

Potomac ALMANAC

Raising Funds and Awareness for Autism

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Coordinator Susan Pereles
cheers the racers on at the
finish line of last year's
Autism Speaks 5K.

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NEWS

Whaley Inspires Female Golfers

Pro golfer speaks at the First Tee of Montgomery County luncheon.

BY SUSAN BELFORD
THE ALMANAC

Pro golfer Suzy Whaley was the first woman to qualify and participate in a PGA tour event in 58 years — and she was only the third woman to compete in a PGA tour event. Her victory captured the attention of the millions who play golf and the millions who aspire to join the game.

As the keynote speaker of The First Tee of Montgomery County luncheon and golf outing held at TPC Avenel on June 2, Whaley personalized her message of the importance of golf for girls and women. She discussed her own life, while making certain to relate it to the 140 women in the room. "You may go out for a tournament and you may make a 10 on your first hole because you are nervous. My attitude — thank goodness it's not an 11. Golf teaches you perseverance and courage — respect and courtesy — not to give up. It has given me opportunities that I never would have



PHOTO BY SUSAN BELFORD/THE ALMANAC

Suzy Whaley and Felicia Wilson, president of the Tech Savvy Group, at The First Tee Luncheon.

had. It's taught me to walk onto the course with my head held high, even though the competition field consists of the best male golfers in the world."

Whaley shared the story of her fears, her

SEE WHALEY, PAGE 5

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Raising Funds, Awareness for Autism

Teams spark spirit at 14th Annual Autism Speaks 5K/Fun Walk on July 4.

BY SUSAN BELFORD
THE ALMANAC

Helen Keller once said, "Alone we can do so little; together we can do so much." The Autism Speaks 5K/Fun Run is living proof that joint efforts and collaboration are powerful. More than 100 teams gather forces each year to run and walk for their brothers, sisters, nieces, nephews, children, grandchildren, friends and schoolmates — and also to support the drive to find a cure and better treatments for autism.

The teams, made up of runners and walkers of all ages represent swim clubs, schools, families, friends and companies; many participants have been touched by autism and want to help raise funds and awareness for this important cause.

One of the teams is "Richie's Racers Team BOWA" captained by Steve Kirstein, whose son Richie is on the autistic spectrum, and "is the driving force behind our initial involvement," said Kirstein. "Richie was diagnosed at an early age (before 1) and is now 16 and thriving in the Montgomery County autism program at Churchill High. Ritchie participates in the 1-mile walk por-



PHOTOS CONTRIBUTED

The Eldwick Sharks from Potomac are the largest swim team to compete each year. They are also the largest fundraisers and win a pizza party from Potomac Pizza every year.

tion of the event and loves his Richie's Racers shirt and wears it with pride."

BOWA has been a sponsor for the Autism Speaks race for 10 years and the presenting sponsor for the past four years, including this year. The team draws more than 60 volunteers who race both at the Potomac run and in Dewey, Rehobeth and Middleburg. Over the years this team has raised more than \$100,000 for Autism Speaks.

Kirstein explains what the race means to him and his team members: "This event is the most important day of my year, as autism is such a growing and concerning issue. Anything we can do to help raise awareness and acceptance within the community touches me personally and helps me feel like we are doing our part. I know my



fellow team members concur."

The July 4 Autism Speaks 5K/Fun Walk draws 1,600 to 1,800 racers each year to the heart of Potomac — people dedicated to helping the increasing numbers of children and young adults who are on the autism spectrum.

The latest numbers recently released by the Center for Disease Control indicate that 1 in 68 children in the U.S. are on the autism spectrum. This is an increase from the 1 in 88 number released two years ago by the CDC. Children with autism continue to be overwhelmingly male. According to the new report, the CDC estimates 1 in 42 boys has autism, 4.5 times as many as girls (1 in 189).

"The new statistics raise significant concerns about access to care, because autism is a lifelong disorder and the need for services only begins at diagnosis," said Robert Ring, chief science officer for the advocacy group Autism Speaks. "Behind these numbers are real people," he said. "Every one of these numbers is a family that's coming to terms with the implications of the diagnosis for the lifespan of their loved one. We need a plan to respond to these numbers, a national strategy for autism, and leadership has to come from Washington, because every congressional district is affected."

Another team is led by Lauren Salzberg of Potomac for her son Justin. "Our team is called 'Just for Justin,'" she said. Justin, who is 15 years old, attends the Ivymount School where he is in the multiple learning needs program.

"We have been doing this race for as long as we can remember," Salzberg said. "It has been amazing to see this event grow and more amazing to see our son Justin grow. Now he is able to participate and last year completed the walk on his own. He knows he has autism and is proud each year to

participate. He knows this race is not only 'Just for Justin' but for all the other 'Justins' out there hoping for a cure for autism. Our team of friends and family walk and run with us year after year, and we are thankful to have such wonderful supporters."

Salzberg's company Potomac Lice Lady is a platinum sponsor of the race this year because "the event is so close to our hearts and Autism Speaks is such an amazing organization."

"We went through some very trying times, as most families living with a child with autism do. You take each day as it comes and live in the moment. You learn to set realistic yet hopeful goals and learn that sometimes you have to take a few steps backwards to get major steps ahead. It has not always been the easiest road for our family, but with love, support and guidance, especially from wonderful groups and people like those at Autism Speaks, success can be made. Early intervention is key and knowledge is golden. The more you can

SEE TEAMS SPARK, PAGE 9



PHOTO BY MARY KIM/THE ALMANAC

Primary Election Day

Tuesday, June 24 was Primary Election Day in Montgomery County, with many contested races for the Democratic nominations, including Governor, Attorney General, General Assembly, Sheriff, County Council and others. At the River Falls precinct in Potomac, 115 voters had voted by 10 a.m. At 1:45 p.m. Marjorie Roher of the Montgomery County Board of Elections indicated that the voter turnout for the Montgomery County Primary Election "will be moderate." Voting results can be found at the board's website: www.777vote.org/electionresults/elec_results.html.



Race Coordinator Susan Pereles and volunteer Paul Equale at the 2011 Autism Speaks 5K and Fun Run.

POTOMAC ALMANAC

www.PotomacAlmanac.com

Newspaper of Potomac
A Connection Newspaper

An independent, locally owned weekly
newspaper delivered
to homes and businesses.

1606 King Street
Alexandria, Virginia 22314

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**Potomac Almanac is published
by Local Media Connection LLC**

Five Time First Place Award-Winner Public Service

MDDC Press Association

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OPINION

Celebrate a Safe Fourth

**Talking and planning
are the best safety
measures; SoberRide
offers a safety net.**

Independence Day is a national celebration, and for many, that celebration includes alcohol. The summer overall and July 4 in particular are times of greater risk for drinking and driving.

Make a plan. Plan to celebrate with access to public transportation. Plan to have a designated driver. Plan to celebrate in a place safe and comfortable to spend the night.

EDITORIALS

But in case those plans go awry, here is a safe alternative.

The Washington Regional Alcohol Program will offer free taxi rides home (up to \$30) beginning 10 p.m. the night of July 4 for six hours until 4 a.m. the morning of July 5. Participants must be at least 21. Call 1-800-200-TAXI.

On July 4, 2013, nearly 300 people used WRAP's SoberRide service rather than possibly driving home impaired.

In summer, 44 percent of all U.S. traffic

deaths are caused by alcohol-impaired drivers, according to statistics provided by WRAP. SoberRide is a way to help keep local roads safe from impaired drivers during this traditionally high-risk holiday.

For parents of young adults who may be living at home and parents of those under 21, this is time to talk. Ask about plans, ask specifically about getting home. Remind those over 21 to take the WRAP phone number with them.

While you hope that young adults under 21 aren't drinking — because there are lots of dangers to binge drinking beyond drinking and

driving — you know that many of them will be drinking. Let your younger family members know that you would much rather pay for a cab or come get them yourself than run the risk of losing them.

Since 1993, WRAP's SoberRide program has provided 60,565 free cab rides home to would-be drunk drivers in the Greater Washington area.

Visit www.soberride.com.

—MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Call for Pet Photos, Stories and Artwork

The Pet Almanac, a twice-yearly special edition, will publish on July 23, and photos and stories of your pets with you and your family should be submitted by July 16.

Our favorite pictures include both pets and humans. We welcome short stories about how you got your pet, a noteworthy talent or anecdote about your pet, tales of the bonds between your family and your pet, plus drawings, paintings or other artwork of your pet by children or adults

Please tell us a little bit about your pet, identify everyone in the photo, give a brief description of what is happening in the photo, and include your address and phone number (we will not publish your address or phone number, just your town name).

Email photos, artwork and stories to almanac@connectionnewspapers.com.

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Albright Addresses McLean School Graduates

**Go forth and make a
difference.**

BY SUSAN BELFORD
THE ALMANAC

Most graduation speakers are faced with the problem of emitting wisdom and life-lessons for the graduates who are leaving one phase in life and venturing on into their next act. Instead of speaking to the graduates about success and fortitude, McLean School Commencement Speaker Madeline Albright, Secretary of State under President Clinton, had students complete a survey, and she used the results and their views to formulate her speech.

The McLean School graduation took place on June 6 in a white tent erected on the grounds of the school. Parents and family of seniors enjoyed a beautiful spring day as the 20 graduates paraded to the sounds of "Pomp and Circumstance." Valedictorian John "Jack" Watson shared the stage, as well as the podium, with his famous grandmother, Madeline Albright.

Albright was appointed as the first female Secretary of State and the highest ranking woman in the history of the U.S. government in 1997. During her tenure, she reinforced the U.S.'s alliances; advocated democracy and human rights; and promoted American trade and business, labor and environmental standards abroad. In 2001, she received the U.S. Sen. John Heinz Award for greatest public service by an elected or appointed official.

After she left her post as Secretary of State, she founded The Albright Group, an interna-



**Madeline Albright speaks to the
McLean School Class of 2014.**

tional strategy consulting firm. She currently serves on the Council of Foreign Relations and on the International Advisory Committee of the Brookings Doha Center. She is the Mortara Distinguished Professor of Diplomacy at the Georgetown University Walsh School of Foreign Service in Washington, D.C. and honorary chair for the World Justice Project.

Albright spoke to the graduates about the importance of self-respect and being happy — and the fact that many commented that "they are leaving McLean with the certainty that they can do or become anything they want — the world is wide open to them." In the survey, every student said that he or she is going to college, all want to study abroad and all feel well-prepared for the rigors of college. Some of the colleges that the graduates will attend are: University of Wisconsin, Madison, Ohio Wesleyan University, Berklee College of Music, Union College, St. Mary's College of Maryland, High Point University, Duke University, George Mason University, Denison University and Rochester Institute of Technology. The

class received in excess of \$1.3 million in merit scholarships.

Speaking to the graduates, Albright said, "One of the most consistent answers to my questionnaire was about 'What you learned at McLean?' You responded, 'Self Advocacy', which I understood to mean that you learned how to be yourself, how to find your strength, and how to be a strong individual. I believe that is an incredible gift. You also commented that your favorite part of McLean were the teachers who cared so much about you — and gave you invaluable guidance.

"At the beginning of my remarks, I was willing to admit that adults don't have all the answers," she said. "In fact we have screwed up a lot. We are counting on you [McLean School graduates] to make sense of a confusing world and help solve some of the problems that we have created. You will be able to face the future with confidence because the skills and values you developed at McLean will go along with you."

She commented on how she was born "before the invention of the iPad and shortly after the discovery of fire. Most of you will have greater involvement in the global world than former generations because of the wonders of technology and modern communication devices. You understand the value of learning foreign languages and studying abroad. You are looking at your future with optimism — because you know you are prepared for college and careers."

Her final piece of wisdom was to "Believe in yourselves and make the world a better place. Live each day with the knowledge that whatever you do will count — and will make a difference."

Whaley Inspires Female Golfers at Luncheon

FROM PAGE 2

insecurities — and all that she went through before making her decision to complete as the only female in the PGA's Greater Hartford Open in 1993. With a low-keyed, humorous style, she relayed how she became interested in golf at age 9, when her mom was called to the driving range because Suzy was hitting balls in her bathing suit — not proper attire for golfing. Her mom asked her if she liked hitting balls, and Whaley replied, "I love it." "Then let's get you something to wear in the pro shop," said her mom. And that attitude changed Whaley's life. When she decided to quit law school to try to earn her PGA tour card, her mom said, "Great — you can always become a lawyer later."

Whaley is now a teaching professional, married to Bill Whaley, a PGA professional and her coach. He is the national director of golf for PGA Tour Properties and the general manager and PGA director of golf at TPC River Highlands in Cromwell, Conn. They have two daughters who are both attending college on golf scholarships. Whaley currently teaches the game at TPC River Highlands in Cromwell, Conn., as the director of instruction of Suzy Whaley Golf. Her business includes private instruction, group instruction and the Suzy Whaley Junior Golf Academy.



PHOTO BY SUSAN BELFORD/THE ALMANAC

Chairman of the Board of Directors of The First Tee Pat Price with emcee Leon Harris of WJLA Channel 7 TV.

Leon Harris of WJLA Channel 7 emceed the event and sportscaster and author Christine Brennan was the honorary chairwoman. Harris applauded the organization for the fact that, in The First Tee of Montgomery County, more than 50 percent of the participants are young girls. He thanked the coordinators of the event for what they are doing for our county and for helping to grow the game of golf. "But most impor-

tant is that The First Tee teaches nine core values," he said. "These are honesty, respect, integrity, perseverance, courtesy, confidence, sportsmanship, responsibility and judgment. These are values that serve the kids for life."

After the luncheon, speakers, raffle drawings and silent auction announcements, 92 golfers hit the links for an afternoon of golf and contests on the course. Whaley was on



PHOTO BY SUSAN BELFORD/THE ALMANAC

Mom and daughter Jackie and Juliette Voorthuis from Potomac at The First Tee Luncheon and Golf Outing.

the par 3 number 9 hole for the "Beat the Pro" contest.

"This was an outstanding day — and the best part is that all the proceeds go to the kids," said Board Member Jackie Simmons-Read. "The First Tee teaches the fundamentals of golf to more than 500 kids in Montgomery County each summer, teaches them good citizenship and gives them a life-time sport."

Mom and daughter Jackie and Juliette Voorthuis of Potomac enjoyed the outing and playing the course. Juliette said, "This is a

wonderful opportunity to encourage golf in younger people. It encourages families to play together — I really enjoy playing with my mom."

The First Tee will host another outing this coming fall. To learn more about The First Tee, to volunteer, to donate to help their mission or to donate "nearly-new" golf clothing or equipment, visit www.thefirstteemcmd.org.

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PEOPLE



Jill Phillips, Andy Alderdice and Jennifer Matheson welcome everyone to the Potomac Chamber of Commerce networking event and award the raffle prizes from chamber members.



The crowd networks on the patio of Old Angler's Inn.

PHOTOS BY SUSAN BELFORD/THE ALMANAC

Chamber Members Gather for Monthly Networking

BY SUSAN BELFORD
THE ALMANAC

Held on the back patio of Old Angler's Inn, the Potomac Chamber of Commerce's monthly networking event on May 20 attracted more than 80 business people from Potomac, Rockville, Cabin John — and even from Virginia and northern Montgomery County. Bankers, Realtors, architects, insurance agents, political candidates, store managers, restaurant owners and representatives from many local businesses mingled with one another, making the kind of connections that can only be made through a chamber mixer.

Jill Phillips of Squeals on Wheels, Jennifer Matheson of Potomac Pizza and Andy Alderdice of W.C. and A.N. Miller Realtors drew raffle prizes that included restaurant gift certificates and a free night on the town from Sterling Transportation Services, owned and operated by Bill Blackwell.



R. Mallory Starr, Jr. of the Sequoia Presidential Yacht Group LLC with Sogol Afsharjavan of Sokol Décor in Potomac.



Charlie Ugaz of Lafayette Federal Credit Union with State Farm Agent Dawn Fyock. Both grew up in the Potomac area.



The crowd awaits the raffle drawing.



Tom Najjar of Care Plus Home Health with Karin and Neil Currie of Potomac. Karin Currie is with the Friends of the Library and Neil Currie is with the Republican Party.



Potomac residents Jim McWhorter and Yasmin Abadian, Realtor with Long and Foster, with Susan Lopes of Chicos in Potomac Village.



Old Angler's Inn Owner Sara Reges enjoys the sunshine and event with Karen Callahan of Courtesy Title.

ENTERTAINMENT

Email community entertainment events to almanac@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Looking Back. Through July 21 at Photoworks Gallery and Photography School, 7300 MacArthur Blvd., Glen Echo. Photography from Vincent Ferrari and Patricia Smith. Opening reception and gallery talk on June 21. Free. Visit www.glenechophotoworks.org or call 301-634-2274.

Glen Echo Park's Summer Concert Series. Through July 31, Thursdays, 7:30 p.m. in the Bumper Car Pavillion at Glen Echo Park. Free. Visit www.glenechopark.org.

Children's Theater. Through Sunday, Aug. 10, Imagination Stage presents "The BFG" at the Lerner Family Theatre, 4908 Auburn Ave., Bethesda. Best for ages 5-10. Based on Roald Dahl's book about the big friendly giant, this play incorporates puppetry, visuals and storytelling. Tickets start at \$10. Visit www.imaginationstage.org or call 301-280-1660.

Family Game Day. Tuesdays, through Aug. 28, 3 p.m. at Potomac Library. Bring the family and enjoy a family game day. Children 5 and up and their families. Free. Visit montgomerycountymd.gov.

THROUGH SATURDAY/JUNE 28

Bethesda Summer Music Festival. Bethesda Presbyterian Church, 7611 Clarendon Road, Bethesda. This festival features tomorrow's stars of opera and musical theater in a two-week intensive workshop for young professionals. Festival culminates in performances: "Musical Revue & Opera Scenes," Saturday, June 28 at 2:30 p.m.; "Cosi Fan Tutte," Friday June 27 at 7:30 p.m. and Saturday June 28 at 7:30 p.m. Tickets \$20, children free. Visit <http://aamsopera.com/bsmf/events.html> or call 301-795-8342 or 301-424-3379.

THROUGH SUNDAY/JUNE 29

Quicken Loans National. Formerly known as AT&T National, features 120 PGA Tour professionals at Congressional Country Club in Bethesda who will compete for a \$6.5 million purse. The event raises funds and awareness for the Tiger Woods Foundation while paying tribute to U.S. armed forces. Visit www.tigerwoodsfoundation.org or pgatour.com

FRIDAY-SATURDAY/JUNE 27-28

Blues & Jazz Supper Club. 9 a.m.-3 p.m. at Bethesda Blues and Jazz, 7719 Wisconsin Ave., Bethesda. Interactive and engaging mind camp teaching high performance leadership and thinking skills. Admission varies based on number of people enrolled. Visit <http://bethesdabluesjazz.com/events.cfm>.

SATURDAY/JUNE 28

Flower Photography Workshop. 8-10 a.m. at the Visitors Center Adult Classroom at Brookside Gardens, 1800 Glenallan Ave., Wheaton. Workshop for all levels will emphasize creative approaches to flower photography. Course #272449. Fee \$35 or FOBG \$30. Registration required at www.ParkPASS.org. Call 301-962-1451 or visit www.brooksidegardens.org for more.

10th Annual Great American Backyard Campout. Check-in

starts at noon. Craft time is at 2 p.m. The guided trail hike is at 3 p.m. The ice cream social is at 7 p.m. The "Family Film Under the Stars" is in the amphitheater at 8:30 p.m. Little Bennett Campground, 23705 Frederick Rd., Clarksburg, MD. Use code "GAC14" for \$10.50 tent campsites. Residents outside Montgomery or Prince George's County will be charged an additional \$2. Nationwide celebration sponsored by the National Wildlife Federation to encourage people to get outside and go camping. Call 301-528-3430 or visit www.LittleBennettCampground.com.

SATURDAY-SUNDAY/JUNE 28-29

Heritage Days 2014. Noon-4 p.m. The 17th annual Heritage Days Weekend will feature 40 sites all around Montgomery County highlighting local history and culture, outdoor recreation, family activities, music and food. Free admission. Visit www.HeritageMontgomery.org or call 301-515-0753.

♦ **Boyd's Negro School,** Boyds – practice calligraphy, make button necklaces, play marbles & horseshoes at this 1895 one-room schoolhouse for African American children ~ Saturday and Sunday

♦ **Historic St. Paul Community Church,** Poolesville – tour the 1893 church and cemetery, learn about the founding families of this early African American community; gospel singers ~ Saturday only

♦ **Josiah Henson Park,** N. Bethesda – tour the historic Riley farm where Josiah Henson, whose memoir inspired Uncle Tom's Cabin, was enslaved from 1795-1830; archeology dig, make clay marbles ~ Sunday only

♦ **Oakley Cabin,** Olney – visit this restored 19th-century log cabin, home to African American tenant families during the 1800s; storytellers, Washington Revels Jubilee Voices ~ Saturday only

♦ **Sandy Spring Slave Museum,** Sandy Spring – see the cross section of a slave clipper ship, arts pavilion, slave log cabin, and significant art & artifact collection in the Great Hall; storyteller at 1pm ~ Saturday only

♦ **Sandy Spring Museum,** Sandy Spring – "Local Traditions" folklife festival (Saturday only) in the heart of this early Quaker community; music, dance & storytelling ~ Museum open Saturday and Sunday

♦ **Underground Railroad Experience Trail,** Sandy Spring – take a fascinating 2-hour hike along a simulated Underground Railroad trail; first hike at 9 a.m. ~ Saturday only

♦ **Town of Brookeville** – tour this historic Quaker town that was the "U.S. Capital for a Day" during the War of 1812 ~ Sunday only

SATURDAY-SUNDAY/JUNE 28-AUG. 10

"Mouse on the Move." 10 a.m. and 11:15 a.m. at Imagination Stage's Christopher and Dana Reeve Theatre, 4908 Auburn Ave., Bethesda. An interactive play with many opportunities for audience participation. Performances are 45 minutes. Appropriate for ages 1-5. \$10-\$12, with a \$5 lap seat for children under 12 months. Visit www.imaginationstage.org or call 301-280-1660.

SUNDAY/JUNE 29

Waltz Dance. Spanish Ballroom at Glen Echo National Park, 7300 MacArthur Blvd., Glen Echo. Introductory waltz workshop 2:45-3:30 p.m., social dancing 3:30-6 p.m. Featuring the ensemble Addison Bleufonte. Admission \$10. No partner required. Call Joan Koury at 202-

238-0230 or Glen Echo Park at 301-634-2222. Visit www.WaltzTimeDances.org or e-mail info@WaltzTimeDances.org.

Book Signing. 3 p.m. Middleburg Common Grounds, 114 West Washington St., Middleburg. Book signing for "Pearls Beneath the Rind" by Bethesda resident Richard Seldin and Carole R Seldin-Bolinski. Free. Call 540-687-7065.

Serenade. 4 p.m. at the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Strathmore and Classical Movements present global choral voices in Serenade! Featuring international ensembles, this year from the Czech Republic, Georgia, Russia, The Netherlands and Zimbabwe. Free, general admission. Call 301-581-5100 or visit www.strathmore.org for more.

MONDAY/JUNE 30

Live & Learn Bethesda. 10:30 a.m. to noon. Bethesda-Chevy Chase Regional services Center, 4805 Edgemoor Lane, Bethesda. The World of Giacomo Puccini - Part III. \$20. To register, call 301-740-6150.

WEDNESDAY/JULY 2

Strathmore Free Summer Outdoor Concert Series: Ester Rada. 7 p.m. at the Gudelsky Concert Pavilion, the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Ester Rada's cross-cultural sound is a combination of "Ethio-Jazz, funk, soul and R&B, with mixed undertones of black grooves." Free admission. Visit www.strathmore.org.

THURSDAY/JULY 3

Outdoor Concert. 6-8 p.m. at Veterans Park, at the corner of Woodmont and Norfolk Avenues. I and I Riddim play reggae. Free. Call 301-215-6660 or visit www.bethesda.org.

FRIDAY/JULY 4

5K run/1 mile walk. Potomac Village Library Parking Lot, 10101 Glenolden Drive, Potomac. Pre-race warm-up 7:30 a.m., 5K road race 8 a.m., 1-Mile walk 8:05 a.m. BOWA sponsors the 14th Autism Speaks 5K. Registration \$35 for Adults (\$40 July 4), \$15 for children 14 and under. Online registration closes at 5 p.m. July 2. T-shirts for all registrants and prizes will be awarded after the event during a celebration including food and music. Contact Steve Kirstein at steve@bowa.com, or Susan Pereles at spereles@autismspeaks.org, or call 703-873-9104.

4th of July Fireworks. 5 p.m. Montgomery County Fairgrounds. Activities include live music, games and food. Visit www.gaithersburgmd.gov

Independence Day Fireworks. 7 p.m.-10 p.m. Montgomery College Rockville Campus, Rockville. Activities include live music, food, and fireworks. Free. Visit www.rockvillemd.gov for more.

SUNDAY/JULY 6

Waltz Dance. Workshop 2:45-3:30 p.m. Dance 3:30-6 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Featuring Taylor Among the Devils, playing a mix of folk waltzes and other dances. \$10. Visit www.WaltzTimeDances.org or call Joan Koury at 202-238-0230.

MONDAY-FRIDAY/JULY 7-AUG. 1

Visarts Teen Art Institute. Morning: 8:30-11:30 a.m., Afternoon: 12:15-3:15 p.m. Richard Montgomery High School, 250 Richard Montgomery Drive, Rockville. Tuition ranges from \$350-\$545 based on the class. Visit

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NEWS

Teams Spark Spirit at Autism Speaks 5K/Fun Walk

FROM PAGE 3

learn, the more you can do and achieve for your child.”

Wendy Kuhn and her family had participated on their church’s team for a number of years and enjoyed it because it was an athletic event they could do together while at the same time helping a good cause. However, in 2010 when she became PTA president at Carderock Springs Elementary, the school had just moved into their newly renovated school which included three specially equipped classrooms for students with autism.

“The 12 children with autism were non-verbal and there was little opportunity to integrate the students with the mainstream student body,” Kuhn said. “Our principal and school counselor introduced a Best Buddies program whereby kids in grades 3-5 could spend their recess every other week serving as a buddy to kids in the autism program. One of the ways we also offered support was to participate in the Autism Speaks 5K. Our team, ‘Carderock Best Buddies,’ raises over \$1,500 every year and we always have representation on race day from students and parents and staff. One year, one of the boys with autism wasn’t feeling well, so my son (one of his best buddies) pulled him along the 1-mile walking course in a red wagon. They had a great time.”

“My family and I continue to participate and look forward to the event every summer. I have made some special friendships and have selfishly benefited from my involvement with our team and our school program. I draw strength and courage from the kids and caregivers and parents whose everyday lives are affected by autism. I am hopeful that our medical professionals will soon find more answers for these families. The Autism Speaks 5K is appropri-



PHOTOS CONTRIBUTED

BOWA’s Richie’s Racers Team supports the Autism Speaks 5K Run /1-Mile Walk in Potomac on July 4 each year. BOWA, a residential design and construction firm, is the presenting sponsor of the race. See www.BOWA.com.

ately held on July 4 as we celebrate our freedom and independence and stand united in our desire to help give autism some optimism.”

The coordinator of the Potomac Autism Speaks 5K/Fun Walk, Susan Pereles, became involved 14 years ago when her nephew was diagnosed with autism. She is dedicated to making this race one of the most successful Autism Speaks events in the U.S. “I am pleased that so many runners return year after year to our event and that we have dedicated teams who bring such spirit to our race,” she said. “We have participants from across the U.S. — and now with our Virtual 5K, you can register and support the cause from the comfort of your home, from your vacation spot, or through a bike ride, a mountain climb or a walk on the beach. Last year people registered from London, Afghanistan, Kosovo and Hawaii. You can sleep on your



Race Coordinator Susan Pereles and U.S. Rep. Chris Van Hollen with 5K racers.

couch or run on a treadmill. Whatever you do, you will be helping our cause.”

Plan to participate in the July 4 Autism Speaks 5K/Fun Walk on July 4 — either in Potomac or virtually. The race will begin at the Potomac Public Library, 10101 Glenolden Drive in Potomac at

7:30 a.m. with a pre-warm-up and the road race begins at 8 a.m. The 1-mile walk will begin at 8:05. Register at autismspeaks.org/AutismSpeaks5K. Adults are \$35 (\$40 on July 4) and children 14 and under are \$15. For more information or to donate, visit the website.

LET’S TALK Real Estate



by Michael Matese

Don’t Let These Three Facts Slip Through the Cracks!

Buying a new home often involves facing a torrent of new information, from convoluted rates and percentages, to forewarnings, suggestions, tips, advisements, and downright imploration. Unfortunately, few home buyers ever feel truly prepared to make the big decision, and so it becomes incredibly important to find a broker or agent you can truly trust while conducting as much research as possible on your own. All too often, despite this safety net of expert advice and self-directed study, some things still go unnoticed. Here is a brief list of three facts that routinely go unmentioned, undiscovered, and undisclosed.

Knowledge is Power

• Fact #1: Don’t count yourself out until you gather all the information. While the traditional notion behind previous foreclosure would contend that you are financially sunk and therefore ineligible from qualifying for a loan to become a home-owner, in actuality this circumstance is less dire than typically assumed. While it is true that foreclosure remains on your credit rating for up to seven years, large scale government-backed lenders such as Freddie Mac and Fannie Mae have begun imposing just three-year penalties for foreclosure. Though you may be required to pay a higher down payment or pay slightly higher interest rates, you aren’t disqualified from the dream of home ownership as easily as you may assume.

• Fact #2: Be sure to check into the housing codes and regulations pertaining to properties you are interested in. Prospective buyers would do well to work diligently to ensure that recent renovations, additions, and improvements were conducted in conjunction with guidelines set by now-starving city planning departments. If you purchase a home with violations, you may be saddled with the responsibility of bringing them to code.

• Fact #3: Hire your own people. It is important not to expose yourself to liability by accepting the seller’s offer to use their agent, appraiser, or inspector. These professionals owe an allegiance to the person paying for their service, so it’s best to hire your own team of licensed home specialists.

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

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-Werner Heisenberg

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- Ralph Waldo Emerson

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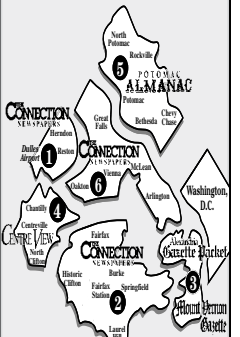
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"One Less Thing"

By KENNETH B. LOURIE



Forrest Gump knew when he voiced over: "Mama got the cancer and died on a Tuesday. I bought her a new hat with little flowers on it. And that's all I have to say about that." And if you watched the movie as often as I did (it was one of my mother's favorites), you may also recall "Mama always said you got to put the past behind you before you can move on." However, as regularly as I try to follow Forrest's and his Mama's sage Greenbow, Alabama advice, being a real-life cancer patient, some days are more difficult than others, especially when your oncology nurse calls the you the day before your every-three-week chemotherapy infusion to tell you that some of the levels tested for in your every-three-week, pre-chemotherapy lab work are abnormal (creatinine too high, GFR too low) which may put a stop to the treatment this week. And if there's one psychological crutch I'll admit to having, it's the need to not miss any of my regularly-scheduled infusions or any of the other scans or miscellaneous appointments as a means not to my premature end.

Although this potential blip in my lung cancer trip has happened previously: white blood cell count too low, potassium too high, blood work hemolyzed; which also led to re-tests, new prescriptions, stoppage of treatment, etc., hearing it is never good news. Among other considerations, it means complications and likely delays concerning things that yours truly, as the patient, doesn't want to think it means: trouble with a capital "T." Nevertheless, the experience is not unfamiliar and mostly the results have been overturned on appeal, if you follow my drift. Still, until the new results are posted and/or the new prescription is filled or the infusions continue, it's difficult to put the past behind you because the present won't let you.

After the initial disappointment has passed, Ron, my oncology nurse, and I discuss my options since medically speaking, everything needs to be re-confirmed. I opt for a re-test immediately in the hope that a second test – a day later, that very day in fact – would provide whatever time my body and/or the lab needed to determine that my results did indeed fall within the normal parameters, for me, and so the infusion could go on – in, actually. If the results are unfortunately still too high/too low, we have a plan for that but since neither Ron nor I are inclined to beat the rush and panic now, we'll patiently (no pun intended) wait for the re-test's results. And since my blood work is always "STAT" (a.s.a.p. for you lay people out there), we'll receive confirmation by 4 p.m. this afternoon, more than enough time to still maintain my infusion schedule for tomorrow and move forward, which for those of us being actively treated, is crucial. At least to this patient, it is (in my head, anyway).

Approximately four hours after my conversation with Ron, including the 45-minute drive to the lab, the 30-minute wait to be drawn and then the 10-minute drive home, Ron calls to tell me that he'll see me tomorrow. The re-test came back normal and we can all proceed with the infusion – and caution as usual. Whether you take Roloids or not, you can spell r-e-l-i-e-f now. Now whether a week's delay due to the levels in my lab work would have actually mattered in the short, middle or long term infusion schedule, one certainly can't know. At least now, I can go forward and not worry as much about the past since we're presently on track once again. Life really is like a box of chocolates. Although I like the caramels and soft centers best.

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

SPORTS

2013-14 Season Yields Memorable Moments

A look back.

By JON ROETMAN
THE ALMANAC

The 2013-14 high school sports season was full of memorable moments and accomplishments. The following is a look back at some of the highlights

SPRING SPORTS

The Wootton boys' lacrosse team embarked on a dominant run through the regular season and 4A/3A West region tournament.

The Patriots won their first 17 games of the season, culminating with a 14-12 victory over two-time defending champion and rival Churchill in the region final. The Patriots won six consecutive region titles from 2006-2011, and were once again No. 1.

"My freshman year is the last time we won [the region title] and I just know the feeling — I really wanted to get it back," Wootton senior Austin Schoenfeld said. "It was hard to get all the seniors wrapped around how good it feels and how much work really needs to be put in, but we definitely put in the work and it shows. ...

"It means more because all my senior boys are with us. It's our last home game ever and winning it on our home field against Churchill just makes it bittersweet."

Churchill was the first team all season to score in double digits against Wootton. It was only the second time the Patriots had won by fewer than eight goals.

Wootton's season ended with a 10-7 loss to South River in the state semifinals.

Churchill finished the season with a 13-4 record. The Bulldogs lost twice to Wootton, once to a private school (Landon) and once in overtime to the defending Virginia state champion (Chantilly).

The Whitman girls' lacrosse team won the 4A/3A West region title and finished the season with a 13-3 record. The Vikings defeated Wootton in the region final, but lost to Severna Park in the state semifinals.

In baseball, Whitman advanced to the 4A West championship game and jumped out to a 4-0 lead against Gaithersburg. However, the Trojans battled back and won the game, 5-4.

"I thought we finally had Gaithersburg," Whitman Baseball Head Coach Joe Cassidy wrote in an email. "They have knocked us out of the playoffs in 2008, 2010, 2011 and now 2014. We got them in 2012, but we still owe them some."

The Wootton baseball team reached the region semifinals, where the Patriots lost to Gaithersburg.

In tennis, Whitman's Aries Wong won the boys' singles state championship, and Wootton's Miranda Deng won the girls' singles title. Churchill's Sriya Movva and Hayley Keats won the girls' doubles title, and Churchill's Katie Gauch and Elliott Thacker won the mixed doubles championship.

In track and field, the Wootton boys' team



ALMANAC FILE PHOTO

Austin Schoenfeld, right, and the Wootton boys' lacrosse team won the 2014 4A/3A West region championship.

finished 4A state runner-up.

WINTER SPORTS

The Whitman boys' basketball team reached the state championship game for the first time since 2006. After defeating Annapolis in the semifinals, the Vikings ran into a tough Wise team, which captured the state title with a 70-43 victory.

"We're going to keep our heads held high," Whitman Boys Basketball Head Coach Chris Lun said. "We had a great run. I couldn't be more proud of our seniors. The team that we had this year, a lot of people never expected us to be here, so we're not going to let anybody take that away from us."

Whitman finished the season with a 21-7 record. Lun went on to coach the Capital All-Stars in the 41st Annual Capital Classic prep all-star game.

The Bullis boys' basketball team won the IAC tournament and finished the season with a 25-4 record.

In wrestling, Churchill's Hunter Sutton

won the 152-pound 4A/3A state championship.

In swimming, the Wootton girls' team won a state championship, edging rival Churchill. The Wootton boys' team finished runner-up.

FALL SPORTS

The Bullis Bulldogs had the strongest football season of any local team, finishing 9-1. After opening the 2013 campaign with a 42-0 loss to St. John's, Bullis won its next nine games, holding seven opponents to eight points or fewer. It was the third year in a row the Bulldogs have won at least eight games.

Whitman finished the regular season with a four-game winning streak and a 7-3 record, but the Vikings failed to qualify for the playoffs. With the top four teams in 4A West (Quince Orchard, Northwest, Gaithersburg, Clarksburg) advancing based on power points, Whitman finished No. 5 and was the only team with a winning record not to advance.

In field hockey, Wootton made its first state championship game appearance since 1978. The Patriots defeated Dulany 1-0 in overtime on a goal by Alex Yokley. Wootton finished the season with a 16-1 record, outscoring opponents 90-8. The Patriots' lone defeat was a 4-1 loss to Severna Park in the state final.

"There is no single reason for this team's success," Wootton Field Hockey Head Coach Kearney Blandamer wrote in an email. "It was a combination of heart, great chemistry, hard work, athleticism, skill, dedication to the sport year round, a buy-in by players and parents of the coaches' philosophies and expectations, and a little good old-fashioned luck!"

In volleyball, Wootton defeated rival Churchill to win a region championship.

In soccer, the Whitman girls' team won the Maryland 4A state championship. The Vikings defeated Catonsville 2-0 in the state final and finished the season with a 16-1-1 record.

"The most fond memory I have of [winning the state title] is the joy on the girls' faces when that final whistle blew," Whitman Girls Soccer Head Coach Greg Herbert wrote in an email. "Just to see them sprint out onto the field and hug each other with tears of joy in their eyes just let me know how much this meant to them and that all this hard work for them finally paid off."

SCHOOL NOTES

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

The Maryland Association of Environmental and Outdoor Education announced that **Geneva Day School** has been recertified as a 2014 Maryland Green School. Originally certified as a Maryland Green School in 2010, this certification signifies

that the school has made a commitment to developing stewards of the earth and reducing the school's environmental impact.

Andrew Mokotoff, a first-year student majoring in electrical and computer engineering at Worcester Polytechnic Institute, has been named a Charles O. Thompson Scholar for the 2013-14 academic year.



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