

# Potomac ALMANAC

Guests at last year's Park After Dark enjoy a roaring bonfire. This year's event is scheduled for Sept. 20.

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# Park After Dark To Honor Chief Justice Douglas

Event to commemorate 60<sup>th</sup> anniversary of Douglas' 1954 walk to save the canal.

BY SUSAN BELFORD  
THE ALMANAC

Potomac residents owe a huge debt to Supreme Court Justice William O. Douglas for almost singlehandedly saving the C&O Canal.

Douglas spearheaded a movement against a bill in Congress to destroy the C&O Canal to build a super-highway. He wanted to preserve the C&O Canal — the 185 miles of parkland as well as the land along the Potomac with its vast views of the river and of Virginia, and protect the towpath that ran from Georgetown to Cumberland. He was aghast when Congress was considering a bill to turn the towpath into a highway in order for more people to enjoy the beauty and scenery — from their cars as they were speeding by. In 1954, he challenged the editors and journalists from The Washington Post to hike the 185 miles with him.

He said, "I wish the man who wrote your editorial of January 3, 1954, approving the parkway would take time off and come with me. We would go with packs on our backs

and walk the 185 miles to Cumberland. I feel that if your editor came, he would return a new man and use the power of your great editorial page to help keep this sanctuary untouched. One who walked the canal its full length could plead that cause with the eloquence of a John Muir. He would get to know muskrats, badgers, and fox; he would hear the roar of wind in thickets; He would see strange islands and promontories through the fantasy of fog; he would discover the glory there is in the first flower of spring, the glory there is even in a blade of grass; the whistling wings of ducks would make silence have new values for him. Certain it is that he could never acquire that understanding going 60, or even 25, miles an hour."

This is the 60<sup>th</sup> anniversary of Douglas' 1954 walk to save the canal — and he is being remembered at this year's Park After Dark.

SEE EVENT SUPPORTS, PAGE 6



PHOTO CONTRIBUTED

The 4<sup>th</sup> annual Park After Dark fundraising event will take place on Saturday, Sept. 20 at the Historic Great Falls Tavern.

## AMERICAN PLANT

### HAPPY HOUR MEET & GREET WITH WINE & LIGHT FARE

Join American Plants Landscape Designers for a fun happy hour of inspirational advice, refreshments & fabulous give-a-ways!

Thursday, September 11 or  
Friday September 12  
From 5-7:30 pm

7405 River Road  
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## Hiker Dies from Fall while Rock Climbing

**Lightning storm delays rescue effort.**

**O**n Sunday afternoon, Aug. 31, Rian Avarham Khalder, 25, of Silver Spring, was hiking with his 14-year-old brother along the Potomac River. As Khalder was climbing on rocks on a part of the river just south of Old Angler's Inn, the rocks broke loose.

"As he was climbing upward, a portion of the rocks gave way, the subject fell, with rocks, including one large boulder, coming down on him," according to the police report.

The call for rescue crews came in at 4:38 p.m., and by 5:25, a Potomac River Operations command post was set up at the Old Anglers access to the river. The rescue and recovery effort would include National Park Service helicopter, swift water rescue boats from Montgomery County, dozens of Montgomery fire and rescue personnel, Fairfax County rescue personnel and heavy rescue equipment, including airbags, to lift the boulder off of the victim.

As the rescue teams were assessing around 6 p.m., the sky turned black and an intense lightning storm with many nearby lightning strikes forced the suspension of the rescue effort for more than half an hour.

By 6:52 pm the operation shifted from rescue to recovery. At 6:55 p.m., Pete Piringer, Montgomery County Fire and Rescue said, via twitter: "EMS & MCPD advise the 25YO male did not survive - MCPD will conduct death investigation & rescue will assist w/ recovery ops."

It took until nearly 11 p.m. to recover the victim's body and move rescue crews off the island.



**Duty Shift Chief John Gallo, Battalion Chief Tracey Coleman and others confer about Potomac River rescue on Sunday. The hiker died of his injuries on the scene.**

The next afternoon, on Labor Day, rescue workers were back along the Billy Goat trail for another call for an injured hiker. A woman hiker with an injured leg was located and lifted by helicopter hoist. Her injuries were not life threatening.

If anyone has information regarding the fatal event, they are asked to call the police at 240-773-5070

### Timeline, via twitter

Pete Piringer @mcfrrsPIO

**4:51pm • 31 Aug 2014**

Tech Rescue - Offut Island, Potomac River (Command at Old Anglers), hiker stuck/trapped by rocks/boulder, Swift Water Rescue & other enroute

**5:14pm • 31 Aug 2014**

U/D Offut Isl: tech rescue; US Park Eagle overhead; #MCFRS boat teams enroute w/ heavy rescue + EMS equipment, 25yo male trapped under Rock heavy rescue (i.e., air bags, etc) needed

**5:23pm • 31 Aug 2014**

U/D: Offut Isl: #MCFRS EMS crews on scene w/ victim; 25 yo male trapped, serious injuries,

**5:25pm • 31 Aug 2014**

Potomac River Ops Command post located at Old Anglers boat ramp, swift water rescue boats



**Technical rescue units stage in the parking lot near Old Anglers Inn on MacArthur Boulevard in Potomac on Sunday, Aug. 31, for rescue of a hiker on Offut Island.**

deployed, crews monitoring weather

**6:14pm • 31 Aug 2014**

Tech Rescue - Potomac River Ops have been suspended due to severe weather, thunder & lightning; #MCFRS EMS & rescue crews on Offut Is scene

**6:25pm • 31 Aug 2014**

Offut Island #mcfrrs Tech Rescue, EMS crews advise victim is trapped under large Rock & has Priority 1 injuries, serious & life-threat

**6:36pm • 31 Aug 2014**

Potomac River/Offut Island #mcfrrs Tech rescue still suspended due to weather, however it is expected to clear shortly, MoCo PD assisting

**6:55pm • 31 Aug 2014**

U/D #mcfrrs EMS & MCPD advise the 25YO male did not survive - MCPD will conduct death inves-

tigation & rescue will assist w/ recovery ops

**8:36pm • 31 Aug 2014**

Offut Island recovery ops, MoCoPD investigation continues, #mcfrrs rescue techs & medics have extricated trapped victim, w/ plans to relocate

**8:46pm • 31 Aug 2014**

Dozens of #mcfrrs Tech Rescue Team on scene, assisted By FFxCo Va Tech rescue & US Park. Eagle, victim extricated, moved to boat to relocate

**10:37pm • 31 Aug 2014**

MCPD Death Investigation continues, Rock climber injured & dies on Offut Island near Great Falls, #mcfrrs swift water & tech rescue responded

**10:40pm • 31 Aug 2014**

Update: Victim was removed & transported via boat, 3 #mcfrrs boats have retrieved all equip & personnel off island & returning to Old Anglers

## Authentic Potomac Potomac Community Village hosts session on Potomac history.

BY SHEILA MOLDOVER

**M**ost of the close to 70 people gathered for a Potomac Community Village meeting on Thursday, Aug. 28, have lived in Potomac for more than 25 years. Some have lived here for more than 40 years. But that wasn't long ago enough to match the recollections of Elie Cain, who told those assembled what Potomac was like when she arrived with her family in 1938.

"The beer parlor was where Mitch and Bill's [gas station] is now," she said, recalling that because of the beer parlor, the Falls and River crossroads in those days was considered rowdy. Back then, "there were a lot of dirt roads. River Road ended being paved at Piney Meeting House, and Piney Meeting House was dirt. Bells Mill Road was also a dirt road then," she said.

She recalled that farming was not profitable. "Farming was always a struggle. The

soil is not of high quality — it's wonderful Maryland clay. People sold off their farms and Potomac became residential for people who worked in Washington, D.C."

Cain was one of three people who spoke about Potomac's history during the Potomac Community Village meeting. The non-profit group has a mission of helping residents of the Potomac community remain in their homes and live with dignity as they get older.

It hosts monthly meetings at the Potomac Community Center for interested community members.

The other speakers were Jill Phillips and Ginny Barnes.

Phillips, who introduced Cain and Barnes, told those attending that a "History of Potomac" had been published by the Potomac Almanac back in 1970, and copies of it were available on Amazon. She suggested that attendees and other community residents who had Potomac history stories

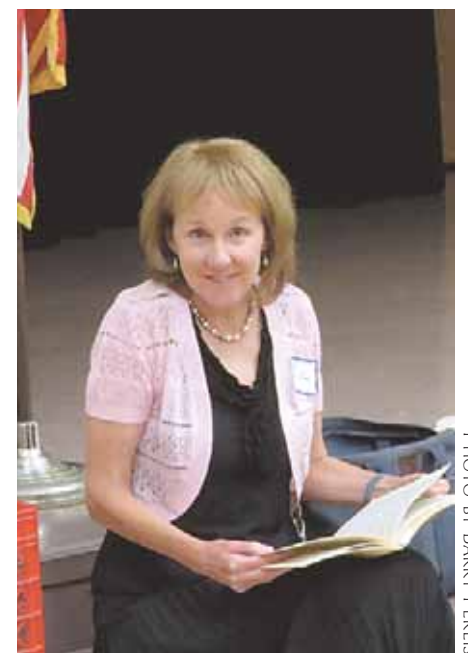
could share them through Potomac Community Village.

Barnes, who has lived in Potomac since 1966 in a house that was once a lockkeeper's, had the opportunity to interview many Potomac "old-timers" 25 years ago when they were then in their 80s and 90s, and she shared some of their recollections.

"They were farmers and the children of tenant farmers who moved from farm to farm in the first part of the 20th century," Barnes said. "Horses worked the land back then, and they bartered for what they needed. They took corn and wheat to the Glen Mill to be ground into meal and flour. They cut ice off the Glen Mill Dam and stored it in ice houses on the farm for refrigeration."

In answer to the question, where was Glen Mill, Barnes responded, "Go down South Glen Road, cross the bridge and turn

SEE GATHERING, PAGE 8



**Jill Phillips**

PHOTO BY BARRY PERLUS



## LET'S TALK Real Estate



by Michael Matese

### Let's get Physical: Creating the Perfect Home Gym

There are a number of features and specialty rooms in a home's floor plan that can be featured and used as selling points when a home hits the market. One such featured specialty room is the home gym, which can provide years of fitness and enjoyment while you're living in your home, and add untold dollars to your home's value when it comes time to list it for sale. The home gym is a modest upgrade that's easy to add into your floor plan than makes a modern, attractive selling point for prospective buyers to consider. Home design professionals agree that one of the key elements in designing a home gym is that the surroundings should be oriented towards fitness, focus and motivation to work out. When your house is on the market, consider whether or not the fixtures of your home gym will be included in your home's asking price—inclusion of gym equipment such as treadmills, elliptical machines or weight racks can be an attractive incentive to the buyer and allow the seller to upgrade equipment later in their new home—not to mention saving the seller stress over how to move heavy, bulky gym equipment! DVD players that allow homeowners to customize their workouts, stereo equipment wired into the gym's control panel and flat-screen televisions mounted at workout eye-level are all attractive features that will make your home gym, and thus, your home distinct in the minds of buyers who tour your home. From barbells and yoga mats to an attached bathroom or single-person steam room, there's a multitude of ways to construct the perfect home gym, providing you with years of enjoyment and making your home fetch top-dollar when it's time to sell!

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

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**POTOMAC  
ALMANAC**

## NEWS

# Taste of Potomac To Benefit Adoptions Together

Seventh annual event  
scheduled for Sept. 13.

BY SUSAN BELFORD  
THE ALMANAC

“Today, there are five thousand children in the D.C. metropolitan area who are living in temporary care, waiting to be adopted. We need to make their dreams come true.”

These are the words of Janice Goldwater whose vision and determination have helped to conquer the challenge of finding permanent homes for children regardless of their age, race or health issues. Twenty-four years ago, she founded “Adoptions Together,” a non-profit agency to find “forever families” for hard-to-place children – and since then, her organization has found homes for more than 3,500 children and impacted thousands of families in the metropolitan D.C. area.

On Sept. 13, the Potomac community will come together to support the seventh annual “Taste In Potomac” at the Julia Bindeman Suburban Center, 11810 Falls Road in Potomac. The evening will feature food tastings from Potomac area restaurants, including Cava, Sugo Cicchetti, Hunter's Inn, EN Bistro and Sushi, Mamma Lucia, Seasons 52, Old Angler's Inn, Potomac Pizza, Potomac Deli Catering, Fortune Garden, Tally Ho, Seasons 52, Zoe's Kitchen, Java Works, River Falls Tavern, The Irish Inn, Vie De France, Edible Arrangements and more.

Celebrity chefs from the Hunters Inn, Paladar, Silver Diner, Potomac Grocer, Cava, Sugo Cicchetti, Chef Geoff's and Whole Foods will be available for cooking demonstrations and to answer culinary questions. Guests will have the opportunity to taste everything from lamb chops to shrimp, pasta to pizza, gourmet salads, appetizers and desserts. Total Wine is donating all of the wine for the event and Paul's Wine will sponsor a “Wine Pull” raffle.

Every year, guests comment on the variety and amount of food and wine available for tast-



Chefs from Sugo Cicchetti serve up meatballs at last year's event.

ing. “No one leaves hungry or thirsty,” said Potomac's Lisa Raker. The evening will go from 6:30-11:30 p.m.

“Adoptions Together works to ensure kids in our community grow up in strong and healthy families,” Adoptions Together Board Member Tom Burton said. “The Taste In Potomac is one way we come together to have a great time supporting the mission of this work, and we need more folks to join us. I encourage everyone to come see great chefs, sample incredible food as local restaurants showcase their specialties, bid on wonderful auction items, and join a great cause.”

Three community citizens will be honored this year: Lt. Gov. Anthony G. Brown as the Adoption Advocate of the Year, Dimitri Moshovitis (Cava, Sugo Cicchetti) as the Restaurateur of the Year and Jane Philips, as the Outstanding Volunteer of the Year.

Live and silent auction items will be featured

which include a signed Manchester United Jersey, J.Hilburn Custom Clothing, a vacation in the Outer Banks, a Ritz Carlton-Cancun getaway, a fishing trip on the eastern shore on a private yacht with a captain, Ravens tickets, Nationals tickets, restaurant certificates and more.

Some of the Platinum Sponsors are: Atlantic Valet, Yasmin Abadian of Long and Foster's Team Potomac, The David S. Bender Charitable Fund and the Collins Investment Group.

“The Taste In Potomac is a great event that raises much-needed funds to help find permanent homes for children in foster care,” said Host Committee Member Randi Schweitzer. “We hope that the residents of Potomac will come out to support this very important event.”

Not only does Adoptions Together offer placement and reunification services to families and children of all ages and abilities, but they also offer counseling and expertise concerning the unique needs of children and families touched by adoption and/or foster care.

One of Goldwater's favorite quotes is “Every child ... Every family ... Every step of the way.” For more information about the event or to purchase tickets, contact [mdevine@adoptions-together.org](mailto:mdevine@adoptions-together.org) or call her at 301-439-2900.



Baskets and signs cover the auction tables.



Janice Goldwater, founder of Adoptions Together at last year's event.



Lines form for Rocklands Bar B Que at Taste in Potomac 2013.

PHOTOS BY SUSAN BELFORD/THE ALMANAC



# HOME SALES

In July 2014, 63 Potomac homes sold between \$2,580,000-\$284,900.

Address .....	BR	FB	HB	.....	Postal	City .....	Sold Price .....	Type .....	Lot	AC ....	PostalCode
9906 RIVER VIEW CT .....	4	5	1	.....	POTOMAC	.....	\$2,580,000 .....	Detached .....	1.60 .....	20854	
12501 MEADOW FARM RD .....	6	5	1	.....	POTOMAC	.....	\$1,937,500 .....	Detached .....	2.00 .....	20854	
10112 DARMUID GREEN DR .....	6	5	2	.....	POTOMAC	.....	\$1,850,000 .....	Detached .....	2.69 .....	20854	
8900 BEL AIR PL .....	5	4	1	.....	POTOMAC	.....	\$1,735,000 .....	Detached .....	2.00 .....	20854	
9209 STAPLEFORD HALL PL .....	5	4	2	.....	POTOMAC	.....	\$1,700,000 .....	Detached .....	0.96 .....	20854	
10 ALLOWAY CT .....	5	5	1	.....	POTOMAC	.....	\$1,500,000 .....	Detached .....	2.27 .....	20854	
9917 KENDALE RD .....	5	4	1	.....	POTOMAC	.....	\$1,495,000 .....	Detached .....	0.46 .....	20854	
9329 CRIMSON LEAF TER .....	4	4	1	.....	POTOMAC	.....	\$1,385,000 .....	Detached .....	0.38 .....	20854	
12500 PARK POTOMAC AVE #1006 SOUTH 3 .....	3	2	.....	1	POTOMAC	.....	\$1,350,000 .....	HR 9+ Fls .....	.....	20854	
12539 ANSIN CIRCLE DR .....	4	3	2	.....	POTOMAC	.....	\$1,325,000 .....	Townhouse .....	0.06 .....	20854	
8904 ABBEY TER .....	4	4	1	.....	POTOMAC	.....	\$1,310,000 .....	Detached .....	0.30 .....	20854	
10841 SPRING KNOLL DR .....	4	4	0	.....	POTOMAC	.....	\$1,280,000 .....	Detached .....	2.06 .....	20854	
7901 HACKAMORE DR .....	6	6	0	.....	POTOMAC	.....	\$1,280,000 .....	Detached .....	0.41 .....	20854	
9001 MISTWOOD DR .....	4	4	1	.....	POTOMAC	.....	\$1,175,000 .....	Detached .....	0.33 .....	20854	
14048 GORKY DR .....	5	5	0	.....	POTOMAC	.....	\$1,150,000 .....	Detached .....	2.17 .....	20854	
8716 SNOWHILL CT .....	4	4	1	.....	POTOMAC	.....	\$1,140,000 .....	Detached .....	0.46 .....	20854	
10509 BEECHKNOLL LN .....	6	5	0	.....	POTOMAC	.....	\$1,125,000 .....	Detached .....	0.18 .....	20854	
9544 FOX HOLLOW DR .....	5	4	1	.....	POTOMAC	.....	\$1,104,000 .....	Detached .....	0.23 .....	20854	
12433 BACALL LN .....	4	3	1	.....	POTOMAC	.....	\$1,100,000 .....	Detached .....	2.05 .....	20854	
9532 FOX HOLLOW DR .....	5	4	1	.....	POTOMAC	.....	\$1,099,900 .....	Detached .....	0.25 .....	20854	
9905 HALL RD .....	4	4	2	.....	POTOMAC	.....	\$1,095,000 .....	Detached .....	0.63 .....	20854	
10823 MAPLECREST LN .....	6	5	1	.....	POTOMAC	.....	\$1,080,000 .....	Detached .....	0.17 .....	20854	
9316 FALLS BRIDGE LN .....	5	4	1	.....	POTOMAC	.....	\$1,070,000 .....	Detached .....	0.67 .....	20854	
9305 INGLEWOOD CT .....	5	3	0	.....	POTOMAC	.....	\$1,060,000 .....	Detached .....	1.94 .....	20854	
10718 CLOVERBROOKE DR .....	4	5	1	.....	POTOMAC	.....	\$1,015,000 .....	Detached .....	0.23 .....	20854	
8008 RIVER FALLS DR .....	4	3	1	.....	POTOMAC	.....	\$1,000,000 .....	Detached .....	0.34 .....	20854	
10714 CLOVERBROOKE DR .....	5	4	1	.....	POTOMAC	.....	\$1,000,000 .....	Detached .....	0.50 .....	20854	
7911 LAKENHEATH WAY .....	5	3	1	.....	ROCKVILLE	.....	\$966,000 .....	Detached .....	0.32 .....	20854	
9209 PADDOCK LN .....	4	2	1	.....	POTOMAC	.....	\$950,000 .....	Detached .....	0.26 .....	20854	
9817 GLEN RD .....	7	6	3	.....	POTOMAC	.....	\$950,000 .....	Detached .....	0.37 .....	20854	
9032 COPENHAVER DR .....	5	3	1	.....	POTOMAC	.....	\$925,000 .....	Detached .....	0.33 .....	20854	
9923 LOGAN DR .....	3	1	1	.....	POTOMAC	.....	\$925,000 .....	Detached .....	0.84 .....	20854	
7945 TURNCREST DR .....	3	3	1	.....	POTOMAC	.....	\$895,000 .....	Townhouse .....	0.10 .....	20854	
11216 HURDLE HILL DR .....	5	4	1	.....	POTOMAC	.....	\$860,000 .....	Detached .....	0.25 .....	20854	
7938 TURNCREST DR .....	4	3	1	.....	POTOMAC	.....	\$859,000 .....	Townhouse .....	0.10 .....	20854	
1080 PIPESTEM PL .....	5	2	1	.....	POTOMAC	.....	\$855,000 .....	Detached .....	0.22 .....	20854	
8613 CAMILLE DR .....	4	3	1	.....	POTOMAC	.....	\$853,000 .....	Detached .....	0.42 .....	20854	
9629 ACCORD DR .....	4	3	0	.....	POTOMAC	.....	\$852,000 .....	Detached .....	0.82 .....	20854	
11332 WILLOWBROOK DR .....	4	3	1	.....	POTOMAC	.....	\$850,000 .....	Detached .....	0.46 .....	20854	
11202 TILDENCREST CT .....	3	3	1	.....	ROCKVILLE	.....	\$850,000 .....	Townhouse .....	0.07 .....	20854	
9468 COPENHAVER DR .....	4	3	1	.....	POTOMAC	.....	\$815,800 .....	Detached .....	0.26 .....	20854	
9320 REACH RD .....	4	2	2	.....	POTOMAC	.....	\$799,500 .....	Detached .....	0.28 .....	20854	
11700 DEVILWOOD CT .....	5	3	0	.....	POTOMAC	.....	\$795,000 .....	Detached .....	0.38 .....	20854	
10321 GAINSBOROUGH RD .....	5	2	1	.....	ROCKVILLE	.....	\$780,000 .....	Detached .....	0.22 .....	20854	
11909 COLDSTREAM DR .....	4	2	1	.....	POTOMAC	.....	\$760,000 .....	Detached .....	0.25 .....	20854	
8602 BUNNELL DR .....	5	3	1	.....	POTOMAC	.....	\$747,500 .....	Detached .....	0.21 .....	20854	
10401 DALEBROOKE LN .....	3	3	1	.....	POTOMAC	.....	\$735,000 .....	Townhouse .....	0.07 .....	20854	
9312 COPENHAVER DR .....	5	2	2	.....	POTOMAC	.....	\$735,000 .....	Detached .....	0.36 .....	20854	
12201 COPPOLA DR .....	4	2	1	.....	POTOMAC	.....	\$725,000 .....	Detached .....	0.35 .....	20854	
11512 KAREN DR .....	4	3	1	.....	POTOMAC	.....	\$720,000 .....	Detached .....	0.56 .....	20854	
8611 AQUEDUCT RD .....	4	2	1	.....	POTOMAC	.....	\$710,000 .....	Detached .....	0.25 .....	20854	
4 RICHVIEW CT .....	4	2	2	.....	POTOMAC	.....	\$705,000 .....	Detached .....	0.33 .....	20854	
8508 WILD OLIVE DR .....	5	2	2	.....	ROCKVILLE	.....	\$692,000 .....	Detached .....	0.21 .....	20854	
11516 GAINSBOROUGH RD .....	4	3	0	.....	POTOMAC	.....	\$690,000 .....	Detached .....	0.20 .....	20854	
4 EAGLEBROOK CT .....	4	3	1	.....	POTOMAC	.....	\$684,000 .....	Detached .....	0.51 .....	20854	
9436 REACH RD .....	4	3	1	.....	POTOMAC	.....	\$665,000 .....	Detached .....	0.23 .....	20854	
11505 DEBORAH DR .....	4	2	1	.....	POTOMAC	.....	\$660,000 .....	Detached .....	0.46 .....	20854	
8701 SLEEPY HOLLOW LN .....	4	2	1	.....	POTOMAC	.....	\$650,000 .....	Detached .....	0.29 .....	20854	
1386 KIMBLEWICK RD .....	4	2	1	.....	ROCKVILLE	.....	\$625,000 .....	Detached .....	0.27 .....	20854	
11903 HENRY FLEET DR .....	4	2	0	.....	POTOMAC	.....	\$625,000 .....	Detached .....	0.23 .....	20854	
7807 CODDLE HARBOR LN #8 .....	3	2	1	.....	POTOMAC	.....	\$460,000 .....	Townhouse .....	.....	20854	
12043 GATEWATER DR .....	3	1	0	.....	POTOMAC	.....	\$392,500 .....	Townhouse .....	0.02 .....	20854	
11025 CANDLELIGHT LN .....	2	2	0	.....	POTOMAC	.....	\$284,900 .....	Townhouse .....	.....	20854	

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## BULLETIN BOARD

Email announcements to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Include date, time, location, description and contact for event: phone, email and/or website. Deadline is Thursday at noon, at least two weeks before event.

### ELECTION JUDGES NEEDED

**The Montgomery Board of Elections** needs election judges with basic IT and customer service skills to serve during the Nov. 4 general elections. The board is in particular need of judges who are bilingual in Spanish and English and those who are registered as Republican or not affiliated. The Maryland Election law also allows minors to register and serve as election judges who are 17 years old if the minor demonstrates, to the satisfaction of the State Board, that he or she meets all qualifications for registration in the state. Part-time and full-time positions are available, and training is provided. Call the Board of Elections at 240-777-8533 or visit [www.777vote.org](http://www.777vote.org).

### GET INVOLVED

**The Montgomery County Humane Society** is seeking experienced, effective leaders, who will help us realize its new and ambitious goals,

by serving on the MCHS Board of Directors. Interested? Details are available at [www.mchumane.org](http://www.mchumane.org).

### WEDNESDAY/SEPT 3

**Networking Event.** 4-6 p.m. 10710 Falls Road, Potomac. Networking event. Normandie Farm is providing hors d'oeuvres for enjoyment. Potomac Chamber members \$10, Non-members \$15. Cash bar available. Bring business cards. Reserve by Sept. 1. Call the Potomac Chamber of Commerce at 301-299-2170 or reserve online at [www.potomacchamber.org](http://www.potomacchamber.org).

### THURSDAY/SEPT. 4

**Journaling and Grief Workshop.** 6:30-8 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. A two-session workshop (Sept. 4 and 11) focusing on the use of journaling as a technique to address grief. Led by Hospice professional counselors. Participants must plan to attend both sessions. Free and open to all Montgomery County residents, registration required. Call 301-921-4400 to register.

### FRIDAY/SEPT. 5

**Application Deadline.** The

Montgomery County libraries are looking for teen advisors ages 14-18. Teens who like to read, write and would be interested in perhaps interviewing authors and public officials are encouraged to apply. Teens can apply at <https://mcgmd.wufoo.com/forms/teen-advisory-group-tag-20142015-application/> or at any branch library.

**Online Auction Closes.** Visit [www.biddingforgood.com/auction/AuctionHome.action?documentId=221486386](http://www.biddingforgood.com/auction/AuctionHome.action?documentId=221486386) to see a list of auction prizes for the Taste in Potomac. All bids will transfer to Taste in Potomac Silent Auction event on Sept. 13, except those purchased in "Buy it Now."

### SATURDAY/SEPT. 6

**Voter Registration Drive.** 1-3 p.m. at Bethesda Library, 7400 Arlington Road, Bethesda. For more election information, call 240-777-VOTE, visit [www.777vote.org](http://www.777vote.org) or visit [elections.state.md.us](http://elections.state.md.us).

**Volunteer Guide Introduction.** 1:30-3 p.m. at Clara Barton National Historic Site and Glen Echo Park, Glen Echo. Clara Barton National Historic Site will hold a volunteer tour guide recruitment event. Interested parties are encouraged to attend. Volunteer tour guides who

SEE BULLETIN BOARD, PAGE 8

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## PUBLISHER

Mary Kimm  
mkimm@connectionnewspapers.com  
@MaryKimm

## EDITORIAL

PHONE: 703-778-9415  
E-MAIL:  
almanac@connectionnewspapers.com

## EDITOR

Steven Mauren, 703-752-4013  
smauren@connectionnewspapers.com

## SPORTS EDITOR

Jon Roetman,  
703-224-3015  
jroetman@connectionnewspapers.com  
@jonroetman

## CONTRIBUTING WRITERS

Susan Belford, Carole Dell,  
Cissy Finley Grant, Carole Funger,  
Colleen Healy, Kenny Lourie,  
Ken Moore

## Contributing Photographers

Harvey Levine, Deborah Stevens

## Art/Design:

Laurence Foong, John Heinly  
Production Manager  
Geovani Flores

## Special Assistant to the Publisher

Jeanne Theismann  
703-778-9436  
jtheismann@connectionnewspapers.com  
@TheismannMedia

## ADVERTISING

For advertising information  
e-mail:  
sales@connectionnewspapers.com

## ACCOUNT EXECUTIVES

Display Advertising:  
Kenny Lourie 703-778-9425  
klourie@connectionnewspapers.com

Andrea Smith 703-778-9411

Classified Advertising  
asmith@connectionnewspapers.com

## Debbie Funk

National Sales & real Estate  
703-778-9444  
debfunk@connectionnewspapers.com

## Jerry Vernon

Executive Vice President  
jvernon@connectionnewspapers.com

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# Event Supports C&O Canal National Park

FROM PAGE 2

Dark fundraising event for his dedication to the environment, the value he placed on conservation and his willingness to go up against Congress for his belief that the Canal would bring pleasure and enjoyment to U.S. citizens into perpetuity.

Douglas loved the canal and regularly hiked 15-20 miles each weekend. He wrote in The Washington Post: "This stretch ... is one of the most fascinating and picturesque in the Nation .... It is a refuge, a place of retreat, a long stretch of quiet and peace ... a wilderness area where we can commune with God and nature ... a place not yet marred by the roar of wheels and the sound of horns ...."

The editors accepted his challenge and by the time the group left, it numbered 58. As the hike progressed, one man's effort to save a piece of wilderness became a major news story. Wire services spread word of the hike to thousands of newspapers across the country. Time magazine ran a story. Movie theaters showed a newsreel of the hike. Reporters conducted interviews with Douglas as he walked. Photographers captured the hike on film. People came out to hike with him. School children and townspeople shouted their support as the group passed by their towns. Support grew in favor of saving the canal. After seeing and experiencing nature up close and personal, the editors of the Washington Post reversed their positions and supported canal preservation. And the members of Congress did not pass the bill.

The 4<sup>th</sup> annual "Park After Dark" fundraising event will take place on Saturday, Sept. 20, from 6-10 p.m. at the Historic Great Falls Tavern, 11710 MacArthur Boulevard, Potomac. This "one-of-a-kind" event will feature live music from the modern country band, Trouble Brewin', chili with delicious accompaniments, delectable desserts, a visit from the canal's mules, and a roaring bonfire. The attire for the evening is "Towpath Chic." The theme will be highlighted with 1950s touches, including a 1950s era car for photo opportunities and a



PHOTOS BY SUSAN BELFORD/THE ALMANAC

Last year's Park After Dark brought people to their feet.

variety of '50s era hiking equipment — cameras, back-packs, thermoses, binoculars, etc. to try on in the photo booth area. Canal Trust Board Chair MJ Veverka said, "Park After Dark is a fun evening in support of the park, with great food, lively entertainment, and socializing with friends. This year we will celebrate William O. Douglas' walk to save the park, adding our part to continue the important work he started. This is a fun way to provide needed resources to care for and improve our backyard park."

Both live auctions and silent auctions will be held. Some of the auction items include tickets for four to the White House Christmas tree lighting, tickets for four to a Wizards game with court-side seats, a prayer chest from Tibet, brought home from a diplomatic trip, gift baskets from many of the canal towns, a "Behind-the-Scenes Tour" for 10 at the Newseum, a goose-hunting trip on the eastern shore, gift certificates to restaurants, hotels and spas and framed artwork and photos of the C&O Canal. The auctions will raise money for "Towpath Forever," the park initiative to maintain the

C&O Canal National Historical Park for future generations. There will also be a "Fill the Pot for Potholes" campaign to help the park repair potholes along the towpath.

"The highlight of the first three Park After Dark evenings for me has been time with family and friends at Great Falls Tavern, enjoying the beauty of the place and the knowledge that we are all supporting one of the jewels of the National Park system," Canal Trust Board Vice-Chairman Michael Mitchell said. "I support the Trust because it is a way for me to give back to the park where I have spent so many enjoyable hours over the years. It also is a way to create a sense of legacy through the Trust and Park Service partnership to steward the park for future generations. And it is just a chance to hang out with really cool people who have a shared interest in history and nature and fun in the out-of-doors, all of which the park offers in abundance."

For more information, to purchase individual tickets or to sign up for a sponsorship, go to [www.canaltrust.org](http://www.canaltrust.org).



Candles light the way to the Great Falls Tavern during last year's event.



PHOTO CONTRIBUTED

Guests enjoy a bonfire at last year's event.



# Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

## June, 2014 Sales \$1,050,000~ \$1,190,000

IN JUNE 2014, 68 POTOMAC  
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**1** 10604  
Cloverbrooke Drive  
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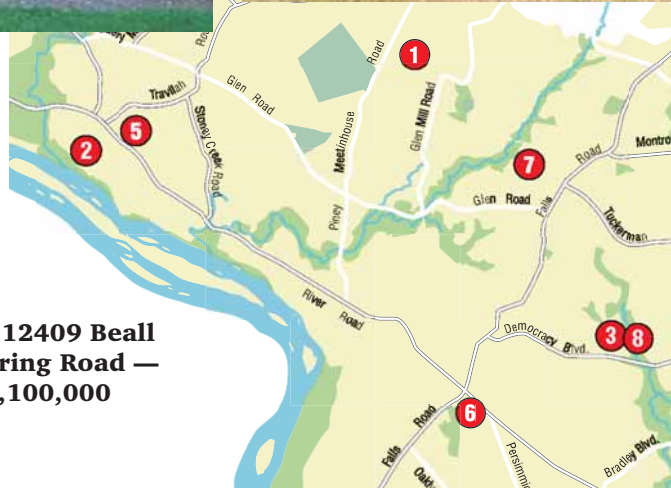
**3** 10601 Crossing Creek Road — \$1,125,000



**2** 13612  
Maidstone  
Lane —  
\$1,172,500



**5** 12409 Beall  
Spring Road —  
\$1,100,000



**4** 7810 Hidden Meadow Terrace —  
\$1,112,500



**8** 10408 Windsor View Drive — \$1,050,000

Address .....	BR	FB	HB	...	Postal	City	..	Sold Price	....	Type	.....	Lot AC	..	PostalCode	.....	Subdivision	.....	Date Sold
<b>1</b> 10604 CLOVERBROOKE DR	5	..	4	.	1	POTOMAC	...	\$1,190,000	....	Detached	....	0.44	.....	20854	.....	PINEY GLEN VILLAGE	.....	06/27/14
<b>2</b> 13612 MAIDSTONE LN	5	..	4	.	2	POTOMAC	...	\$1,172,500	....	Detached	....	2.06	.....	20854	.....	RIVERS EDGE	.....	06/10/14
<b>3</b> 10601 CROSSING CREEK RD	4	..	4	.	1	ROCKVILLE	...	\$1,125,000	....	Detached	....	0.33	.....	20854	....	EAST GATE OF POTOMAC	...	06/06/14
<b>4</b> 7810 HIDDEN MEADOW TER	4	..	3	.	1	POTOMAC	...	\$1,112,500	....	Townhouse	..	0.11	.....	20854	.....	RIVER FALLS	.....	06/26/14
<b>5</b> 12409 BEALL SPRING RD	5	..	5	.	1	POTOMAC	...	\$1,100,000	....	Detached	....	2.25	.....	20854	.....	BEALLMOUNT	.....	06/06/14
<b>6</b> 9801 HALL RD	6	..	4	.	1	ROCKVILLE	...	\$1,100,000	....	Detached	....	0.47	.....	20854	.....	POTOMAC OUTSIDE	.....	06/17/14
<b>7</b> 9501 WINDCROFT WAY	4	..	4	.	1	POTOMAC	...	\$1,065,000	....	Detached	....	0.37	.....	20854	.....	FALLSREACH	.....	06/19/14
<b>8</b> 10408 WINDSOR VIEW DR	6	..	3	.	2	POTOMAC	...	\$1,050,000	....	Detached	....	0.37	.....	20854	.....	WINDSOR HILLS	.....	06/30/14

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Elie Cain and Nelly Urbach hold the Potomac flag.



About 70 people attended a session on Potomac history last week.

# Gathering To Learn about Potomac History

FROM PAGE 3

left.” Barnes then played a recording from a 1990 interview with Lavinia Robey, who had grown up in a house on Falls Road, and spoke about her father and what happened on Christmas Day of 1904.

“It was bitter cold,” said Robey, “and Father had on a big fur cap, and suddenly a bullet came and hit him in the head. People started screaming and said Poppa had been shot. Someone got on a horse and had to ride all the way into Rockville to get the doctor.”

The doctor came and “operated on him on the kitchen table and took out the bullet, and we still have that bullet.”

What saved him, said Robey, was the fur hat, which slowed down the bullet and kept it from doing great harm to her father. The gunfire was from someone who “was drinking and celebrating Christmas,” she said.

Cain also displayed Potomac’s flag, after discovering that almost none of those attending even knew there was one.

Created in 1989 for a Potomac Day celebration, the flag’s colors of red, black and yellow are derived from the colors of the Maryland state flag, plus the green to rep-



Elie Cain

resent that Potomac is in one of the green wedges and not the transportation corridors of Montgomery County’s “wedges and corridors” development plan, Cain said.

“The cross represents the crossroads of Falls and River, and the horse is jumping through a hunting horn,” she said.

Cain has been active in Potomac for many years, working with, among other groups, the Potomac Theater Company, the Potomac Master Plan Advisory Group and Friends of the Great Falls Tavern.



Ginny Barnes

Cain’s father, F. Moran (Mike) McConihe, developed the Potomac Village Shopping Center in 1949 and donated the land for the construction of St. Francis Episcopal Church in 1954. Her mother, Margo, was one of the founders of the Potomac Country House Tour. Both were instrumental in founding the Potomac Hunt in the early 1940s.

Barnes served as president of the West Montgomery County Citizens Association for many years and is currently its environ-

ment chair. She was active in the effort to prevent the widening of Glen Road and retaining the one-lane bridge over Watts Branch.

Potomac Community Village’s next meeting, on Thursday, Sept. 18, is “Seven Steps to Better Brain Health,” and focuses on enhancing memory as we age.

For more information about Potomac Community Village, visit [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org) or call 240-221-1370.

## BULLETIN BOARD

FROM PAGE 5

accept the position are required to wear a volunteer uniform and will be asked to sign a volunteer agreement form with the National Park Service. Call Kevin Patti at 301-320-1410.

### SUNDAY/SEPT. 7

**Voter Registration Drive.** 1-3 p.m. at Bethesda Library, 7400 Arlington Road, Bethesda. For more election information, call 240-777-VOTE, visit [www.777vote.org](http://www.777vote.org) or visit [elections.state.md.us](http://elections.state.md.us).

### MONDAY/SEPT. 8

**Civic Federation Meeting.** 7:45 p.m. in the 1<sup>st</sup> Floor Auditorium, Council Office Building, 100 Maryland Ave., Rockville. The program topic for the next monthly meeting of the Civic Federation is “Strategies for Managing the County’s Whitetail Deer.” Speakers will be Bill Hamilton and Ryan Butler. Both work for the Montgomery County Department of Parks and serve on the County’s Deer Management Work Group. The program will cover a variety of strategies for controlling the herd size and scope

for future changes in applicable laws. The public is welcome and encouraged to join in. Free parking in the garage accessed from E. Jefferson and Monroe streets. Visit [www.montgomerycivic.org](http://www.montgomerycivic.org) for more.

### TUESDAY/SEPT. 9

**Public Hearing.** 1:30 p.m. at Council Office Building, 100 Maryland Ave., Rockville. A hearing on Expedited Bill 37-14 that would exempt from a certain provision of the real property tax certain transfers of re-zoned property located in an area designated as an “enterprise zone.” Free and open to the public. Visit [www.montgomerycountymd.gov](http://www.montgomerycountymd.gov) to watch live and for more.

**Smart Driver Course.** 2-6 p.m. at Davis Library 6400 Democracy Blvd., Bethesda. Participants will have the opportunity to tune up driving skills and update knowledge of the rules of the road. AARP members should bring their membership cards, and each student should bring a check payable to AARP. \$15 for AARP members, \$20 for non-members. Register at [www.montgomerycountymd.gov/library/branches/davis.html](http://www.montgomerycountymd.gov/library/branches/davis.html). Visit [www.aarp.org](http://www.aarp.org) or call the library at 240-777-0922. To request a sign

language interpreter, email Montgomery County Public Libraries at [DeafAccess@montgomerycountymd.gov](mailto:DeafAccess@montgomerycountymd.gov).

**Grief and Healing Discussion.** 6:30-8 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. Join a drop-in discussion about grief and healing for anyone mourning the death of a loved one. Free and open to all Montgomery County residents, registration required. Call 301-921-4400 to register.

### WEDNESDAY/SEPT. 10

**Free Cancer Screening.** 1-4 p.m. at the Johns Hopkins Healthcare and Surgery Center, 6420 Rockledge Drive, Suite 4820, Bethesda. Suburban Hospital is offering free head and neck cancer screenings. The 10-minute screenings are easy and painless. Register at <http://events.suburbanhospital.org/search/cancer-program-events> or by calling 301-896-3939.

**Talk.** 7:15-8:30 p.m. at Har Shalom ECEC, 11510 Falls Road. Learn about an approach to help your child navigate the social world and get help with social thinking. Visit [www.ccl-md.com](http://www.ccl-md.com) for more.

### SUNDAY/SEPT. 21

**Healthy Body, Healthy Sex for All Ages.** 10 a.m.-3 p.m. at Ring House-1801 East Jefferson Street, Rockville. Learn about Heart Health for Women, Caring for Your Skin, Current Medical Research at HMO, and hear an expert panel on “Healthy Sex for all Ages.” \$40/person includes conference fee, breakfast and lunch. Free parking. Call 301-881-8203 or visit [www.dc.hadassah.org](http://www.dc.hadassah.org) to register.

## Correction

In “Enjoying the End of Summer” (Potomac Almanac, Aug. 27), the wrong caption accompanied the photo of the seamstress, Rose, who has worked for the Fashion Craft Cleaners for 20 years and lives in Gaithersburg.



# SPORTS



PHOTO BY JON ROETMAN/THE ALMANAC

The Whitman football team practices prior to the start of the 2014 regular season.

## SPORTS BRIEFS

### Churchill Falls Sports Openers

The Churchill football team will open its 2014 season at home against Bethesda-Chevy Chase at 6:30 p.m. on Friday, Sept. 5. The Bulldogs finished 1-9 last season.

The field hockey team will travel to take on Quince Orchard at 3:30 p.m. on Friday, Sept. 5. The volleyball team will compete at the Wootton Invitational on Saturday, Sept. 6. The girls' tennis team will compete at Blair at 3:30 p.m. on Monday, Sept. 8. The girls' soccer team will host Northwest on Monday. The boys' soccer team will travel to Northwest on Monday.

### Whitman Fall Sports

The Whitman football team will host Blake at 6:30 p.m. on Friday, Sept. 5 for its season opener. The Vikings finished 7-3 last season, but fell short of a playoff berth.

The girls' tennis team will travel to face Wheaton at 3:30 p.m. on Friday, Sept. 5. The volleyball team will participate in the Wootton Invitational on Saturday, Sept. 6.

The field hockey team will travel to face Northwest at 10 a.m. on Saturday. The boys' soccer team will compete in a tournament at the SoccerPlex on Saturday.

### Wootton Teams Open 2014 Season

The Wootton football team will travel to Walter Johnson to open the 2014 campaign at 6:30 p.m. on Friday, Sept. 5. The Patriots finished 5-5 last season. Former head coach Eddie Tolliver has returned to lead Wootton.

The girls' tennis team will host Kennedy at 3:30 p.m. on Friday, Sept. 5. The field hockey team will host Damascus at 7 p.m. on Friday. The volleyball team will host a tournament on Saturday, Sept. 6. The girls' soccer team will host Archbishop Spalding at 6 p.m. on Monday, Sept. 8.

### Bullis Football To Host Opener

The defending IAC-champion Bullis football team will host Mount Saint Joe's at 7 p.m. on Saturday, Sept. 6. The Bulldogs finished 9-1 in 2013.

## SCHOOL NOTES

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

**Harry Lichtman**, of Potomac, received the Old Main Scholarship for study at Frostburg State University, located in Frostburg. Lichtman is the son of Judy and Bennett Lichtman and attended Winston Churchill High School.

**Beverly Farms Elementary School** has been awarded Gold

Level certification from the U.S. Green Building Council — the 15th school in MCPS to receive this certification. The Potomac school, which opened in January 2013, earned the Leadership in Energy and Environmental Design (LEED) Gold Level designation for design and expected performance in sustainable site design, energy efficiency and indoor air quality, water efficiency, and materials and resources. The project also earned the highest score for Innovation in Design.

At Beverly Farms, the school is

equipped with a geothermal exchange heating and cooling system, a vegetative roof to reduce run-off, low VOC-emitting paints, flooring and other interior finishes; water-conserving plumbing fixtures; a high level of construction waste recycling; and a creative design to bring daylight into classrooms and major spaces.

**Adam Corwin**, of Potomac, is welcomed to Lehigh University as a member of the class of 2018.

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lost (adj): 1. unable to find the way.  
2. not appreciated or understood.  
3. no longer owned or known



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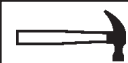
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## I Scream



By KENNETH B. LOURIE

...for ice cream; from Brigham's in Boston, the local New England establishment of my youth where I spent dollars – although it was likely cents back in those days – many afternoons, evenings and weekends. And why, other than it's still technically summer and extremely hazy, hot and humid today – and perfect ice cream weather of course – am I writing about this non-cancer subject? Because, at this very moment, my brother Richard is en route – by CAR – from Massachusetts (after a week's vacation), and aside from Vanessa, his wife; their golf clubs and a week's worth of vacation residue; there are two coolers loaded with pre-packed quarts of a delicacy from our past and one (many actually) likely most rewarding for our present and future, too: Brigham's Ice Cream.

Though the original stores, a Howard Johnson's-type restaurant/ice cream parlor combination, no longer exist, thankfully, their recipes still do; sort of like the Washington, D.C.-area Gifford's Ice Cream Shops did before they were re-established a few years back. Within a few hours now, my freezer will be filled with "Just Jimmies," "Chocolate" and "Chocolate Chip," maybe a "Strawberry," and given what it's likely to cost (the ice cream is expensive and there's no multi-quart discount; however, there are no delivery charges), I may have to put a lock on my freezer door. Not to keep my wife out, but to stop other potential perpetrators from getting any ideas.

And just as music is supposed to soothe the savage beast, so too is ice cream supposed to cure what ails you (although emotional eating does have its ups and downs). Moreover, ice cream from your formative years, the age of innocence, is best of all; especially if it's not local, you haven't had it in years (it's not available in our region), is not deliverable by mail, and it's the kind of indulgence where one fills up two large coolers with ice and cream to guarantee its availability – for a few months, anyway.

Not that there's any relationship or causation, but my first two jobs as an adolescent were in ice cream shops. First at Baskin Robbins in Newton Centre, beginning the summer after ninth grade (\$1.60 per hour) and then again the following summer, after tenth grade, at McManus Ice Cream in Cleveland Circle. Inasmuch as it was unlikely I was weaned on ice cream, I was certainly indoctrinated at a very early age. Before I knew whether it was good for me or not, I knew what was good for me: ice cream and more ice cream. And to reinforce the importance of ice cream in my life, most evenings, at home, around 7:30, my mother, lying in bed after yet another long day of "non-stop-stay-at-home mothering," would call out to my brother and me: "ice cream," which would require one of us to walk into the kitchen, open the freezer door, defrost the ice cream, scoop it into a bowl and deliver it to her for a most appreciative kiss. She loved her Brigham's Ice Cream.

We may have learned to love Brigham's from her, but we've taken it to new levels and new lengths, decades in fact. So here I am, 50 years or so after my mother's recurring nighttime request, waiting for ice cream, just as she so often did. I imagine my love for her and for the ice cream she loved is all related somehow; probably why it makes me so happy when I'm scooping it.

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



# ENTERTAINMENT

Email community entertainment events to [almanac@connectionnewspapers.com](mailto: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

**Glass: Visions & Voices.** Through Sunday, Sept. 14, Saturdays and Sundays, noon-6 p.m. Popcorn Gallery, 7300 MacArthur Blvd., Glen Echo. Glen Echo Park Partnership for Arts and Culture presents an exhibition by the Art Glass Center. Artist led tours will take place Friday, Sept. 12 at 6 p.m. Free. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**Wearable Art.** Reception: Sept. 12, 6-8 p.m. Through Sunday, Sept. 14, Saturdays and Sundays, noon-6 p.m. Stone Tower Gallery, 7300 MacArthur Blvd., Glen Echo. Glen Echo Park Partnership for Arts and Culture presents a wearable art exhibition featuring a variety of adornments including fiber art, clothing, and sculptural jewelry. Free. Visit [www.glenechopark.org](http://www.glenechopark.org).

**Carousel Tours.** 10:30 a.m. through Sept. 30; 3:30 p.m., Oct. 1 through April 30. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. These tours give visitors a closer look at the park's fully-restored 1921 Dentzel carousel. Hear about the civil rights protests and the story of how the town rallied together to save the carousel. Park history tours can be arranged by reservation only. Free. Visit [nps.gov/glec](http://nps.gov/glec) for more.

**Art Walk in the Park.** Every second Friday through October, 6-8 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Artist demonstrations, refreshments, open studios and galleries. Free. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**Weekly Blues Dance.** Thursdays 8:15-11:30 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd. Capital Blues presents rotating DJs and instructors with beginner workshop 8:15-9 p.m., no partner necessary. \$8 for all. Visit <http://capitalblues.org> for more.

**Weekly Swing Dance.** Saturdays, 8 p.m.-midnight. The DC Lindy Exchange presents a swing dance with live music in the historic Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Enjoy a beginner swing dance lesson at 8 p.m. (included in admission), followed by dancing until midnight. Admission is \$16-\$18; Aug. 30 admission for age 17 and under is \$12. Visit [www.glenechopark.org](http://www.glenechopark.org).

**Argentine Tango with Lessons.** Most Sundays, 6:30-11 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Tango Brillante DC offers Argentine Tango lessons followed by a Milonga most Sunday evenings. Beginner lesson 6:30-7:30 p.m. and intermediate lesson 7:30-8:30 p.m. Cost is \$15/lesson and includes the Milonga that follows. For dancers who wish to attend just the Milonga, cost is \$10 and the open dance with DJ runs 8:30-11 p.m. No partner required. Visit [www.glenechopark.org](http://www.glenechopark.org) or call 301-634-2222 for more.

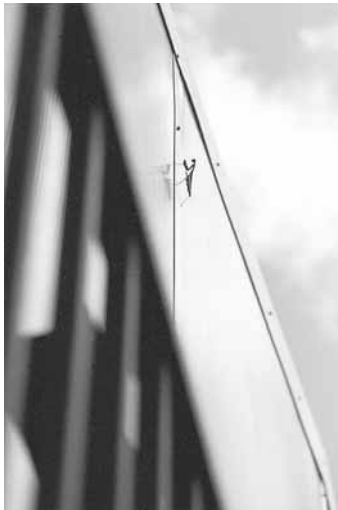
**Contra and Square Dance.** Fridays and Sundays 7-10:30 p.m. in the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. The evening can include square dances, mixers, waltzes and other couple dances. All Contras and Square dances are taught, no partner is necessary. There is a lesson at 7 p.m., followed by the called dance with live music starting at 7:30. \$13 for nonmembers, \$10 for FSGW members, \$5 for ages 17 and under. Visit [www.glenechopark.org](http://www.glenechopark.org) or call 301-634-2222 for more.



“Big Horn River Brown” by Martin Kret.

## Focal Point

Photoworks Gallery at Glen Echo Park presents “FOCAL POINT: The Annual Darkroom Show,” an exhibition of silver gelatin master prints from Photoworks Advanced Master Darkroom Class, through Monday, Oct. 6. Exhibiting artists include: Heather Dorsey, Saman Michael Far, Brenda Hanning, Mike Jones, Tom Kraly, Martin Kret, William Mertens, Joanne Miller and Alejandra Vallejo. An opening reception will take place Friday, Sept. 5, 6-8 p.m. A Gallery Talk and Demonstration is planned for Friday, Sept. 12, 6-8 p.m. The Gallery, located at 7300 MacArthur Boulevard, Glen Echo, is open Saturday, 1-4 p.m., Sunday, 1-8 p.m. and any time a photography class is underway. Call 301-634-2274 or visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org) for more.



“Messenger” by Joanne Miller.

**Late Night Comedy.** Fridays (open mic night) and Saturdays (established comedians) at Benny's Bar & Grill, 7747 Tuckerman Lane, Potomac. Benny's is open 8 a.m.-1 a.m. Fridays and Saturdays. Visit [www.BennysBarGrill.com](http://www.BennysBarGrill.com).

**Drop in Art Activities.** Every Saturday 10 a.m.-12:30 p.m. in the Candy Corner Studio at Glen Echo Park, 7300 MacArthur Blvd., parents and children can explore a new art form or theme. \$10/child, parent combo. Drop-in only. Visit [www.pgip.org](http://www.pgip.org) for more.

**Mommy & Me (& Daddy, Too).** Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-a-longs, prizes and more. Visit [rockvilletownsquare.com/events/mommy-and-me](http://rockvilletownsquare.com/events/mommy-and-me).

**Live Music & Dancing.** Fridays and Saturdays, 7-11 p.m. in Margery's Lounge, Normandie Farm Restaurant 10710 Falls Road. Dance to the music of Barry Gurley. Call 301-983-8838 or visit [www.popovers.com](http://www.popovers.com) for more.

**Glen Echo Park Films.** Saturdays and Sundays. Arcade Building, 7300 MacArthur Blvd., Glen Echo. Films about the Park's history are shown on rotation in the lobby. Free. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**SilverWorks Studio & Gallery.** Wednesdays, Thursdays, Saturdays and Sundays, 10 a.m.-6 p.m. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. SilverWorks Studio & Gallery is a working silversmith studio and includes an ongoing exhibition, as well as sales of the work of artist-in-residence Blair Anderson. Free. Visit [www.silverworksglenecho.org](http://www.silverworksglenecho.org).

**Art Glass Center at Glen Echo.** All day Wednesdays; Fridays, 10 a.m.-2 p.m.; Saturdays, 10 a.m.-4 p.m.; Sundays, noon-4 p.m. Art Glass Center, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The Art Glass Center gallery's ongoing exhibitions feature work of Resident Artists Christine Hekimian, Sue Hill, Michele Rubin, Sherry Selevan, Bev and Zayde Slep and Janet Wittenberg. Sculpture, vessels, functional art and jewelry are for sale. Classes are taught year-round for beginner, intermediate and advanced students. Visit [www.artglasscenteratglenecho.org](http://www.artglasscenteratglenecho.org).

**Glen Echo Pottery.** Through December, Saturdays and Sundays, noon-5 p.m. Glen Echo Pottery, 7300

MacArthur Blvd., Glen Echo. The Gallery shows the work of 29 individual potters and instructors at Glen Echo Pottery. Wheel-throwing demonstrations are offered most Saturdays and Sundays, noon-2 p.m. Children are welcome. Visit [www.glenechopottery.com/gallery](http://www.glenechopottery.com/gallery).

**Yellow Barn Studio & Gallery.** Saturdays and Sundays, noon-5 p.m. The Yellow Barn Studio & Gallery presents free exhibitions of emerging artists' work. Each weekend features the work of a different artist. Most artwork is also for sale. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com) for more.

## CAMPS, CLASSES & WORKSHOPS

**Golf Group Lessons.** “Get Golf Ready”, a series of five, 60-90 minute group golf lessons is designed for those who have never played the game or want to brush up on their fundamentals. Price varies depending on location. Area locations hosting lessons include Falls Road Golf Course, Potomac; Needwood Golf Club, Rockville; and Northwest Golf Course, Silver Spring. Visit [GetGolfReady.com](http://GetGolfReady.com).

**Art Classes.** Classes are taught year-round for beginner, intermediate and advanced students. Fridays 10 a.m.-2 p.m., Saturdays 10 a.m.-4 p.m. and Sundays noon-4 p.m. At Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call 301-634-2273 or visit [www.artglasscenteratglenecho.org](http://www.artglasscenteratglenecho.org).

**Art Explorers Open Studio.** Every Saturday, 10 a.m.-12:30 p.m. at The Candy Corner Studio, 7300 MacArthur Blvd., Glen Echo. Art activities for parents and children. Activities change weekly and there is no pre-registration; \$10 per child. Visit [www.glenechopark.org/saturday-art-explorers](http://www.glenechopark.org/saturday-art-explorers) for more.

**Ceramic Classes.** Various dates and times. VisArts, 155 Gibbs St, Rockville. An opportunity to try the new ceramic workshops. For a limited time, the price is \$20 instead of \$30. Use PLATTER20 when registering. Visit [www.visartsatrockville.org/ceramics](http://www.visartsatrockville.org/ceramics) for a list of class dates, times.

## THURSDAYS THROUGH SEPTEMBER

**Potomac Village Farmers Market** 2-6:30 p.m. Potomac United

Methodist Church, 9908 S. Glen Road at corner of Falls Road and Democracy Blvd. Visit [www.potomacvillagefarmersmarket.net](http://www.potomacvillagefarmersmarket.net) for more.

## SEPTEMBER-OCTOBER

**Guided tours of Riley's Lockhouse.** One of the C&O Canal's original lockhouses. Join volunteers in period costume and explore the life of a lock-keeper. Riley's Lock Road. Visit [www.nps.gov/choh/](http://www.nps.gov/choh/).

## WEEKENDS IN SEPTEMBER

**Glen Echo Park's 1921 Dentzel Carousel** 12-6 p.m. Rides on the historic carousel in Glen Echo Park. Will be open on Saturdays and Sundays in September. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

## WEDNESDAY/SEPT. 3

**Encore Chorale.** Wednesdays for 15 weeks. 1:30-3 p.m. at Rosborough Theater, 409 Russell Ave., Gaithersburg. For singers 55 and older. There are no auditions, new singers are welcome, and singers may be seated for rehearsals and performances. Call 301-261-5747 or visit [encorecreativity.org](http://encorecreativity.org) for more.

## THURSDAY/SEPT. 4

**The Trawick Prize Finalists Exhibition.** Downtown Bethesda's annual juried arts competition awards: Bethesda Contemporary Art Awards. Runs through Sept. 28. Gallery B, 7700 Wisconsin Ave., Suite E. Visit [www.bethesda.org](http://www.bethesda.org) for more.

## SUNDAY/SEPT. 7

**Walk to Fly.** Start: Stoneridge School of the Sacred Heart, 9101 Rockville Pike, Bethesda. Finish and Community Block Party: Euro MotorCars Bethesda, 7020 Arlington Road, Bethesda. 10 a.m.-3 p.m. Family-friendly, 1.5-mile walk through downtown Bethesda, followed by a community block party, featuring food, games, and music. Luke's Wings is dedicated to providing families with the means to visit during a Wounded Warrior's hospitalization and rehabilitation. 100 percent of the proceeds from the Heroes Walk to Fly will fund Luke's Wings' mission. \$15 children under 12, \$30 adults. Visit

[walktofly.com](http://walktofly.com) for more.

**Pawpaw Festival.** Noon-4 p.m. at Meadowside Nature Center, 5100 Meadows Lane, Rockville. Meadowside Nature Center will be celebrating this native fruit with music, storytelling, crafts, games, raptor talks, expert advice on pawpaw cultivation, and most importantly...a pawpaw tasting station. This year's festival will feature pawpaw fruit for purchase. No registration required. \$5, all participants must pay. Visit [www.MontgomeryParks.org](http://www.MontgomeryParks.org).

**Waltz Dance.** Workshop at 2:45 p.m., dance from 3:30-6 p.m. in the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. \$10. No partner required. Visit [www.waltztimedances.org](http://www.waltztimedances.org) or 301-634-2222.

## SATURDAY/SEPT. 13

**Montgomery County Out of the Darkness Community Walk.** 10 a.m. - 12 p.m. Rockville Town Center, 200 East Middle Lane. Benefits the American Foundation for Suicide Prevention. Visit [www.afsp.org](http://www.afsp.org) for more.

**Potomac Library Book Sale.** 10 a.m.-1 p.m. Sponsored by the Friends of the Library, Potomac Chapter. Runs most months.

**Taste in Potomac.** 6:30-11:30 p.m. Julia Bindeman Suburban Center, 11810 Falls Road, Potomac. Taste food from area restaurants and silent auction. \$200 per ticket. Visit [www.adoptiontogether.org/TasteinPotomac.aspx](http://www.adoptiontogether.org/TasteinPotomac.aspx) for more.

**Art Exhibit.** Painters Sandra Fritter and Michele Soule will hold an exhibit titled “Faces and Places” at the Yellow Barn Gallery in Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com) or 301-371-5593.

## SATURDAY-SUNDAY/SEPT. 13-14

**Ride to Conquer Cancer.** Thousands of cancer survivors and supporters will cycle more 150 miles through The Capital Region. Total funds raised and final participant numbers for this year's event will be announced moments before The Ride begins at the opening ceremonies in Kensington, Md. on Saturday, Sept. 13. Spectators and supporters are invited to cheer on riders as the pass through Potomac:

❖ Saturday/Sept. 13 — Potomac Elementary School, 10311 River Road, 7:45-10:30 a.m.

❖ Sunday/Sept. 14 — Manor Montessori School, 10500 Oaklyn Drive, 8:30 a.m.-4:30 p.m. Funds raised benefit John Hopkins Kimmel Cancer Center, Sibley Memorial Hospital and Suburban Hospital. Route is still subject to change. Visit [www.ridetovictory.org](http://www.ridetovictory.org).

## SUNDAY/SEPT. 14

**Parks Half Marathon.** 7 a.m. Run from Rockville to Bethesda. Showcases Montgomery County's park system. Sponsored by Montgomery County Road Runners Club. Online registration is open. Visit [www.mcrrc.org](http://www.mcrrc.org) for more.

**Seed Story and Volunteer Appreciation Potluck.** 5:30-8:30 p.m. at 8565 Horseshoe Lane. Learn about food issues and more. Bring a dish and a story and bring seeds to share. RSVP to <http://brickyardeducationalfarm.org/civicism/event/info?reset=1&id=44>.

**Art Exhibit.** Painters Sandra Fritter and Michele Soule will hold an exhibit titled “Faces and Places” at the Yellow Barn Gallery in Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com) or 301-371-5593.



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# Senior Living

SEPTEMBER 2014

Potomac  
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# Bulletin Board

## WEDNESDAY/SEPT 3

**Networking Event.** 4-6 p.m. 10710 Falls Road, Potomac. Networking event. Normandie Farm is providing hors d'oeuvres for enjoyment. Potomac Chamber members \$10, Non-members \$15. Cash bar available. Bring business cards. Reserve by Sept. 1. Call the Potomac Chamber of Commerce at 301-299-2170 or reserve online at [www.potomacchamber.org](http://www.potomacchamber.org).

## THURSDAY/SEPT. 4

**Journaling and Grief Workshop.** 6:30-8 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. A two-session workshop (Sept. 4 and 11) focusing on the use of journaling as a technique to address grief. Led by

Hospice professional counselors. Participants must plan to attend both sessions. Free and open to all Montgomery County residents, registration required. Call 301-921-4400 to register.

## SEPT. 6-7

**Voter Registration Drive.** 1-3 p.m. at Bethesda Library, 7400 Arlington Road, Bethesda. For more election information, call 240-777-VOTE, visit [www.777vote.org](http://www.777vote.org) or visit [elections.state.md.us](http://elections.state.md.us).

## SATURDAY/SEPT. 6

**Volunteer Guide Introduction.** 1:30-3 p.m. at Clara Barton National Historic Site and Glen Echo Park, Glen Echo. Clara Barton National Historic Site will hold a volunteer tour guide recruitment event.

Interested parties are encouraged to attend. Volunteer tour guides who accept the position are required to wear a volunteer uniform and will be asked to sign a volunteer agreement form with the National Park Service. Call Kevin Patti at 301-320-1410.

## MONDAY/SEPT. 8

Civic Federation Meeting. 7:45 p.m. in the 1<sup>st</sup> Floor Auditorium, Council Office Building, 100 Maryland Ave., Rockville. The program topic for the next monthly meeting of the Civic Federation is "Strategies for Managing the County's Whitetail Deer." Speakers will be Bill Hamilton and Ryan Butler. Both work for the Montgomery County Department of Parks and serve on the County's Deer Management Work Group. The program will cover a variety of strategies for controlling the herd size and scope for future changes in

applicable laws. The public is welcome and encouraged to join in. Free parking in the garage accessed from E. Jefferson and Monroe streets. Visit [www.montgomerycivic.org](http://www.montgomerycivic.org) for more.

## TUESDAY/SEPT. 9

**Public Hearing.** 1:30 p.m. at Council Office Building, 100 Maryland Ave., Rockville. A hearing on Expedited Bill 37-14 that would exempt from a certain provision of the real property tax certain transfers of re-zoned property located in an area designated as an "enterprise zone." Free and open to the public. Visit [www.montgomerycountymd.gov](http://www.montgomerycountymd.gov) to watch live and for more.

**Smart Driver Course.** 2-6 p.m. at Davis Library 6400 Democracy Blvd., Bethesda. Participants will have the opportunity to tune up driving skills and update knowledge of the rules of the road. AARP members should bring their membership cards, and each student should bring a check payable to AARP. \$15 for AARP members, \$20 for non-members. Register at [www.montgomerycountymd.gov/library/branches/davis.html](http://www.montgomerycountymd.gov/library/branches/davis.html). Visit [www.aarp.org](http://www.aarp.org) or call the library at 240-777-0922. To request a sign language interpreter, email [MontgomeryCountyPublicLibraries@montgomerycountymd.gov](mailto:MontgomeryCountyPublicLibraries@montgomerycountymd.gov).

## Grief and Healing

**Discussion.** 6:30-8 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. Join a drop-in discussion about grief and healing for anyone mourning the death of a loved one. Free and open to all Montgomery County residents, registration required. Call 301-921-4400 to register.

## WEDNESDAY/SEPT. 10

**Free Cancer Screening.** 1-4 p.m. at the Johns Hopkins Healthcare and Surgery Center, 6420 Rockledge Drive, Suite 4820, Bethesda. Suburban Hospital is offering free head and neck cancer screenings. The 10-minute screenings are easy and painless. Register at <http://events.suburbanhospital.org/search/cancer-program-events> or by calling 301-896-3939.

**Talk.** 7:15-8:30 p.m. at Har Shalom ECEC, 11510 Falls Road. Learn about an approach to help your child navigate the social world and get help with social thinking. Visit [www.ccl-md.com](http://www.ccl-md.com) for more.

## SATURDAY/SEPT. 27

**Voter Registration Drive.** 1-3 p.m. at Potomac Library, 10101 Glenolden Drive. For more election information, call 240-777-VOTE, visit [www.777vote.org](http://www.777vote.org) or visit [elections.state.md.us](http://elections.state.md.us).



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# Senior Living Time to Downsize?

BY MARILYN CAMPBELL  
THE CONNECTION

When Beverly Quinn's fourth child, a daughter, got married, she decided it was time to downsize. The 69-year-old widow moved out of the 4,000-square-foot home in Vienna, Va., where she and her husband raised their children and into a 1,300-square-foot townhouse in North Potomac, Md., which meets her new needs perfectly.

"It's a big change," she said. "But I guess that is part of downsizing."

One of the most difficult parts of Quinn's transition was boxing up more than 30 years of memories, and deciding which items to move into her new home, which to give to her children and deciding which to donate or discard. It's a familiar conundrum for many seniors: organizing, decluttering and resisting the desire to take more than their new, smaller homes can accommodate.

"We see it all the time with our members," said Barbara Sullivan, executive director of Mount Vernon At Home, a nonprofit that helps senior citizens age in their own homes. "Our volunteers help with downsizing by reorganizing, cleaning out closets, and decluttering."

Downsizing is also emotional: "Moving from a 4,000-square-foot home into a retirement community or small 800- to 1,200-square-foot apartment can be difficult," said Daniel Sanders, president and CEO of Four Sales LTD, a professional estate sales, auctions and personal property appraisals company. "There is often a conflict between what Mom and Dad want them to take with them and what they can actually accom-



PHOTO COURTESY OF FOUR SALE

**Daniel Sanders, president and CEO of Four Sales LTD, a professional estate sales, auctions and personal property appraisals company, helps clear out a garage. Such services make it easier for seniors down move from a large home into a smaller house.**

modate."

When tackling the downsizing process, Sanders suggests a few guidelines: "We strongly recommend using an emotional yard stick to determine whether to keep or not keep something," he said. "Look for things that have a memory associated with them. Like, 'Remember when Mom and

Dad went to Rehoboth [Beach] and bought this Murano glass bird? It was one of the best days of their lives.'"

**"A personal space is like an autobiography. People are complex so it is often difficult to find just one style that fits every impulse."**

— Susan Hergenrather, Ph.D., professor of interior design, Marymount University

Those mementos go on a list of items to consider keeping, said Sanders. He recommends waiting 24 hours and then trying to cut the list in half. "Depending on the age of the parent, it's good to work in two to

three hour shifts, take a break and do another two to three hour shift.

"We want to build mild frustration because you begin to make decisive decisions that are more precise," he said. "And you are less likely to rethink and over-think."

When cleaning a larger home in preparation for a downsize, Sanders suggests that families go through each room of the house in a systematic fashion, collecting family photos; family records like birth, death and marriage certificates; and financial records.

"You'd be surprised by how much you accumulate over the years," said Quinn. "The process is draining, both physically and mentally. The only bright spot was that I was going to be living closer to my children and grandchildren and I liked my new town house."

Once seniors have pared down their belongings and begun the moving process, some, like Quinn, begin to look forward to starting anew and designing their new homes to reflect their new styles and needs. However, it's not only important to arrange furniture and accessories tastefully, but in a way that takes issues like safety hazards and new lifestyle issues into consideration.

"The best advice is understanding that personal style is rooted in your past, places that you love, the present, what you love today, and the future," said Susan Hergenrather, Ph.D. associate professor of interior design at Marymount University in Arlington, Va. "A personal space is like an autobiography. People are complex, so it is often difficult to find just one style that fits every impulse."

When it comes to creating a comfortable

SEE DOWNSIZE, PAGE 5

## Quilting Studio Adds to Dream Home

At 72, Wanda Rogers engages in an early American craft she first learned from her grandmother.

BY JOHN BYRD  
THE CONNECTION

Quilting takes patience; ditto the steps entailed in setting up a quilting studio all of one's own.

Such are the reflections of Wanda Rogers, 72, who is now tapering off a 51-year professional career, and increasing precious hours spent in the pursuit of a mountain-state handicraft she learned from her mother and grandmother.

"We were all quilters where I grew up in West Virginia," Rogers recalls. "My mother, my grandmother, my aunt. The originality of a quilt's pattern is the larger artistic goal,

but it takes a lot of concentrated quiet time to achieve it. Between raising children, moving frequently and then working, there just weren't a lot hours for quilting before now, much as I love it."

The particularly hectic phase of Rogers' young married life included setting up 18 different households in places where husband Ted, an Air Force pilot, was stationed. In the early 1980s, the family finally settled into a 2,533-square-foot ranch house on two acres near Springfield.

Three years ago, when Ted retired, the couple collaborated with remodeler David

SEE QUILTING STUDIO, PAGE 4



PHOTO COURTESY OF HOME FRONTS NEWS

**Wanda and her daughter Janyce preparing fabrics at the studio's work table. The marble counter surface also has a role in the studio's kitchenette.**



# Quilting Studio Adds to Dream Home

FROM PAGE 3

Foster in transforming the ranch into a substantially enlarged and upgraded “dream house,” complete with a two-car garage topped by a future quilting studio.

“I knew my plans were getting closer to reality when we added drywall to the attic room above the garage,” Rogers says. “Once the space was shelled-in, I began to see how the studio would look and function.”

For the next three years, however, Rogers kept up her a daily work schedule with a healthcare consulting firm, a job that required frequent out-of-town meetings.

“We had installed temperature controls in the studio when we remodeled the house,” Rogers says. “Everything was well-insulated and bright, so I moved-in an easy chair and started thinking about what I wanted to do.”

Last year, Ted presented Wanda with a professional quality Bernina Sewing Machine, and the studio makeover got underway in earnest.

“We designed the suite specifically to support Wanda’s creative process,” says Foster, who has operated Foster Remodeling Solutions for more than 35 years. “We had to allocate enough floor space in the middle of the room so she could completely lay out a quilt in progress. Her process also requires a way to keep carefully catalogued materials within easy reach.”

**AT 400 SQUARE FEET,** with large windows on both the eastern- and western-facing walls, the studio is flooded with natural light during the day, an effect Wanda finds inspiring. The hickory wood flooring, apart from its lovely aesthetics, is entirely functional as a surface for cutting and assembling fabrics. Built-ins on either side of the assembly area have been custom-designed to hold specific fabrics and other



PHOTOS COURTESY OF HOME FRONTS NEWS

**Three generations (from left): Janyce Rogers, Wanda Rogers and Julia Walker display recent handiwork.**

essentials. Rogers says some of the fabrics date back to the 1930s and were passed down from her grandmother.

“All the women in the family were active in quilting bees” Rogers recalls. “One of my aunts’ designs was featured over the cover of a national magazine. We were also active in the National Quilting Symposium”.

But for all its delicacy of color and pattern, a quilt must also be functional as a bed cover. To assure the end-product is well-made, Rogers employs a Bernina “surger” which stitches finished overlock seams on the side of the quilt opposite from the display pattern. Since Rogers likes to regularly consider fabrics in a variety of colors, shades and textures, the studio offers some 64 cubic feet of additional storage space behind each wall.

Like most dedicated artisans, Rogers insisted on a self-sufficient studio that would

allow her to stick with a developing vision without interruption. Hence, the kitchenette, the full bath with walk-in shower. Also, the Advantium oven; two-burner cooktop; the WiFi hook-up, the laptop.

“I don’t have to run back to the house for lunch, or a cup of tea,” Rogers says. “The amenities simply allow me to concentrate on the project at hand. That’s what it takes to do this kind of work well.”

While the full bath and refined finishwork will also allow the attic to double as a guest room when needed, Rogers says the studio is fundamentally designed for quilting. By inserting a specially designed cutting board

over the sink, for instance, the L-shaped kitchenette surface converts to a work table. There’s even an unseen custom niche to hold the ironing board Rogers uses to flatten fabric.

“I see the studio as an integral part to my life ahead,” says Rogers, adding that that her 10-year old granddaughter now wants to learn quilting from her. “This kind of fulfillment isn’t just good luck; it’s something you have to plan.”

On a related note, David Foster observes that the studio is consistent with the kind broader-scale retirement home upgrades his firm has been seeing in the recent past. Seventy-five percent of his current clients are now over 55; as of last year, 44 percent had come back to him for a second project.

“We’re seeing a lot more interest in a phased development approach to retrofitting the family house for retirement,” Foster says. “To save money on future projects,

a remodeling client sometimes asks us to insulate and dry-wall a part of the house they don’t plan to actually use for a while. This is a simple way of thinking ahead that adds value and usually doesn’t appreciably increase the existing remodeling budget. There’s a kind of generational search for more enduring

housing solutions that’s now underway, and it’s evolving rapidly.”

*Foster Remodeling Solutions periodically offers workshops on home remodeling topics. Call 703-550-1371 or visit [www.fosterremodeling.com](http://www.fosterremodeling.com) for more. John Byrd ([byrdmatx@gmail.com](mailto:byrdmatx@gmail.com)) has been writing about home improvement topics for 30 years.*



**Pattern originality is one of quilting’s primary artistic goals, Rogers says, adding: “it’s a process that can’t be rushed.”**



**Situated above the family’s two car garage, the new quilting studio provides the privacy Wanda Rogers was seeking when she decided to resume the craft she learned from her grandmother more than 60 years ago.**



**Wanda Rogers, 71, displays some of her quilts.**



# Tips for Right-sizing the Next Phase

FROM PAGE 3

but elegant living space, Hergenrather says, “First, think about the work the space needs to do.”

**WAITING TOO LONG** before making the decision to downsize can complicate the process. “It’s always better for someone to downsize to a smaller home before they are in a crisis situation, [for example] suddenly, they can no longer climb a lot of stairs and must move to a single-level dwelling, but often a person will put off that decision until it’s nearly too late,” said Cele Garrett, Executive Director of At Home in Alexandria. “We have some members facing that decision right now and they’ll often admit they should have done it sooner.”

For many seniors, a living space needs to keep them safe. “You might need to add grab bars,” said Sullivan. “Also watch for trip hazards like throw rugs and clutter. Check for furniture that needs to be moved back to make the house more accessible for moving around. Relocate plates, cups and saucers so that they are in easy reach for seniors.”

Sullivan’s organization has volunteers who can help with enlarging bathrooms and widening doorways to accommodate wheelchairs and walkers.

When designing a new, smaller space,

Sanders recommends interior design magnetic floor planning kits, which help determine a person’s furniture needs and placement before they actually move. “The starting point for every good move is the floor plan at the receiving location,” he said.

When moving out of a familiar environment and into new surroundings, there are a few factors that can be overlooked when striving to maintain one’s quality of life.

**“Personal style is rooted in your past, places that you love, the present, what you love today, and the future.”**

— Susan Hergenrather, Ph.D., professor of interior design, Marymount University

If a senior chooses to live alone, there are several issues that should be monitored, advises Maura Barillaro, a registered nurse with Home Care Assistance in Bethesda, McLean and Fairfax. “Basically, there are so many needs that we see in the elderly, including boredom, frailty, loneliness, mobility issues, progressing illnesses,” she said.

“We would all like to maintain cognitive functioning throughout our lives and this is especially important late in life,” said Pam

Greenwood, Ph.D., associate professor of psychology, George Mason University in Fairfax, Va. So when looking for a new place to live, make sure there are opportunities for physical exercise, mental stimulation and social stimulation.

“The strongest evidence concerns aerobic exercise – there are real benefits for mind and brain of moving physically daily,”

said Greenwood.

“There is also growing evidence of the benefits of cognitive training for everyday functioning – perhaps the strongest evidence is perception training – visual and auditory perception. Several studies, including our own, have shown broad transfer of benefits from perception training to everyday functioning.”



**When remodeling this bathroom, Glickman Design Build added a bench to this shower. Such features can help seniors to downsize and live alone safely.**

PHOTOS COURTESY OF GLICKMAN DESIGN BUILD



PHOTO COURTESY OF MOUNT VERNON AT HOME

**A volunteer helps change a light bulb for a Mount Vernon at Home member.**



PHOTOS COURTESY OF ALEXANDRIA AT HOME

**An Alexandria at Home volunteer hangs a painting for one of the organization’s seniors who chose to downsize and live alone.**



**Alexandria at Home volunteers helps a member with yard work. Such services allow seniors to downsize and live alone more easily.**



# Engaging over the New Yorker

Members enjoy intellectual stimulation, camaraderie over long term.

BY MARILYN CAMPBELL  
THE CONNECTION

There was a time when 83-year-old Bob Kanchuger spent most Friday mornings on a 30-mile bike ride with friends. The group of retirees would pedal toward a local destination – Bethesda, Md., to Old Town Alexandria, Va., was a favorite trek — where they would have coffee and spirited debates on everything from foreign policy to economic inequality before making the return trip.

“One of the things that kept people coming together is that we would have a defined day of riding and we would make sure we had an interesting place to stop and have coffee and discussions,” said Kanchuger, a resident of Potomac, Md., and an attorney who retired from the World Bank Group.

While outdoor exercise was a definite benefit, it wasn’t the best part for all of the group members. “The most enjoyable part was the discussion at our mid-way point,” said Dr. Elliot C. Wilner, a retired neurologist who lives in Bethesda.

Kanchuger wanted to preserve the stimulating discussions even after the bike rides were no longer possible. “It was likely that biking would come to an end because of our age and physical health,” said Kanchuger. “Several of us subscribed to the New Yorker and enjoyed discussing the articles, and that was an activity that would meet some of our social needs of retirement.”

So Kanchuger approached Wilner with the idea of forming a New Yorker magazine discussion group. They invited a few like-minded friends from the biking group. The men meet on the first Wednesday afternoon



PHOTO COURTESY OF DAWN LANDSMAN

**Before the New Yorker Group, spirited discussions took place as part of the Friday morning bicycling group. Here, Tony Abrams, Dawn Landsman, Mark Zweig, Elliot Wilner, Ian McDonald and Bob Kanchuger pictured in 2009.**

of each month for two hours of insightful conversation. Group members choose three to four stories from the magazine to read and analyze. Each article discussion is led by a group member who prepares ideas for analysis ahead of time and emails them to the group.

“I’ve gained and reinvigorated friendships,” said Wilner. “I enjoy the intellectually stimulating discussions with bright, educated, well-informed people.”

**FOR THE SEPTEMBER MEETING,** Wilner suggested two of James Surowiecki’s

columns. “Because they present both sides of an important issue,” Wilner said. “Corporate America has, over the past 40 years or so, evolved a business model that has been almost totally devoted to the personal enrichment of executives and shareholders, with very little concern for the welfare of workers or the nation; and yet there is another, more socially conscious business model that has been shown to be successful but is not widely emulated,” said Wilner.

The men are united, in part, by their affinity for mental rigor. “We all enjoy the intellectual stimulation, but the camaraderie is one of the best aspects,” said Peter Kimm

of Potomac, a retired foreign aid official who was for 30-years Director of Housing and Urban Programs at the U.S. Agency for International Development. “We like each other. We’re a diverse group of people – retired doctors, lawyers, engineers ... with a wide range of interests. Everybody in the group is successful.”

Light snacks, coffee and spirited debates characterize most of the meetings.

“We don’t agree on everything,” said 80-year-old Victor Kimm, Peter Kimm’s brother, of McLean, Va., an engineer and retired senior executive for the Environmental Protection Agency. “We’ve seen people who’ve had very different views, but there is a mutual respect. We have different ways of looking at an issue and moving on. I think it has something to do with the age of the group members.”

Victor Kimm, who is also the executive director of SHARE, a non-profit organization in McLean that helps meet the emergency needs of those with limited financial resources, says the men have explored articles ranging from the growing inequity of income in the United States to stories about the group of Chilean miners trapped underground for more than two months.

“There is a certain rigor or discipline in having a monthly meeting where you read and prepare in advance,” he said. “You have to stick with it.”

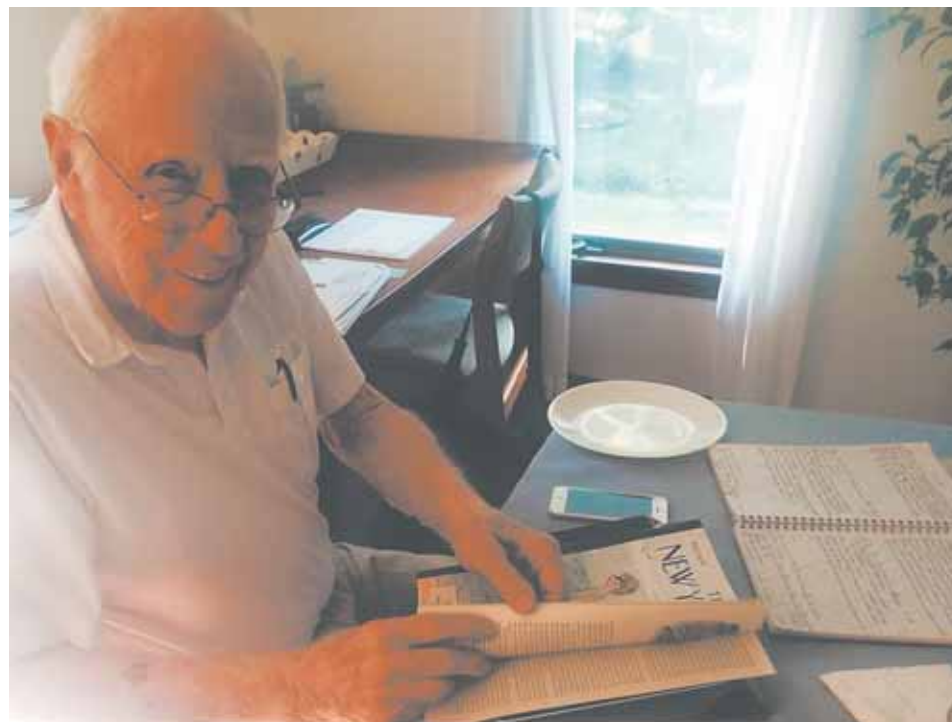
The bond between the men, however, extends beyond erudition.

“We all greatly value the friendships of this group,” said Ian MacDonald, a resident of Chevy Chase, Md., a former journalist who retired from the International Monetary Fund and who grew up in Great Britain and graduated from the University of Oxford. “And we’ve been there for each other during difficult times.”



PHOTO COURTESY OF ELLIOT WILNER

**Elliot Wilner reads to his granddaughter, Yael Fritschie, who is not yet a member of either the New Yorker or bicycle group.**



Peter Kimm



# After The Fall

BY ANN EMMONS  
PETRI

It started off like any other February day with our usual trip to the fitness club for morning exercises. What made this day different was that Bill, my 93-year-old husband, slipped and fell on some ice on our driveway, striking the back of his head. He said it didn't hurt.

But the next day he complained of feeling tired and each day after that he felt a little worse. Still, we didn't see any connection to his fall. By the fourth day, however, he was so weak he couldn't even get out of his chair for lunch. It finally dawned on me that something was seriously wrong and I needed to call 911.

It turned out I was four days too late. All this time, because he was on a blood thinner for his high blood pressure, he had been bleeding in his brain. The neurologist at the hospital where the ambulance took him later told me that it was one of the worst cerebral hemorrhages she had ever seen.

The symptoms are similar to those of a stroke and by then he was unable to talk coherently, remember things, or walk. This was a man, who, before he retired, had been a successful United States Government chemical and aeronautical engineer, someone who had his own chem lab in the basement next to a beautiful wood-working shop furnished with tools handed down from his craftsman father. A man who could fix anything.

After the first week in Intensive Care he was moved to a floor which specialized in stroke victims where he spent the next month. Little by little he began to show improvement. His next stop after six weeks in the regular hospital would be a rehabilitation facility where he could receive the daily intensive speech, physical, and occupational therapy he needed. There he would have to relearn the simplest tasks like how to speak, how to feed himself, how to get



PHOTO BY WILLIAM ARTHUR PETRI, JR.

Ann and Bill Petri

out of a bed and into a wheelchair, and how to care for himself in general.

A rehab hospital very close to our home in McLean, Virginia was found which had a bed available and he was transferred there by ambulance. Here, he was kept busy most of the day with one kind of therapy or another. After several weeks he graduated from using a wheelchair to a walker and when he wasn't occupied with therapy we practiced using his walker in the halls and some days we even had time to take in a movie in the rehab center's small theater! There was also a Happy Hour on Tuesdays that I especially liked with wine, snacks, and lively conversation!

As I look back during all this time, probably the most positive factor in his long slow recovery has been his attitude. He never stops trying, no matter how discouraging his progress must seem. His attitude is simply amazing. He is always upbeat.

Another positive aspect is that we are the parents of three doctors (and one lawyer) which kind of made us celebrities in a medical setting. One or the other of them was often visiting and conferring with the rehab staff on their father's care even though their specialties (rheumatology, infectious diseases, and oncology) were far afield.

After several months, it was decided that Bill could continue his

recovery at home. And so, on May 8, 2014, exactly three months after the initial injury he returned home.

While he was in the rehabilitation hospital I had taken the opportunity to prepare our two story home for his return with grab bars in the bathrooms and shower, and a stair lift so that he could sleep in his own bed.

So, now, here we are, six months later, settled in our own house, with Bill dependent on me for almost everything, including something I was not expecting: making all the decisions by myself. I won't say it's been easy. It hasn't. I have to say, though, that after 61 years of being the dependent

one, I am getting pretty good at being the boss!

## Senior Living Calendar

A sampling of calendar items from around the region.

### WEDNESDAY/SEPT. 3

**Encore Chorale.** Wednesdays for 15 weeks. 1:30-3 p.m. at Rosborough Theater, 409 Russell Ave., Gaithersburg. For singers 55 and older. There are no auditions, new singers are welcome, and singers may be seated for rehearsals and performances. Visit [encorecreativity.org](http://encorecreativity.org), or call 301-261-5747 for more.

### SATURDAY/SEPT. 6

**Volunteer Guide Introduction.** 1:30-3 p.m. at Clara Barton National Historic Site and Glen Echo Park, Glen Echo, Md. Clara Barton National Historic Site will hold a volunteer tour guide recruitment event. Interested parties are encouraged to attend. Volunteer tour guides who accept the position are required to wear a volunteer uniform and will be asked to sign a volunteer agreement form with the National Park Service. Call Kevin Patti at 301-320-1410.

### TUESDAY/SEPT. 9

**Smart Driver Course.** 2-6 p.m. at Davis Library 6400 Democracy Blvd., Bethesda. Participants will have the opportunity to tune up driving skills and update knowledge of the rules of the road. AARP members should bring their membership cards, and each student should bring a check payable to AARP. \$15 for AARP members, \$20 for non-members. Register at [www.montgomerycountymd.gov/library/branches/davis.html](http://www.montgomerycountymd.gov/library/branches/davis.html). Visit [www.aarp.org](http://www.aarp.org) or call the library at 240-777-0922. To request a sign language interpreter, email [MontgomeryCountyPublic](mailto:MontgomeryCountyPublic)

Libraries at [DeafAccess@montgomerycountymd.gov](mailto:DeafAccess@montgomerycountymd.gov).  
**Grief and Healing Discussion.** 6:30-8 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. Join a drop-in discussion about grief and healing for anyone mourning the death of a loved one. Free and open to all Montgomery County residents, registration required. Call 301-921-4400 to register.

### WEDNESDAY/SEPT. 10

**Free Cancer Screening.** 1-4 p.m. at the Johns Hopkins Healthcare and Surgery Center, 6420 Rockledge Drive, Suite 4820, Bethesda. Suburban Hospital is offering free head and neck cancer screenings. The 10-minute screenings are easy and painless. Register at <http://events.suburbanhospital.org/search/cancer-program-events> or by calling 301-896-3939.

### SUNDAY/SEPT. 21

**Healthy Body, Healthy Sex for All Ages.** 10 a.m.-3 p.m. at Ring House-1801 East Jefferson Street, Rockville. Learn about Heart Health for Women, Caring for Your Skin, Current Medical Research at HMO, and hear an expert panel on "Healthy Sex for all Ages." \$40/person includes conference fee, breakfast and lunch. Free parking. Call 301-881-8203 or visit [www.dc.hadassah.org](http://www.dc.hadassah.org) to register.

### SATURDAY/SEPT. 27

**Voter Registration Drive.** 1-3 p.m. at Potomac Library, 10101 Glenolden Drive. For more election information, call 240-777-VOTE, visit [www.777vote.org](http://www.777vote.org) or visit [elections.state.md.us](http://elections.state.md.us).

## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### SEPTEMBER

HomeLifeStyle.....9/10/14  
A+ Camps & Schools.....9/17/14  
Fall Fun & Arts Preview.....9/24/14

### OCTOBER

Wellbeing.....10/1/14  
HomeLifeStyle PULLOUT:  
Deadline is 9/25/14.....10/8/14  
A+ Camps & Schools.....10/15/14  
Election Preview I .....10/22/14  
Election Preview II.....10/29/14



### NOVEMBER

Election Day is Tuesday,  
November 4.  
Wellbeing.....11/5/14

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- ❖ **Kenneth Lourie**, *Potomac Almanac* – Sports Column.
- ❖ **Michael Lee Pope**, *Arlington Connection* – In-depth or investigative reporting: •Uncovering Secret Government
- ❖ **Michael Lee Pope**, *Alexandria Gazette Packet* – Education writing: •Alexandria Education Dollars
- ❖ **Michael Lee Pope**, *Mount Vernon Gazette* – Business and financial writing: •Car Title Loans
- ❖ **Jeanne Theismann**, *Alexandria Gazette Packet* – Public safety writing.
- ❖ **Jeanne Theismann**, *Alexandria Gazette Packet* – Personal service writing.
- ❖ **Mary Kimm**, **Laurence Foong**, **Geovani Flores**, **Marilyn Campbell**, **John Byrd**, **Tim Peterson** and **Jean Card**, *Vienna/Oakton Connection* – Specialty pages or sections: •HomeLifeStyle
- ❖ **Jean Card**, **Laurence Foong**, **Renee Ruggles** and **Craig Sterbutzel**, *Mount Vernon Gazette* – Informational graphics: •Fairfax County parks
- ❖ **Staff**, *Potomac Almanac* – Insiders Edition: Newcomers & Community Guide



## Second Place Winners

- ❖ **Steven Mauren**, **Jeanne Theismann**, **John Bordner**, **Jean Card**, **Geovani Flores** and **Laurence Foong**, *Alexandria Gazette Packet* – Special sections or special editions: Insider's Guide.
- ❖ **Steve Artley**, *Alexandria Gazette Packet* – Illustrations – Eminent Domain.
- ❖ **Jean Card**, *Mount Vernon Gazette* – Page design.



**Michael Lee Pope**



**Jean Card**



**Geovani Flores**



**John Bordner**



**Ken Moore**



**Alex McVeigh**

- ❖ **Mary Kimm**, *Alexandria Gazette Packet* – Editorial writing.
- ❖ **Alex McVeigh**, *Great Falls Connection* – In-depth or investigative reporting.



**Bonnie Hobbs**



**Steven Mauren**



**Marilyn Campbell**



**Victoria Ross**



**Kenneth Lourie**



**John Byrd**



**Renee Ruggles**



**Jeanne Theismann**



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**Steve Artley**, *Alexandria Gazette Packet* – Illustrations – Eminent Domain.

- ❖ **Ken Moore**, *Potomac Almanac* – Medical Science Reporting
- ❖ **Michael Lee Pope**, *Arlington Connection* – Health, science and environmental writing.
- ❖ **Michael Lee Pope**, *Alexandria Gazette Packet* – Government writing.
- ❖ **Victoria Ross**, *Burke Connection* – Feature series or continuing story.
- ❖ **Victoria Ross**, *Fairfax Connection* – Personal service writing.
- ❖ **Jeanne Theismann**, *Alexandria Gazette Packet* – Column writing.
- ❖ **Staff**, *Potomac Almanac* – HomeLifeStyle



**Louise Krafft**, *Alexandria Gazette Packet* – Feature photo: Summer Fun.

## Third Place Winners

- ❖ **Steve Artley**, *Alexandria Gazette Packet* – Illustrations.
- ❖ **Mary Kimm**, *Fairfax Connection* – Editorial writing.
- ❖ **Louise Krafft**, *Alexandria Gazette Packet* – Feature photo: Summer Fun.
- ❖ **Donna Manz**, *Vienna/Oakton Connection* – Feature writing portfolio.
- ❖ **Michael Lee Pope**, *Arlington Connection* – Education writing.