

Potomac ALMANAC

Fall Fun

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Potomac dentist Amy Light was the Tooth Fairy in last year's Potomac Day parade.

FALL  FUN 2014

Helping Parents Cope

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Three Different Housing Markets

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NEWS

Helping Parents Cope

Non-judgmental advice for parents of children with problem behaviors.

BY COLLEEN HEALY
THE ALMANAC

Where else can one get advice for \$1? Perhaps only Lucy from The Peanuts comic strip can offer a better deal with her 5-cent bill.

Each week the group Because I Love You (B.I.L.Y.) meets to discuss the problem behaviors of their children. Members share stories and give advice to other parents on what methods have worked for them while new members get support from those who have dealt with similar problems — all for a \$1 donation. Many members say they should have joined earlier or wished they had known about this support group before a crisis happened with their children.

At first, some members are reluctant to share their stories with others. But after they do, they do not feel as alone, their problems not as monumental. Most of all they appreciate someone to listen and relate to the issues they are dealing with. The issues with their children vary from messy rooms,



neglected chores and low grades to drug and alcohol addiction and runaways. Many parents share that the problems they are dealing with today are things they never had to deal with when they were children. The problems seem so big.

One member suggested that when people have a problem with their children they need

to try one small step. Much like a mobile when one piece moves, the rest of the mobile needs to move. They are looking for ideas and changes that force their children to make changes. Their advice to other parents is to stand firm and together with their spouse to present a unified front. Traditional therapy doesn't always work for these children. Many parents do not have strategies to deal with the behavior. The traditional consequences become meaningless. They say the key is to love the child but not the behavior.

One parent feels the support she got at B.I.L.Y. helped her. Before she came to the

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Getting Ready for Potomac Day

Annual parade brings community together.

BY SUSAN BELFORD
THE ALMANAC

Oct. 25 is Potomac Day — and residents are already anticipating the excitement. Many are looking forward to the Grand Parade where children — and moms and dads too — can catch candy tossed from cars and trucks, spot a dentist dressed like the tooth fairy, cheer for their favorite businesses, political candidates and musical groups and applaud local Potomac leaders.

Sponsored by the Potomac Chamber of Commerce, the day provides a chance to gather with friends and neighbors, to watch children scale the rock-climbing wall or speed down giant pumped-up slides, and learn about new community businesses. Local restaurants provide a variety of lunch fare; the classic car show sports gleaming autos of yesteryear.

The parade features local businesses, high school bands, dance teams, clowns, equestrians and the Potomac Chamber of Commerce Citizens of the Year. The streets are lined on both sides of River and Falls Roads as the parade meanders through the Potomac Village crossroads. Once the parade breaks up, there is plenty to do in the Potomac Promenade parking lot. Children can scramble onto a pony's back for a ride, venture onto children's rides, jump on the moon bounce, create fall crafts, pet the ducks, miniature pony, sheep and goats. There's food for everyone and much information about the latest "green" cars, political candidates, private schools, delivered



Children created pumpkin crafts.

At last year's Potomac Day, youths scaled a rock-climbing wall.

PHOTOS BY
SUSAN BELFORD
THE ALMANAC

lobsters — and more.

Darcars is the Presenting Sponsor this year and, according to Jennifer Matheson, director of operations for the Potomac Chamber of Commerce, "We are anticipating that the car show will be bigger than ever. We have new award categories which include the Peoples Choice, President's

Award and the Fire Chief's award."

Gold, Platinum and Elite Corporate sponsorships are available. All three types of sponsorships include names of the business in large letters on a promotional item such as a t-shirt or shopping bag, spaces at the Business Fair and in the parade, Chamber of Commerce memberships and more. To

sign up for these sponsorships, the parade, children's fair, and other activities, contact the chamber office 301-299-2170 or e-mail jennifer@potomacpizza.com. Forms for registering for the parade, the business fair or the children's activities are on-line at www.potomacchamber.org.



Classic cars were popular attractions at last year's Potomac Day.

Housing Market Differs by Price Category

Overall, buyers looking for move-in properties.

BY SUSAN BELFORD
THE ALMANAC

Houses in D.C., Chevy Chase and Bethesda are snapped up days after they come on the market. However, many Potomac homes — particularly those selling for more than a million dollars — are remaining on the market for months without so much as an offer — or maybe even a buyer gracing their doors. Some sellers are scared, confused and concerned, wondering why their homes are not selling and trying to decipher what they need to do to make their home more attractive to buyers.

Realtors Alison Ross Tompkins, Karen Friedman and Brittany Barsky represent three area offices of Long and Foster Real Estate. Tompkins explains that “in order to be competitive, both the Realtor and the client must understand the trends, price the home properly, and present the home in a manner that it will be attractive to the buyer — in other words, stage the home on both the inside and outside.”

Friedman said, “Every property is unique and every situation is different. It’s imperative that Realtors and sellers ‘listen to the market’ and stay abreast of changing market conditions. The Realtor also needs to understand how motivated the seller is. The market is fluid and always changing with properties coming on and off. Realizing everyone wants top dollar for their property, your Realtor must do the research and map out a reasonable price range and number of days in which it is expected to sell. If the seller lacks the motivation to sell — in other words, doesn’t care how long it will take, than that’s a different scenario from the seller who needs to sell as soon as possible. If a property sits on the market for a long time, then the seller and Realtor may choose to remove it from the market for awhile and



Brittany Barsky



Karen Friedman



Alison Tompkins

then, looking again at market conditions, may re-price and advertise it again.”

“When putting their home on the market, many sellers forget they cannot control the market,” said Barsky. “However, agents must educate their clients on the factors they can control and return to basics to maximize their chances of selling their home at the highest possible price.”

TOMPKINS BELIEVES that all sellers need to have knowledge of current trends in the real estate market.

“There are four different categories of the population in the U.S.: Seniors who are 69 – 89 years old (born 1925-1945), Baby Boomers, who are aged 50 – 68 (born 1946-1964), Generation X who are 33-49 years of age (born 1965-1981) and the Millennials, who are 11-32, (born 1982 – 2003). Of course, the Millennials that we are concerned with are ages 23-32 – a very small group,” she said.

A percentage of all four groups are vying for the same types of properties. Most want an urban environment where the “action” is, where they can walk to Starbucks, restaurants, movies, fitness clubs, healthcare, cultural activities and/or work.

They want a “lock and leave” lifestyle. Seniors want ease of living, Boomers want smaller living environments, and many Generation Xers and Millennial are just trying to enter the market to become homeowners. Many only desire two bedrooms and an office because they plan to have no children or are “empty-nesters.”

They are seeking one-floor living such as condominiums, or they are buying townhouses with elevators. Stairs are not in demand, but amenities such as outdoor kitchens, fire pits, garages, solariums, large closets and storage space, elaborate kitchens and master baths are definitely desirable.

Another trend is toward multigenerational households. Children returning from college with huge debt, parents who need caregivers – the sandwich generation may hang onto their large homes to provide homes in which three generations live together in one household.

Tompkins cites sellers who “came out of the gate earlier this year, and thought this was the year to sell.

They put their homes on the market and were overly optimistic, thinking that prices had rebounded. They priced their home too high and as sellers flooded the market, the supply of housing went up – and as the supply increased, the prices went down. Had they priced it appropriately at the beginning, they most likely would have sold it when there were fewer homes on the market.”

An appraiser or a real estate agent can price a home properly for the trend and the market. Many sellers think that if they replace their windows or roof, or renovate a bath or a kitchen that they can charge more for their home. That is really called home maintenance – it might help sell a home, but it will not increase the price. Pricing a home at the correct price is a must in order

to sell it.

FRIEDMAN INDICATED why staging is important in this real estate market: “Staging is not necessarily putting a ton of high-end furniture in the property. It’s about getting the house in the best possible condition, cost-effective updates and de-personalizing to let buyers picture themselves living in the property. Some inexpensive, but important improvements such as tidying up the grounds, front porch, garage, patio, painting the front door, replacing the hardware, shampooing carpets, removing extra furniture, painting walls a neutral color, and removing clutter will make all the difference in the world. Putting fresh towels in the bathroom, replacing anything broken and removing family photos and personal items will give the home a fresh appearance.” Barsky agreed: “The most important factor, besides the obvious — price, is presentation of the property. A seller must present their property to the market with their best foot forward. The house must be clean, freshly painted and organized. Personally, I will strongly encourage my clients to stage their property and enhance their curb appeal to create the best possible impression on potential buyers. Most properties not selling do not have the proper presentation.”

“Curb appeal is now called web appeal,” said Tompkins. “Property buyers look at photos from the internet. If the home does not have web appeal, then the buyer will not choose to look at it – and surely not visit it. Photos must be a good quality with excellent lighting. The look must be one of ‘Clean, Color and Clutter Free.’ Before the internet, buyers would drive by a home. Now they ‘surf-by’ on the internet.

“Once the buyer enters the home, there must immediately (within the first 8 seconds) be a ‘Wow’ effect. Within these first seconds, the buyer decides if she/he is interested or if walking through is just to please the Realtor. Turning on the buyer and getting him or her excited about exploring more of the house is exactly what staging is all about. Staging can cost a few thou-

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NEWS

Support Group

FROM PAGE 2

meetings, things at home were hard and she had no support, was very distressed, and dealing with broken-heartedness. The group helped her and her husband deal with their reaction to their son. The group allowed her to express herself without judgement. All the parents in the group feel a sense of guilt; they feel the problems with their children is their fault.

The group wants people to know they are not alone and encourages people to come to a meeting. Members will learn to change their

reaction to the behavior. Before coming to B.I.L.Y. many did not know how to handle the situation. The first step empowers members to make a change. Many feel that by sharing "this is what worked for me," it gives others a better perspective on how to manage their family.

The members know it is hard to go through this alone and the group has become a lifeline for parents who struggle. They also find good laughs and release. They want the community to know they are here, available and will support and give advice to them from their experiences. Because I Love You is a nonprofit organization dedicated to supporting parents of

troubled children of any age. The group helps parents deal with drugs, runaways, truancy, verbal abuse, physical abuse, curfew violations and other misbehavior. But most of all they help parents deal with themselves, to manage and live their own lives without obsessing over their child's behavior. The group meets from 7:30 to 9:30 every Thursday at Bethesda United Methodist Church Room 209 8300 Old Georgetown Road, Bethesda. For more for information visit www.becauseiloveyou.org or email hbrite1@netzero.com or call 301-530-3597.

Due to confidentiality, names of members were withheld.

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LET'S TALK Real Estate



by Michael Matese

Real Estate As An Investment

Real estate is a cash generating asset that can only appreciate with time, given proper care and today's market is a good time to think about investing. Real estate is like gold or silver; it appreciates in value, but since it is a tangible asset, it doesn't function like a bond or a stock that can lose value in a heartbeat. There are three main forms of return on investment with real estate: appreciation, cash flow and return on taxes. Each of these things should be considered before you decide to become a real estate investor and a Realtor® can help you with these decisions.



- **Appreciation.** Appreciation represents the majority of returns on investment. Properties can increase in value a great deal over time and if your goal is long term, the land/house will yield great benefits later.

- **Cash flow** represents the most direct type of return, since it's 'put in your pocket right now' money. Investing in real estate is a way to increase your cash flow that in turn provides working capital you need to expand your investing.

- **Return on taxes** - many investors in the higher tax brackets are less concerned with the cash flow and tend to focus more on the tax advantages an investment property can provide or your home's purposes, and reach for the sky(light)!

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Children's Theater

ARTWORK BY RAÚL COLÓN/IMAGINATION STAGE

The 2014-2015 season of **Imagination Stage's theater for children** begins in late September and runs through August 2015. Shows run approximately 90 minutes, including one intermission. Performance times are Saturdays and Sundays at 1:30 and 4 p.m., with occasional Saturday 11 a.m. and 7 p.m. performances. Dates and titles subject to change. Subscriptions are available for \$54-90. Flex packs for seven or more also available. Single tickets, \$10-30, go on sale Aug. 11. Call 301-280-1660 or visit www.imaginationstage.org.

- ❖ **"The Night Fairy,"** Sept. 24-Oct. 26, features a fairy with damaged wings who has to make new friends. Best for ages 4-10.
- ❖ **"101 Dalmatians,"** Nov. 19-Jan. 11, 2015, tells the story of Dalmatian parents who set off on a rescue after Cruella de Vil kidnaps their puppies. Best for ages 4-10.
- ❖ **"Wiley and the Hairy Man,"** Feb. 4-March 8, 2015. This traditional tall tale tells of Wiley who lives in fear of the Hairy Man who lurks in the swamp. Best for ages 6-12.
- ❖ **"Sinbad: The Untold Tale,"** April 8-May 31, 2015. When a mysterious cloud descends upon Baghdad, putting all of the adults to sleep, two children must go on a quest. Best for ages 5-12.
- ❖ **"Double Trouble,"** June 24-Aug. 9, 2015. Lottie and Lisa are 10-year-old twins who are being raised separately by their divorced parents. When they meet and switch places, the adventure begins. Best for ages 5-10.

CALENDAR

Email community entertainment events to 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.

ONGOING

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 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 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.

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 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 Contra and Square dances are taught, no partner necessary. There is a lesson at 7 p.m., followed by the called dance with live music at 7:30. \$13 for nonmembers, \$10 for FSGW members, \$5 for ages 17 and under.

Visit www.glenechopark.org or call 301-634-2222 for more.

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.

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 for more.

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 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 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



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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.

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.

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.

FRIDAY/SEPT. 19-SUNDAY/OCT. 26

"Stuart Little." At Adventure Theatre MTC, 7300 MacArthur Blvd., Glen Echo, in the historic Glen Echo Park. Stuart Little is no ordinary mouse. Born to a family of humans, he lives in New York City with his parents, his older brother George, and Snowbell the cat. Children under the 12 months are free. Tickets are \$19 each, with group and field trip rates available, and can be purchased by calling 301-634-2270 or online at www.adventuretheatre-mtc.org.

FRIDAY/SEPT. 26

Live Music: Artig. 7 p.m. at the German School/German Language Courses, 8617 Chateau Drive, Potomac. The German band ARTIG will once again bring German Pop Rock to the United States. The members have been making music together since 2004, with classic pop elements, fast rock and indie guitar riffs combined with lyrics teenagers can relate to. Email glc@dswash.org or call 301-366-1120 for more.

Outdoor Movie Night. 6:30 p.m. at Potomac Community Center, 11315 Falls Road, Potomac. Before the movie: carnival games, inflatables, contests and music. Pizza, hot dogs, popcorn and more at the snack bar. The movie, Rio 2, begins at 7:30 p.m. Bring lawn chairs and blankets; no food, beverages, coolers or pets. Free. Visit www.montgomerycounty.md.gov/rec for more.

SATURDAY/SEPT. 27

Oktoberfest 5K Run & Fun Run. 9 a.m. at German School Washington, 8617 Chateau Drive, Potomac. Second annual 5K Oktoberfest Run & Fun Run hosted by the German School Washington D.C. and the German Language Courses. The festivities begin with a 5K run for adults, followed by the 1k fun run for children at 10 a.m. Post-race family activities include traditional German food and beer, children's activities, and an awards ceremony for race winners. The German rock band Artig will perform. Visit www.dswashington.org/run or call 301-767-3810.

Open Painting on the Rooftop. 2-6 p.m. VisArts Rooftop, 155 Gibbs Street, Rockville. Tickets will be

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SUNDAY/SEPT. 28

Cabin John Kids Run. 9 a.m. Cabin John Regional Park in Potomac, Westlake Drive. Free for runners 18 and under. A mile run, half-mile run and quarter mile young run is offered. Registration is race-day only. Visit www.mcrrc.org more.

Then & Wow! 11 a.m.-5 p.m. Glen Echo Park's annual celebration of the park's past and present. Magicians, carousel rides, arcade games, face painting, mini golf, exhibits, tours and more. Admission to the park is free. Rides and some activities require tickets. Visit www.glenechopark.org for more.

OCTOBER 2014

Firehouse Open House. Cabin John Park Volunteer Fire Department Station 10, 8001 River Road, Bethesda. Activities include live action demonstrations, including stop, drop and roll, stove fire demonstrations and automobile extrication. Cabin John Volunteer Fire Department now hosts birthday parties for children. Call 301-365-2255 or visit www.cjpvfd.org to find this year's October date.

WEDNESDAY/OCT. 1

Yappy Hour. 5-8 p.m. at Redwood Restaurant, 7121 Bethesda Lane. Features will include new American fare, locally grown food, organic food, a wine cellar and café seating. Proceeds benefit MCHS' work on behalf of homeless animals. Visit www.mchumane.org for more.

Reservation Deadline. Book and author event takes place Oct. 15 at Norbeck Country Club, 17200 Cashell Road, Rockville. Brandeis National Committee Greater Washington Chapter Book and Author Luncheon. E-mail Laura.leppie244@yahoo.com.

SATURDAY-SUNDAY/OCT.4-5

Art Presentation. 5-7 p.m. at the Glen Echo Gallery. Luis Bitencourt will present "Visions," a selection of his recent artwork. Open to the public. Call 301-492-6229 or e-mail the artist at bitencourt.luis@gmail.com.

SATURDAY/OCT. 4

Avenel Flea Market. 10 a.m.-2 p.m. Avenel Swim & Tennis Club, 10001, Oaklyn Drive, Potomac. First annual

Avenel Flea Market. Please visit www.avenelclub.com

SUNDAY/OCT. 5

Waltz Dance. 2:45-3:30 p.m. Waltz Workshop, 3:30-6 p.m. Dance. Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Begins with 30 minutes introductory Waltz workshop followed by a more advanced move presented for the last 15 minutes of the dance lesson. Social dancing follows. Admission is \$10. No partner required. Call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, visit www.waltztimedances.org or email info@waltztimedances.org.

SATURDAY-SUNDAY/OCT. 5-6

Potomac Country Vintage Arts Festival. Event kickoff, Oct. 5, 4-7 p.m. and the Arts Festival, Oct. 6, 10 a.m.-5 p.m. at St. Francis Episcopal Church, 10333 River Road, Potomac. This event is organized by Saint Francis Episcopal Church to help raise funds for dozens of local charities. Visit www.potomaccountryhousetour.org for listing of activities and this year's schedule.

FRIDAY/OCT. 10

Art Walk in the Park. Every second Friday May 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 for more.

SATURDAY/OCT. 11

Potomac Library Book Sale. 10 a.m.-1 p.m. 10101 Glenolden Dr., Potomac. The Potomac Library Book Sale is sponsored by the Friends of the Library, Potomac Chapter. Books will be on sale, hardbacks \$1 and most paperbacks \$.50. Call 240-777-0690 or 301-765-4083 or visit www.montgomerycountymd.gov/Library/branches/potomac.html.

Montgomery Modern Bike Tour. 10 a.m.-2:30 p.m. Newport Middle School, 11311 Newport Mill Road, Kensington. The 13.5-mile route will follow the Rock Creek Park trail through entire subdivisions of contemporary homes designed in the 1950s. Interested tour participants are required to bring their own bicycles and wear helmets. Visit haiapv.org/event/montgomery-modern-bike-tour-2 for more.

The 25th Annual Taste of Bethesda. 11 a.m.-4 p.m. held in Bethesda's Woodmont Triangle. Located three blocks from the Bethesda Metro. Sixty restaurants and five stages of entertainment will be present for the Taste of Bethesda, along with a kids corner with face

paint and arts and crafts. Admission is free. Taste tickets sold in bundles of 4 for \$5. Call 301-215-6660 or visit www.bethesda.org for more.

SUNDAY/OCT. 12

Great Chefs Community Cooking Series Launch. 3-5 p.m. 6101 Bradley Blvd., Bethesda. Bethesda Jewish Congregation launches its cooking series with Chef Todd and Ellen Kassoff Gray. Visit www.bethesdajewish.org/registration

TUESDAY/OCT. 14

Nocturnal Neighbors Festival. 5 p.m.-8 p.m. at Locust Grove Nature Center. Visit www.MontgomeryParks.org for more.

Call for 2015 Proposals. Deadline Oct. 14. Photoworks Gallery at Glen Echo Park, 7300 MacArthur Blvd, Glen Echo. The Photoworks Exhibit Committee invites the public to submit a proposal for a group or solo photography exhibition in 2015. Contact Gayle Rothschild, gaylesue@me.com or Karen Keating, kwkeating@comcast.net or visit <http://glenechophotoworks.org/gallery/call-for-exhibits/>

FRIDAY/OCT. 17

Sugarloaf Crafts Festival. 10 a.m.-6 p.m. Montgomery County Fairgrounds, 16 Chestnut St., Gaithersburg. Admission: adults \$8; \$10 at the door, free for children under 12. Live music, children's entertainment and food will be available to sample and buy as well as handcrafted goods. Visit www.sugarloaforcrafts.com or call 800-210-9900.

FRIDAY AND SATURDAY/OCT. 17-18

Quilt Show. Friday 9 a.m.-6 p.m. and Saturday 9 a.m. - p.m. in the Kensington Armory/Town Hall 3710 Mitchell St., Kensington. NeedleChasers of Chevy Chase will be showcasing quilts and hold a quilt raffle. Visit www.needlechasers.org.

SATURDAY/OCT. 18

Sugarloaf Crafts Festival. 10 a.m.-6 p.m. Montgomery County Fairgrounds, 16 Chestnut St., Gaithersburg. Admission: adults \$8; \$10 at the door, free for children under 12. Visit www.sugarloaforcrafts.com or call 800-210-9900.

Hospice Caring's 25th Anniversary Gala Silver Linings.

6 p.m.-midnight. The Bolger Center, 9600 Newbridge Drive, Potomac. Silent and live auctions, dinner and dancing. Black tie suggested. \$250 per person. RSVP by Oct. 3. Visit www.hospicecaring.org for more.

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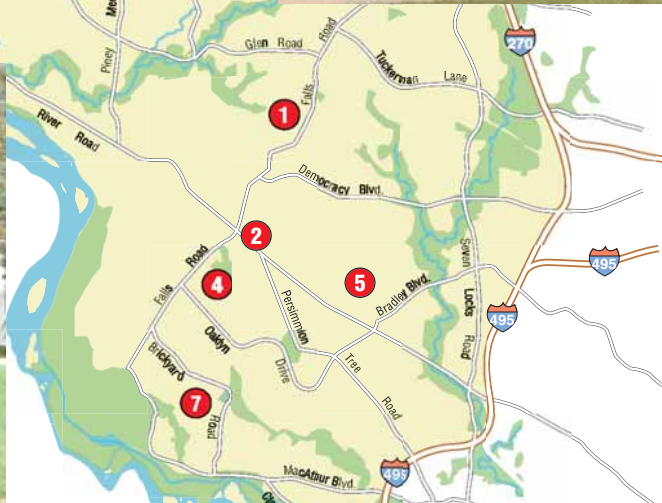


5 9305 Inglewood Court — \$1,060,000



6 10718 Cloverbrooke Drive — \$1,015,000

7 8008 River Falls Drive — \$1,000,000



8 10714 Cloverbrooke Drive — \$1,000,000

Address	BR	FB	HB	...	Postal	City	Sold Price	Type	Lot	AC	Postal Code	Subdivision	Date Sold
1 9532 FOX HOLLOW DR	5	..	4	. 1	POTOMAC	...	\$1,099,900	Detached	0.25	20854	BEDFORDSHIRE	07/08/14
2 9905 HALL RD	4	..	4	. 2	POTOMAC	...	\$1,095,000	Detached	0.63	20854	POTOMAC VILLAGE	07/30/14
3 10823 MAPLECREST LN	6	..	5	. 1	POTOMAC	...	\$1,080,000	Detached	0.17	20854	PINEY GLEN VILLAGE	07/03/14
4 9316 FALLS BRIDGE LN	5	..	4	. 1	POTOMAC	...	\$1,070,000	Detached	0.67	20854	HERITAGE FARM	07/25/14
5 9305 INGLEWOOD CT	5	..	3	. 0	POTOMAC	...	\$1,060,000	Detached	1.94	20854	BRADLEY FARMS	07/02/14
6 10718 CLOVERBROOKE DR	4	..	5	. 1	POTOMAC	...	\$1,015,000	Detached	0.23	20854	PINEY GLEN VILLAGE	07/08/14
7 8008 RIVER FALLS DR	4	..	3	. 1	POTOMAC	...	\$1,000,000	Detached	0.34	20854	RIVER FALLS	07/03/14
8 10714 CLOVERBROOKE DR	5	..	4	. 1	POTOMAC	...	\$1,000,000	Detached	0.50	20854	PINEY GLEN VILLAGE	07/18/14

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THE CONNECTION NEWSPAPERS

Post-Chemo Weak



By **KENNETH B. LOURIE**

For the past year, every three weeks I have been infused with a chemotherapy drug called Alimta, "the last miracle drug," to quote my oncologist, and a drug with which I hadn't previously been infused. The fear then and now is that once this drug stops working – and for the last 12 months the results have been extremely encouraging – my alternatives, given my underlying kidney issues, are grim. The reason being, if I understand correctly, (and there's an excellent chance that I don't) is that cancer cells don't respond nearly as well to repeated exposure to the same drug. They sort of become accustomed to it and subsequent treatment is much less effective, if at all, so some other drug has to be prescribed with the chance of continuing success hardly guaranteed. My current treatment is working so well that when I asked my oncologist if perhaps we could spread out my infusions an extra week to allow my body to recuperate a bit, his answer was an emphatic "No." Because it is working so well, and because I have so few alternatives if change were truly necessary, the status should remain quo (which is no problem, really).

However, within the last six months or so of this treatment, I have experienced a change in my post-chemo week symptoms. Food, uncharacteristically, has no appeal to me. Psychologically, the prospect of eating food with which I am exceedingly familiar is a complete turnoff. Complicated by the extremely-less-than-satisfying aftertaste, the combination presents food challenges all day long. The result is that I lose my appetite, lose the enjoyment I derive from eating, lose energy/fuel to maintain my normal routine, upset my sleep, then become tired and depressed about the whole cycle of gloom I've just described. And so far, there seems to be nothing I can do, nothing I can eat, nothing I can change to affect this pattern. I just have to wait it out. It takes a week or so to pass.

Granted, in the scheme of cancer things, considering I am alive and reasonably well 67 months post-diagnosis, this blip is certainly manageable and nothing really to complain about; more something to write about as I so regularly do, sharing in sometimes excruciating details the ups and downs and all-arounds of living in the cancer lane. And therein lies the key word: "living" with cancer, as in, I'm still writing (wink, wink). And though I would prefer to not have been originally diagnosed back in February, 2009, I have made the most of it nonetheless, and shared "the most of it" with you regular readers. What I think I have learned in this entire cancer experience (hardly could one call it an adventure) is a type of patience; where context, perspective and controlling expectations, both good and bad – are fundamental to surviving. Fortunately, I've experienced more good than bad, but the fact that now I regularly experience a bad week shouldn't cloud my judgment. I'm still incredibly lucky during that week, just hungry and tired, and not in a very good mood. It's not perfect by any means, but perfect left the building on February 27, 2009.

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

Physical Churchill Beats Wootton, Improves to 3-0

Bulldogs much improved from 1-9 season in 2013.

BY JON ROETMAN
THE ALMANAC

The Churchill football team was protecting a 14-point lead late in Friday's contest when Bulldogs running back Andrew Zuckerman took a handoff and plowed his way through the Wootton defense, shaking off a forceful collision on his way to a 27-yard insurance touchdown.

Zuckerman's powerful push into the end zone excited the Churchill sideline, and No. 22 was greeted by someone yelling "That's a man's run!"

Zuckerman's display of strength put the finishing touch on the Bulldogs' 35-14 victory over the previously unbeaten Patriots on Sept. 19 at Wootton High School. The victory improved Churchill's record to 3-0, avenged last year's 41-0 loss to Wootton and further proved the Bulldogs have bounced back from a dismal 2013 campaign in which they finished 1-9.

Churchill is not only winning, it's doing so in dominant fashion. The Bulldogs have outscored opponents 115-14, and did not allow a single point for the first 10-plus quarters of the season. Churchill opened the season with a 39-0 victory over Bethesda-Chevy Chase, and followed with a 41-0 win against Walter Johnson.

"Most of us played last year, so we know what it feels like to lose," senior receiver/defensive back Oumar Soumah said, "and now it feels like redemption time."

What are the keys to Churchill's turnaround? Offseason team-building activities helped bring the Bulldogs together, and plays like Zuckerman's 27-yard touchdown run have set a tone of physicality.

"We're not terribly big, but we're physical," said head coach Joe Allen, head coach of a team with a roster so small it refers to itself as "The Dirty 30." "We're just a lot more physical and as a team we're a lot closer than we were last year."



Churchill running back Andrew Zuckerman (22) ran for 110 yards and a touchdown against Wootton on Sept. 19.

Churchill made plays in all three facets of the game. Offensively, the Bulldogs amassed 194 yards and two touchdowns on the ground. Zuckerman led the way with 15 carries for 110 yards and a score. Blake Dove carried 11 times for 67 yards and a touchdown.

Quarterback Colin Smyth completed 6 of 11 passes for 88 yards and a score. His 35-yard touchdown pass to Marquette Lewis gave Churchill a 28-0 lead late in the second quarter.

Defensively, Soumah returned an interception for a touchdown, giving the Bulldogs a 14-0 lead with 4:26 remaining in the second quarter. Defensive back Paolo Tranquill totaled 12 tackles, while linebacker Dove and defensive back Elliott Sloate each had nine. The Bulldogs forced three turnovers.

"We're not terribly big, but we're physical. We're just a lot more physical and as a team we're a lot closer than we were last year."

— Churchill football coach Joe Allen

Churchill limited Wootton quarterback Sam Ellis to 4 yards per attempt. He completed 22 of 48 passes for 190 yards and was intercepted once.

Wootton running back Dean Spitz's 1-yard touchdown run with 7:13 remaining in the third quarter marked the first time an opponent had scored against Churchill this season.

"I was a little mad we gave up our first points — anybody would be mad," Dove said, "but we bounced back."

Churchill even scored on special teams. The Bulldogs partially blocked a Wootton punt late in the second quarter, and Soumah scooped up the loose ball and raced 38 yards into the end zone.

"Oumar is a kid that probably is our most improved player," Allen said. "Last year, he didn't hardly play at all. He's another kid



Churchill quarterback Colin Smyth looks to pass against Wootton on Sept. 19.

that worked extremely hard in the offseason and we were expecting big things out of him. He's kind of been dormant for the last two games, but I told him, as a matter of fact, this week that he would probably have a big game and he did. He stepped it up on all three phases of the game."

While Churchill is off to a hot start, things figure to get tougher for the Bulldogs. Churchill's next two games are at home against Paint Branch (Sept. 26) and perennial power Quince Orchard (Oct. 2).

"We feel like we've got all the ingredients to compete with these better teams in the county," Allen said. "In the next two weeks, as you guys know, we're going to be tested, but we feel like we're going to be ready. We know we need to improve. We're not satisfied with this victory. We know we can play better and we intend to next week."

Only time will tell what Churchill does against tougher competition. As for now, the Bulldogs are undefeated — a far cry from last year's 1-9 record.

"These seniors wanted to avenge last year's season, so to speak," Allen said, "and so far, so good."

PHOTOS BY HARVEY LEVINE/THE ALMANAC

Housing Market Differs by Price Category

FROM PAGE 4

sand dollars, but it is worth it to impress the buyer with the 'look and feel' of the home — and whether it will become their dream home." Don't expect buyers to be looking for a "fixer-upper." Today's buyers are busy. They are looking for properties where they can unpack without doing a lot in renovations or decorating.

THE ABSORPTION RATE is the rate at which homes are selling in a specific area. Here is the absorption rate in Potomac for properties in three different price categories.

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ries. This data indicates that, in Potomac, the average number of days a property sits active on the market increases as the price increases.

Properties priced below \$1M

There are currently 79 active properties on the market and 23 properties under contract. There have been 201 properties sold since Jan. 1, 2014 - 246 days (8 months.) The absorption rate is therefore 3.2 months at this price point. This suggests that if market conditions do not change and if no new listings come on the market, it will take 3.2 months for the current inventory to sell

at the current pace of the market. It's a seller's market for properties priced below \$1M because there is less than 6 months of inventory.

Properties priced from \$1M to \$2M

There are currently 97 properties active and there are currently 31 properties under contract.

There are currently 113 properties that have sold since Jan. 1, 2014 (246 days.) The absorption rate is seven months. This tells us that it will take 7 months for the current inventory to sell at the current pace of the market. For properties priced in this

category currently it's a buyers' market because there is more than six months of inventory available.

Properties priced above \$2M

There are currently 73 active and there are currently 7 under contract. There are currently 20 properties that have sold since Jan. 1, 2014. The absorption rate is 29.93 months or 2.5 years to absorb this inventory. It will take 29.93 months for the current inventory to sell at the current pace of the market. This is considered a buyers' market because there is more than six months of inventory available.

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