

# Potomac ALMANAC



## Country Vintage Festival

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Join Donna E. Driscoll  
Walk for Dystonia

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Choosing a Private School

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31st Annual Potomac Day  
Parade This Saturday

NEWS, PAGES 8-9

At the Potomac Country Vintage Festival, Maria Gwira stands next to a handmade conversation seat made out of West African mahogany wood by Ken Gwira.

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PHOTO BY COLLEEN HEALY/THE ALMANAC

OCTOBER 16-22, 2013

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**Nicole Welke, vicar at Emmanuel Lutheran Church, conducted Blessings of Animals on Sunday Oct. 6.**



**Wink and Vicar Nicole Welke**



**Ellie and Vicar Nicole Welke**



**Circles and Vicar Nicole Welke**

## Join Donna E. Driscoll Walk for Dystonia

**Event to raise funds for research.**

BY SUSAN BELFORD  
THE ALMANAC

**D**onna Driscoll is the voice of courage as she discusses dystonia, the disease she has lived with for nine years. “It’s frustrating and debilitating — but I never give up pushing. I feel better when I am trying.”

Driscoll’s life was totally altered by this neurological movement disorder that she now battles on a daily basis. She had always been an active person who played competitive USTA team tennis, taught first grade at Garrett Park Elementary and traveled often to visit grandchildren.

Because of dystonia, the Potomac resident has been forced to give up tennis, retire from her teaching position and quit walking her dog. She could not accompany her children and grandchildren to Disney World without a wheelchair and she had difficulty with daily tasks such as grocery shopping and walking up and down stairs.

Yearly she vows to beat dysto-



PHOTO CONTRIBUTED

**Donna and Tom Driscoll**

nia by raising funds for research and by increasing the public’s awareness. “Researchers have made strides in the treatment of dystonia, and I am determined to raise enough money to solve the mysteries of this disease and find a cure.

Researchers have found new procedures and medicines that improve the lives of those with Parkinson’s — a disorder closely related to dystonia. I always say, ‘Parkinson’s has Michael J. Fox, dystonia has me.’”

Driscoll continues to increase the knowledge about her debilitating disease by trying to mobilize government officials to grant more funds to dystonia research.

“I have walked the halls of Con-

SEE DYSTONIA, PAGE 5

## Local Producer’s ‘No Evidence of Disease’ To Screen in Bethesda

**Doctors in rock band honor their patients.**

BY SUSAN BELFORD  
THE ALMANAC

**N**.E.D. or “No Evidence of Disease” — the words every patient hopes to hear — is the name of a rock band created by six GYN cancer surgeons who deliver a message and hope with each song they play. Bethesda’s Karen Simon has joined with Emmy Award-winning filmmaker, director Andrea Kalin of Washington D.C.’s Spark Media to produce a documentary that chronicles the lives of the doctors as well as the courage and experiences of their patients.

The movie descriptor explains: “As music and medicine join forces in the fight for life, surgeons are transformed into rising rock stars, and their patients and loved ones jump on the bandwagon, infusing the struggle for survival with heart, hope and Rock ‘n’ Roll.” The doctors, irate because

gynecological cancers do not receive the publicity that other cancers receive — or the funding — choose to take on the “Below the Belt” cancers. Their songs are original and they play not only for their own satisfaction, but to honor the courage of their female patients and their devoted families and friends, who join in the fight to make others aware of this “silent killer.”

Statistics indicate that 88,000 women are diagnosed yearly with gynecological cancers — and approximately 30,000 will die each year. The five gynecological cancers are ovarian, vaginal, cervical, vulvar and uterine and the most fatal is ovarian cancer. The Pap smear is the only available screening for cervical cancer, but there are no other routine tests that reveal the other gynecological cancers. Symptoms may include vaginal itching or burning, back or abdominal pain, being tired all the time, having to pass urine very badly or more often than usual, bloating, and bleeding from the vaginal area.

The doctors who make up the rock band N.E.D. are from throughout the United



PHOTO CONTRIBUTED

**The rock band N.E.D.**

States. They met at a professional meeting and decided that, as Dr. John Soper said, “We want to make a noise. There’s been a wall of silence around it, and hopefully we can, we can bring some noise so that we’re heard and our patients are heard.” Soper (guitar) is the Hendricks Professor of Ob-

stetrics and Gynecology at the University of North Carolina School of Medicine. Dr. John Boggess (vocals, guitar) is a surgeon and professor from the University of North Carolina School of Medicine. Dr. Joanie Hope (vocals, guitar) is a gynecologic on-

SEE DOCTORS, PAGE 4

# Doctors in Rock Band Honor Their Patients

FROM PAGE 3

ologist at the Denali OB/GYN Clinic in Anchorage, Alaska. Dr. Nimish Nagarsheth (drums, percussion) is on the faculty of Mt. Sinai Medical Center in N.Y.C. and Englewood Hospital and Medical Center in Englewood, N.J., Dr. William “Rusty” Robinson (bass, harmonica) is professor of gynecologic oncology at Tulane University in New Orleans, La., and Dr. William Winter (guitar) is a gynecologic oncologist at Northwest Cancer Specialists in Vancouver, Washington and Portland, Oregon.

N.E.D. performs about six times a year. They practice on their own, then Skype one another and rehearse from afar together. When they stride onto the stage, they are transformed into six rockers intent on delivering sounds that haunt the soul and bring positive vibrations, healing their patients, families and loved ones and energizing themselves from the burn-out and exhaustion. They are raising funds for their cause — “one song at a time.” N.E.D. will be performing at 6 p.m. on Nov. 2 at Penn Social, 801 E. Street in D.C. as a part of the National Race to Cure Women’s Cancer Weekend.

Producer Karen Simon said, “The documentary is about awareness, the power of music, seeing the women with cancer up close and personal. We wanted our audi-

ences to know the rock doctors and understand what family members are faced with. It’s about courage and dedication. Besides ‘No Evidence of Disease,’ we also created a comprehensive tool kit video for women called, ‘What Every Woman Should Know’ which delivers information and resources as well as questions to ask doctors and ideas for caregivers. A GYN/oncologist will be at every screening to answer questions. Dr. Larry Maxwell, chair of the Department of Obstetrics and Gynecology at Inova Fairfax Hospital, will be featured at Bethesda.

“We filmed it wherever the doctors are — N.Y., N.C., Portland, Alaska and New Orleans. There are many ways to tell the story and there are so many stories to tell. We wanted to deliver the themes and the messages — the importance of this band to these women and the families, and the power of music to heal for the doctors and the women. It’s about what the band has done — women now have a voice through the band. The music — they are rockers — they take universal life themes and apply them cancer and to life.”

Simon has been producing documentary films for Spark Media for 14 years. She was managing director of Voices on the Street as well as a producer and on-air host for the Voice of America. She also directed a non-profit theater group for the homeless

and at-risk children, and is active in community theater.

“No Evidence of Disease” will play at Landmark Bethesda Row Cinema on Nov. 5 at 7 p.m. The screening is being held as a TUGG, Inc. a web-platform which gives individuals the opportunity to choose significant films for their local theaters and invite their friends and community to the screening. This film is sponsored by Wendy

Feldman Block and Robin Weinberg and is nearly sold out. To learn more about sponsoring movies through Tugg, Inc. go to [www.tugg.com](http://www.tugg.com).

To view a trailer of the film or learn more about it, visit [www.n.e.d.themovie.com](http://www.n.e.d.themovie.com). For screening inquiries and media contact, contact Simon at [karen@sparkmedia.org](mailto:karen@sparkmedia.org). To listen to or purchase the sounds of N.E.D. go to [www.ned.theband.com](http://www.ned.theband.com).

## BULLETIN BOARD

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

### THURSDAY/OCT. 17

**Dinner.** 7 p.m. at Normandie Farm restaurant. Columnist Cal Thomas will headline the Republican dinner. Call 301-580-0631 for tickets.

### SUNDAY/OCT. 20

**Fire Station Open House.** 10 a.m.-2 p.m. at Glen Echo Volunteer Fire Department, Station 11, 5920 Massachusetts Ave., Bethesda. Open house events include: tours of the station, fire safety activities, educational information/handouts, demonstrations of equipment and more. Free. Call 301-229-3200.

### MONDAY/OCT. 21

**Career Gateway.** The Jewish Council for the Aging will host a job search training program for people over 50. Get 30 hours of small-

group instruction over five non-consecutive days, one-on-one mentoring and take-home materials. \$75. To register or find out more, e-mail Ellen Greenberg at [egreenberg@accessJCA.org](mailto:egreenberg@accessJCA.org) or 301-255-4215.

**Unwanted Book Collection.** Realtors from Real Estate Search and Sale will be driving through Montgomery County neighborhoods to collect unwanted books. Have at least 20 books to donate in order to have a scheduled pick-up. Books will be donated to Reach Out and Read, Head Start, local shelters, elementary, middle, high schools, as well as shelters and senior centers. E-mail Carolyn Thompson [ct@mris.com](mailto:ct@mris.com) with your address, to schedule your books to be picked up.

### TUESDAY/OCT. 22

**Meeting.** Potomac Community Village’s monthly program/ meeting will be from 7:30-9 p.m. at Congregation Har Shalom, 11510 Falls Road. Elinor Ginsler will discuss “Caring for Aging Parents.” Free.



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## NEWS

# Dystonia

FROM PAGE 3

gress every year to make our congressmen and women realize how devastating this disease is — and that money needs to be allocated for more research. Three hundred thousand Americans are afflicted with it — and the numbers are rising. It's the only way to unlock the mystery of why children and adults get this disease — and how it can be treated and cured," she said.

An increasing number of Wounded Warriors are being diagnosed with dystonia due to traumatic brain injuries. The Department of Defense now recognizes dystonia as one of the devastating conditions that military men and women are returning with from Iraq and Afghanistan. There is no cure — and it is often misdiagnosed.

The Donna E. Driscoll Walk for Dystonia on Oct. 26 will begin and end at the historic Irish Inn in Glen Echo. This autumn walk will be an opportunity to stroll 3.3 miles along the towpath of the C&O Canal, through the town of Glen Echo and finish with a continental breakfast furnished by Christy and Libby Hughes, owners of the Irish Inn and long-time supporters of the effort to cure dystonia. Hatzel Vela from the ABC7/WJLA-TV news team will be on hand to greet and support the walkers as they head off to complete their mission and return for breakfast.

This is the inaugural Donna E. Driscoll Walk for Dystonia. In previous years, Driscoll sponsored a golf and tennis tournament at Bretton Woods.

"People often call me to ask when it is taking place.

However, we felt it was time for a change. I am excited about the walk because it celebrates having the ability to move freely — and that's what we want for everyone with dystonia.

"Many people with dystonia will be attending. If they are unable to walk, they will be here to socialize. We also have a virtual walk on the website for those who cannot come on Oct. 26. I am also elated because many of my former students are planning to come too."

Registration for the 8 a.m. walk on Oct. 26 is available on-line at [driscollwalkfordystonia.com](http://driscollwalkfordystonia.com). Participation in the race is \$35 which includes a tee-shirt and the continental breakfast.

All proceeds go to the Dystonia Foundation. For more information, contact Donna or Tom Driscoll at [info@Driscollwalkfordystonia.com](mailto:info@Driscollwalkfordystonia.com).

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# Vintage Festival Supports Charities



**The Potomac Vintage and arts festival featured handmade arts and crafts, food from local restaurants and paintings. Artist Yolanda Prinsloo feels “The festival is about celebrating the Potomac of yore, the Potomac of today.**



**Barbara Denison featured her sea-scape paintings at the arts festival.**

The Potomac Country Vintage Festival raised funds to support charities such as Manna, Shepherd’s Table, SOME, Stepping Stone Shelter, Families Foremost Center, Montgomery Coalition for the Homeless, Montgomery Hospice and Casey House, Men’s Shelter, Children’s Inn during the weekend of Oct. 5-6 at St. Francis Episcopal Church.



**Mariale Bonilla featured crochet items from Lamimi Boutique.**



**Artist Maria Lanás with her infusions painting inspired by cancer treatments. Some of her paintings will be donated to ArtCAN a fundraiser for pancreatic cancer.**



**Dot Proctor’s paintings feature several local landscapes.**



**Logan Shenker is delighted by the piglet and bunny from Squeals on Wheels.**

## NEWS IN NUMBERS

**4.56**

Potomac River’s water level was 4.56 feet at Little Falls Pumping Station and 62 degrees on Monday, Oct. 14 at 3 p.m. One month ago (Sept. 13), the temperature of the water was 70.5 degrees and the water level was 2.8 feet. On Oct. 17, 1942, the water level crested at 26.88 feet.

**0.4**

The 31st annual Potomac Day Parade, sponsored by the Potomac Chamber of Commerce, starts Saturday at 10:30 from River Road across from Potomac Elementary marching 0.4 miles through the intersection of Falls and River roads. The annual Potomac Day festival given to the community by the chamber also includes a classic car show, business fair, children’s festival, and moon bounces, rides, ponies and more. Call 301-299-2170.

**70**

Seventy percent of parents with children in MCPS high schools say

the 7:25 a.m. start time is too early. 63 percent of students agree. Sixty-nine percent of parents and 54 percent of high school students want the high school start time pushed back by 30 minutes or one hour, and 28 percent of parents and 38 percent of high school students want the high school start time to remain the same. “In December 2012, under my direction, a work group was convened to develop options to address high school students’ need for more sleep, and in particular, to consider adjustments to school start times,” according to Superintendent Joshua P. Starr.

**2015**

“I believe it is worth our time and continued effort to go deeper into the findings and see if we can determine a way to increase sleep time for our adolescent students by changing bell times,” according to Starr.

“I anticipate that by spring 2014, we will be ready to publicly discuss further findings and a course of action and timeline. Due to the complexity of this endeavor, I anticipate implementation in the 2015–2016 school year at the earliest.”

**\$10**

Montgomery County Council resolved Tuesday, Oct. 15 to commit to supporting anti-poverty programs and non-profit providers that support the most economically vulnerable residents of Montgomery County. The council urges the General Assembly to increase the state minimum wage to at least \$10 an hour by 2015, according to council documents presented Tuesday. “According to the Maryland Community Action Partnership’s report, ‘Self Sufficiency Standard for Maryland,’ Montgomery County is among the most expensive places in the nation to raise a family.” On Oct. 9 at an event at the Metropolitan Washington Council of Governments, leaders from Montgomery County, Prince George’s County and the District of Columbia advocated for a regional minimum wage of \$11.50 per hour.

**\$95,660**

The median household income in Montgomery County from 2007-1001, according to the U.S. Census. During that same period, 6.3 percent of Montgomery County residents were living at

or below the poverty level of \$18,530 for a family of four, according to council documents. The average household income in Potomac is more than \$280,000.

**2**

Montgomery County Council will hold a second public hearing on proposed changes to the county’s Zoning Law starting at 7:30 p.m. on Tuesday, Nov. 12, and continuing on Thursday, Nov. 14. The hearing will address proposed changes to the law recommended by the county’s Planning Board and by the council’s Planning, Housing and Economic Development Committee. To testify at the hearing, call 240-777-7803 by 5 p.m. on Monday, Nov. 11.

**19.2**

Percent of Potomac residents are 65 years and older, according to the 2010 U.S. Census, compared to 12.3 percent 65 and older who live in Maryland.

**55**

Residents 55 and older can sign up for the semi-annual Senior Spelling Bee

scheduled to be hosted by Friends of the Library on Saturday, Nov. 9 at Little Falls Library, 5501 Massachusetts Ave. in Bethesda. Call 240-777-0020 or register by downloading an application at [www.folmc.org/senior-spelling-bee/](http://www.folmc.org/senior-spelling-bee/), calling 240-777-0020 or emailing [staff@folmc.org](mailto:staff@folmc.org)

**6**

The government shutdown hasn’t cancelled the sixth annual Potomac River Jam. Instead of being held at the River Center at Lock 8, the event will be held from 10 a.m. to 2 p.m. at the Takoma Park Farmers Market, at the corner of Carroll and Laurel avenues in Takoma Park. See [www.potomac.org](http://www.potomac.org).

**0**

Montgomery County Volunteer Center will offer short-term opportunities to furloughed federal workers who want to serve the community during the government shutdown. Email [volunteer@montgomerycountymd.gov](mailto:volunteer@montgomerycountymd.gov) or call 240-777-2600.

— KEN MOORE

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## POTOMAC DAY

# Get Ready for Potomac Day



Amusement rides



A climbing wall

FILE PHOTOS

Potomac Day includes a car show.



The petting zoo

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.

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.

— SUSAN BELFORD



Tooth Fairy waves to the crowd at Potomac Day parade.

### People of the Year

The Potomac Chamber of Commerce will honor five people of the year both in the Potomac Day Parade on Oct. 19 at 10:30 a.m. and at a special awards dinner on Nov. 21 at Normandie Farm restaurant. They will be featured in the Potomac Almanac in coming weeks.

♦ Grand Marshal Jean Roesser, former Maryland senator, former Secretary of Aging and longtime Potomac activist, will lead the parade with her son Eugene Roesser.

♦ Citizen of the Year Robert Hanson farms 170 acres in North Potomac, the last major farm in the Potomac subregion, future site of North Potomac park, stream valley park and trails. Boy Scouts and Girl Scouts have camped on the farm for decades.

♦ Business Person of the Year Bob Sickles, owner and founder of Kids After Hours and Carnival Day, supporting many organizations for young people.

♦ Co-Youth of the Year: Matthew Schick of Landon and Marissa Michaels of Holton Arms.



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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.

### FACILITY CLOSURES

During the course of the federal shutdown, national parks, including Glen Echo, are closed. Programs and events at these facilities may be included in this calendar. Visit [www.glenecho.org](http://www.glenecho.org) for alternative venues and closure information.

### ONGOING

**Art Exhibit.** See "Core With Rocks" by John Ruppert at Kaplan Gallery in VisArts, 155 Gibbs St., Rockville, through Oct. 20. Visit [www.visartsatrockville.org/gallery/kaplan-gallery](http://www.visartsatrockville.org/gallery/kaplan-gallery) for more.

**Art Exhibit.** See works by Judy Stone at Gibbs Street Gallery in VisArts, 155 Gibbs St., Rockville, through Oct. 20. Visit [www.visartsatrockville.org/gallery/kaplan-gallery](http://www.visartsatrockville.org/gallery/kaplan-gallery) for more.

**Art Exhibit.** See "The Body Beautiful" at Capitol Arts Network gallery, 12276 Wilkins Ave., Rockville, open from Oct. 4-25. The exhibit highlights the human figure in various forms, including painting, photography and mixed media. Visit [www.capitolartsnetwork.com](http://www.capitolartsnetwork.com) or 301-661-7590.

**Art Exhibit.** Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda, presents "Cityscapes," featuring David FeBland, Beata Drozd, Ben Ferry and Gavin Glakas through Saturday, Oct. 26. Visit [www.bethesda.org](http://www.bethesda.org) or 301-215-6660.

**Theater Performance.** See "Lulu and the Brontosaurus" through Oct. 27 at Imagination Stage, 4908 Auburn Ave., Bethesda. Best for children ages 4-9. Performances are Tuesdays-Fridays at 10:30 a.m., Saturdays and Sundays at 1:30 p.m. and 4 p.m. and select Saturdays at 11 a.m. Tickets start at \$12 at 301-280-1660 or [www.imaginationstage.org](http://www.imaginationstage.org).

**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.

**Volunteer.** Gallery monitors are needed Wednesday through Sunday at VisArts, 155 Gibbs St., Rockville. Interact with visitors and share information about the gallery. Earn credit towards classes at VisArts or earn a free dinner and a movie by volunteering. Fill out an application at [www.visartscenter.org/volunteers](http://www.visartscenter.org/volunteers).

### WEDNESDAY/OCT. 16

**Book & Author Luncheon.** 9 a.m.,



PHOTO BY BLAKE ECHOLS/IMAGINATION STAGE

**Bradley Foster Smith and Megan Dominy in the original March 2013 production of "From Here to There" at Imagination Stage.**

### Building Bridges

Imagination Stage brings back last season's North American premiere of "From Here to There," a show that introduced "free play" as an aspect of live performance. The production is about two friends who build bridges from cardboard boxes and use rhythm and vocal play to create a catchy tune. Each performance is followed by a "free play" session.

"From Here to There" runs in Imagination Stage's Christopher and Dana Reeve Studio Theatre Oct. 25-Nov. 24 at 10:30 a.m. and 11:45 a.m. as part of the 2013-2014 My First Imagination Stage season. Appropriate for ages 2-5, tickets are \$10-\$12, with a \$5 lap seat for under 12 months. Tickets may be purchased at [www.imaginationstage.org](http://www.imaginationstage.org), the Imagination Stage box office, or 301-280-1660. Imagination Stage, 4908 Auburn Ave., Bethesda.

boutique and coffee; 10:15 a.m., program begins at Lakewood Country Club, 13901 Glen Mill Road, Rockville. Ruth Levy Guyer, Allan Lichtmann and June Feiss Hersh are the guest speakers. \$70/member; \$80/member. RSVP to Laura Epstein at [epsteinsgma46@yahoo.com](mailto:epsteinsgma46@yahoo.com).

**Member & Donor Appreciation Event.** 6-8 p.m. in the Arcade Building, 2nd floor at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Members of the park can enjoy hands-on workshops, demonstrations and more. Visit [glenechopark.org](http://glenechopark.org).

### THURSDAY/OCT. 17

**Potomac Cuddleups.** 10:30 a.m. at Potomac Library, 10101 Glenolden Drive. For children up to 11 months with caregiver. Free. Visit [www.montgomerycountymd.gov/content/libraries](http://www.montgomerycountymd.gov/content/libraries) or 240-777-0690.

**Paint A Pet Portrait.** 7-10 p.m. at VisArts, 155 Gibbs St., Rockville. Send in a photo of your pet and it will be hand sketched onto a canvas. Then come in and do the rest. Visit [www.visartscenter.org](http://www.visartscenter.org) or 301-315-8200 to register.

### FRIDAY/OCT. 18

**Great Pumpkin Fun.** 10 a.m.-1 p.m. at Meadowside Nature Center, 5100

Meadowside Lane, Rockville. Children ages 3-8 will enjoy activities featuring a trail hunt, crafts, games and more. Trail-friendly costumes encouraged. \$5. Visit [www.meadowsidenature.org](http://www.meadowsidenature.org) or [www.parkpass.org](http://www.parkpass.org) (course #247249).

**Harvest Craft Days.** 8:30 a.m.-3 p.m. at VisArts, 155 Gibbs St., Rockville. Children ages 7-12 can create a mixed media project and more. Register at [www.visartscenter.org](http://www.visartscenter.org) or 301-315-8200.

**Theater Performance.** 7:30 p.m. at Wootton High School, 2100 Wootton Parkway, Rockville. See the family-friendly musical "Little Women." \$12/adults; \$8/student. Visit <http://schooltix.org/wootton/> for tickets.

**Comedy.** 8 p.m. at VisArts, 155 Gibbs St. Brian Paise will perform. Visit [www.visartscenter.org](http://www.visartscenter.org) for tickets.

### SATURDAY/OCT. 19

**Open House.** Noon-4 p.m. at Second Chance Wildlife Center, 7101 Barcellona Drive, Gaithersburg. Take a behind-the-scenes tour, hear music, live animal displays, cake walk, children's activities, mini-massages, raffles and more. Visit [scwc.org](http://scwc.org) or 301-926-9453.

**"Eye Spy" Halloween Train.** 1-8 p.m. at Cabin John Regional Park,

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# ENTERTAINMENT

7410 Tuckerman Lane. Children 8 and under can enjoy a journey through a slightly haunted forest and mark their "Eye Spy" cards each time they spy a familiar friend hiding there. Halloween movies and other activities are included in price. Costumes encouraged. \$5/person. Visit [www.cabinjohntrain.com](http://www.cabinjohntrain.com) or 301-765-8670.

**Nocturnal Neighbors Festival.** 5-8 p.m. at Locust Grove Nature Center, 7777 Democracy Blvd., Bethesda. Take a hike, meet live animals, learn from nocturnal animal experts, all while enjoying treats around a campfire, crafts and games. \$5. Register at [www.parkpass.org](http://www.parkpass.org) (course #246551) or [www.locustgrovenature.org](http://www.locustgrovenature.org).

**Opening Reception.** Meet Aylene Fallah Blafkin, artist of "A Retrospective" from 6-9 p.m. at Exhibit 9 Gallery. RSVP by Oct. 18. Visit [www.exhibit9gallery.com](http://www.exhibit9gallery.com).

**Theater Performance.** 7:30 p.m. at Wootton High School, 2100 Wootton Parkway, Rockville. See the family-friendly musical "Little Women." \$12/adults; \$8/student. Visit <http://schooltix.org/wootton/> for tickets.

## SUNDAY/OCT. 20

**Fall Festival.** 10 a.m.-1 p.m. at Cabin John Shopping Center and Mall, 11325 Seven Locks Road. Enjoy a hay maze, balloon sculptor, trick-or-treating and more. Free. 240-453-3000.

**Potomac River Jam.** The Potomac Conservancy is hosting the 6th annual Potomac River Jam from noon-4 p.m. at River Center at Lockhouse 8. Enjoy music by local musicians, canoe trips, raffles and refreshments. Children can enjoy face painting, games and crafts. Free. Visit [www.potomac.org](http://www.potomac.org) or email [shannon@potomac.org](mailto:shannon@potomac.org).

**Art Exhibit.** Noon-5 p.m. at Yellow Barn Studio at Glen Echo, 7300 MacArthur Blvd., Glen Echo. See "visioNINE," featuring art by Halcy Bohlen, Penny Doolittle and more. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com).

**"Eye Spy" Halloween Train.** 1-8 p.m. at Cabin John Regional Park, 7410 Tuckerman Lane. See Oct. 19 event for description. \$5/person. Visit [www.cabinjohntrain.com](http://www.cabinjohntrain.com) or 301-765-8670.

**Theater Performance.** 2 p.m. at Wootton High School, 2100 Wootton Parkway, Rockville. See the family-friendly musical "Little Women." \$12/adults; \$8/student. Visit <http://schooltix.org/wootton/> for tickets.

**Painting Under the Stars.** 2-4 p.m. at VisArts, 155 Gibbs St., Rockville. Learn the basics of acrylic painting. \$40. Register at [www.visartscenter.org](http://www.visartscenter.org) or 301-315-8200.

## THURSDAY/OCT. 24

**"Eye Spy" Halloween Train.** 3-8 p.m. at Cabin John Regional Park,

## MORE POTOMAC DAY FUN

**Family Fun Fitness.** 8 a.m. The Sergeant's Program will be holding a workout for children and their parents in front of the Semmes Building, 10220 River Road. Their motto is "Be All You Used To Be." Exercise and group boot camp songs.

**Children's Entertainment.** 11 a.m.-3 p.m. at Potomac Place Shopping Center. Enjoy children's entertainment such as pumpkin decorating, children's fingerprinting by MCPD, moonbounce and more. There will also be sidewalk sales, food giveaways and more. Free.

**Music at the Library.** 2:30 p.m. at Potomac Library, 10101 Glenolden Drive. Families can hear music from a variety of exotic instruments, like the balofone, cuica and more. Free. Visit [www.montgomerycountymd.gov/content/libraries](http://www.montgomerycountymd.gov/content/libraries) or 240-777-0690.

7410 Tuckerman Lane. See Oct. 19 event for description. \$5/person. Visit [www.cabinjohntrain.com](http://www.cabinjohntrain.com) or 301-765-8670.

## FRIDAY/OCT. 25

**"Eye Spy" Halloween Train.** 3-8 p.m. at Cabin John Regional Park, 7410 Tuckerman Lane. See Oct. 19 event for description. \$5/person. Visit [www.cabinjohntrain.com](http://www.cabinjohntrain.com) or 301-765-8670.

## SATURDAY/OCT. 26

**"Eye Spy" Halloween Train.** 1-8 p.m. at Cabin John Regional Park, 7410 Tuckerman Lane. See Oct. 19 event for description. \$5/person. Visit [www.cabinjohntrain.com](http://www.cabinjohntrain.com) or 301-765-8670.

**Haunted Trail.** 6:30-8 p.m. at Potomac Woods Park, 2276 Dunster Lane, Rockville. Donations will benefit the American Red Cross. All ages welcome. Rain date Oct. 27.

## SUNDAY/OCT. 27

**"Eye Spy" Halloween Train.** 1-8 p.m. at Cabin John Regional Park, 7410 Tuckerman Lane. See Oct. 19 event for description. \$5/person. Visit [www.cabinjohntrain.com](http://www.cabinjohntrain.com) or 301-765-8670.

**Haunted House.** 4-6 p.m. at Clara Barton Community Center, 7425 MacArthur Blvd., Cabin John. All ages. Free. Visit [www.friendsofclara bartoncommunitycenter.org](http://www.friendsofclara bartoncommunitycenter.org) or 240-777-4910.

**Halloween Family Dance.** Enjoy a costume parade at 2:30 p.m. at the Ballroom Annex at Glen Echo Park, 7300 MacArthur Blvd. Dance from 3-5 p.m. \$5/person age 4 and older. No experience necessary, dances are taught for ages 4 and up. Snacks will be available. Visit [www.fsgw.org](http://www.fsgw.org) or 301-315-9461.

# LET'S TALK Real Estate



by Michael Matese

## Green Mansions

Current market trends in the luxury home market are placing strong emphasis on the "green-wise" sustainability of luxury homes. With new luxury home buyers placing a premium on environmentally friendly, health conscious building and design, luxury home construction firms and knowledgeable REALTORS® are taking this new emphasis into account when constructing and showing luxury homes. Solar paneling, utilization of and maximizing on alternative energy sources and incorporation of sustainable, non-toxic building materials are important considerations new luxury home buyers are taking into account when conducting their home searches. The current trend is driving homeowners and prospective homeowners away from the idea of conspicuous consumption and into the realm of sustainability. Going green is not only an ecologically aware choice, but it is also one that is becoming economically sound, with many green renovations providing tax deductions and reduced energy costs, offsetting or negating the cost of their installation in immediate terms—and proving priceless over time, as green renovations reduce the harm of civilization on nature and ecology. One such consideration when marketing a "green mansion" is the concept of personal health and well-being. Health and vitality, incorporated into the convenience and privacy of one's own home, is a new standard of luxury. As such, personalized facilities catering to this concept, such as personal spas, home fitness rooms, solariums and state of the art water filtration are some of the most sought-after amenities in the luxury home market. Likewise, there has been a shift towards greater environmental consciousness in home buyers. Cost effective and environmentally friendly, many new home design elements are being incorporated by construction and design firms due to high market demand. Welcome to the future of housing—the green mansion!

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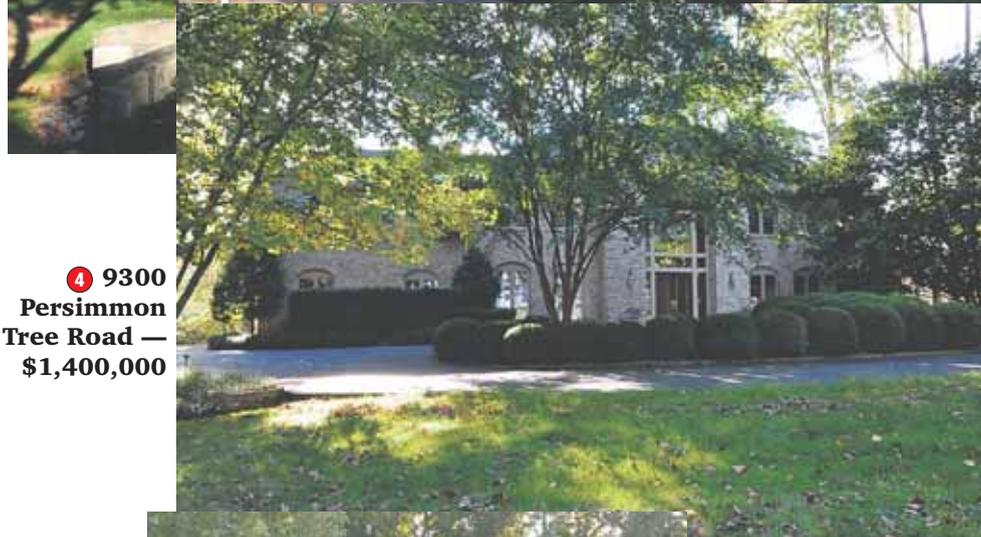
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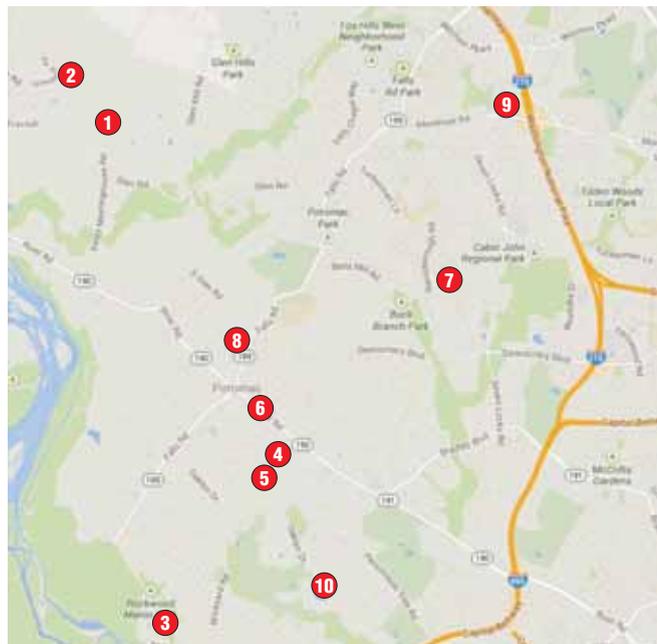
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<b>1</b> 12209 PINEY MEETINGHOUSE RD6 ..	5	...	1	.....	POTOMAC	...	\$1,400,000	....	Detached	2.62	.....	20854	.....	PINEY GLEN FARMS	08/30/13
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<b>5</b> 9804 AVENEL FARM DR .....	5	...	4	...	1	.....	POTOMAC	...	\$1,300,000	....	Detached	0.49	.....	AVENEL	08/01/13
<b>6</b> 9805 RIVER RD .....	5	...	4	...	1	.....	POTOMAC	...	\$1,300,000	....	Detached	0.46	.....	MASS AVE HIGHLANDS	08/29/13
<b>7</b> 10910 BELLS RIDGE DR .....	5	...	4	...	1	.....	POTOMAC	...	\$1,290,000	....	Detached	0.26	.....	BELLS MILL ESTATES	08/26/13
<b>8</b> 10300 GARY RD .....	4	...	4	...	1	.....	POTOMAC	...	\$1,255,000	....	Detached	0.99	.....	POTOMAC HILLS	08/23/13
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<b>10</b> 8305 TURNBERRY CT .....	4	...	3	...	1	.....	POTOMAC	...	\$1,200,000	....	Townhouse	0.17	.....	AVENEL	08/14/13

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# Choosing a Private School

Local educators offer advice on selecting the right independent school for your child.

BY MARILYN CAMPBELL  
THE ALMANAC

Marta Soltes was sitting in an Arlington, Va., coffee shop recently pouring through catalogs and application packets from some of the area's most elite independent schools. Her stack of brochures was almost as high as her extra-large latte.

"There are so many options," said Soltes, who is a mother of twins. "And the application fees are outrageously expensive. I can't apply to all of them."

As the independent school application process gets underway, many parents are struggling to find the best fit for their child. Author and education consultant Ann Dolin, president of Educational Connections Inc., in Fairfax, Va., and Bethesda, says when choosing a school, key factors to consider include the school's location, single-sex versus co-ed, the level of academic rigor, methods of instruction, athletics and a child's chance of acceptance. Dolin recommends school visits, tours and open houses as a way to start narrowing down your choices.

"You'll want to consider certain factors," said Dolin. "Is the school close by or logistically feasible? Are you looking for all-out rigor and accelerated academics or would your child benefit more from a balanced,

less intensive approach? Are sports important to your child? If so, this factor may make a school more or less attractive. Is the school known to be highly competitive, meaning that only a small percentage of students gain acceptance each year? Is the school looking for very high test scores and top grades? These are the schools that might be hard to get into. Be sure your list contains some of these 'reach' schools, but also others that may provide a better chance of acceptance."

**LOCAL ADMISSIONS DIRECTORS** agree that attending open houses and scheduling school visits are effective ways to start the application process. "An admission open house is a great venue to get an overview of a school's environment, sense of community, and the approach to teaching and learning," said Julie Jameson, director of admission at St. Andrew's Episcopal School in Potomac. "Opportunities to get to know the school are offered through tours, speaking with current students and parents, meeting faculty and administrators, and learning more about curriculum, activities and student life."

Charlotte Nelsen, director of admission and financial aid for The Potomac School in McLean, Va., suggests visiting a school during the day when classes

SEE EDUCATORS OFFER, PAGE 15



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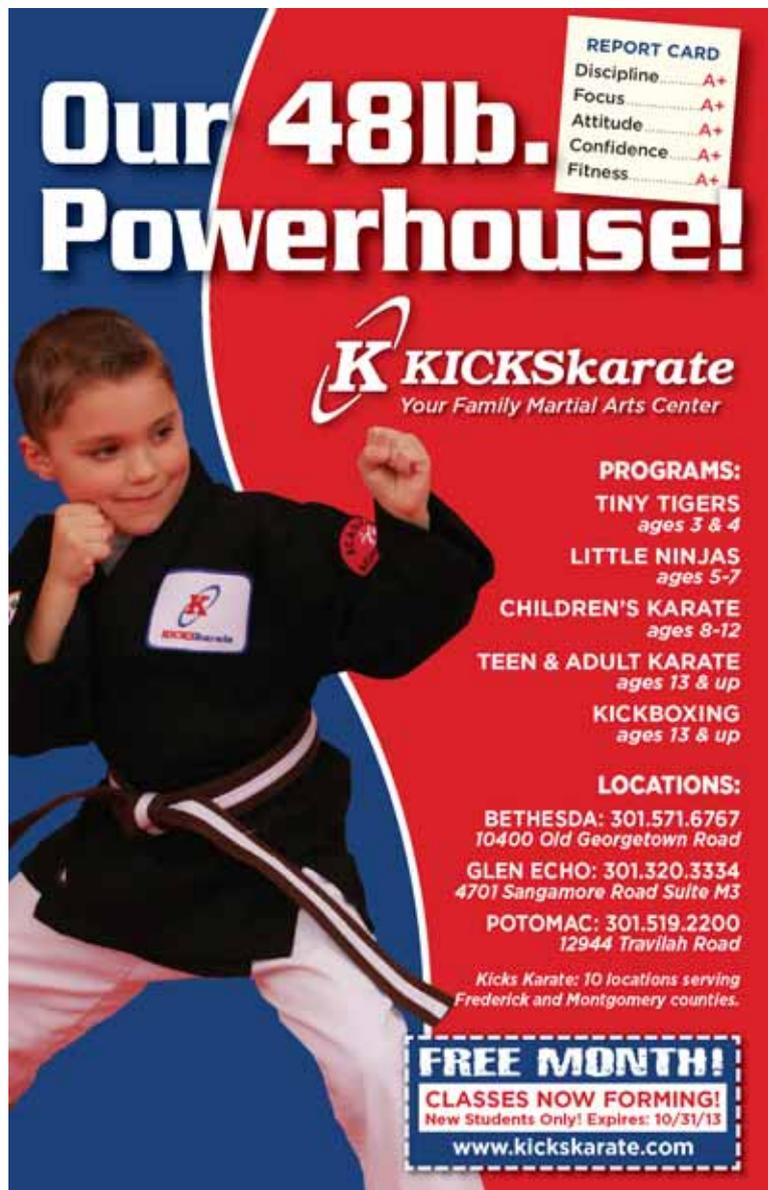
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# In And Of Itself



By KENNETH B. LOURIE

Even though I've been riding this non-small cell lung cancer roller coaster going on 56 months now, post-diagnosis; I still can't separate cancer effects (physically, mentally, psychologically, spiritually, etc.) from normal age-related effects, and by normal I mean reasonably expected at this middle age: gray hair as an example. Certainly I don't want the effects (symptoms if you must) to indicate cancer on the move and/or the stage IV tumors in my lungs doing something to complicate an already precarious set of terminal circumstances. However, as life goes on, I'm likely to experience this sort of fact (cancer) from some kinds of fiction (not cancer). No one ever said living with cancer would be easy, quite the opposite in fact. Nevertheless, living is preferred, so complications be damned.

Still, it's the complications, that if ignored or misunderstood or wishfully-thought-of as insignificant – in the scheme of the cancer world in which I reside 24/7, might actually be my undoing. As an example: the shortness of breath I experienced in late July which led to my week-long hospital admission during the first week in August. I had just begun a new round (six-time) of chemotherapy ("new" meaning an I.V. drug with which I had never been infused) and even after just a few infusions, I was already having difficulty breathing/catching my breath; completing a sentence was difficult. This was a side effect with which I was familiar, having previously been infused many times, so to my way of assessing, it was just another day at the office, so to speak, (the cancer office, that is). And not ever wanting to make a mountain out of a molehill (or is that a tumor out of a mole?), I toughed it out, thinking it was par for this particular course of treatment. It turned out I was wrong – almost dead wrong.

As my breathing became more labored and my inability to speak/breathe a complete sentence more obvious, I had to admit – even in my generally delusional this-can't-be-cancer orientation, that something was amiss and maybe it was the cancer asserting itself. When I next saw my oncology nurse for my scheduled infusion, it was quite apparent to him that my condition was more than a side effect, it was a straight-on effect. And after he hooked me up to an oxygen sensor and walked me around the unit and saw how low my oxygen levels were, well, it wasn't too much longer before arrangements were being made and I was "ambulance" to Holy Cross Hospital. Two days later I was operated on by a thoracic surgeon who removed 4.5 liters of fluid from my lung. I don't know if I was drowning, exactly, but neither was I treading water.

But I had read the boiler-plate handouts from my oncologist and thought I knew what to expect – and shortness of breath was what I was expecting, and quite frankly, a side effect I had experienced before. However, when the symptoms went from the sublime (expected) to the ridiculous (beyond expectations and requiring immediate medical attention), I began to realize I likely wasn't in Kansas anymore. I was going to be in a hospital in Silver Spring, Maryland. That's when it became serious.

And though I pulled through with flying colors and a re-inflated lung – with an above-average prognosis from my thoracic surgeon, I've learned my lesson: next time, I'm calling the doctor. Whether any symptoms I'm having are cancer-related or not, I certainly don't know, and as much as I don't want them to be, it would seem awfully foolish and naive of me to think it's not and neglect to inform my oncologist. Everything might not be related, it might just be middle age. The fact that I never know is the scary part.

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

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# Educators Offer Advice on Selecting Independent School

FROM PAGE 13

are in session. "Visiting campus gives families a chance to see classes in action, sense the level of student engagement and picture their child at the school," she said.

"Observing classes and teacher-student interactions will give families a feel for the culture of the school," said Mimi Mulligan, assistant head and director of admission and enrollment at Norwood School in Bethesda. "How is the learning environment set up? How do teacher and students interact? Are students working independently or collaboratively? Are they happy and engaged? Do the walls and the sounds in the hallway sing to you?"

Julie Lewis, director of admissions and financial aid at Alexandria Country Day School in Alexandria, Va., said, "Being in the hallways and seeing how students and teachers interact with one another gives a prospective family a feel for the school and its culture that cannot be found on a website."

Richard S. Moss, director of admissions at The Height School in Potomac, says that an open house offers families an opportunity to look into the "heart and soul of a school" and to get a sense of a school's true environment. "On a superficial level, a good school ought to present an organized and welcoming open house, but a discerning parent and student will look beyond the external trappings to discern what values and principles an institution holds dear and how it implements those principles," said Moss. "If the principles line up with those of family, and the school does a good job of implementing them, it could be a good fit."

Open houses, said Mulligan, offer a different experience than a school tour. "[They] are wonderful opportunities to really delve into curricular discussions with

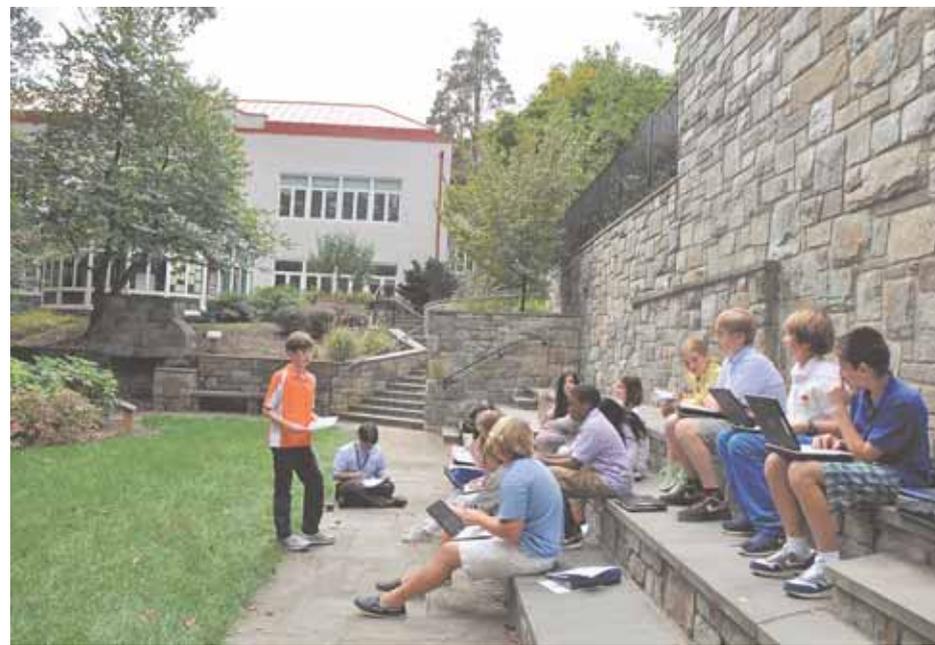


PHOTO COURTESY OF NORWOOD SCHOOL

**This eighth-grade history class at Norwood School, in Bethesda, Md., is taught in the style of a Socratic seminar, which is student-led and a great way to hone public-speaking skills. School visits offer prospective families an opportunity to observe a school's approach to teaching and learning.**

faculty," she said. "Because open houses typically happen during non-school hours, teachers and administrators are available for conversation. Current students and parents are also usually in attendance, so if hearing about the school experience from that perspective is important to you, then an open house would be a worthwhile activity."

Mulligan said she believes it's important to experience a school in more than one setting. It "allows for a deeper understanding of how a school's mission comes alive."

Ann Richardson Miller, director of admission and financial aid for The Madeira School, in McLean, Va., also suggests that

prospective families visit frequently and spend time on campus outside of scheduled tours and open houses. "Come often," she said. "We all have sporting events, announced on our website. You should stop by a game sometime. School plays and concerts are my favorite way to learn about a school. These events often have large numbers of parents and students from the school, and it is a wonderful way to see the culture of the school in one place."

**DURING THE VISIT** or open house, parents and prospective students should consider the school's environment and ask themselves several questions, said Katherine

Carbo, director of Lower School admission at St. Stephen's & St. Agnes School in Alexandria, Va.,: "How comfortable do I feel in this environment? Do the faculty appear passionate and enthusiastic about teaching? Are the students focused and engaged? What is the overall philosophy of the school? Is the approach traditional or progressive?"

Classroom size and structure are other factors to note. "Keep your eyes peeled for the number of children in the classroom, and try to get a feel for their daily schedule," she said. "Could you imagine your child working and playing with the students and teachers you see? Visiting a school provides parents with one snapshot of the community. Learning more about that community takes time."

Carbo also suggests visiting several schools. "Most of the information you collect through reading and conversations will be reliable," she said. "But the right match for your child may be vastly different than your neighbor's child or coworker's child. This is why touring different schools is important."

Start now by calling or emailing a school's admission office to request a tour, said Carbo. "When should you get started?" she asks. "That really depends on what program you are seeking out. Most admission seasons begin in October, and parents will tour in the fall or winter, a year before they hope their child will start school."

The most important guide, say experts, are a parent's instincts. "Each school has its own distinct feel," Carbo said. "It is up to you to visit and see what seems to be a good fit for your family."

Dolin said, "Parents' intuition is a good guide, but you have to balance it with the needs of your child."

## SPORTS BRIEFS

### Bullis Football Wins Fifth Straight

The Bullis football team won its fifth consecutive game on Oct. 11, beating St. Stephen's & St. Agnes 50-3.

Bullis' Devonte Williams carried 17 times for 118 yards and two touchdowns. Andres Lopez had two carries for 60 yards and a score. Brian Lantham, Jr. scored a rushing touchdown and Dwayne Haskins, Jr. threw a touchdown pass to Noah Spriggs.

Bullis will host St. Albans at 7 p.m. on Friday, Oct. 18.

### Wootton Field Hockey Improves to 11-0

The Wootton field hockey team defeated Bethesda-Chevy Chase 1-0 on Monday, improving its record to 11-0.

The Patriots will host Blair at 5 p.m. on Wednesday, Oct. 16 and Paint Branch at 7 p.m. on Thursday, Oct. 17.

### Wootton Football Falls to Clarksburg

The Wootton football team was held out of the end zone during a 28-3 loss to Clarksburg on Oct. 11. The loss dropped the Patriots' record to 3-3.

Wootton quarterback Sam Ellis completed 15 of 43 passes for 94 yards and two interceptions, according to stats from the Washington Post's allmetsports.com.

Wootton will travel to face Northwest at 6:30 p.m. on Friday, Oct. 18.

### Whitman Girls' Soccer Bounces Back

After suffering its first loss of the season,

the Whitman girls' soccer team came back to beat Kennedy 5-0 on Oct. 14.

The Vikings' first defeat of the year came against Bethesda-Chevy Chase on Oct. 9, when the Vikings lost to the Barons 1-0. Five days later, Whitman blanked Kennedy. Natalie Andrasko, Kristen Bissell, Abby Meyers, Josie Schwartz and Cristina Valianatos each scored one goal for the Vikings, according to the Washington Post's allmetsports.com.

Whitman will host Walter Johnson at 5 p.m. on Thursday, Oct. 17.

### Whitman Football Loses to Damascus

The Whitman football team fell to 3-3 with a 21-6 loss to Damascus on Monday.

Whitman running back Zac Morton carried 14 times for 103 yards and a touchdown. He also had three receptions for 14 yards and completed a pass for 10 yards.

Whitman will travel to play Springbrook at 6:30 p.m. on Friday, Oct. 18.

### Churchill Football Loses Low-Scoring Contest

The Churchill football team lost to Gaithersburg 6-3 on Oct. 11. It was the Bulldogs' fourth consecutive loss and dropped their record to 1-5.

Marquette Lewis led Churchill with 15 carries for 72 yards. Steven Stillwell had a team-high 12 tackles. The Bulldogs will travel to face Richard Montgomery at 6:30 p.m. on Friday, Oct. 18.

### Churchill Field Hockey Falls to WJ

The Churchill field hockey team lost to Walter Johnson 2-0 on Monday, snapping a three-game winning streak for the Bulldogs. Churchill (8-3) will close the regular season on the road against Sherwood at 7 p.m. Wednesday, Oct. 16.

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