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Burton Goldstein and his wife with their four certified therapy dogs. Burton is on the Chamber Board.

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Photos by Mary Kimm



Flying down the slide.



John Phillips of Squeals on Wheels gives pony rides.



Village Deli and Potomac Pizza greets old friends at **Potomac Day.**

Sam Lerner of Potomac www.ConnectionNewspapers.com



Andy Alderdice and her husband/driver. She serves on the chamber board and sponsors Potomac Day.



Jean Roesser, left, and Elie Pisarra Cain. Jean Roesser, former State Senator, was honored as Grand Marshal. More photos, page 9.



Very Hungry Caterpillar with Karen Currie of the Friends of the Library.

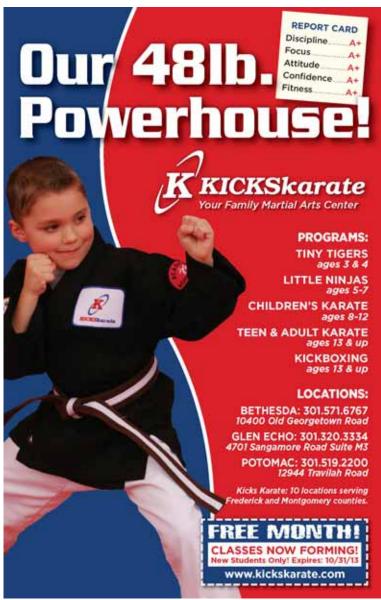


Matthew Schick of Landon and Marissa Michaels of Holton Arms, Co-Youth of the Year, wait to go in the parade.





for a listing of all our upcoming trips and socials



PEOPLE

'Who's Your Hubby?'

Local author and Potomac resident Monica Schaeffer knows the answer.

By Bridgit Fried The Almanac

heir mothers told the m:
"You can't live with out them, and you can't live without them."

Their mothers were referring to husbands — and while most women don't want to live without them, many a wife may need some strategies for making her marriage better.

For this answer, Potomac resident Monica Schaeffer and her long time friend, Beth Rabinowitz, turned to one-another for the solution. Together, they figured out how to create successful marriages and gain fulfillment and happiness with their husbands. This prompted them to coauthor "Who's Your Hubby? Tips for Living Happily with 10 Hubby Types."

Schaeffer and Rabinowitz's husbands were friends since middle school and when the women met them while dating them in college, they became fast friends. After getting married, Schaeffer settled in Potomac and Rabinowitz in Rochester, N.Y. The two women pursued successful careers, Schaeffer as a psychologist and Rabinowitz, a marketing professional, while raising their children. Throughout the years, the two families grew closer and travelled together frequently. They developed an annual tradition to get their families together every Labor Day and New Year's weekend. Whenever they were together, the women had long conversations about the joys and challenges of their marriages. Schaeffer said, "We realized that we were dealing with a lot of similar issues in our marriages and it felt good to talk to each other because we always came up with strategies to help navigate through difficulties and it would help to boost our spirits."

With more than 60 years of marriage between them, Schaeffer and Rabinowitz wanted to share "their recipes for marital success like women trade recipes" and the idea to collaborate on a book started taking shape. Schaeffer, who is a clinical health psychologist with a research background, decided to poll other women who had been married for more than 25 years to understand common themes that led to a successful long-term marriage. Schaeffer said, "We developed the 'Marital Wisdom Survey' and gathered responses from more than 100 women who had been married 20 years or more. The questions focused on characteristics of their husbands and the strategies that respondents had developed to cope with their husbands' behavior."

Based on their own life experiences and the data



The authors and their "Happy Hubbys:" From left are Mitch Gorochow, author Monica Schaeffer, Ken Rabinowitz, and author Beth Rabinowitz.

they collected, the authors identified 10 specific "hubby types." They concluded that understanding one's hubby type leads to the ability to develop successful strategies towards building a happy marriage. Each chapter of the book addresses a specific hubby type; for example "non-communicative" hubby, "unromantic hubby" and "sportsaholic hubby." Then, through research, they have elicited "warning signs" (to help predict the hubby type) "strategies" (for coping) and advice (Do Something for Yourself — tips for modifying and optimizing harmony.) The combination of humor, insight and wisdom in the book resulted in a practical guide for soon-to be weds, newly weds and even couples in long-term relationships.

Although the women live in different areas, they found that they had similar writing styles. They continued their New Year's get togethers, now as empty nesters, and used the time to discuss ideas and edit their drafts. From start to finish, the book took about three years to complete. Schaeffer said, "One of the best things about working together is that it became a true family affair. Our husbands are so proud of us and even wrote a chapter for the book called, 'Why Nagging Doesn't Work.' All five of our children contributed to our efforts by illustrating, giving us marketing assistance and developing our social media strategy, including our Facebook page."

Schaeffer says that with the divorce rate for first-time marriages hovering around 50 percent, she hopes this book will help promote marital harmony and minimize marital discord. She won't reveal which type of husband hers is specifically, but she says, like most men, he is a composite of a few different types. Both women recognize that there is no perfect husband or marriage, but their marriages work for them and concede that their marriages are perfect for them and they hope they can help many others achieve the same success.

"Who's Your Hubby?" is available locally at Leila Fine Gifts and Jewels in the Cabin John Shopping Center, The Blue House in Bethesda, and The Christmas Attic & The Urban Attic in Old Town, Alexandria, where the author will be doing a book signing, Nov. 11 from 11 a.m.-1 p.m. The book also can be ordered on Amazon, Barnes & Noble or at www.whosyourhubby.com.

Business

Reflecting on Success During Women's Small Business Month, local entrepreneurs offer advice.

BY MARILYN CAMPBELL The Almanac

fter a career in television and radio, Potomac mother and entrepreneur Cari Shane carved out a freelance writing career for herself, penning articles for publications ranging from the Washington Post and its Sunday Magazine to Cooking Light Magazine.

Fellow Potomac mother and marketing executive Julie Schumacher pitched Shane a story idea. Shane was intrigued, wrote the article, and the two women stayed in touch. Schumacher later came to Shane with another idea: The two women should create a company that would transform traditional public relations strategies for small and midsized businesses, also incorporating social

Shane put her freelance writing career on hold and the two women formed a small business called sasse (pronounced "sassy") agency. "Building a business with a platform for differentiation appealed to me," said Shane. "Julie and I built sasse to help smalland medium-sized business get what they deserve, the chance to shout out about themselves the way big businesses do."

October is National Women's Small Business Month and Shane, Schumacher and other female business owners are celebrat-



From left: Julie Schumacher and Cari Shane, owners of sasse agency (pronounce "sassy"), say that although they think differently, they both think outside of the box, which is one of their assets.

ing their successes while inspiring other women with entrepreneurial inclinations.

"We started with an idea and quickly realized that together our brainstorming abilities were through the proverbial roof. We think very differently, but we both think outside of the box, which is a fantastic asset not only for our own business but also for our clients," said Shumacher.

Shane says her greatest challenge is explaining to small and medium-sized businesses how they can benefit from a strong public relations campaign. "Big business understands PR," she said. "Unfortunately, too often smaller businesses dismiss PR as an expense they cannot afford. In truth, they haven't studied the benefits of PR. Therefore, selling clients on the power of PR is my biggest challenge."

Schumacher adds that one of the most difficult parts of her job is strategizing with business owners who don't have a clear mission. "Companies that cannot identify their goals; companies who have no business plan or direction; companies that have three logos, four taglines ... and do not understand why others can't understand what services they provide," she said. "For me, all these challenges become the most rewarding part of my day."

SHANE AND SCHUMACHER weren't the only local women to see a need they could fulfill.

When Amy Miller, of Arlington, first became a mother, she found herself deluged with child-centered activities. "I found myself looking for things to do with [my children], and realized that there was so much out there that just finding things to do could be overwhelming," she said. "I thought that a service that made all these wonderful activities easier to find would be profession-See Reflecting, Page 6



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130 ROLLINS AVENUE AT ROCKVILLE PIKE
AMPLE PARKING

BUSINESS

Reflecting on Success

From Page 5

ally and personally rewarding."

That idea turned into a small business called Our-Kids.com, which Miller began in 1999. "Our-Kids.com is an online family resource guide that provides parents all over the greater D.C. metro area a one-stop source for everything from classes for kids and local pumpkin patches to consignment sales and specific activities," said Miller. "My business reaches cities in Northern Virginia, [including] Arlington, Fairfax, Prince William and Loudoun counties, and the cities of Alexandria and Falls Church."

After 14 years in business, Miller says her greatest obstacle is time management. "My biggest challenge is determining how many hours to put in," she said. "There's always one more thing to do. ... Recently, I've tried to get a better handle on just how much 'time in-between' I am spending at my computer, and it has helped me realize that being fully committed to the business, and caring greatly about customer service doesn't mean I can't set priorities and keep balance."

SEVERAL YEARS AGO, another Arlington mother, Christine Wilson, was serving as president of the Mothers of North Arlington (MONA), a 2,000-member social and support group for mothers. "We had so many businesses approaching us to market their products or services to our members," said Wilson. "As I started talking to many of the business owners, I realized that most did not have a digital media strategy or a presence on social media."

She used her background in marketing and business development and started offering advice to a few local businesses, and then founded MtoM Consulting, a Falls Church-based company, in December of 2011.

"We are a marketing firm that provides services for businesses that want to market to moms," said Wilson. "[Moms] are an amazingly powerful and lucrative market that spends over \$2.5 trillion a year in the U.S. Our main focus and expertise is in reaching moms via social media, digital advertising, influencer marketing via bloggers, and PR.

"MtoM recently conducted research on

MILITARY NOTES

Email announcements to almanac@connection newspapers.com. Deadline is Thursday by noon.

Air Force Airman **Guangyao Dai,** son of Min Jin and nephew of Kun Jin of Country Creek Lane in North Potomac, graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas. Dai completed an eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills. Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Army Reserve Pfc. **Brittany L. Byers** has graduated from basic combat training at Fort Jackson, Columbia, S.C. Byers is the daughter of Angela Neff and stepson of Robert Neff, both of Casper, Wyo. She is a 2009 graduate of Thomas S. Wootton High School.

Web Chat Series

Small Business Administration officials will host a series of weekly web chats, aimed at helping aspiring and established female business owners learn more about starting or expanding small businesses. Visit www.sba.gov/content/october-national-womens-small-business-month-find-out-how-start-and-grow-your-business-sbas-

how moms use social media in their purchasing decisions and it has reinforced the fact that all businesses, both large and small, need to understand how to use social media and advertising in their marketing strategy," said Wilson, whose clients are located throughout the D.C. area and the U.S. and include brands such as Britax and Culturelle.

Wilson's biggest challenge was finding and hiring talented, creative people who shared her vision and were willing to work for a start-up company. "My team is extraordinary and that is why we have grown our revenue by 1,000 percent this year," said Wilson. "With growth, of course, comes new challenges, primarily cash flow since we have not taken any investment money. I definitely put in more hours for less pay ... because I am working towards long-term goals."

Wilson believes that many small businesses fail because they didn't have a clear plan before embarking on their venture. "I have met so many small business owners who ...weren't ready for the all of the ups and downs that were going to come along."

In addition to having realistic expectations, Wilson advises new business owners to start small. "I always recommend to people to keep your overhead as low as possible," she said. "Our first office was only 125 square feet but we could afford it and it met our needs. I also think it is important to work with people that understand small businesses and network with other small business owners."

Schumacher offers advice for those considering starting a business, "Design a business plan, figure out what [product and services] you are going to sell, determine how much you will need to sell to cover your costs. Assess your resources. Create a strategic marketing plan and only spend money on what you will need to support your sales. Break it into phases, so your investment upfront is minimal and your risk is less. Measure [Return on Investment] from the very beginning.

Shane said, "Start. Take on the challenge. You cannot succeed if you don't try. It's what we tell our own children. Hear your own advice."

In spite of the success of small businesses owned by women, there is still work to be done. "The challenges for women remain. ... While the disadvantages make success more difficult, they also make success more exciting and accomplishment sweeter," said Shane. "Disrespect for women in business remains a rampant problem. My agency and I have been on the receiving end of it. Again, a fantastic challenge. I'm happy to prove anyone and everyone wrong. Great business — ethics and abilities — has no gender."

BULLETIN

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

THURSDAY/OCT. 24

Information Session. 10:30 a.m. at Rockville Memorial Library. The Literacy Council of Montgomery County will hold an information session for volunteers interested in helping adults learn to read, write or speak English. Once volunteers have completed the orientation, they can select a two-part training session that fits their schedules. No foreign language skills are necessary. Tutors work one-on-one or with small groups, and typically meet in libraries or community centers. Call 301-610-0030, e-mail info@literacycouncilmcmd.org or visit www.literacycouncilmcmd.org.

FRIDAY/OCT. 25

Pain Warriors. Pain Connection will sponsor an eight-week program for military and veterans with chronic pain and their families. Meet from 10 a.m.-noon every Friday through Dec. 20 at 12320 Parklawn Drive, Rockville. Free. Registration and interview is required. Visit www.pain connection.org or 301-309-2444.

SATURDAY/OCT. 26

Community Service Day. Help clean up local parks and trails, collecting food and clothing for those in need, and more. Visit www.montgomery serves.org/ or 240-777-2600 for information or to sign up.

Community Service Day. Noon-3 p.m. at Hillmead Neighborhood Park, 8609 Ridge Road, Bethesda. Join volunteers while getting rid of nonnative invasive species around the park. Free. Visit www.montgomeryserves.org/community-service-day2013.

THURSDAY/OCT. 31

Free Cab Rides. Offered by the nonprofit Washington Regional Alcohol Program, the Halloween SoberRide program will operate from 10 p.m. on Thursday, Oct. 31 until 4 a.m. on Friday, Nov. 1, as a way to keep impaired drivers off the road during this traditionally high-risk, holiday period. Area residents ages 21 and older celebrating with alcohol may call the toll-free SoberRide® phone number 1-800-200-TAXI and be afforded a no-cost (up to a \$30 fare), safe way home. Visit www.soberride.com.

FRIDAY/NOV. 1

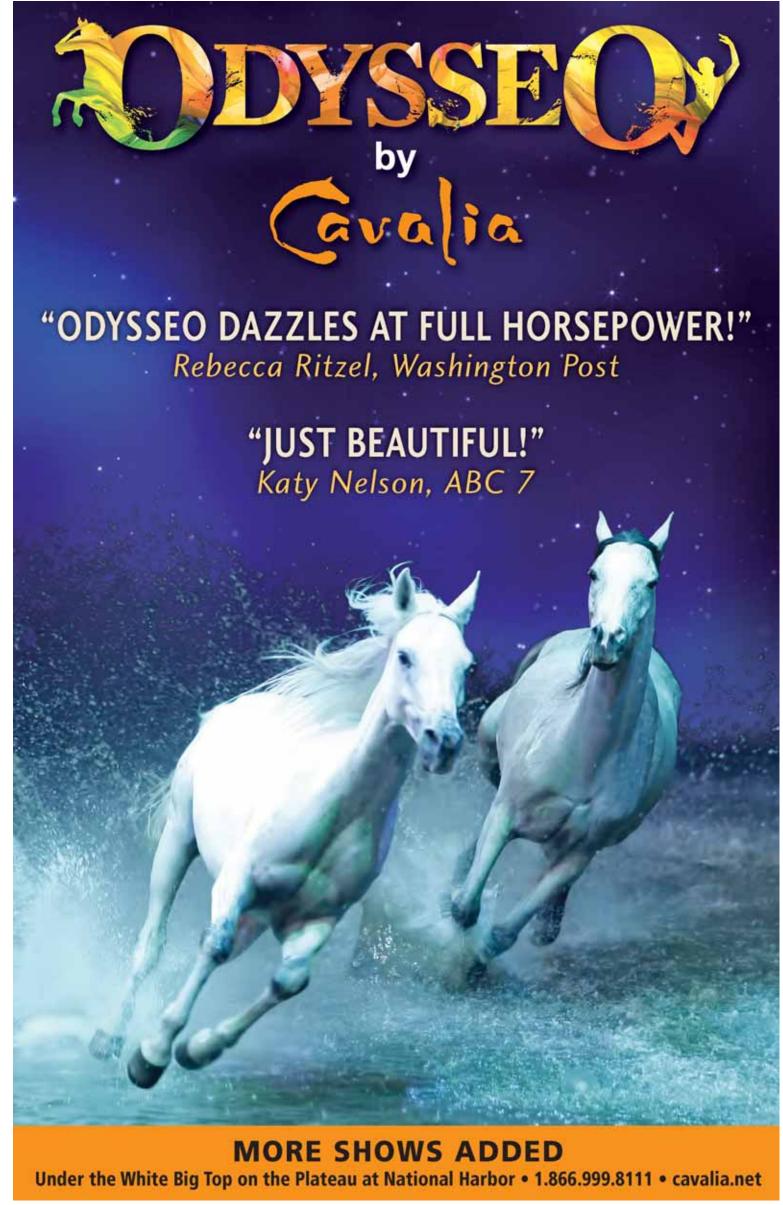
Kabbalat Shabbat and Dinner. At Tikvat Israel, 2200 Baltimore Road, Rockville. Features foods made from chocolate. Advance reservations required. Visit www.tikvatisrael.org or 301-762-7338.

SATURDAY/NOV. 2

School Food Forum. 9:30 a.m.-2 p.m. at Lutheran Church of St. Andrew, 15300 New Hampshire Ave., Silver Spring. Montgomery Victory Gardens and Real Food for Kids is hosting "Creating a Vision of Fresh, Real Food in Montgomery County Public Schools." Free. Register at www.real foodforkidsmontgomery.org. A lunch will be served.

MONDAY/NOV. 4

Chronic Pain Support Group. 1-2:30 p.m. at Pain Connection DMV, 12320 Parklawn Drive, Rockville. Anyone with chronic pain, their family and friends. Bring pillows, mats, ice or hot packs to be comfortable. Visit www.pain connection.org or 301-231-0008.



GETTING AROUND

Bob Hanson, 89, Potomac's Citizen of the Year

"Did you run out of candidates?"

By Cissy Finley Grant The Almanac

ouncing around in a John Deere "Gator," Bob Hanson in the driver's seat, we were overlooking fields of Timothy hay and pasture land. Black Angus cattle were munching and chewing their cuds. Water glistened on an acre farm pond designed in the 1940s by the U.S. Soil Conservation Board. All this, plus circumventing 70 acres of woodland on a 200 acre farm is what one would call really "Getting Around."

Robert M. Hanson, 89, has been named 2013 Potomac Citizen of the Year. "When they called me my first response was, 'Did you run out of candidates?," he jokingly asked. In retrospect, learning about his many accomplishments and interests, one wonders what in the heck took them so long?

First and foremost it is very apparent his love of the land and the animals are his true dedication. What he accomplished since his boarding school days at The Landon School, Bethesda, where he kept his horse and rode home every weekend; a BS degree in agriculture from the University of Maryland; a stint in the U.S. Air Force (2nd Lt.) during the Korean War; dozens of civic activities; plus his professional life, would take most people two life times.

At age 21, Bob Hanson was named the first national president of the Rural Youth of the United States of America, a federation of youths involving Boy and Girl Scout troops, Future Farmers of America, 4-H Clubs, "and groups instrumental in learning from others," he said.

This was just the beginning. Since then he has been a board member of the American Automobile Association (35 years); Montgomery County Fair (he was an original member); 4-H Club (he was a national president); and Future Farmers of America. However, his involvement with the Young Men's Christian Association (YMCA) he dwells on. If not the most satisfying of his civic involvements, it certainly ranks high



"Hello girls," Bob Hanson called to a herd of Black Angus cattle he raises on his 200-acre farm. He drives his John Deere "Gator" through the fields to check on the animals.



Bob Hanson and his constant companion "Gibby."

on the list.

"I am happiest for what I was able to do for the YMCA. I was the corporate secretary of the Metropolitan YMCA board of directors and with strong persuasion convinced the executive committee to buy seven lots near The White House that I found were available for sale," he recalled. The lots on Rhode Island Avenue were bought for \$60 a foot. They were sold six years later for about \$360 a foot. "With that money, the new YMCA headquarters, standing today, were built," he said. In the mid-1950s he was chairman of the Bethesda branch of the YMCA and was instrumental in raising money for their building on Old Georgetown Road. He was equally successful in getting property donated in the 1960s for the Boy Scout headquarters on Rockville Pike

Hanson's interest in youth groups has never waned. He was a Boy Scout troop master for 10 years. To this date, Boy Scouts have camped on the Hanson's Mount Prospect Farm in the 70 acres of woodland for over 60 years. "The youth work has been tremendously important to me," he said.

Married to the late JoAnne Dinwell in 1950, the Hansons had three sons, John, Timothy and Charles. John, Tim and their families live nearby in North Potomac. A third son, Charles, (Chuck) and his family live in Colorado. JoAnne was an active fox hunter with Potomac Hunt as is Tim, who is presently chairman of the Hunt Board. Bob Hanson has been a Potomac Hunt member since 1931 and still keeps horses on his farm

"Everything on the farm is useable. It's like the pigs. You use everything but the squeal," he said. "I get the best equipment I can buy because I am driving it," he said. Driving it includes mowing and baling 200 tons of hay every year, even as he did this year with a broken leg. He used his walker to help him climb up on the tractor.

"Many things are important to me, but

the farm is the most important thing in my life ... conservation, agriculture, love of the animals," he responded, when asked, of all his interests, exclusive of family, what did he enjoy most?

The original 410-acre Mt. Prospect Farms facing Travilah Road was bought by Hanson's parents, "Kip" and Bill Hanson, in 1941. Of this original acreage, Bob farms 200 excluding the woods, "where we estimate over 10,000 Boy Scouts have camped throughout the years." The entire property is now re-zoned for one acre, complete with water and sewage availability. "It will be developed after I am gone," he lamented. He pauses to recall, "The area was known as Potomac then. Not North Potomac!" Square dances in the family barn were among the frequent entertainment occasions and were a prerequisite to Bob Hanson becoming a square dance caller for friends at numerous other gatherings.

For 60 years he has been a member of the Rockville Rotary Club where he racked up 53 years of perfect attendance. In 1958, he founded the Potomac Rotary Club. At that club's 50-year celebration in 2009, Hanson was the only original member in attendance.

He can add to his list of "original memberships" the Women's Club of Chevy Chase and the Montgomery County Fair. Of the former, after volunteering so much assistance and advice, he was "formally voted in." Of the latter, he was one of the 16 original fair committee members. To this date. Hanson is still active in the fair and annually submits entries including chocolate-covered peanuts, baked cookies and pies for which he has won many blue ribbons. Last year he missed the entry date by a day. With good humor he reported, "They couldn't take it for the competition so I gave the committee my lemon meringue pie to eat. After the fair they gave me a blue ribbon, an old one they found lying around."

Since his wife's death in 2010, Bob Hanson has continued with his penchant for entertaining family and friends, doing the cooking himself. "I do mostly brunch or lunches now. Many of my friends don't like to drive at night anymore. Every Saturday

See Potomac's Citizen, Page 11



A barn is filled with hay Bob Hanson, 89, cut and baled on his 200-acre farm.



One of dozens of awards Bob Hanson has received for philanthropic work is this 2008: "First Annual Friends of Goshen Good Scout Award."



A chicken coop jump, remnant from the fox hunting days at the Hanson's Mt. Prospect Farms, is seen in the fence line. Travilah Road speed trap lights in the background are signs of progress.

POTOMAC DAY 2013



Bells Mill Brownie Troop 2794



Potomac Elementary



Elizabeth Bell Townsend, Discovery Toys



Police Explorers, from left: Michaela Blevins, Alex Madoe, Justin Chuckerel, Nick Beyer, Walter Platero, Diana Perez and Yasmin Luna.



Lucky the Magical Clown and Elsie Leung.



Churchill Crew, from left: Vidya Rao, Dana McClive and Jennifer Simpson



Matty D (left) and Island Gerry



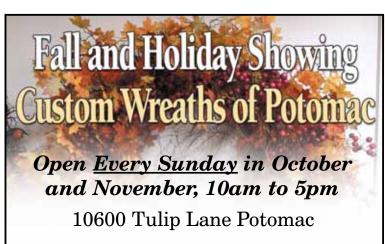
Squeals on Wheels provided pony rides at Potomac Day.



The National Capital Therapy Dogs march in the Potomac Day parade.



From left: Darby, Lauren Bolger and Nadia Jurado make friends with The Very Hungry Caterpillar.





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OPINION

Halloween Party Safety Net

Make plans for a safe celebration; SoberRide safety net for those 21 and older.

alloween is now a major holiday for adults, especially young adults. and also one of the major holidays each year that involve partying with alcohol and the risks of drinking and driving.

The Washington Regional Alcohol Project offers the SoberRide program for the holiday season from Christmas and Editorial holiday parties through New Years Day, Saint

Patrick's Day, Independence Day and Halloween, providing a safety net of a free cab ride home (up to \$30) to keep would-be drunk drivers off the roads.

Of course if you, or the young adults you know, plan to be out for Halloween celebrations that will almost certainly include alcohol, make a plan now to do that partying within walking distance, near public transportation or to have a reliable designated driver.

But if someone finds themselves

without safe and sober way home, the 2013 Halloween SoberRide program will be offered from 10 p.m., Thursday, Oct. 31 until 4 a.m., Friday, Nov. 1.

To receive a free cab ride home (up to a \$30 fare), call 800-200-8294 (TAXI). AT&T customers may dial #WRAP from their wireless

phones. To use the SoberRide service, you must be 21 or older.

Parents of teens who will be headed to parties on Halloween and the weekend after should know that it is likely those parties will include alcohol. Parents must be brave and talk to their teens about how they will get home safely since SoberRide is not available for anyone underage.

Remember that there are other hazards to drinking too much besides the risks of drinking and driv-

Mary Kimm,

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTER TO THE EDITOR

Celebrating Potomac

To the Editor:

As a 51-year resident of Potomac, it was a real honor for me to serve as Grand Marshal of the 2013 Potomac Day Parade. Congratulations to Bob Hanson, Citizen of the Year, Bob Sickles, Businessperson of the Year and Matthew Schick of Landon and Marissa Michaels of Holton Arms, Co-Youth of the Year.

How the parade has grown since its initiation 31 years ago by a then fledging, determined Potomac Chamber of Commerce. I remember especially one year in the early '80s when Cissy Finley Grant and I stood almost alone in the pouring rain near River and Falls Road

when the enthusiastic, sopping wet, less-than-10-minute paraders passed by. Today, the parade and festivities include schools, a host of organizations, political candidates and their supporters marching a full year before the 2014 elections - and founding organizer Elie Pisarra Cain, driving her Dodge pickup truck bearing the "this is the end" sign on the back.

Kudos to Adam Greenberg and Jennifer Matheson of the Potomac Chamber of Commerce, Mary Kimm of the Potomac Almanac and the businesses and organizations who rolled out the food and fun activities for people of all ages a time together for neighbors, families, and friends — a celebration of our great community.

Jean Roesser

The Potomac Almanac welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be include full name, home address and home and/or business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Email: almanac@connectionnewspapers.com

POTOMAC ALMANAC

www.PotomacAlmanac.com

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PEOPLE

Library To Host Author

Miller to discuss "The Year of the Gadfly."

BY SENITRA T. McCombs The Almanac

n Oct. 28 at 7 p.m., the Potomac Public Library will host a talk with "The Year of the Gadfly" and "Inheriting the Holy Land" author Jennifer Miller.

As with many authors, Miller has utilized the world of social media to give her writing more exposure and to interact with her audience.

"Social media is really

helpful in publicizing and expanding my reach. Anytime I write an article or blog post, I'm able to tweet it out and network with people I may have never met," she said. During a recent book tour, she met many people who knew her through her Twitter account.

Miller also uses social media to "build an audience" with other writers and others in the literary world.

She also started a Tumblr page called "People Wearing My Book" where she posted pictures of people at bookstores across New York posing behind the book cover of "The Year of the Gadfly" which has a young woman's silhouette with a plaid background.

For her first novel, "The Year of the Gadfly," she was inspired by her younger brother's experience of being an outsider and trying to stand up for his ideals in a very traditional and academically competitive all boys school.

"Being successful in this field is really about perseverance more than talent. You just have to stick with it," she said.

The greatest challenge she faced was the uncertainty. She said that "there is a lot of

uncertainty in writing, especially for novels, because you write the entire novel before you know whether or not it will be pub-

She spent 7 years writing, editing and marketing her first novel, "The Year of the Gadfly."

"You really have to be invested in a project. There were phases along the way when I would get feedback and wonder when or if I would be published," she said.

In addition, she advises firsttime authors "not to be afraid to

go back to a project and hack it up" because it is an opportunity to enhance their writ-

"Just remember that it's a marathon and not a race," she said.

Miller is currently working on a novel about a group of Vietnam veterans on a cross-country trip based on an article for the New York Times called "Rolling Thunder" about a group of bikers traveling to D.C. on Memorial Day.

For more information on Miller and her books, visit www.byjennifermiller.com.

On Oct. 26, she will be hosting another book talk at the Bethesda Writing Center.

Miller is a native of Washington, D.C. and now lives in Brooklyn, N.Y. She has enjoyed a career as a journalist working for The New York Times and The Washington Post Magazine as well as other publications. Currently, she teaches writing at Columbia University.



Jennifer Miller

Potomac's Citizen of the Year

From Page 8

morning there are sourdough pancakes for the family of eight or more. A brunch often includes crocks of hot soups — butternut, mushroom, or vegetable- beef. "The beef is raised on the farm as are the vegetables," he said, emphasizing once again, "Nothing is wasted here."

Hanson's life has not been entirely committed to philanthropic endeavors. For 33 years he was an allied member of the New York Stock Exchange.

retired, so did I. I talked with her last night. She is 98 years old now and sharp as a tack," this 89 year old marveled.

With a house full of trophies for all of his good deeds, Hanson appears to equally enjoy many of his awards for competing with



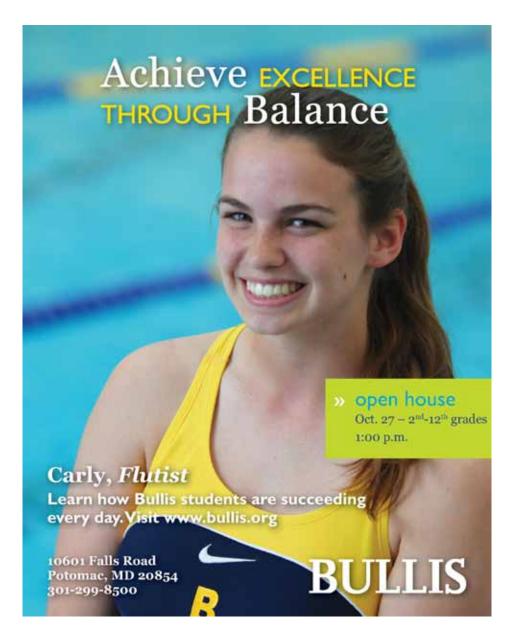
A Mt. Prospect Farms sign notes the year, 1941, when Robert Hanson's parents bought the then 410acre farm whose location was known as "Travilah."

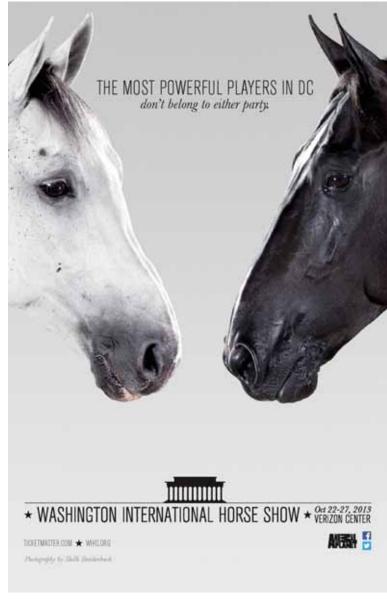
that includes an original, custom-built, 1938 Lincoln K. He is the second owner of this 7,000 pound, one-of-akind car built by Bunn. It has been driven only 36,600 miles. Among other trophies (one weighs 25 pounds) his Lincoln was awarded the FIVA (French International) for the best historic car of the world. The 1915 Model T Ford touring car that he has owned for 50 years was a vehicle driven by his good friend Andy Loftstrand in last Saturday's Potomac Day parade. A 1940 Ford Deluxe

his antique car collection

"When my secretary of 30 years, Bea Lewis, "Woodie" station wagon and a 1971 Silver Shadow Rolls Royce are also in the collection, all comfortably housed with the farm

Just like the man who does his own farming, everything on this farm is down to





Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

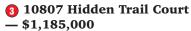
August, 2013 Sales \$1,000K~\$1,199K

In August 2013, 65 Potomac homes sold between \$4,900,000-\$440,000.

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12324 RiversEdge Drive —\$1,158,145





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SPORTS

Field Hockey Playoff Matchups Announced

The 4A South region field hockey playoffs will begin Thursday, Oct. 24.

Wootton, the No. 1 seed in Section II, will host Kennedy. Churchill, the No. 2 seed in section II, will host Richard Montgomery. Whitman, the No. 4 seed in Section I, will travel to face Walter

Boys' and Girls' Soccer Playoffs

The 4A West region boys' and girls' soccer playoffs get underway this week.

In boys' action, defending state champion Wootton, the No. 5 seed in section II, will travel to face Northwest on Thursday. Churchill, the No. 2 seed in section I, will host Richard Montgomery on Saturday. Whitman, the No. 6 seed in section I, will travel to face Kennedy on Friday.

In girls' action, Whitman, the No. 2 seed in section I, will host Richard Montgomery on Friday. Churchill, the No. 5 seed in section I, will travel to face Walter Johnson on Friday. Wootton, the No. 3 seed in section II, will host Magruder on Thursday.

Whitman Football Beats Springbrook

Whitman running back Zac Morton rushed for

104 yards and three touchdowns and the Vikings beat Springbrook 28-13 on Oct. 18.

SPORTS BRIEFS

Whitman quarterback Evan Smith threw a touchdown pass to Nolan Hanessian as the Vikings improved

Whitman will host Walter Johnson at 6:30 p.m. on Friday, Oct. 25.

Wootton Football Lost to Northwest

The Wootton football team fell to 3-4 with a 39-17 loss to Northwest on Oct. 18.

Wootton quarterback Sam Ellis completed 20 of 44 passes for 302 yards and a touchdown, according to the Washington Post's allmetsports.com. Trevon Diggs had 10 catches for 161 yards and a touchdown.

The Patriots will host Richard Montgomery at 6:30 p.m. on Friday, Oct. 25.

Churchill Football Blanked by RM

The Churchill football team lost to Richard Montgomery 34-0 on Oct. 18, dropping the Bulldogs' record to 1-6.

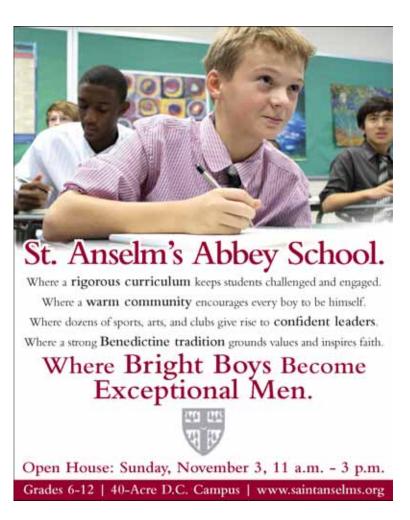
Seven Stillwell led the Churchill defense with seven tackles. Joseph Dennis had a sack for the Bulldogs and Elliott Sloate had an interception.

Churchill will host Springbrook at 6:30 p.m. on Friday, Oct. 25.

T: 301.765.2093



Jamie Lescht and the Churchill field hockey team will host Richard Montgomery in the first round of the playoffs on Thursday.







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21 Announcements 21 Announcements

Teenagers are taught that drugs and smoking harm the body. Unfortunately, they are being indoctrinated into a belief system about sodomy that is harmful. Therefore, it is beneficial for all teenagers to view **Shocking 2010 CDC Update About Homosexuality** on youtube. They should also be aware of son of the characteristics of sodomy:

- . Sodomy is a want, not a need. Participating in sodomy is a choice
- 3. No one has been born or will be born with a body designed for . No one has been born or will be born with a body designed for sodomy. The part most often used for sodomy is designed with a thin, fragile membrane that tears easily. A tiny tear can become infected and since this cavity does not heal quickly, a colostomy bag is often required. Sodomy can cause severe damage to the body which can result in death.
- Sodomy spreads diseases rapidly because the cavity leads directly to the blood stream. Protection designed for normalcy is often ineffective when used for sodomy.

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By KENNETH B. LOURIE

It's not exactly everything in its place any more than it is, for me, a place for everything. It's more like mandatory evacuation as in self-preservation; of thoughts, concerns, worries, anxieties, facts/feelings, all of which may be harmful to my health and/or my overall demeanor/well being (which anecdotally-speaking is all interrelated). Having stage IV non-small cell lung cancer will do that to you - among other things. If I don't take control of the internal and external complications caused by this insidious disease, then it wins. And the last thing any of us similarly diagnosed patients want is a victory by the other side.

My attempts at sustaining my status as quo are as much mental as they are physical. Physically, the tumors will react to chemotherapy – or not, and my body/internal organs will be "side-effected" how they will despite my wishfully-thought-of intentions. However, mentally (emotionally, psychologically, spiritually) is semi in my control. And control is key - or certainly perceived to be (rhyme not for any effect). As such, whether or not it matters to the cancer how I do what I do (live), it matters to me. And if it matters to me – and I take these matters into my own hands, and don't succumb to cancer's figurative punch, then I can feel as if maybe this battle is not so lopsided (what's more lopsided than a terminal diagnosis from an oncologist?). One where you're encouraged to take that vacation you've always dreamed of because, well, you know. But if I can feel - for even a minute, that my specific man vs. cancer existence is being waged on a level playing field, then I just might think this fight is fair. Realistically, that's all I can ask for. (Regardless of whether I'm ending this sentence with a preposition.)

But since there are no guarantees here, there's a bit of a leap of faith to be made (you'll note I didn't say expected). What I do know is, that if my focus on life is exclusively about yours truly being diagnosed with inoperable lung cancer; if my 24/7 consciousness is totally cancer-centric, and if any and all cancer thoughts are woe is me, then the battle is already lost. It's not about me not caring or giving up - hardly, it's about me not giving in. And the only way I know how to not give in to the pressure/terminal circumstances under which I continue to endure, is to not feel as if everything has to be dealt with all the time. There are just too many variables, and moving and unpredictable parts (euphemistically speaking) which have to be managed – for lack of a better word. Ergo: Coping and hoping. Every minute of every day. (Every second would be a bit of an exaggeration.)

And if and when I should receive any unpleasant news, I'll try to embrace those very appropriate words spoken by Scarlett O'Hara at the end of the Oscar-winning classic, "Gone With The Wind," when Rhett Butler walked away after having said he didn't "give a damn" about what Scarlett "will do" about bringing "him back:" "...I can't think about this now! I'll go crazy if I do! I'll think about it tomorrow.. Compartmentalization. A figurative solution to a set of real problems. It's not exactly pretending. It's more like pacifying. So far, so great.

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

NATIONAL CHILDRENS CENTER

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Entertainment

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

ONGOING

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

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

Tiny Tots. 10 a.m. on Wednesdays, Saturdays and Sundays at Glen Echo Park, 7300 MacArthur Blvd. The Puppet Co. presents a program designed for children up to age 4. The shows are 30 minutes long, the lights stay on and the doors stay open. \$5/person. Reservations strongly encouraged. Visit www.thepuppetco.org or 301-634-5380 for dates.

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 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 or 301-215-6660.

Theater Performance. Through Sunday, Oct. 27, see "Goodnight Moon" at Adventure Theatre at Glen Echo Park, 7300 MacArthur Blvd. All ages. Visit www.adventuretheatremtc.org or 301-634-2270.

Exhibition. Through Sunday, Oct. 27, 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-

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 and can be purchased at www.imaginationstage.org or 301-280-1660.

Theater Performance. See "Peter and the Wolf' on Thursdays and Saturdays at 10 a.m. or 11:30 a.m. and Saturdays and Sundays at 11:30 am. or 1 p.m. at the Puppet Co. at Glen Echo Park, 7300 MacArthur Blvd. The show runs from Oct. 17 through Nov. 22 and is appropriate for children in grades PreK-6. Visit www.thepuppetco.org or 301-634-5380 for tickets.

Theater Performance. See

"Aquarium" at Imagination Stage, Dec. 17-Jan. 26. Performances are Tuesdays-Fridays at 10:30 a.m. and 11:45 a.m., and Saturdays-Sundays at 10 a.m. and 11:15 a.m. Children can watch the story of Jack and Calypso unfold through puppets, music and props. Appropriate for children ages 1-5. Tickets are \$10-12

with a \$5 lap seat for children under 12 months. Tickets can be purchased at www.imaginationstage.org, at the box offce or 301-280-1660.

THURSDAY/OCT. 24

"Eye Spy" Halloween Train. 3-8 p.m. at Cabin John Regional Park, 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 or 301-765-8670.

Lecture. 7:30-9 p.m. at Photoworks Gallery at Glen Echo Park, 7300 MacArthur Blvd. Frank Van Riper and Judith Goodman will discuss "Venice and Beyond: Photographing in a Foreign Country." Visit http://glenechophotoworks.org/ for tickets.

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.

OCT. 25 THROUGH NOV. 24

Theater Performance. See "From Here to There" at Imagination Stage, 4908 Auburn Ave., Bethesda. Showtimes are 10:30 a.m. or 11:45 a.m. and are appropriate for children age 2-5. Tickets are \$10-12 with a \$5 lap seat for children under 12 months. Visit www.imaginationstage.org or 301-280-1660 for tickets.

FRIDAY/OCT. 25

"Eye Spy" Halloween Train. 3-8 p.m. at Cabin John Regional Park, . 7410 Tuckerman Lane. See Thursday, Oct. 24 listing for description. Costumes encouraged. \$5/person. Visit www.cabinjohntrain.com or

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

SATURDAY/OCT. 26

Yellow Barn Drawing Exhibition.

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

Eye Spy" Halloween Train. 1-8 p.m. at Cabin John Regional Park, 7410 Tuckerman Lane. See Thursday, Oct. 24 listing for description. Costumes encouraged, \$5/person. Visit 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 Sunday,

Swing Dance. Lessons start at 8 p.m., dancing from 9 p.m.-midnight in the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. Josh Fialkoff Quintet will provide music. \$16. No partner necessary. Visit www.DCLX or 301-674-0080.

SUNDAY/OCT. 27

Yellow Barn Drawing Exhibition.

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



"Eye Spy" Halloween Train. 1-8 p.m. at Cabin John Regional Park, 7410 Tuckerman Lane. See Thursday, Oct. 24 listing for description. Costumes encouraged. \$5/person. Visit 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 are welcome. Free. Visit www.friendsofclarabarton communitycenter.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 or 301-315-9461.

Ballroom Dance. 3-6 p.m. at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Dance to live music by Hot Society Orchestra of Washington. All ages. \$14. Visit www.glenechopark.org 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 Perpetual e Motion. \$13/nonmember; \$10/member; \$5/ 17 and under. Visit www.fsgw.org for

MONDAY/OCT. 28

"Eye Spy" Halloween Train. 3-8 p.m. at Cabin John Regional Park, 7410 Tuckerman Lane. See Thursday, Oct. 24 listing for description. Costumes encouraged. \$5/person. Visit www.cabinjohntrain.com or 301-765-8670.

Author Talk. 7 p.m. at Potomac Library, 10101 Glenolden Drive. Jennifer Miller will discuss her writing process and how she uses social media to increase her visibility. Free. She is the author of "The Year of the Gadfly.'

TUESDAY/OCT. 29

вуе эру p.m. at Cabin John Regional Park, 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 or 301-765-8670.

WEDNESDAY/OCT. 30

"Eye Spy" Halloween Train. 3-8 p.m. at Cabin John Regional Park, 7410 Tuckerman Lane. See Thursday, Oct. 24 listing for description. Costumes encouraged. \$5/person. Visit www.cabinjohntrain.com or 301-765-8670.

Not-So-Spooky Skate. 4:30-6:15 p.m. at Cabin John Ice Rink at Cabin John Regional Park, 10610 Westlake Drive, Rockville. Takes place on a fully-lit rink and features a costume contest and treats. \$6.50/person includes admission and skate rental. Visit www.cabinjohnice.com or 301-765-8620.

THURSDAY/OCT. 31

Family Halloween Party. 4 p.m. at Potomac Library, 10101 Glenolden Drive. Preschoolers and their families can enjoy a "slightly spooky" storytime, costume parade and more. Costumes encouraged. Free. Visit www.montgomerycountymd.gov/ content/libraries or 240-777-0690. **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/NOV. 1

Spooky Skate. 8-10 p.m. at Cabin John Ice Rink at Cabin John Regional Park, 10610 Westlake Drive, Rockville. Features creepy Halloween tunes and a darkened rink lit by a magical mystical ball. Treats included. \$6.50/person includes admission and skate rental. Visit www.cabinjohnice.com or 301-765-8620.

Ethnic Food Festival and Bazaar.

11 a.m.-8 p.m. at St. Mark Orthodox Church, 7124 River Road, Bethesda. Try Russian and Eastern European foods such as blini, chicken kiev and more. Browse baked goods, pottery, earrings, Christmas items and more. Free. Visit www.stmarkoca.org or 301-229-6300.

Harvest Craft Days. 8:30 a.m.-3 p.m. at VisArts, 155 Gibbs St., Rockville. Children ages 7-12 can create a ed media project and mor Register at www.visartscenter.org or 301-315-8200.

SATURDAY/NOV. 2

Fiber Art Show and Sale. 9:30 a.m.-4 p.m. at St. Mark Presbyterian Church, 10701 Old Georgetown

'The Power of Color'

Gallery Har Shalom presents "The Power of Color" through Monday, Oct. 28. "The Power of Color," includes acrylic paintings by Alexandria artist Ana Elisa Benavent, blown glass by Bethesda artist Jane Callen, fiber art by Bethesda artist Floris Flam, and photography by Richard Paul Weiblinger of Laurel. Gallery Har Shalom is located at Congregation Har Shalom, 11510

"Umbrellas," photograph, by Richard Weiblinger

> Road, Rockville. Browse scarves, hats, jewelry, yarn and more by members of the Potomac Fiber Arts Gallery. Free. Visit www.wearableartfallshow.com or 703-548-0935.

Food Festival and Bazaar. 11 a.m.-8 p.m. at St. Mark Orthodox Church, 7124 River Road, Bethesda. Try Russian and Eastern European foods such as blini, chicken kiev and more. Browse baked goods, pottery, earrings, Christmas items and more. Free. Visit www.stmarkoca.org or 301-229-6300.

Concert. 8 p.m. at Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. Finghan Collins will perform, Free. Visit www.washington conservatory.org/.

Come to the Cabaret. 7:30 p.m. at Bradley Hills Presbyterian, 6601 Bradley Blvd., Bethesda. Hear show tunes and original jazz compositions with Broadway orchestrator and composer Rick Bassett. Suggested donation of \$20/adult; \$15/student, senior. A reception will follow. Visit www.bradleyhillschurch.org.

Film Screening and Discussion. 8 p.m. at Tikvat Israel, 2200 Baltimore Road, Rockville. Watch "The Dark Side of Chocolate" followed by a discussion with Ilana Schatz, coffee and chocolate desserts. Visit www.tikvatisrael.org or call 301-762-7338.

SUNDAY/NOV. 3

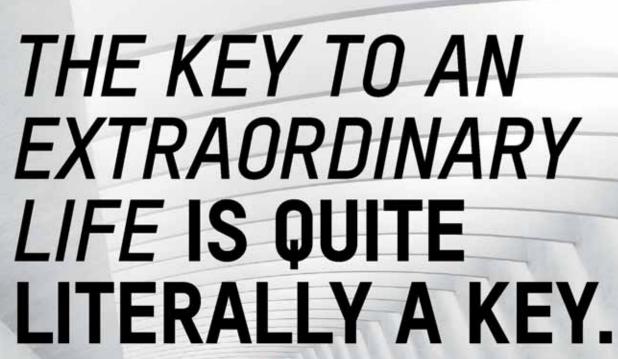
Ethnic Food Festival and Bazaar.

Noon-4 p.m. at St. Mark Orthodox Church, 7124 River Road, Bethesda. Try Russian and Eastern European foods such as blini, chicken kiev and more. Browse baked goods, pottery, earrings, Christmas items and more. Free. Visit www.stmarkoca.org or 301-229-6300.

Festival. Noon-6 p.m. at Tikvat Israel, 2200 Baltimore Road, Rockville. Festival features a Fair Trade Marketplace with Judaica and other beautiful, handcrafted items. Also music, Latin dance, lectures, food, chocolate tastings, and a children's program with singer Charley Montroll. Visit www.tikvatisrael.org or 301-762-7338.

Concert. 3 p.m. at Washington Conservatory at Glen Echo Park. 7300 MacArthur Blvd. Finghan Collins will perform with three Free. Visit www.washington conservatory.org/.

Music Performance. 5 p.m. at The Episcopal Church of the Redeemer, 6201 Dunrobbin Drive, Bethesda. Enjoy a Choral Evensong. Free. Visit www.redeemerbethesda.org or 301-229-3770.



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