

Potomac ALMANAC

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Veterans, including who have lost limbs, use adaptive bikes to tackle steep hills on River Road, and were clocked going more than 45 miles per hour, as part of a Walter Reed program, Ride 2 Recovery.

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PHOTO BY MARY KIMM/THE ALMANAC



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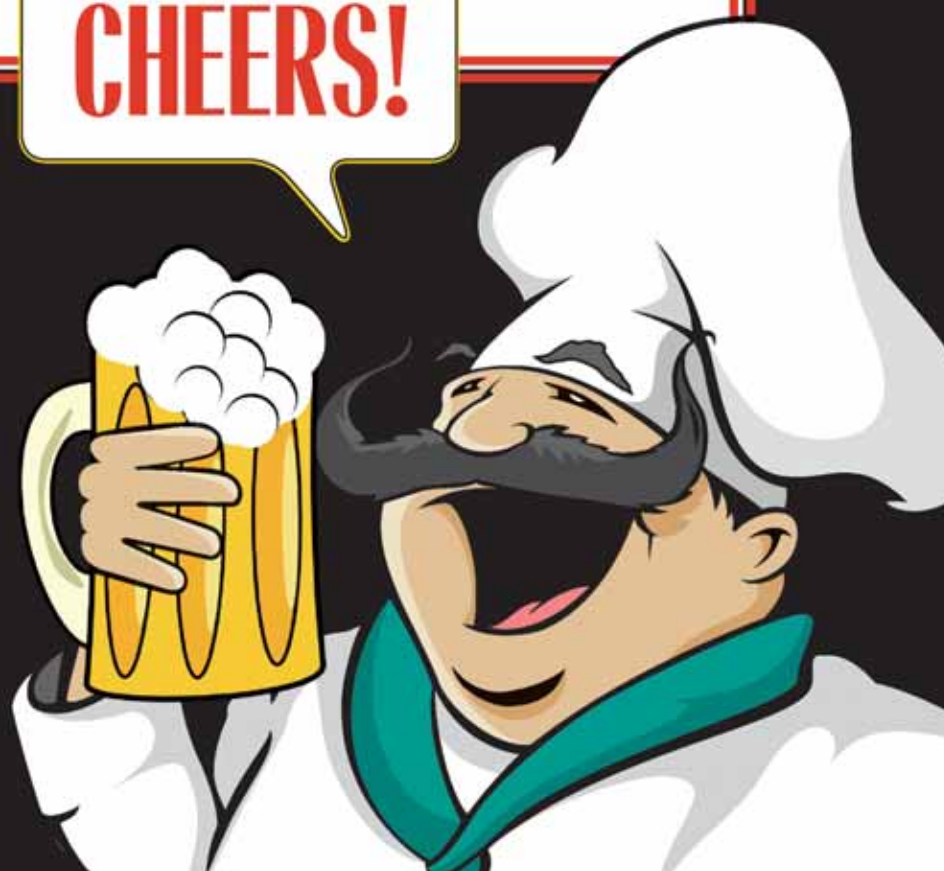
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CHEVY CHASE **POTOMAC** TRAVILLE KENTLANDS



Cycling Fuels Wounded Veterans' Rehabilitation

Local physical therapist works with Ride2Recovery.

BY KEN MOORE
THE ALMANAC

Cycling Potomac's River Road is not for the weak. Hills on River Road can drop the equivalent of 10 stories in a mile, only to lead cyclists to the next steep climb of equal height. On Labor Day, one group of cyclists was reaching speeds of 50 miles per hour on the descents and then attacking the next hill. Some members of the group had no legs.

Labor Day weekend, Dr. Barbara Springer, a physical therapist and retired Army officer, trained and rode on River Road with a group of veterans, taking part in challenge rides requiring 300-350 miles of training each week.

This week, Springer flies to Germany to educate the German military what the Ride2Recovery and its Project Hero program is accomplishing with America's veterans.

"I see people at the bedside when they first come to the veteran's hospitals," said Springer, of Potomac. "And when they reach this stage of their rehabilitation, it's eye opening." As of June 11, 2012, 48,505 U.S. Military personnel had been wounded in action in Iraq and Afghanistan, according to a scientific paper by Springer.

Ride 2 Recovery was founded in 2008 when a recreational therapist with the Veterans Administration thought cycling would be an alternative therapy to rehabilitation programs for PTSD, TBI (Traumatic Brain Injury) and physical injuries.

He called John Wordin, former manager of the Mercury Cycling Team, and "the first



A veteran with three amputations rides River Road in Potomac with a group from Ride2Recovery.



R2R Challenge event was on," according to Ride2Recovery's press materials.

The program enhances "the physical and psychological recovery of our nation's wounded, ill and injured service members and veterans through the sport of cycling," according to Springer, who has written scientific articles about the medical benefits of cycling on the rehabilitation process. "Ride 2 Recovery's most notable endeavor is Project HERO (Healing Exercise Rehabilitation Opportunity) which uses staff members and volunteers to promote cycling as

Dr. Barb Springer, of Potomac, physical therapist and retired Army officer, leads the pack riding the steep hills of River Road on Labor Day.

By the Numbers: R2R

- 1,890**
Bikes given to participants
- 200**
Adaptive bikes built by R2R
- 38**
Project Hero programs nationwide
- 12**
Retired Veterans on staff
- 5,000-plus**
Riders in the R2R program
- 200**
Riders per Challenge
- 27**
Total Challenges (as of April 2013)
- 11,000-plus**
Total miles traveled
- 26**
States traveled through on Challenge Rides

PHOTOS BY MARY KIMM/THE ALMANAC

an integral part of rehabilitation at select military facilities to enhance physical, psychological, spiritual and social recovery."

The program expanded from the first Challenge ride to seven Challenges annually, including one in Europe, with 200 riders and 20+ staff riding 350-500 miles.

The physical, mental, emotional and social benefits is all vital to the rehabilitation process. The benefits to injured active duty and retired service members was palpable and incredible, said Springer and Debora Sprano, spokesperson for the program.

"When they get here, they can reestablish the camaraderie with liked-minded people. They bond over that," said Sprano. "When they were wounded, they were removed from their unit and taken away from their brothers."

One participant said: "The R2R events
SEE CYCLING FUELS, PAGE 15

Making a Joyful Noise for Her Alma Matter

Holy Child alumna Stephanie Falcone will perform a benefit concert for Holy Child school this Friday.

BY AMBER HEALY
THE ALMANAC

She didn't grow up in the bayou or surrounded by fields, but Stephanie Falcone's heart is in the country — country music, at least.

Now a resident of Nashville, the Potomac native moved away to study studio art at Vanderbilt University. But that one form of art wasn't enough for Falcone, who was also a member of the school's women's swim team.

"I grew up listening to country music, it was the only thing we listened to in the car," said Falcone, one of seven children. She played guitar in high school but drifted away from it for a few years, but in college she picked it up again and felt compelled to start writing music.

Maybe it was the proximity to the country music capital of the world, or knowing some of the greats who have passed through Nashville, but Falcone quickly found herself writing country music.

She didn't set out to do that, but it just



CONTRIBUTED PHOTO

Stephanie Falcone, a native of Potomac and 2008 graduate of Holy Child, will be performing at a benefit concert for the school this Friday at Old Angler's Inn.

came out that way, she said.

"I think of it as more like pop-country," Falcone said. "It's a mix of country and pop."

It's honest music. I write from experience."

She admits it might be a little weird to think of a country musician coming from a city known more for politicians and lobbying than tractors and pick-up trucks, but it's a kind of music that resonates with her.

Typically she accompanies herself on guitar, but sometimes she'll bring along her brother on drums, or another family friend on guitar.

And now she's using her passion for a good cause: supporting Holy Child, her high school. When she was in town last year for the school's annual fundraising gala, she and some school officials began talking about the possibility of Falcone coming back and doing a benefit concert.

It was right around the time that Falcone's first album was finishing up and she and
SEE FALCONE, PAGE 5

WEEK IN NUMBERS

4

People have died in the Potomac River since June 26. On Thursday, Sept. 5, rescuers discovered the body of Mark Moore, 22 of Odenton, at 5:45 p.m., three days after river rescue teams were first dispatched to the river on Labor Day, Sept. 2 at 8 p.m. when Moore was reported being swept away downriver after trying to wade in the water near the Great Falls overlook. Anyone with information about this case is asked to call the Major Crimes Division at 240-773-5070.

3

Others drowned this season: Shannon Christy, 23 of Greenville, S.C., died Thursday, July 11, kayaking the chutes of the Potomac River at Great Falls. On Saturday, June 29, Vincent Crapps, 21, of the Third United States Infantry Regiment (The Old Guard) stationed at Fort Myer, Va., drowned on the Potomac River near Bear Island after diving off cliffs on the Virginia side of the river. On June 24, Ngo Tekwe Forchick, 19, of Takoma Park, drowned after attempting to swim near Purple Horse Beach along the Billy Goat Trail with three friends.

70%

County Executive Isiah Leggett wants the county to recycle 70 percent of the waste stream by 2020, according to county documents. On Wednesday, Sept. 4, Leggett announced that many bulk rigid plastic items can now be recycled including: laundry baskets, dish drainers, toys, lawn furniture, wastebaskets, clothes hangers, tote boxes, crates, large buckets, pet carriers and garbage cans. All items dropped off for recycling at the County's Solid Waste Processing Facility and Transfer Station, 16101 Frederick Road, should be empty, rinsed, if necessary, and free of loose dirt, soil, etc. See www.montgomerycountymd.gov/recycling for a complete list, and for items not to be recycled.

5

County Executive Isiah Leggett and County Councilmember George Leventhal announced a new program Sept. 9, 2013 to address panhandling: "give a hand-up, not a hand-out." The new program encourages drivers to contribute to county social services agencies rather than giving cash directly to panhandlers. By texting 'SHARE' on a cell phone to 80077, money will be contributed to grassroots efforts throughout the County. Panhandler Mary Josephine Fish was killed at the intersection of Georgia Avenue and Veirs Mill Road last May.

\$196,101

Montgomery County Firefighters raised \$196,101 for the Muscular Dystrophy Association during the 2013 three-day "Fill the Boot" Campaign. Money raised during the annual tradition stays locally and helps approximately 400 families in the county, according a press release from MCF on Sept. 4. The International Association of Firefighters has raised more than \$26 million since 1954. MDA is a volunteer health agency working to defeat more than 40 forms of Muscular Dystrophy, including ALS and related diseases through programs of worldwide research, comprehensive services and far-reaching professional and public health education.

75

The C&O Canal National Historical Park will celebrate its 75th anniversary at the annual Park after Dark benefit on Sept. 28, 2013. On Sept. 28, 1938, the Department of the Interior purchased the land that eventually became the park. Secretary of the Interior Sally Jewell is expected to attend. Visit ParkAfterDark.org. The day also marks the 20th anniversary of National Public Lands Day.

198

Traffic stops were conducted during a 10-hour period Labor Day weekend during Montgomery County Police's "Operation Millipede," an initiative to make I-95/I-495 a safer road to travel; 168 traffic citations were issued, 39 warnings were given, 52 orders to repair car equipment were issued, 18 criminal arrests and citations were issued for controlled dangerous substances, 2 warrants were served, and 1 civil citation was issued for an alcohol violation.

13

Montgomery County's Planning, Housing and Economic Development Committee will continue review of the revised zoning ordinance on Friday, Sept. 13. The preliminary PHED committee draft of the zoning ordinance is posted on the project website, but is still under review by the committee. PHED worksessions documents are available on the County website.

2,734

Number of veterans living in Potomac during 2007-2011, according to the 2010 U.S. Census. See story on Ride 2 Recovery and Project Hope on page 3.

NEWS

You Matter

Hoops tournament and fun day held in memory of Evan Rosenstock to raise awareness of teenage depression.

BY KEN MOORE
THE ALMANAC

Churchill and Bullis have joined together to host a basketball tournament and fun day this Sunday, Sept. 15 in honor and memory of Churchill varsity athlete Evan Rosenstock.

Rosenstock died of suicide on May 20, 2013. He was 16.

"We are looking to raise awareness about teen depression and suicide while inciting a cultural shift away from negativity, bullying, and abuse both on and off the court," according to the event website.

Erik Roberts is just one of Evan's friends at Churchill who worked with the Rosenstock family to start a movement called umtrr (You Matter) that has a mission to "foster a community of students who are aware that they matter."

"We truly hope to bring some solace and closure to Evan's family, friends, teachers and mentors," according to Roberts.

"We really wanted to take this tragic event that affected us all on the Churchill basketball team and turn it into an initiative that will have a positive impact on our community."

The Bullis School, 10601 Falls Road, will host umtrr's inaugural 3-on-3 Basketball Tournament and Fun Day on Sunday, Sept. 15, from noon to 6 p.m.

In addition to the tournament and skills workshops, there will be carnival games, arcade, amusements and prizes.

Proceeds will "support the formation of the Mid-Atlantic Chapter of the Positive Coaching Alliance and to support research on teen depression and suicide prevention," according to the web site.

Steve Young, NFL Hall of Fame quarterback and member of the Positive Coaching Alliance's National Advisory Board, says 70 percent of youth drop out



Evan Rosenstock

"More than 70 percent of kids drop out of organized youth sports because it just isn't fun anymore."

— Steve Young, NFL

Where and When

3x3 Basketball Tournament and Fun Day

Sunday, Sept. 15
Noon to 6 p.m.
Bullis School
10601 Falls Road
See umtrr.org

of team sports by the age of 13 because "it just isn't fun anymore."

"When they quit, gone is the opportunity to teach important character building traits: self-confidence, resilience, teamwork, mental toughness, self control, respect for others," said Young.

Positive Coaching Alliance is a national non-profit developing "better athletes, better people" by working to provide all youth and high school athletes a positive, character-building youth sports experience.

Umtrr seeks two purposes, according to its press release: to raise awareness of teen depression and suicide and to shift sports away from negative bullying and abuse and towards a team environment that is constructive and positive and fun.

General admission is free, and registered teams donate \$25 per team member.

Rosenstock was an avid Capitals fan. Former Washington Capitals Yvon Labre and former Washington Wizards (Bullets) giant Gheorghe Mureshan, an assistant coach on Rosenstock's AAU bas-

ketball team, are just two of the celebrities who will attend the tournament.

Other events to raise awareness of depression and to educate teens on resources and supports available to them are scheduled later that day at Churchill High School.

See umtrr.org for details and up-to-date information.

Remembering Evan

Reprinted from the Potomac Almanac
Evan Michael Rosenstock of Potomac died on Monday, May 20, 2013. He was 16.

Evan attended Har Shalom Early Childhood Education Center, Potomac Elementary School and Herbert Hoover Middle School and was a sophomore at Winston Churchill High School.

His sudden death rocked the community. Students and family crowded the Churchill gym to attend a candle light service in Evan's honor on May 21. Students wore white. Friends created a Facebook page, Rest in Peace Evan Rosenstock, that quickly gathered more than 6,000 likes and multiple postings of photos, videos and expressions of grief.

Mourners filled the sunlit temple at Congregation Har Shalom on May 23 to celebrate Evan's life. Evan's grandmother, two sisters, cousin, rabbi and friend related stories and memo-

ries about Evan. Recurrent themes were Evan's contagious grin, his sincere kindness and his passionate love of sports — both as a spectator and a participant.

Evan played on the Churchill varsity basketball team. He also played on the Flames and the Magic basketball teams in the Amateur Athletic Union (AAU) league. In addition, he was on the I-270 Potomac Team, coached by Eddie Jordan, former coach of the Washington Wizards and ... head coach of the Rutgers men's basketball program, and assistant coached by Gheorghe Muresan, retired Washington Wizards player. Evan also loved the Washington Capitals and frequently could be seen sporting the red, white and blue jersey.

Evan is survived by his parents, Howard Rosenstock and Susan Rosenstock, his sisters, Allison Rosenstock and Shelby Lackman, and his grandparents Fae and Stuart Beloff and Bernice Rosenstock.

Falcone To Perform Benefit Concert for Holy Child

FROM PAGE 3

her family were handing out information at the gala, said Kathy Ely, director of communications at Holy Child.

The Falcone family has a strong association with the school even now, and are eager to help however possible, she said. The idea of Falcone performing a benefit

concert was an easy one and things quickly fell into place.

Falcone graduated from Holy Child in 2008 but remains closely tied to it, she said.

She credits the support and encouragement she received there for giving her the courage to follow her dreams.

And the school's equally excited

to see one of its graduates doing so well out in the world: Falcone's music has been featured local radio station WMZQ's "Homegrown Country Music Showcase" radio program.

"We are thrilled to have one of our own making such a splash in the music world, but are even happier that she is combining that

Details

Stephanie Falcone will be performing during a benefit for the Connelly School of the Holy Child this Friday, Sept. 13, at Old Angler's Inn, 10801 MacArthur Blvd., Potomac, from 7-9:30 p.m.

Tickets are \$30 and are available at the door or presale via the school's website, www.holychild.org. Proceeds from all tickets sold will go to benefit the school.

with giving back to the school," said Maureen Appel, headmistress at Holy Child.

"It's not that unusual with our alumna, though, who regularly come back to contribute to our service events, such as the Santa Project for our sister school, Washington Middle School for Girls, or our scholarship fund."

Fundraiser To Benefit Documentary

Potomac filmmaker Thomas R. Waters is completing a documentary chronicling how one week's participation in the Jinx McCain Wounded Warrior Horsemanship Program begins to change the lives of its participants as they continue to develop mind, body and spirit in their recovery. The film demonstrates how working with horses and developing equestrian skills instills confidence in wounded warriors, helps them overcome self-doubt and emotional distress, and encourages them to think positively about their future.

On Sept. 18 a special event open to the public will be hosted by El Gato Rojo Productions at Tami's Table Cafe and Wine Bar in Potomac. The filmmakers encourage the public to come by at 6:30 to enjoy samples of Tami's hors d'oeuvres and nibbles, and wine, while they meet the director and producers, and other special guests. At 7 p.m. there will be a presentation and viewing of the film's trailer. The purpose of this event is to raise the funds needed to complete the editing process and finish the documentary.

BULLETIN BOARD

FRIDAY-SUNDAY/SEPT. 13-15

National Adoption Weekend. Visit a PetSmart store on Friday-Saturday from 9 a.m.-9 p.m. or Sunday from 9 a.m.-6 p.m. to find a new furry companion. For every pet that is adopted over the weekend, PetSmart Charities will reward all participating local adoption partners with \$35 in adoption-reward grants. For a local PetSmart, visit www.petsmartcharities.org/events-news/adoption-events/.

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. Call 301-299-5226.

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LET'S TALK Real Estate



by **Michael Matese**

Eco-Friendly Lighting

With the trend towards eco-friendly homes becoming more and more popular, even lighting for the home is hopping on the bandwagon. New "green" options have become widely available and are priced competitively by manufacturers. Homeowners, both first-time and firmly established, are aware of the importance of "going green," not just for the benefit of the planet, but for tax purposes as well.

Dimmers and motion sensors are two simple ways to affect your home that are wired into your lighting systems. Compact fluorescent lamps (CFLs) are being manufactured that are color corrected and come in hundreds of styles to fit every type of design. New light-emitting diode (LED) lamps are also available for installation lighting or as freestanding fixtures, as well as tile and fabrics with lighting elements—adding a creative, one-of-a-kind look to your lighting that's environmentally sustainable and easy on the utility bill.

Even better, lighting and ceiling fan manufacturers have been working on creating eco-friendly options for fluorescent bulbs, managing to almost eliminate that off-color light we all know (and hate). Ceiling fans, too, are making a big comeback because they help lower the carbon footprint and help heat and cool your home at a minimal cost. Not only that, but designers are designing ceiling fans that include integrated lighting systems in their structure. Some of the new generation of ceiling fans have even been created to look like chandeliers, adding a magnificent flourish to your home's appearance and a savvy element to its power and cooling abilities.

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ENTERTAINMENT

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



The craft offerings at the 2012 bazaar ran the gamut from Christmas ornaments made from pasta to vibrantly colored felted scarves and hats.

30th Middle Eastern Bazaar, Food Festival Sept. 20-22

Saints Peter and Paul Antiochian Orthodox Christian Church will host its 30th annual Middle Eastern Bazaar and Food Festival the weekend of Sept. 20-22.

Middle Eastern delicacies on the menu will include grilled lamb, kibbe, tabouleh, hommus, gyros, falafel, spinach pies, sheikh el mahshi, baklava and a variety of other traditional dishes. Both dine-in and carry-out food and pastries will be available.

The bazaar will feature live Arabic music on Saturday evening until 10:30; raffles; jewelry booths; international groceries; religious items; and children's activities, as well. Tours of the Byzantine-style church are provided, for those interested.

Saints Peter and Paul Antiochian Orthodox Church is located at 10620 River Road in Potomac, Maryland, about one mile north of Falls Road. The hours of operation for Friday and Saturday are 11 a.m. to 9 p.m. On Sunday, the bazaar will be open from noon to 4 p.m. Call 301-765-9188 or visit www.peterpaul.net.

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 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.

Art Exhibit. Through Sept. 28 see an exhibition of The Trawick Prize, contemporary art award finalists for 2013 at Gallery B, 7700 Wisconsin Ave., Suite E. Visit www.bethesda.org/bethesda/trawick-prize 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. Michael Horsley shows how much the city has changed, as well as how much it has survived. Free. Hours are Saturdays, 1-4 p.m. and Sundays and Mondays from 1-8 p.m. Visit www.glenchopark.org for more.

Art Exhibit. Through Monday, Oct. 28, see "The Power of Color" at Gallery Har Shalom, located at Congregation Har Shalom, 11510 Falls Road. The exhibit includes acrylic paintings by Ana Elisa Benavent, blown glass by Bethesda artist Jane Callen, fiber art by Bethesda artist Floris Flam, and photography by Richard Paul Weiblinger. Free and open to the public. Call for hours and directions 301-299-7087.

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.

Evening with a Singer/Songwriter. 7-9:30 p.m. at Old Angler's Inn, 10801 MacArthur Blvd. Enjoy a performance by Stephanie Falcone. \$30/person; \$20/alum. Visit www.stephaniefalcone.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 www.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.glenchopark.org for more.

SUNDAY/SEPT. 15

Run for Recovering Heroes 5K & 10K benefit. 3:30 p.m. Registration ends after Sept. 14. To register visit www.safetyandhealthfoundation.org/heroes. Race takes place at the Carderock Recreation Area, Clara Barton Parkway, Carderock. \$40.

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Packet pick-up opens at 2:30 p.m. day of the race. Sponsorships are still available as well, to sponsor Run For Recovering Heroes, contact race organizer Elizabeth McClure 202-617-5708, e.r.bellingrath@gmail.com.

Waltz Dance Workshop. Workshop at 2:45 p.m. and dance at 3:30 in the Spanish Ballroom 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.

Art Exhibit. Noon-5 p.m. at Yellow Barn Gallery at Glen Echo Park, 7300 MacArthur Blvd. See travel paintings by local artist Chris Luckman. Free. Visit www.yellowbarnstudio.com.

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

Family Dance. 3-5 p.m. at Ballroom Annex at Glen Echo, 7300 MacArthur Blvd. All ages welcome. \$5, age 4 and older. Visit www.fsgw.org.

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

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

Opening Reception. 5-7 p.m. see "The District: The Streets of Washington, D.C., 1984-1994" at Photoworks Gallery at Glen Echo Park, 7300 MacArthur Blvd. Michael Horsley shows how much the city has changed, as well as how much it has survived. Free. Visit www.glenechopark.org for more.

THURSDAY/SEPT. 19

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. 20

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. Tidal Wave provides music. \$10/adult; \$5/17 and under. Visit www.fridaynightdance.org for more.

Balboa DJ Dance. 8:30-11:30 p.m. at Ballroom Annex, 7300 MacArthur Blvd. All ages can enjoy Bal-swing dancing. \$10. Visit www.glenechopark.org for more.

SEPT. 20-OCT. 27

Theater Performance. See "Goodnight Moon" at Adventure Theatre at Glen Echo Park, 7300 MacArthur Blvd. All ages. Visit www.adventuretheatre-mtc.org or 301-634-2270.

SATURDAY/SEPT. 21

Self-Publishing Artist Books Workshop. 10 a.m.-4 p.m. at Photoworks Gallery at Glen Echo Park, 7300 MacArthur Blvd. \$225 includes a manual. Registration required, www.glenechopark.org.

Art Exhibit. Noon-6 p.m. at Yellow Barn Gallery, 7300 MacArthur Blvd. Meet Pate' Painters, a group of local artists who meet weekly for critiques, painting, food and company. Free. Visit www.glenechopark.org.

Opening Reception. 7-9 p.m. see "Wearable PINK: Cancer Journeys in Jewelry" at Popcorn Gallery at Glen Echo Park, 7300 MacArthur Blvd. Blair Anderson depicts personal stories of women who are cancer survivors. A select number of works will be sold to benefit a breast cancer research fund. Visit www.glenecho.org or 301-634-2222.

Swing Dance. 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Features music by

Craig Gildner Big Band. \$18. Visit www.glenechopark.org for more.

SEPT. 21-OCT. 27

Exhibition. See "Wearable PINK: Cancer Journeys in Jewelry" at Popcorn Gallery at Glen Echo Park, 7300 MacArthur Blvd. Blair Anderson depicts personal stories of women who are cancer survivors. A select number of works will be sold to benefit a breast cancer research fund. Hours are Saturdays and Sundays from noon-6 p.m. Visit www.glenechopark.org or 301-634-2222.

SUNDAY/SEPT. 22

Concert. 7 p.m. at Glen Echo Town Hall, 6106 Harvard Ave. The South Roscommon Singers will perform a variety of songs that come straight from the heart of Ireland. The suggested donation for the concert is \$15, all proceeds will go to performers. Visit www.fsgw.org or call 703-658-0957.

Art Exhibit. Noon-5 p.m. at Yellow Barn Gallery, 7300 MacArthur Blvd. Meet Pate' Painters, a group of local artists who meet weekly for critiques, painting, food and company. Free. Visit www.glenechopark.org for more. **ContraStock 3.** 1-11 p.m. at Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. Enjoy a variety of bands, callers and more for a dance-a-palooza. There will be a potluck picnic at 6 p.m. \$38/advance general; \$32/advance member; \$20/advance youth or student. Visit www.fsgw.org for more.

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

THURSDAY/SEPT. 26

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.

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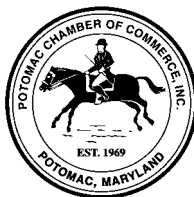
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BEFORE: Bath in a Chevy Chase remodel project.



BEFORE: Entryway in a Chevy Chase condominium remodel project.



BEFORE: Kitchen in a Chevy Chase condominium remodel project.



BEFORE: Living room in a Chevy Chase condominium remodel project.

Condo Renovations As sales of condominiums grow, so does demand for luxury renovations.

More people are moving from leafy, sprawling suburbs to more urban areas, neighbor hoods both in the city and in Northern Virginia that offer close proximity to restaurants, jobs, cultural activities and Metro.

Sales of condominiums in Northern Virginia are up, with growth in sales of condos outpacing both single-family homes and townhouses in the past year, according to the Northern Virginia Association of Realtors.

Both “echo boomers” (30-and-under) and retiring baby boomers want smaller homes near public transportation, shopping and workplaces, driving up the demand for condominiums, Lisa Sturtevant, deputy director of GMU’s Center for Regional Analysis reported to NVAR in March.

With the growth in demand for condominiums comes growth in demand for condominium renovations.

One local company BOWA, a residential remodel and construction firm based in McLean, is responding to that trend by bringing on a new project leader, Mark Miller, with expertise in condo remodeling and commercial construction. Miller and BOWA say they are responding to the demand to push the boundaries of luxury condo transformation.

Most upscale condominium buyers will select a location where they want to live first, and then search for a condo to buy, said Miller, who is an Arlington resident, often in older buildings.

“Condos come in all different sizes and flavors,” Miller said. “Years ago people didn’t even think of renovating a condo.”

People moving from larger suburban homes often are not satisfied with the smaller room sizes, utilitarian kitchens and cramped bathrooms that are typical of many condominiums.

“But now we can change the footprint from smaller rooms to open layouts,” Miller said, creating room for luxurious kitchens open to spacious entertaining areas, luxurious bathrooms, audio/visual spaces and



This remodeled Chevy Chase condominium kitchen included a sleek kitchen with ample storage.

even outdoor spaces.

When renovating a condominium, Miller says they see some very demanding cooks. “They want high-end appliances. ... What clients want for their finishes is high end residential.”

“Ten years ago, it was not even possible to produce that environment in a condo.”

Some clients are renovating even in brand new buildings. “People will buy two units and combine them. Sometimes they are looking for different space than the [condo developers] are willing to do,” Miller said.

RENOVATING CONDOMINIUMS is fundamentally different than renovating a single-family home, and it requires very different expertise, even if the desired outcome inside might look similar.

“It’s a completely different animal,” Miller said. The permitting and approval process is far more stringent, requiring commercial standards in many cases.

“The normal renovation process is com-

pletely different in a condominium building. The structural systems are different,” Miller said. “The stakes are so much higher.”

In a condominium renovation, you might have 10 very close neighbors who are concerned about noise. Just the installation of a dryer vent is likely to require a permit. Delivery of building materials and taking care of debris are more complex. Tapping into the heating and hot water systems in a condominium building requires different expertise than most single-family home builders have.

Miller recommends that anyone planning to buy a condo to renovate consult an experienced condo remodeler before they buy.

An experienced company can help guide the design with a realistic sense of what they actually can do and what sort of budget the project would require, can help with the permitting process.

“By understanding what’s possible, we can come in very early, so if someone is contemplating a purchase, we can evaluate ‘is this



This renovation features custom woodwork and built-ins to maximize space.

one remodeling friendly?’ By getting on board early with a customer we can avoid some of the pitfalls,” Miller said. “We can offer some design ideas for some things they haven’t even thought of.”

Renovating a condo is completely different, but it doesn’t have to be bad, he said. You can create “brand new luxurious space out of something that wasn’t that way before.”

PHOTOS COURTESY OF BOWA

More
Contact BOWA’s McLean office at 703-734-9050 or see www.bowa.com for more information.

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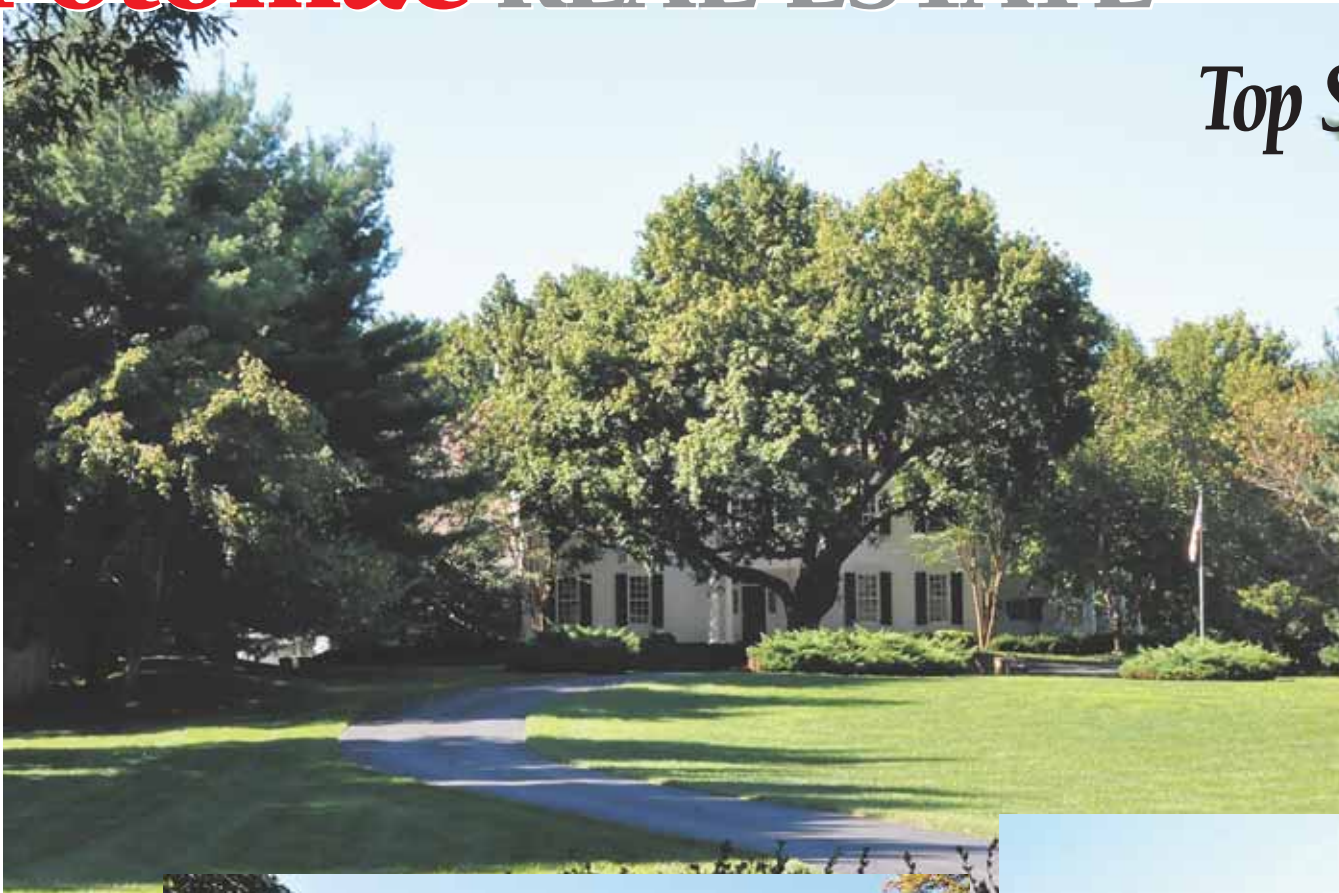
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4 12506 Sycamore View Drive — \$2,330,000



5 9112 Paytley Bridge Lane — \$2,325,000

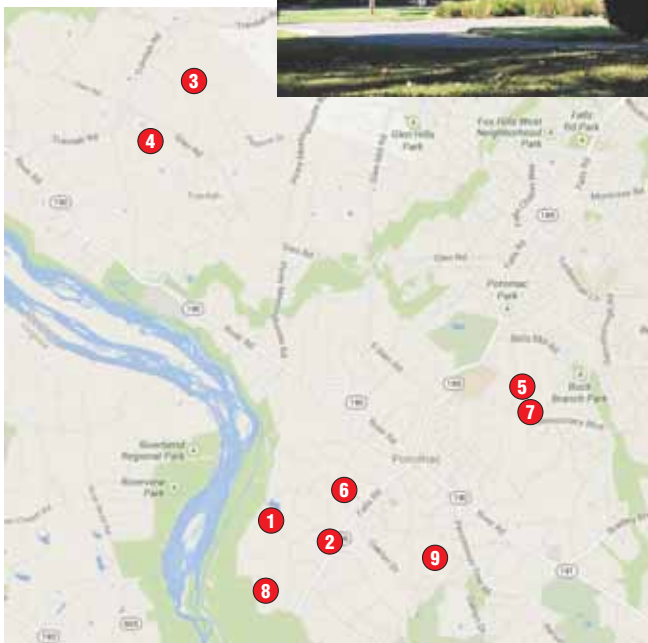


6 10712 Stanmore Drive — \$2,050,000



7 8933 Harvest Square Court — \$1,960,000

9 8926 Abbey Terrace — \$1,850,000



Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 10920 CRIPPLEGATE RD	8	8	1	POTOMAC	POTOMAC	\$3,575,000	Detached	2.48	20854	POTOMAC FALLS	07/25/13
2 10701 ALLOWAY DR	7	5	2	POTOMAC	POTOMAC	\$3,085,000	Detached	2.07	20854	POTOMAC FALLS	07/24/13
3 11821 CENTURION WAY	6	7	2	ROCKVILLE	ROCKVILLE	\$2,375,000	Detached	2.00	20854	PALATINE	07/01/13
4 12506 SYCAMORE VIEW DR	6	6	2	POTOMAC	POTOMAC	\$2,330,000	Detached	6.70	20854	STONE CREEK FARM	07/15/13
5 9112 PAYTLEY BRIDGE LN	6	7	1	POTOMAC	POTOMAC	\$2,325,000	Detached	2.19	20854	KENTSDALE ESTATES	07/10/13
6 10712 STANMORE DR	5	4	1	POTOMAC	POTOMAC	\$2,050,000	Detached	2.00	20854	POTOMAC FALLS	07/11/13
7 8933 HARVEST SQUARE CT	5	6	2	POTOMAC	POTOMAC	\$1,960,000	Detached	2.07	20854	KENTSDALE ESTATES	07/22/13
8 8805 BELMART RD	5	3	1	POTOMAC	POTOMAC	\$1,925,000	Detached	3.28	20854	POTOMAC FALLS	07/01/13
9 8926 ABBEY TER	6	4	2	POTOMAC	POTOMAC	\$1,850,000	Detached	0.28	20854	AVENEL	07/26/13

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Serving Those with Developmental Disabilities

PCR works with other groups to launch similar programs.

BY SUSAN BELFORD
THE ALMANAC

In 1994, Joan and Jim Sullivan of Potomac proposed an idea to Father John Enzler and the parishioners of Our Lady of Mercy Catholic Church — an idea that changed and improved services for teens and adults with developmental disabilities in Montgomery County.

Because their daughter Patricia was born with profound disabilities, they requested that the church do more to help people like their daughter. Patricia died on New Year's Eve in 1994 without being able to participate in Potomac Community Resources' programs.

"It goes to show how a serendipitous interaction can become very special and meaningful in a community," said Stephen Riley, PCR's executive director. "Our answer was to develop a series of innovative social, recreational programs and therapeutic programs. At our initial organizational meetings, we identified teens and adults as the people who most needed programs be-

cause there was little offered. PCR was created and now offers 35 semester programs as well as special events, information, advocacy and respite care."

Participants in PCR are called members — and membership is free. Courses focus on communication skills and speech therapy, art and music instruction and fitness and exercise. All the exercise programs are led by a licensed personal trainer, music and art programs by licensed music and art therapists, and women's and men's groups are facilitated by licensed clinical social workers. Members enjoy participating in chorus, basketball, aerobics, yoga, rhythmic movement, photography classes — and in 5K running and walking programs. PCR also offers a Friday night social club as well as a series on transitioning from high school to adulthood. There is a minimal charge for the classes, but "no one is ever turned away or excluded," said Abby Lubran, volunteer and program coordinator.

The Tricia Sullivan Respite Program is also offered for people with significant care needs and/or those with medical needs. This program provides five hours of therapeutically fun activities such as pet therapy, massages, sensory activities, wheelchair dancing, adaptive aerobics and aromatherapy. "The energy in the room is infectious," said Lubran. "This program pro-



PHOTO CONTRIBUTED

Alyssa Florwick, deputy respite director for Potomac Community Resources, with a PCR member.

vides crucial social and recreational opportunities that they so need. Most live at home without a lot to do — and this gives them an opportunity for five hours once a month to come and have fun."

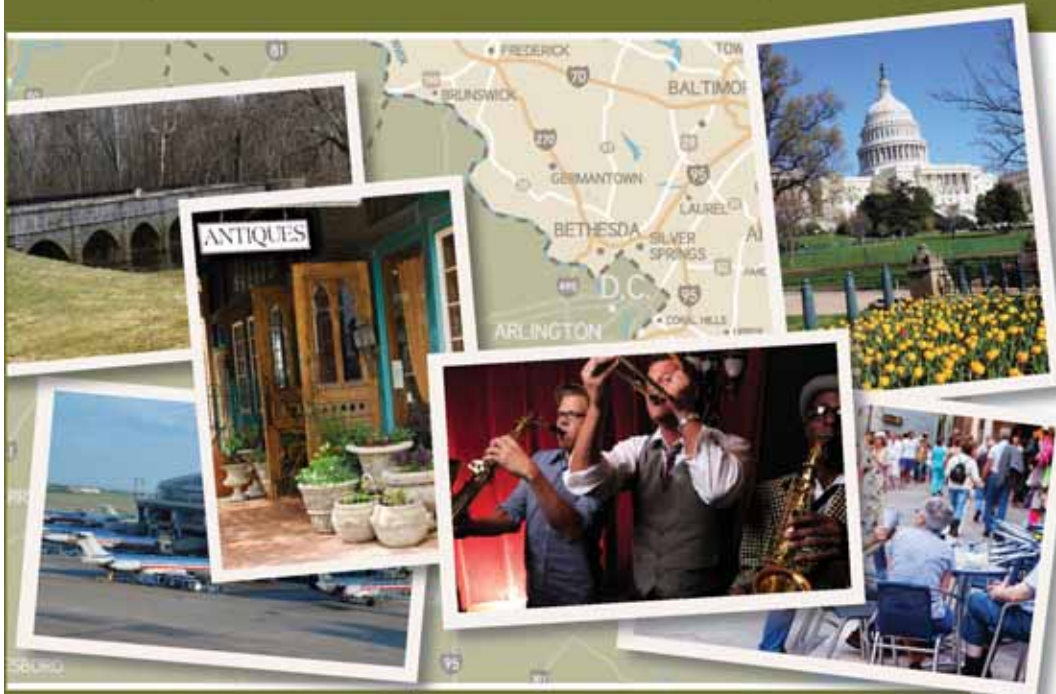
Four times a year PCR holds special event parties for members, families, volunteers and staff — often attended by as many as 400. They host Halloween and Holiday parties at the Connelly School of the Holy Child, a February Beach Party where everyone shows up in colorful bathing suits, shorts — and even hula skirts and a July Barbeque at Smokey Glen. The Best Buddies program at Holy Child works in conjunction with PCR.

"We still operate from the same tiny office in the Parish House, donated by Our Lady of Mercy Church," said Lubran. "Our program director, Seth Duncan, supervises our staff and personally knows each of the members and families. It's a real culture of caring and understanding. We provide assistance in accessing available resources and services and also help families to advocate for their loved one."

Since PCR wants to maintain their size and programs in order to be personally involved with each member, they have been assisting other groups to launch their own programs for those with developmental disabilities. Riley said, "We have been advising other groups on how to do what they want to do by explaining how we work — and aiding them in any way we can. We are pleased because the number of available programs in and around Montgomery County has grown."

PCR has won numerous awards for their innovative programs. PCR is funded by individual and corporate contributions, foundation grants and funding from the Montgomery County Department of Health and Human Services as well as through a grant from the Montgomery County Council. They are also supported by 100 or more volunteers each year. To become a member, to volunteer or to donate, visit www.pcr.inc.org or call 301-365-0561.

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OPINION

Focus on Use Of Pesticides

To the Editor:

The following open letter was addressed to the members of the Transportation, Infrastructure, Energy and Environment (T&E) Committee.

Americans have been led to believe they need poisons to keep their yard pretty and pest-free. According to the Environmental Protection Agency (EPA), we use 67 million tons of chemicals on our lawns each year, dropping over \$700 million for the privilege of contaminating our surroundings and ourselves.

Homeowners use 10 times the amount of pesticides per acre that farmers do. And toxic particles can drift several feet, or even many miles, depending on the method of application and other factors.

There are currently few legal rights against pesticide drift, despite the mounting evidence that these pesticides are killing us and our pets, and poisoning our environment. The current regulatory system favors pesticide applicators and manufacturers and places the burden of proof on victims of pesticide poisoning.

Rather than take the rational approach and get the dangerous stuff off the market, as the folks in Canada have been systematically doing in the past 20 years, Americans just race to fix one problem by replacing it with a potentially larger problem. The view, clearly, is that "science will cure all ills" when a heavy dose of common sense would clearly be the best path. The good news to report is that the Canadian example is not being wholly ignored. Bills in at least two states are following the lead set by New York last year with its Child

Safe Playing Field Act.

Meanwhile, the proof of the factors in why we should ban these products continues to stack up from scientific sources. Here are just a few of the reasons to not use the weed killer known as Roundup, for example (most from SafeLawns.org), but applies to other pesticides as well:

HUMAN HEALTH — The product can cause an increase in human disease due to the way Roundup causes restriction of nutrients such as calcium (which affects bone density), iron (blood), manganese, zinc (liver, kidney) and copper, magnesium (brain). Tests show an "inert" ingredient in Roundup, polyethoxylated tallowamine, or POEA, kills human cells. Traces of Roundup found on corn and soybeans, among other crops, can cause cell damage in humans.

PLANT HEALTH — Roundup increases plant stress and disease due to its interaction with biology in the soil. In some cases, the plant toxicity can have residual negative impacts on animals and humans.

NUTRIENT REDUCTION — Widespread use of the product reduces the nutrient value of food because the Roundup binds and inhibits the movement of essential micronutrients.

MUTANT WEEDS — After nearly four decades of use, many areas of the country are seeing an increase in new species of weeds resistant to Roundup.

PESTICIDE RELIANCE — Since the introduction of "Roundup Ready" genetically modified plants in 1996, use of Roundup has increased exponentially. Uses of other pesticides have also increased due to additional weed, insect and disease pressure caused by over reliance on Roundup.

YIELD REDUCTION — Farmers generally see a significant decrease in the yields of fields after the first two years using Roundup.

SPECIES REDUCTION — Roundup causes the destruction of important soil flora, plants that are important in nitrogen fixation, mineralization, and other soil fertility processes.

WATER QUALITY — Roundup causes increased leaching of phosphorus and other nutrients into waterways. Additionally, scientists have identified an emerging class of contaminants in the Potomac River, called endocrine-disrupting compounds (EDCs), a variety of natural and manmade chemicals from many sources which cannot be removed from our drinking water.

ADDITIONAL GMOs — As more and more weeds mutate and become resistant to Roundup, the pesticide industry races to develop more genetically modified plants. News out of the University of Missouri this week states that researchers there plan to genetically modify plants to resist the herbicide 2,4-D, a product that has been shown in peer-reviewed scientific journals to increase the likelihood of non-Hodgkin's lymphoma, endocrine disruption, reproductive and developmental effects, as well as water contamination and toxicity to aquatic organisms.

Eighty percent of our neighbors to the north, the Canadian population, now live under the auspices of bans of products like weed 'n feed and Roundup. That begs the question even more loudly: If Canada can ban pesticides without appreciable consequences, when will the U.S., Maryland and Montgomery County begin to catch up?

Barbara Hoover
Potomac



Birthday girls
Haley Matan and
Alex White with
Cordoba and Val
Robinson.

Partying with Horses

The birthday party
at the Potomac
Horse Center on
Saturday, Sept. 7,
included a hay ride.



From left:
Haley Matan on Cordoba,
Paula Castro,
Alex White on Mirza
and Ciara Scott.

PHOTOS BY
DEBORAH STEVENS
THE ALMANAC

From left:
Yanit Mengiste,
Val Robinson and
Isabella DaSilva
with Rafi the horse.



SPORTS



PHOTO BY ALI BRATTUN

New Athletic Field

Washington Episcopal School students cheer as head of School Kirk Duncan and Board Chair Britt Snider '88 cut ribbon on new athletic field, as Washington Nationals baseball team "racing president" George Washington looks on. The field, with a dragon design located at the center, has stadium seating for 80, picnic tables, and a brick walkway consisting of more than 200 bricks engraved with personal messages from the school community. Construction was handled by Forrester Construction Company of Rockville. Washington Episcopal School is an independent, coeducational day school in Bethesda for students age 3 to grade 8. See www.w-e-s.org.

SPORTS BRIEFS

Whitman Football Blanks Blake in Opener

Whitman running back Zac Morton ran for 112 yards and a touchdown and caught six passes for 107 yards and another score as the Vikings opened the season with a 28-0 victory at Blake on Sept. 6.

Whitman quarterback Evan Smith completed 12 of 20 passes for 187 yards, with one touchdown and one interception, and also scored a touchdown on the ground as the Vikings captured their first season-opening victory since 2011.

Whitman will host Quince Orchard at 6:30 p.m. on Thursday, Sept. 12.

Wootton Football Beats WJ

The Wootton football team shut out Walter Johnson 38-0 on Sept. 7 at Wootton High School, giving the Patriots back-to-back season-opening victories.

The Patriots will travel to face Bethesda-Chevy Chase at 6:30 p.m. on Thursday, Sept. 12.

Churchill Falls To B-CC

The Churchill football team opened the season with a 25-15 road loss to Bethesda-Chevy Chase on Sept. 6. It was the Bulldogs' first season-opening defeat since 2010, when they were blanked by Gaithersburg, 42-0.

Sean Strittmatter completed 14 of 24 passes for 160 yards and a touchdown, but was intercepted

three times. The Bulldogs rushed for 114 yards, led by Juwan Hamelin's 55-yard effort.

Defensively, Steven Stillwell led Churchill with seven tackles. Blake Dove and Giulian Groce each had six. Churchill, which reached the playoffs each of the last two seasons, will host Walter Johnson at 6:30 p.m. on Thursday, Sept. 20.

Bullis Looking To Bounce Back

The Bullis football team will travel to St. Mary's in Annapolis on Sept. 12 in search of its first victory of the season. The Bulldogs opened the year with a 42-0 loss to St. John's on Aug. 30.

Kickoff against St. Mary's is scheduled for 7 p.m.

Churchill Field Hockey Starts 2-0

The Churchill field hockey team won its first two games, beating Quince Orchard 1-0 on Sept. 6 and Watkins Mill 5-0 on Sept. 9.

Against QO, Churchill's Clare Nolan scored the game's lone goal, which was assisted by Annie Moshyedi and Carly Kabelac.

Churchill will host Kennedy at 5 p.m. on Sept. 17.

Churchill Girls' Soccer Beats Blake

The Churchill girls' soccer team defeated Blake 8-0 on Sept. 9. The Bulldogs (1-0) will travel to face Bullis at 7 p.m. on Sept. 12.

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Now This is What



By KENNETH B. LOURIE

Do nothing (no more treatment) and live life to the fullest (for as long as I'm able, and right now, I'm extremely able); start another chemotherapy protocol – with an I.V. chemotherapy drug which, according to my oncologist, has not been proven in any clinical setting to be better than the patient doing nothing; or, try to get into a Study (Phase 1, 2 or 3) at either N.I.H. (National Institutes of Health) or Johns Hopkins (in Baltimore) and let the treatment chips fall wherever experimental/research medicine takes them. This is what my oncologist discussed with Team Lourie at my most recent appointment, my first appointment with him since my hospitalization and subsequent release.

It was my decision, of course. My oncologist, as he has opted to do so in the past when similar treatment options have been considered, tried to remain neutral, yet informative and responsive to our questions. He did offer up some personal opinions/assessments when we pressed him which turned out, oddly enough, to be contrary to mine. His feeling was, if he was the patient (and feeling as good I do), that he'd forgo any additional treatment – conventional or otherwise, and "take as many vacations as possible." As compelling as his extremely honest answer was, I/we decided not to give up quite yet and instead I authorized him to make inquiries about getting me into a Study at one of the preeminent research facilities in the world: National Institutes of Health, especially considering they're located approximately 30 minutes by car from my home.

In conjunction with this decision, I am also going to recommit myself to a more non-traditional, immune system-boosting/heal-thyself-type dietary pursuit that for the past four-and-a-half years has not – in total – been a part of my anti-cancer lifestyle: juicing organic fruits and vegetables, very specifically to include wheat grass and carrots; ingesting a drop or two of hemp oil per day and Berry Green (another super food/super healer: nutrient-rich and loaded with antioxidants); none of which is of course FDA-approved. Nevertheless, if my life is to go on (and I feel as if it should – duh!), it feels like now is the time to ramp up, especially considering the admission by my oncologist that he as no more anti-cancer drugs that he feels offer any real hope in stabilizing/shrinking my tumors and/or reducing/preventing the inevitable fluid build-up common with my diagnosis. Unsettling, sort of, after 54 months, but after assimilating and digesting his news/medical opinions, I view this more as an opportunity. The doctors have done what they can do – responsibly, ethically; now it's time for me to do what I can do.

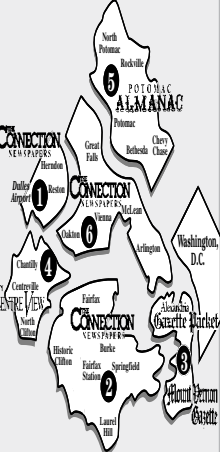
Certainly I'll have lots of questions – and anxiety – moving forward, but if I indeed want to move forward and live, repeating the past seems unlikely to be the answer (and quite frankly, after enduring multiple lines of chemotherapy already, the protocols actually don't allow it). I think I'm ready for the change, though (what choice do I have, really?); scared of course, but eager for the challenge. I've lived this long – post-diagnosis, against all odds (or so I was told originally); I'd like to think (hope certainly) that I can live a little bit longer.

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

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Cycling Fuels Wounded Veterans' Rehabilitation

FROM PAGE 3

allow me to be around the foundation of why we were all or now in the military. Focused intent/mission, brotherhood of like-minded individuals, teamwork, aggressive, motivated folks able to connect and bond through sharing physical and mental challenge through cycling. It just doesn't get much better than that."

"Being part of the team, unit, organization, movement, which lifts spirits, health, and wellness, to accomplish incredible feats of effort is life lifting," said another.

Ride2Recovery and its programs have distributed more than 3,000 bikes to veterans of wide ranges of disabilities and injuries, said Sprano.

Project Hero was created to enhance, inspire, and challenge Healing Heroes' rehabilitation by introducing them to Ride 2 Recovery. "Hosted at military installations and VA facilities, each participant sets individual goals while working in a group. In partnership with local facility staff and cadre, the Project HERO provides personalized and progressive cycling programs that fits the needs of the patient population and promotes a fuller and quicker rehabilitation."

In 2008, 55 participants rode in Ride2Recovery events in California and Washington D.C. and 20 cycles were distributed. Last year, 1,200 riders participated in rides throughout the year and 450 cycles were distributed.

Specialized mechanics with the program adapt cycles for anyone.

One veteran with three amputated limbs was training on River Road Labor Day week-



Two veterans who have lost limbs use adaptive bikes to tackle steep hills on River Road.

Get Involved

Ride 2 Recovery and Project Hero need volunteers and donations. See ride2recovery.com

end, passing the 50 miles per hour speed limit on downgrades, and pushing forward on River Road's upgrades.

Key events for R2R include the 9/11 American Challenge which started near Ground Zero and finished at the Pentagon, Normandy Challenge which traced the steps of D-Day and subsequent battles, and the signature annual events, California Challenge from San Francisco to LA along the coast and the Memorial Challenge from D.C. to Virginia Beach. Other Challenges have been held in the Bluegrass states, Colorado,

Gulf Coast, Great Lakes, New England and Texas.

"A Challenge pushes participants to their limit, both physically and mentally. These Challenges bring active duty military and injured veterans from all branches of the U.S. military to ride in a group of 150-200 cyclists providing a sense of normalcy, accomplishment, pride, camaraderie and relief from depression and other problems that accompany their recovery and rehabilitation," according to press materials.

"It's really about physical and mental rehabilitation, being with a group of people people again is a huge step towards the healing process," said Sprano.

"I've seen people do a complete turn around," said Springer.

In Their Own Words

Veterans who have participated in Ride2Recovery share their own thoughts about the program:

❖ "A chance to sweat, try and succeed with like-minded people. To feel comradery again."

❖ "Building a bond of brotherhood, leaving the overwhelming feelings of loneliness behind me, making my family that much larger."

❖ "It gave me confidence in myself again. It brought me close with other vets and people who understood what I had been through. It is such a great feeling. No other therapy or medication comes close."

"Being part of the team, unit, organization, movement, which lifts spirits, health, and wellness, to accomplish incredible feats of effort is life lifting."

❖ "Life changing experience. I never thought how much I could do until this challenge. It has taught me that I can do more than I think and my self esteem has dramatically increased."

❖ "Since my first ride I have ridden approximately 650 miles including this one. I know now that I am not doomed to die a slow non-active life. I now ride, dropping weight, socializing, reflecting on the past and for the longest time looking toward the future waiting to see what's next on my bike."

❖ "Always a blessing and has done so much to continue to heal my PTSD."

❖ "Not only does trips like these challenge me physically, some of the events, dealing with people, large crowds, enclosed areas, tunnels, traffic. I am extremely happy about that I can be with my family while going through."

❖ "I needed to know that I can still perform. I can still do and be a functional soldier and a part of my community. Since my injury, I thought my body gave up on me. I needed to prove to myself that I can still do it."

❖ "Once in a lifetime experience with some great men and women. Staff did great job with rider safety."

❖ "This challenged me both mentally and physically. I was able to reach further heights and prove to myself there is still more for me to achieve in cycling."

❖ "The opportunity to clear my mind from all the bad, challenge myself to complete an athletic feat I never thought possible. Inspiration from others and allowed to be me."

PHOTO BY MARY KIMM/THE ALMANAC

Book Depicts Her Parents' Early Relationship

Local author pens memoir "Love Crazy."

BY SENITRA T. MCCOMBS
THE ALMANAC

One day while helping her parents move their belongings into a retirement community, Potomac resident Selby McPhee stumbled upon a box of letters with the words "Personal letters of Mr. and Mrs. J. J. Fleming, Jr — to be destroyed unopened" written on the lid in 1983.

"I couldn't resist reading them," she said.

Based on these letters between her parents (Jack and Peggy Fleming), McPhee wrote the memoir "Love Crazy."

The book documents her parents' intense and often chaotic courtship and marriage. The author also addresses how "we are formed by our families" and "how we carry some of our parents with us" in relation to her family.

"It was a sort of treasure trove of the history of my family. Including their secret elopement and their families trying to break them up. As I read the letters, I wanted to write the story because it really told the story of the 1920s," she said.

McPhee was thrilled to discover hundreds of letters her mother and father sent to each other.

Since both of her parents were in their 40s when she was born, these letters also gave her a rare glimpse into the early years of their relationship and marriage.

During the first year of their marriage, her father's parents send him back to Cornell University to finish out his last year without his wife, Peggy. So the early letters captured her parents' dreams and hopes for the future of their marriage and family.

One of her favorite letters captures her parents' life in 1920's Chicago during the height of the jazz scene and speakeasy era.

"It was wonderful to read about this young couple who were having fun, drinking bathtub gin and going to speakeasies ...



Selby McPhee

and doing all those things you read about in Fitzgerald novels," she said.

Moreover, she was also able to learn about her father's journey overseas during World War II.

"I really loved reading my father's war letters. I was fascinated to read what it was like

for the Navy in the Pacific, on ships heading for unknown places, being on Guam, building a base, interacting with the Chamorro children who went to school nearby," she said.

Like many "war babies," she did not meet her father until she was older. When her father returned home, she and her mother took a train ride to meet him when she was two years old.

As a first time author, she faced a number of challenges. One of the biggest challenges she faced was being objective and "controlling some of her emotional reactions" by not allowing them to color her writing.

Although her older brother died be-

fore the book was published, McPhee's family was supportive and offered much feedback throughout the writing process.

McPhee also she tried to give a realistic portrayal of her parents and the period in which they lived in. Besides reading their letters, she spent hours gathering background information from books on each of the time periods covered in the book.

"It was very interesting reading the books about the Depression and learning how old rubber hoses and bathing caps were taken so that the government could make tires," she said.

She also encourages individuals to look through those old boxes of letters or papers in their attics because "there are stories there to be told."

McPhee is a retired staff writer and editor at schools, universities, and other educational institutions including Tufts University and the National Association of Independent Schools.

The book was released in April 2013 and is available at local bookstores, Amazon and Barnes and Noble.

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