.

"We discovered the perfect curriculum by

searching the internet," Soleimani said. "It's called SCRATCH and was developed at the MIT Media Lab. It's an ideal curriculum because the students learn all the concepts that programming languages use without needing to debug. The curriculum teaches the fundamentals of

SEE CAMP CODE, PAGE 7

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PHOTOS BY KEN MOORE/THE ALMANAC

Montgomery County Board of Education approved the modernization of Wayside Elementary at its last meeting, and the school is scheduled to be demolished and reconstructed between 2014 and 2016.

## Wayside Set for Reconstruction

School is next in line for modernization, then Potomac Elementary.

BY KEN MOORE  
THE ALMANAC

**W**ayside Elementary was built in 1969, received its first addition in 1974 and needed a second addition in 2007 to accommodate increased enrollment.

"I would like to say it's nestled on 9.26 acres, but I will tell you, it's packed on 9.26 acres," said R. Craig Shuman Jr., director of MCPS Division of Construction at the Board of Education's meeting on Aug. 21, the week before this year's school year began.

The Board of Education unanimously voted to approve preliminary plans for

Wayside's modernization.

"We are all very excited," Acting Principal Donna Michela told the Board of Education. "It's going to be fabulous having the new building and working with everyone through the process."

Construction of Wayside, 10011 Glen Road, is planned to begin in November 2014 and completed in August 2016 in time for the entire 2016-17 school year, according to MCPS Division of Construction's Capital Project Status Report.

Moseley Architects presented its plans for Wayside's modernization at the Board of Education's meeting.

The architects "really listened and heard what we've had to say," said PTA President Wendy Feldman. "We're very excited about everything the building is going to provide for our students and our entire community. It should be wonderful."

Shuman told the board more than 45 school personnel, parents and community members participated in modernization update meetings conducted by Moseley and MCPS.

"That's a pretty nice turnout," said

Shuman, director of MCPS Division of Construction. "We received a great deal of constructive input from the community, from parents, from teachers and staff as well and we've done our best to incorporate that input into the preliminary plans that you see today."

Construction plans should be completed in June of 2014 and bidding for the project is scheduled to start in August 2014 and completed by the beginning of September 2014. Construction will be able to begin, according to the capital improvement documents, after students are relocated to Radnor Holding Center in January 2015.

Current program capacity at the school is 670 and enrollment is 536, according to documents presented to the Board; the building is 77,507 square feet.

After the renovation, the elementary school will be able to educate 640 students and will have a core capacity for 740, according to Shuman's presentation to the Board of Education.

The new modernized school will have two community-based classrooms as well as two preschool education classrooms, Shuman said.

"I had the opportunity as an assistant principal to work with Moseley Architects in the construction of the addition that was put on several years ago, and really appreciate the attention to detail that they give to the special needs programs and [other programs] in our building," said Michela.

The original school was constructed in 1969 and was 41,472 square feet. An 16,277-square-foot addition, which included a gym and classroom space, was made in 1974, and a second addition of 19,758 square feet of

### Next in Line

Wayside Elementary is next in line for modernization in the Winston Churchill High School cluster, according to the MCPS Capital Improvement Program.

Herbert Hoover Middle School was completed this August, and students returned to Post Oak Road for this school year.

Beverly Farms Elementary was completed in January 2013.

Potomac Elementary will be the last to be modernized in the Winston Churchill High School cluster, according to CIP documents. A feasibility study to determine the cost and scope of the project is well underway.

Wayside Elementary School is scheduled to be completed in August of 2016. Students will be moved to Radnor Holding Center in January 2015, according to CIP documents, and will return to Glen Road for the 2016-17 school year.

classroom space was done in 2007.

Moseley Architects will be able to plan to utilize that addition into its new design.

"Periodically, we hear some remarks or comments: 'Do we really need to modernize our buildings? Do we really need to tear them down? And can't we just renovate them, replace some things, and upgrade them,'" said Larry A. Bowers, chief operating officer with MCPS. "This is a great example if you've ever been to this school."

"Trying to do that in this existing building that is 40 to 45 years old would have cost a great deal of money, maybe not quite as much, but the product that we would have gotten out of it certainly wouldn't have been anywhere close to what we're getting," said Bowers.

"We're going to have a product here that is going to last for a long time and that we're going to be very proud of," he said.



Construction on Herbert Hoover Middle School was completed in time for students to begin class there last week.



### Enrollment

	2012-13	2013-14	2014-15	2015-16	2016-17	2017-18
Capacity	670	670	670	670	640	640
Enrollment	536	516	531	529	544	543

The newly constructed school will be designed to accommodate a core capacity of 740 if needed, according to Shuman's presentation before the Board of Education.



## WEEK IN NUMBERS

6

Dogs ill with Canine Influenza, or dog flu, initially reported in Montgomery County on Aug. 21, according to a report issued by the Maryland Department of Agriculture, Health. Two dogs died. A week later, 20 cases had been reported. The virus can't be passed to humans, but can cause pneumonia in infected dogs. Dog owners should look for signs of the "highly contagious disease, which can cause an acute respiratory infection," including coughing, runny nose and fever, according to the Humane Society of America. See [www.cdc.gov/flu/canine](http://www.cdc.gov/flu/canine).

5774

The Jewish New Year, Rosh Hashanah, is Thursday, Sept. 5, with the sounding of the shofar. Yom Kippur, the Day of Atonement, the holiest day of the Jewish year, is Sept. 14. The day is traditionally observed with a period of fasting and intensive prayer, often most of the day in synagogue services. Yom Kippur completes the annual period known in Judaism as the High Holy Days or "Days of Awe." Observance of both begins at sundown the previous day.

1969

Year Wayside Elementary School was originally built at its home at 10011 Glen Road. Wayside, with additions in 1973-1974 and 2007-2008, is scheduled to be rebuilt by the time the 2016-2017 school year begins. Construction is planned to begin in November 2014, according to MCPS documents. Montgomery County Public Schools Board of Education approved Moseley Architect's preliminary plans for Wayside's modernization on Aug. 21, 2013.

\$400

Million Montgomery County will receive for construction of the Purple Line, according to an announcement last month on the Transportation Act made by County Executive Isiah Leggett, Gov. Martin O'Malley and Lt. Gov. Anthony Brown. Brown said the Purple Line will be built as a public-private partnership under House Bill 560, the law he spearheaded to attract private investment in new infrastructure in Maryland.

16

Miles the Purple Line will run inside the Capital Beltway between Bethesda and New Carrollton. \$280 million will be allocated for right-of-way acquisition and final design and \$400 million in new construction funding, according to Montgomery County documents.

1.25

Miles of sidewalk installed by the Montgomery County Department of Transportation (MCDOT) late July along Seven Locks Road, including installation of ADA compliant ramps, selected driveway aprons and new, five-foot-wide concrete sidewalk panels, according to Go Montgomery documents. The cost of the project was \$270,000.

44,965

Potomac's population, according to the 2010 Census. The 2000 Census listed Potomac with 44,822 residents.

3.35

Potomac River's water level at Little Falls Pumping Station on Labor Day, Monday, Sept. 2, according to [www.noaa.org](http://www.noaa.org), National Oceanic Atmospheric Administration. The water temperature was 82 degrees.

— KEN MOORE



PHOTO BY ANDY RAZAK

## NEWS



Tooth Fairy waves to the crowd at Potomac Day parade.



FILE PHOTOS

Potomac Day includes a car show.



The petting zoo at Potomac Day.

# Getting Ready for Potomac Day

## Time to get involved in chamber's annual event.

BY SUSAN BELFORD  
THE ALMANAC

The Potomac Day parade, sponsored by the Potomac Chamber of Commerce, is filled with clowns, marching bands and hoop-la. The crowds line the curb along River and Falls roads waiting to see their favorite Potomac celebrities, local businesses, politicians, antique cars, glittering dancers and majorettes. Girl Scout and Boy Scout Troops, church and school groups and even the Tooth Fairy make an appearance in the parade.

This year, Potomac Day will take place on Oct. 19 from 10 a.m. to 3 p.m. This community "give-back" day provides the opportunity for families, friends and neighbors to celebrate how fortunate they are to live in Potomac. It's also a chance to make new friends, chat with local business owners and learn more about what's new around Potomac.

Nominations are now being accepted for the Potomac Citizen of the Year, the Potomac Business Person of the Year and the Potomac Youth of the Year — people who have made outstanding contributions to the community. Submit these to [jennifer@potomacpizza.com](mailto:jennifer@potomacpizza.com). These special VIP's will receive recognition from the crowds as they are driven in the parade and also at the Nov. 21 Awards Dinner at Normandie Farm Restaurant.



Amusement rides

Following the parade, the Potomac Promenade parking lot will be loaded with activities that youngsters and adults will love — a rock wall where they can climb, inflatable slides for zooming down, ponies to ride, and ducks, sheep and a miniature pony to cuddle and pet. Booths featuring political candidates, private school information, delivered lobsters, "green" cars, as well as food from local restaurants are packed into the lot. The classic car show will highlight vintage automobiles with owners who share stories of their treasured vehicles. A "Performance Stage" will feature the talent of local individuals and groups.

According to Jennifer Matheson, director of operations for the Potomac Chamber of Commerce, "New this year will be a 'Family Fun and Fitness' class led by the Sergeant's Program, a Potomac-based fitness program. They are the longest-running military style civilian boot camp in the country. Another fun activity for the kids will be an arts and crafts area featuring seasonal projects that will delight every child."

Here's what businesses need to know about Elite, Platinum and Gold Sponsorships, registration for the Potomac Days Parade, Business Fair and the Classic Car Show:

❖ If interested in sponsoring Potomac Days, one can be an Elite sponsor for \$2,000, a Platinum sponsor for \$1,500 or a Gold sponsor for \$700. Logos for sponsors are needed no later than Sept. 15.

❖ The Potomac Day Parade will be at 10 a.m. on Oct. 19. To be part of the parade, complete the form and submit it to the Chamber by Oct. 11.

❖ The Potomac Day Classic Car Show will be at the event for its seventh year. The car show will be going on from 10 a.m. until 3 p.m. with an awards ceremony at 2:45 p.m. It costs \$20 per car registration fee and proceeds will benefit a charity not yet announced. Complete the registration form and send it in by Oct. 4.

❖ A business can get some much attention at the business fair, being held from 10 a.m. to 3 p.m. at Potomac Day. Reserving a booth will cost \$175 for Potomac Chamber of Commerce members and non-profits and \$225 for non-members. The registration form must be received by Oct. 4.

If interested in participating, get the forms from Matheson. She can be reached at [jennifer@potomacpizza.com](mailto:jennifer@potomacpizza.com).



# News



**Antonio Berganza with Lizzie at the Potomac Horse Center.**



**Inside the Potomac Horse Center stables.**

PHOTOS BY DEBBIE STEVENS/THE ALMANAC

## A Hoofbeat Away

**T**he Potomac Horse Center, a public facility leased from the Maryland-National Capital Park and Planning Commission, is located at 14211 Quince Orchard Road, North Potomac. Founded in the late 1950s by F.G. "Stretch" Harting, the Potomac Horse Center became an international equestrian center. It is currently operated under the direction of Paul Novograd of New York, N.Y.'s Claremont Riding Academy.

The heart of the Potomac Horse Center is a teaching program featuring riding classes for "Mini Mites" (5-8 year old children) through adults of all levels. In addition, a classical Dressage program, Combined Training, and a Hunter/Jumper program are available with riders competing under different trainers on both the "A" and local Hunter/Jumper circuits. Other recreational opportunities include birthday pony parties, individual pony rides, trail riding classes through wooded parkland, open houses, a summer horse camp program, therapeutic horseback riding, and more.

For more information, call 301-208-0200.



**Pepito**



**Gabriel**

**Potomac Horse Center at 14211 Quince Orchard Road, North Potomac.**

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## ENTERTAINMENT

Email community entertainment events to [almanac@connectionnewspapers.com](mailto: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](http://rockvilletownsquare.com/events/mommy-and-me). On the Square: Sept. 17 and Oct. 15.

#### Tiny Tots.

10 a.m. on Wednesdays, Saturdays and Sundays at Glen Echo Park, 7300 MacArthur Blvd. The Puppet Co. presents a program designed for children up to age 4. The shows are 30 minutes long, the lights stay on and the doors stay open. \$5/person. Reservations strongly encouraged. Visit [www.thepuppetco.org](http://www.thepuppetco.org).

**Art Exhibit.** The "Fine Artists in Residence" exhibit will be on display through Saturday, Sept. 14 at Mansion at Strathmore, 10701 Rockville Pike. See works by emerging Washington, D.C. artists. Free. Visit [www.strathmore.org](http://www.strathmore.org) for more.

**Art Exhibit.** See "The District: The Streets of Washington, D.C., 1984-1994" through Oct. 14 at Photoworks Gallery at Glen Echo Park, 7300 MacArthur Blvd. Free. Hours are Saturdays, 1-4 p.m. and Sundays and Mondays from 1-8 p.m. Visit [www.glenechopark.org](http://www.glenechopark.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

Blvd., Glen Echo. \$8. Capital Blues presents the dances. Visit [www.capitalblues.org](http://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](http://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. Music by KGB. \$10/adult; \$5/17 and under. Visit [fridaynightdance.org](http://fridaynightdance.org).

### SATURDAY/SEPT. 7

**Swing Dance.** 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Music by Mint Julep Jazz Band. Admission to be announced. Visit [glenechopark.org](http://glenechopark.org).

### 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](http://www.MeadowsideNature.org) or [www.ParkPASS.org](http://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. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org).

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

by Hot Society Orchestra of Washington. All ages. \$14. Visit [www.glenechopark.org](http://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](http://www.dancingbythebayou.com).

**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](http://www.glenechopark.org).

**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](http://www.fsgw.org).

**Open House.** Enjoy an open house and live band on the 6th floor of VisArts, 155 Gibbs St., Rockville. Visit [www.rockvillerooftolive.com](http://www.rockvillerooftolive.com) or call 301-315-8200 for time.

### THURSDAY/SEPT. 12

#### Friends of the Library

**Presentation.** 12:30 p.m. at Potomac Library community room, 10101 Glenolden 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](http://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](http://www.capitalblues.org) for more.



## Check Out Plan B

Artist Tory Cowles, a Potomac resident, will be part of an exhibition of paintings packed with color, pattern and intensity. An opening reception is planned for Saturday, Sept. 7, 6-8 p.m. at Gallery Plan B, 1530 Fourteenth St. NW, Washington, D.C. The Exhibition continues through Sunday, Oct. 13. Visit [www.galleryplanb.com](http://www.galleryplanb.com) or call 202-234-2711.

### 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](http://www.fridaynightdance.org).

**Salsa Dance.** 8 p.m.-midnight at Ballroom Annex at Glen Echo, 7300 MacArthur Blvd. \$12. Visit [www.oohsalsa.com](http://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](http://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. Paintings by Chris Luckman. Reception from 4-6 p.m. Free. Visit [yellowbarnstudio.com](http://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 [flyingfeet.org](http://flyingfeet.org).

**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](http://www.glenechopark.org) for more.

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# News

## Camp Code

FROM PAGE 7

programming and problem solving by snapping together colorful blocks of code. We had to modify the curriculum because of the different skill levels of the kids. Some knew the basics of programming but others had no experience.”

“We targeted middle schoolers,” said Mukunda. “But we ended up with kids from 4th grade through 12th. One student had just graduated from high school and is headed to UMBC. Before he came to Potomac Code Camp, he was planning to be a pre-med major. Now he’s decided to switch to computer science because he loved the programming, problem solving and creativity.”

Both young men have previous teaching experience. For five years, Mukunda taught music courses to groups of middle schoolers in orphanages in India and also served as a tutor at Walt Whitman High School.

Soleimani taught taekwondo and also served as a math and science tutor at Wootton High. However, both were surprised by the demands of teaching younger children.

“We had to learn how to strike a balance between fun and learning,” Mukunda said. “Keeping the kids focused, learning when they needed breaks and keeping them excited about the projects took a lot of thought and preparation. We wanted to push them to produce something they would be proud of. We also stayed in daily contact with the parents so the parents would play the games the kids created and see how confident their kids were feeling about coding.”

Soleimani said, “One of our goals was to help the kids form a community with other kids who are interested in programming and sharing their games. Now the kids have friends who also like to program. We plan to remain in contact with the kids and help them solve problems and create new games throughout the year. It’s exciting to form these lasting relationships.”

Mukunda and Soleimani are planning to offer a session of Potomac Code Camp over the holiday school break on Dec. 26, 27, 30 and 31 from 10 a.m. – 1 p.m. These will be taught at 8909 Tuckerman Lane, Potomac. They are also setting up their camp schedule for next summer and working toward partnering with other camps and also with local technology companies. To learn more about this camp, go to [www.potomaccodecamp.com](http://www.potomaccodecamp.com), email [potomaccodecamp@gmail.com](mailto:potomaccodecamp@gmail.com) or call 240-731-8786.

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Alexandria, Virginia 22314

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**1** 7818 Stable Way — \$1,297,000



**3** 10913  
Burbank Drive  
— \$1,275,000



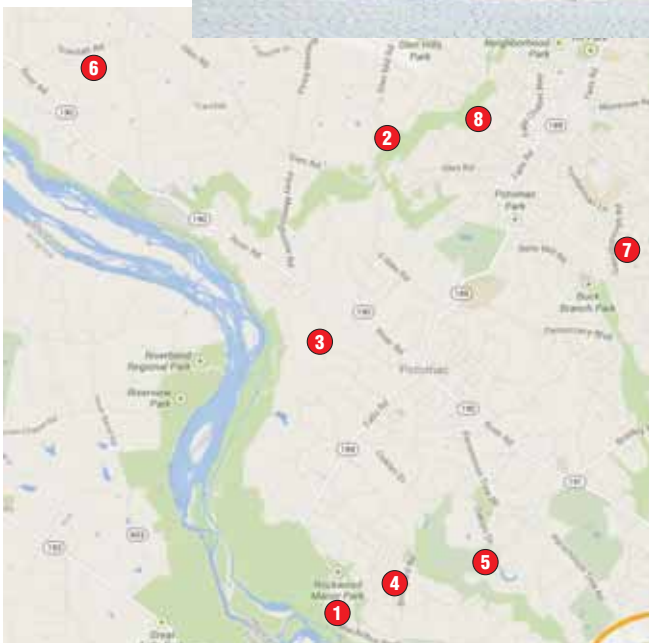
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— \$1,250,000



**5** 11 Beman  
Woods Court  
— \$1,248,800



**8** 9612  
Windcroft Way  
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<b>5</b> 11 BEMAN WOODS CT .....	6	...	5	...	1	POTOMAC	\$1,248,800	Detached	0.15	.....	20854	AVENEL	06/25/13
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<b>7</b> 11016 LARKMEADE LN .....	5	...	4	...	1	POTOMAC	\$1,235,000	Detached	0.18	.....	20854	BELLS MILL ESTATES	06/28/13
<b>8</b> 9612 WINDCROFT WAY .....	4	...	4	...	1	POTOMAC	\$1,225,000	Detached	0.37	.....	20854	FALLSREACH	06/18/13

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# How To Set Realistic Goals

Local experts say key to success is setting achievable goals.

BY MARILYN CAMPBELL  
THE ALMANAC

**L**aura Wheeler Poms, of Fairfax, Va., set out to earn a

doctorate degree and make a career change. As a wife, mother and working professional, the goal, she said, often felt lofty. "Writing my dissertation at times felt overwhelming, especially if I looked at it as one huge project," said Poms, who now holds a Ph.D. in industrial/organizational psychology and is an assistant professor of global and community health at George Mason University in Fairfax, Va. "I set goals like writing one page or doing one analysis each day and I was able to get it done. I also gave myself little rewards along the way." While Poms set and achieved an ambitious goal, she and other psychologists say many people do not. Whether one desires to make a career change, set boundaries in an unhealthy relationship or lose weight, setting and achieving goals is difficult for some.

"The biggest reason people fall off the bandwagon is that they pick goals that are outside their behavioral repertoire, that are environmentally impossible or that they don't have the skills to accomplish," said Linda Berg-Cross, Ph.D., a therapist in private practice and a professor of psychology at Howard University in Washington, as well as a Potomac resident. "If you say, 'I'm going to exercise an hour a day,' but you have a full-time job and children, you really don't have time to exercise for an hour."

Poms says that a person's reasons for waiting to make a change could affect his or her success or failure. "If your goal is motivated by guilt, fear or regret, you're less likely to achieve that goal," she said. "If someone tells you that you need to lose weight, unless that realization has come home to you, it is not very useful. ... If you don't see the need, you're not going to be motivated to accomplish it."

To make lasting changes, experts say, one must be prepared for the work involved in making the shift. "Sometimes when people want to make a change, they are not quite ready," said Amy Van Arsdale, Ph.D., assistant professor of psychology at Marymount University in Arlington, Va., and a therapist in private practice who lives in Fairfax, Va. "And sometimes people want to make a change, but they aren't sure how."

"Another reason that sometimes makes it really hard for people to make changes like setting boundaries with someone they love, is because that person might feel hurt, so the person who is trying to change backs down," Van Arsdale continued.

Whether your goal is getting out of a toxic relationship, making a career change or maintaining an exercise plan, there are strategies that you can implement to maintain your perseverance.

"If someone starts to give up," said Van Arsdale, "I recommend that they do a check-in and ask 'What is going on that makes me want to quit?'"



PHOTO BY MARILYN CAMPBELL/THE ALMANAC

**When working to make behavioral or physical changes, experts recommend dividing one's goals into small, gradual steps.**

Assessing how much control one has over the situation is another key tactic. "A person should look at what they can change and what cannot change," said Van Arsdale. "When setting a boundary with another person, for example, a person could say, 'Maybe I can change how often I call my mother, but I can't control how often she calls me so I need to change how I respond, because I can only control myself.'"

Berg-Cross recommends small, gradual changes. "Make the teeniest changes you can think of that are part of your normal routine," she said. "It is not making behavioral changes, it is fading from one behavior to another on a long continuum, little by little."

Van Arsdale said that sometimes she asks clients to think in reverse. For example, "If I didn't lose weight and I didn't get in shape, what is the worse part?" she asks. "I am having problems with my mother and want to set better boundaries. [If] I don't change set boundaries, I will feel powerless, and I want to feel more powerful."

Re-evaluate specific goals and tweak them if needed. "Sometimes people set goals that are too high," said Van Arsdale. "If you set you goals to go to the gym five days a week and that it isn't happening, instead go three times a week. Hanging in there and tweaking goals so that they work for you is better than giving up."

Poms recommends a SMART (specific, measureable, achievable, realistic, time-based) model when setting and working to reach goals. "Set small, achievable goals and get excited when you meet your goals," she said. "Accentuate the small things that you've done."

Van Arsdale said, "Think how your life will change if you make the change, but be realistic. Saying I want to lose 10 pounds is vague. Saying 'I really want to be able to walk a 5K race with my friend' is more doable."

This strategy also works in interpersonal relationships. "You have to figure out what it is about the other person that makes you feel the need to set the boundary," said Poms. "You have to figure out deep down what is the source of the irritation and then set a boundary, but you want to try to talk to that person first."

Get support from friends and family for any challenging goal. Also, "Don't set too many goals at once because it gets overwhelming," said Poms. "You need practical solutions for dealing with things."

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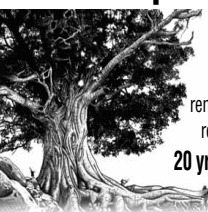
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## Indeterminate Sentence



By KENNETH B. LOURIE

And no, that's not another made-up phrase by yours truly describing my occasionally cluttered/run-on prose with which many of you extremely patient regular readers are all too familiar. No, it has to do with how I perceive my future now that I'm post-hospital and sleeping in my own bed. Instead of nurses, respiratory therapists, X-ray technicians, doctors and miscellaneous other hospital staff too numerous to list, I have one wife and five cats to do my bidding. And though they're not nearly as attentive as the hospital staff, I know that they all have my best interests at heart.

Not that I thought I was going to die during this most recently-written-about hospital stay; still, the experience was unsettling and reminded me of how fragile and maybe even precarious my situation might be. As much as I try to ignore certain stage IV, terminal-type facts/prognosis, a four-day stay in S.I.C.U. sort of brings the reality into sharper focus, despite my best – and continuing – efforts to delude myself otherwise.

As I sit here at home, comfortably and relatively normally (I know, "normally" is a relative term), I am betwixt and between emotionally. I can't decide if this hospital stay has given me direction or misdirection. Do I now have a truer, more honest sense of my own insecurity (mortality) or have I just created a false sense of security in its place – having survived the ordeal so unexpectedly well?

I realize I'm not bullet-proof; but if there ever were a hollow point-type metaphorical bullet, stage IV non-small cell lung cancer would likely be it; it's a killer, usually. However, I can't help but feel empowered somehow, more confident even, in my body's ability to withstand the rigors an incurable disease can impose. I'm sure there's a toll to be paid, but so far, I'm living proof that statistics are not exactly about everybody, if you know what I mean. I know that wishing and hoping don't necessarily make it so, but after yet another experience where I far exceeded my doctor's rather modest expectations, I can't help but feel more positive about my prospects (there's my delusional naïveté rearing its illogical head).

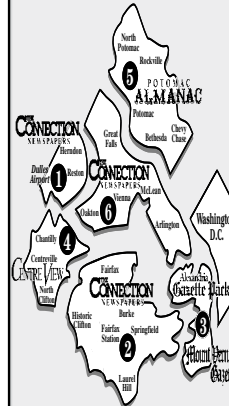
In February, 2009, I was "prognosed" to live "13 months to two years" according to my oncologist. Yet, here I still am, four-and-a-half years later, released from the hospital, better than when I went in. Anything is possible: I think I've proven that. And I don't intend to stop now.

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

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## RECREATION

# Programs for All Ages at Potomac Community Recreation Center

BY PETER SELIKOWITZ  
DIRECTOR, POTOMAC COMMUNITY  
RECREATION CENTER

Surrounded by open fields and outside recreation amenities the Potomac Community Recreation Center is a perfect place for residents to participate and enjoy recreational programming. Whether looking for a premium exercise facility, athletic program, facility rental, recreation classes programs, or enjoyable leisure drop-in activities such as billiards and table tennis the Potomac Community Recreation Center is a welcoming full service recreational facility that invites residents to participate and enjoy quality programs and services.

The Potomac Community Recreation Center provides hundreds of activities such as after-school activities, active senior adult



Selikowitz

programs, special events, sports leagues and recreation classes throughout the year. Arts, dance, fitness, martial arts, music and yoga are a sampling of the extensive recreation class offerings available for registration. The popular Club Friday, After-Hours and Summer Camps are cutting edge activities that keep kids engaged in safe, supervised activities during the out-of-school hours. The Center also hosts a well-rounded program for active senior adults.

Those looking for fitness and athletic opportunities will want to check out the ex-

pansive weight and exercise room and full size gymnasium that are available to keep residents fit and active. The weight and exercise room was recently renovated and features new exercise equipment that includes 19 cardio and weight machines. The new cardio equipment includes two treadmills with advanced features and an elliptical machine with 15 training programs. The new strength and weight equipment feature an abdominal crunch machine, triceps push down and a biceps curl.

The Potomac Community Recreation Center provides an ideal setting for your next social gathering. There are many rental options including a spacious social hall with stage, community lounge, and other select multi-purpose rooms available for rent for such events as a baby shower, birthday party, homeowner association meeting, reception, or other social gathering.

## Potomac Community Recreation Center

### Hours of Operation

Monday, 9 a.m.-9 p.m.  
Tuesday, 9 a.m.-9 p.m.  
Wednesday, 9 a.m.-9 p.m.  
Thursday, 9 a.m.-9 p.m.  
Friday, 9 a.m.-5 p.m.  
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Sunday, 9:30 a.m.-5 p.m.

The center is one of 34 facilities managed by Montgomery County Recreation that enhance the quality of life for participants of all ages, cultures, and abilities. For more information about the Potomac Community Recreation Center or any Montgomery County Recreation program call 240-777-6960 or visit [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec).

## SPORTS BRIEFS

### Churchill Season Openers

The Churchill football team will open the 2013 season on the road against Bethesda-Chevy Chase at 6:30 p.m. on Friday, Sept. 6. The Bulldogs have reached the playoffs each of the last two seasons.

The Churchill field hockey team will open at home against Quince Orchard at 5 p.m. on Sept. 6.

The boys' soccer team will participate in an event at Whitman on Sept. 6 and will host Blake at 7 p.m. on Sept. 10. The girls' soccer team will take part in an even at Blair High School on Sept. 7 and will travel to face Blake at 7 p.m. on Sept. 9.

The cross country teams will compete at

Richard Montgomery on Sept. 11.

### Whitman Season Openers

The Whitman football team will travel to face Blake at 6:30 p.m. on Friday, Sept. 6. The Vikings have finished 5-5 each of the last two seasons. The girls' soccer team, which finished region runner-up last season, will travel to face Quince Orchard at 7 p.m. on Monday, Sept. 9.

The boys' soccer team will face Mount St. Joes at 6 p.m. on Sept. 6 at the SoccerPlex.

The field hockey team will host North-west at 7 p.m. on Sept. 6.

The cross country team will compete in the Great Meadow Invitational on Sept. 7

at Great Meadow.

### Wootton Season Openers

The Wootton football team will host Walter Johnson at 4 p.m. on Saturday, Sept. 7. The Patriots were 4-3 last season before dropping their final three games. The defending state champion boys' soccer team will face DeMatha at 4 p.m. on Friday, Sept. 6 at Catholic University.

The girls' soccer team will travel to face Archbishop Spaulding on Sept. 10.

The field hockey team will travel to face Damascus at 3:30 p.m. on Sept. 6.

The cross country team will compete at Sherwood on Sept. 12.

### Bullis Season Openers

The Bullis football team lost at home to St. John's, 42-0, on Aug. 30. The Bulldogs will travel to face St. Mary's in Annapolis on Sept. 12. Bullis' next home game is Sept. 20 against Archbishop Spalding.

The field hockey team will open at Walter Johnson at 7 p.m. on Sept. 10. The cross country teams will host a meet on Sept. 10.

The boys' soccer team opened against Georgetown Day on Tuesday, after The Almanac's deadline. The Bulldogs will host Bishop McNamara at 11 a.m. on Saturday.

The girls' soccer team will host Maret on Sept. 10.

## BULLETIN BOARD

Email announcements to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon.

### THURSDAY/SEPT. 5

**Public Forums on Health Care Reform.** 7-

8:30 p.m. at Bethesda-Chevy Chase Regional Center, 4805 Edgemoor Lane, Bethesda. The forum will address the impact of the Affordable Care Act on residents ages 18-64 and insurance coverage and assistance available through Maryland's new health exchange. A question and answer session will follow the forum. Registration not required. Visit [www.marylandhbe.com](http://www.marylandhbe.com).

### MONDAY/SEPT. 9

**Meeting.** 7:45-10 p.m. at County Council Office Building, 100 Maryland Ave., Rockville. Learn about the implications of the Affordable Care Act for Maryland residents. Free. Visit [www.montgomerycivic.org](http://www.montgomerycivic.org) for more.

### WEDNESDAY/SEPT. 11

**Journaling and Grief Workshop.** A two-session workshop that will focus on the use of journaling techniques as a way of addressing grief issues. No previous experience with journaling necessary. Participants need to plan on attending the second session on Sept. 18. Led by Montgomery Hospice professional counselors. 6:30-8 p.m. Montgomery Hospice, 1355 Piccard Drive, Rockville. Free. Registration required, 301-921-4400.

### SUNDAY/SEPT. 15

**Back to Church Sunday.** 11 a.m. at Scotland A.M.E. Zion Church, 10902 Seven Locks Road. "Back to Church Sunday," is part of a national movement of churches across America to invite or re-invite America to rediscover church. Everyone is welcome to attend. Find a roster of participating churches on the Back to Church

website at [www.BacktoChurch.com](http://www.BacktoChurch.com). Scotland A.M.E. Zion Church is a Methodist congregation within the African Methodist Episcopal Zion Church denomination. Call 301-299-5226.

### TUESDAY/SEPT. 17

**Talk.** 8-10 a.m. at Montgomery Community Media, 7548 Standish Place, Rockville. The Corporate Volunteer Council of Montgomery County will host "The Cycle of Service: Invest in Your Community, Invest in Your Future." Contact Sarah Burnett at [sburnett@cvc-mc.org](mailto:sburnett@cvc-mc.org) or 240-292-9282.

## SCHOOL NOTES

Email announcements to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon. Photos are welcome.

**Samuel Margolis**, class of 2014 sociology major at Washington College, was named to the dean's list.

Navy Midshipman **Ryan M. Albers**, son of Barbara V. and David M. Albers of Potomac, recently completed 'Plebe' Summer at the U.S. Navy Academy. Albers is a 2013 graduate of Winston Churchill High School.

The following students graduated from Salisbury University: **Kelsey Miller**, B.A.S.W.; **Melanie**

**Page**, bachelor of science in health education; **Leann Schepers**, bachelor of science in information

systems; **Dean Allen**, bachelor of arts in psychology; **Ihab Mahmoud**, bachelor of science in exercise science; **Nicole O'Connor**, bachelor of arts in communication arts; and **Lauren Puca**, bachelor of science in respiratory therapy.

## PETS FOR ADOPTION



**STAR** (dog) - female, 2 years, 62 lbs., spayed, Rottie/Airdale mix. Star is a very nice dog now with PAW that was turned in as a stray. She is a little reserved but seems to get along with other dogs and loves to be with people. Star can't help but be a hit with some kind adopting family with her lovely ways.

To learn more about the organization, the pets shown, volunteer, or make a much-needed, tax-deductible donation please contact PAW at [www.paw-rescue.org](http://www.paw-rescue.org), call 301-572-4729, or write P.A.W., P.O. Box 1074, Greenbelt, MD 20768



**SALLY** (cat) - female, 11 weeks old., spayed, DSH kitten. Sweet Sally is a cute, bold little girl that is up for any adventure. She plays chase with the foster's small dog, romps with her brother and likes sitting on her foster mom's lap. Sally is the ideal kitten for a family that loves the antics and affection only a kitten can provide.



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