

# Potomac ALMANAC

During the Blessing of the Animals on Sunday, Oct. 5, at Emmanuel Lutheran Church on Bradley Boulevard, Derek Solberg, vicar, at the church, blesses Wink on the right and Sena on the left.

## Blessing of the Animals

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## NEWS

# Medical Examiner Confirms Murder

The Medical Examiner ruled Oct. 3 that Potomac resident Carolyn Mattingly's death was a homicide, caused by a gunshot wound.

Montgomery County Police responded to a call about vandalism at 1:13 p.m. on Tuesday, Sept. 30, at a residence in the 12000 block of Great Elm Drive. Officers spoke with Mattingly, 57, who explained that she had discovered slashed tires on her vehicle. Mattingly also explained that her husband, identified as C. Richard Mattingly, was at work. Officers documented the vandalism to the vehicle and then left the scene.

At approximately 2:33 p.m. that same day, police received a call for a single-car colliding with a tree on Piney Meetinghouse Road at River Road. The driver, identified as Andrew Racca, 42, of Chevy Chase, was pronounced dead at the scene. According to police, a handgun was located in his vehicle. The Medical Examiner confirmed Racca's death as a suicide.

At approximately 2:34 p.m., a call was received for a residential fire on Great Elm Drive. Responding Fire and Rescue personnel and 1st District officers found a small fire and Mattingly's body inside the garage.

Ballistic testing to determine if the same gun was used in the homicide and suicide has not been completed at this time. It is unknown whether Racca committed suicide before or after his vehicle collided with the tree.

Police investigation revealed that Racca and Richard Mattingly worked together at the Cystic Fibrosis Foundation in Bethesda. Detectives believe that issues arose between Richard Mattingly and Racca at work regarding allegations that Racca was involved in workplace theft. On Monday, management had informed Racca that the foundation would have to report the possible theft to police. On Tuesday, Racca did not come to work.

Police noted there is no known relationship between Racca and the victim, Carolyn Mattingly.

## 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. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

### ALTERNATE POLLING PLACES

Voters in Maryland are assigned to a specific polling place. This is important because there are different

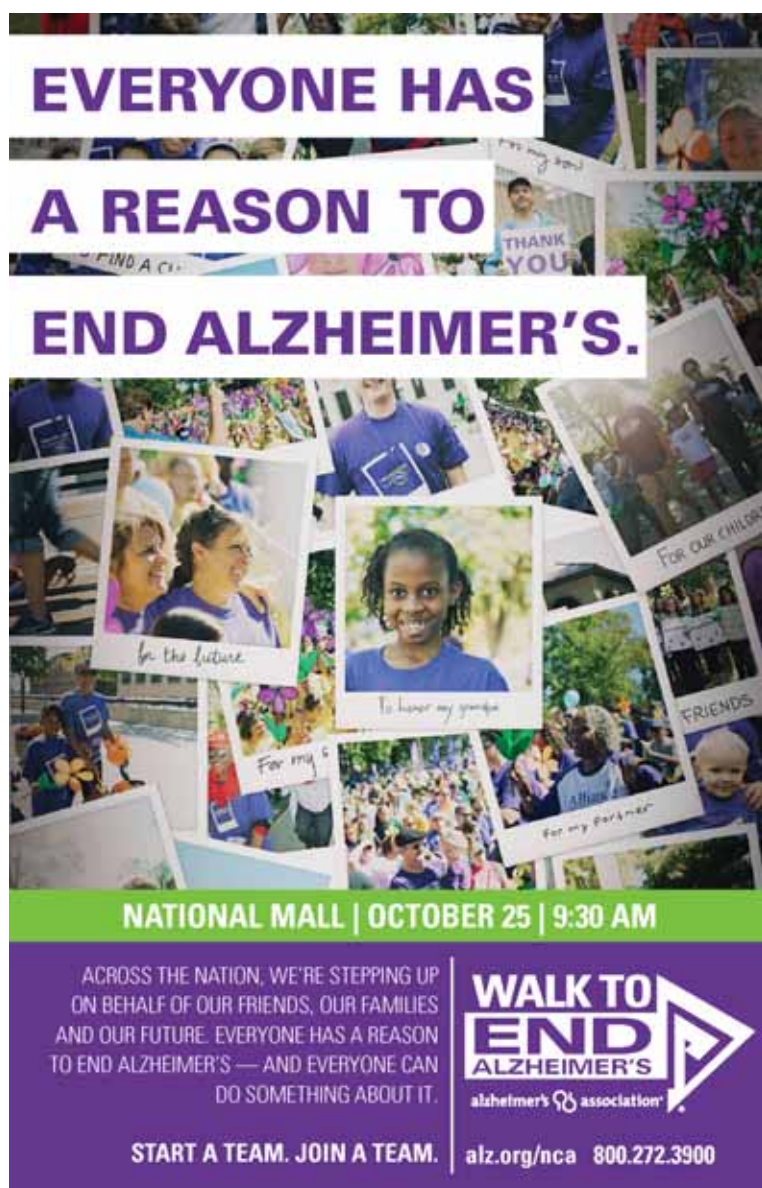
local contests on the ballot. However, voters may request a different polling place for accessibility concerns or religious principles.

❖ Accessibility Concerns: For the 2014 Gubernatorial Elections, all Montgomery County polling places are compliant with Maryland State Board of Elections accessibility guidelines. Contact the Board of Elections if there is concern about a specific disability.

❖ Religious Principles: If an assigned

polling place is a religious institution, and entering that site conflicts with a voter's religious beliefs and practices, the voter may request a nearby polling place. Reassignment request forms are available from the Maryland State Board of Elections at [http://www.elections.state.md.us/pdf/Request\\_for\\_Accessible\\_Polling\\_Place.pdf](http://www.elections.state.md.us/pdf/Request_for_Accessible_Polling_Place.pdf), by calling Christine Rzeszut at 240-777-8585, or by e-mail to

SEE BULLETIN, PAGE 8



**EVERYONE HAS A REASON TO END ALZHEIMER'S.**

**NATIONAL MALL | OCTOBER 25 | 9:30 AM**

ACROSS THE NATION, WE'RE STEPPING UP ON BEHALF OF OUR FRIENDS, OUR FAMILIES AND OUR FUTURE. EVERYONE HAS A REASON TO END ALZHEIMER'S — AND EVERYONE CAN DO SOMETHING ABOUT IT.

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[alz.org/nca](http://alz.org/nca) 800.272.3900



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## Potomac Country Vintage Arts Festival

Food is served during the Potomac Country Vintage Arts Festival at St. Francis Episcopal Church last weekend.



Rosemary MacDonald (sitting in the middle) and her friends have lunch at the festival.



Sonja Holeman with Archeologico Jewelry.



Renan Kennedy with Sans Skin Care.

## Competing for Miss Maryland

Forward is also raising awareness for Luke's Wings.

BY SUSAN BELFORD  
THE ALMANAC



Kendall Forward

"I am thrilled to be representing my hometown of Potomac in the Miss Maryland 2015 pageant," said Kendall Forward. Nervous and excited, she says she feels intimidated by the beauty of the other contestants but pleased to be raising awareness for her charity, Luke's Wings – and is eagerly looking forward to her first beauty pageant.

Twenty-two year old Forward graduated this past May from the University of Georgia, where she earned dual degrees in Digital & Broadcast and International Affairs. She attended the Norwood School from second to eighth grade, and is a 2009 graduate of Churchill High School where she participated on the tennis and lacrosse teams, in Blast from the Past and drama productions. She has spent a large part of the last five years studying abroad, and most recently finished her last college semester studying at Oxford University in England.

SEE COMPETING, PAGE 5

## River Falls Seafood Market Closes, Tavern Stays Open

Customers miss its fresh fish.

BY SUSAN BELFORD  
THE ALMANAC

The Village was buzzing Monday morning, Oct. 6, as residents strolled through the crowded patio of Starbucks coffee drinkers to the Tavern at River Falls and River Falls Seafood Market only to find the well-loved restaurant and cherished local seafood market closed without forewarning. The reaction was unanimous. Shoppers were upset and saddened, not believing that their favorite Potomac market is gone.

The good news is that the Tavern at River Falls is remaining open for business. They were shut down for only one day, and are back on track to continue providing their "Cadillac Crab Cakes" and cuisine to hungry customers. Manager Dulguun Bat-Amgalan said, "We have no plans to close and will be open our regular hours and keep the same menu. It is sad that the seafood market is closing." General Manager Jecfe Deo also confirmed that the Tavern at River Falls will remain open.

Jeff Grolig opened the River Falls Seafood Company in 1998, with a vision of providing Potomac with the finest quality, fresh seafood and house-made prepared foods. The

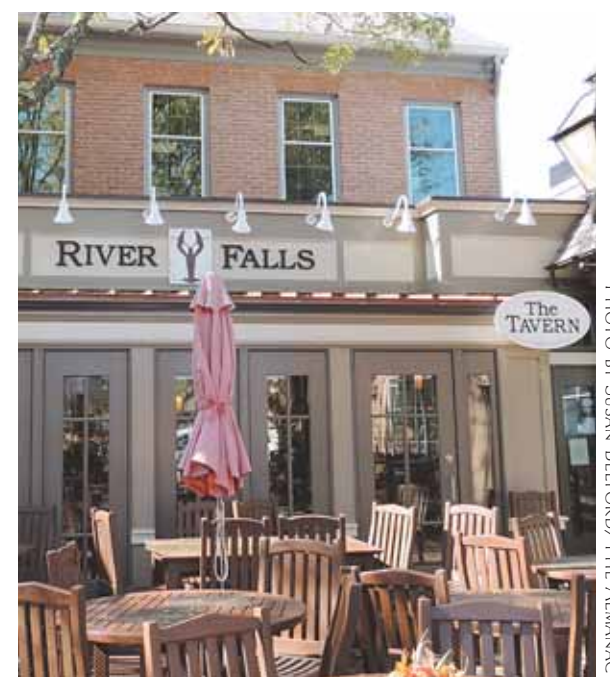
business quickly grew and in 2006 River Falls Market purchased the popular Renato's restaurant located next door. In 2009, the space next door to River Falls Market became available and Grolig decided to build-out the M&T Bank space into an American Bistro that soon became a favorite go-to gathering spot for Potomac residents. The market and restaurants were a healthy partnership because both utilized the same ingredients and provided outstanding menu items as well as take-out for their customers.

The next-door Italian restaurant Renato at River Falls will also remain open. Oscar Rios who has worked at the Potomac restaurant for 16 years said, "Thank God, we are staying open. I bet I have had 100 people over the last two days come in and ask me about the Market and Tavern."

Potomac Grocer is located across River Road from the Grolig properties. Owner Tom Spencer said that Sunday was the best business day he has had since he opened last February. "The closure of River Falls Market will definitely help our business. I'm sad it had to come about in this manner .... Many of my employees are former River Falls Market staff, including Michael Turgotte (Junior), Chef Steve Fela, Aramin Davidson and Erika Torrey."

What were the reactions from River Falls Seafood Market customers? Barry Orr said, "Holy Smoke, I come here every day! Where shall I go to get fresh fish?"

SEE CHANGE IN THE VILLAGE, PAGE 5



The Tavern at River Falls continues to operate; the River Falls Seafood Market has closed.

## GETTING AROUND

# Recollections of Summer Fun

BY CISSY FINLEY GRANT  
THE ALMANAC

**N**o one really wants to admit it, but it's over. Pools are closed, schools are well back in session (if you don't count the days off for one or another reason), flip-flops are pretty well worn out, there are fewer outside diners at Hunter's Bar and Grill in the village and leaf raking is in full swing.

It was a busy five months that left us with plenty to remember including a marvelous scenario involving WMAL radio personalities Larry O'Connor and Brian Wilson and listener Nan Muntzing.

Muntzing, a co-founder of Potomac Theatre Company (when it started 25 years back as Potomac Community Theatre), is a pianist, actress and loves to sing. She, needless to say, has a distinctive singing and speaking voice.

One morning in late July, Nan, an early riser, was tuned in to WMAL's program when she heard the hosts talking about a former IRS official, Lois Lerner. In an e-mail account Lerner had reportedly called conservatives "crazies" among some unprintable things. The radio hosts, in effect, asked their audience what would you say to Lerner if you had the opportunity? It was too much for Nan to resist. She rang up the number given, sailed through the screener and replied, "If I had the chance I would tell her exactly what my mother always told me, 'It takes one to know one.'"

Within minutes of completing her call the Muntzing's phone rang. The caller was Anne Martinez, a well-known Potomac artist, who with husband, Ramon, recently moved to Santa Fe, New Mexico. She, too, had WMAL tuned in. "I recognized your voice," she told Nan. "At that early hour here only my dog was listening with me. I asked him, 'Do you suppose that is our Nan?'"

All the way from Potomac to Santa Fe? Now, that's distinctive! (A call to the station suggested Martinez might have been listening via cell phone.)

Fast forward to the end of September. Eight singers, six of whom were in original Potomac Community Theatre productions, gave a sensational performance at Fox Hill before a crowd-filled theatre.

"The Singers," another Muntzing-organized group, with pianist Michael Terrence Smyth accompanying, presented "Give Our Regards To Broadway" a program that included favorite songs from popular Broad-



Robert M. Hanson inspects his Aberdeen Angus herd.

way productions. Dr. Vin Kelly concluded the individual performances with "The Soliloquy" a.k.a., "My Boy Bill," from "Carousel." When Kelly's Irish tenor hit the ceiling, the applause meter went berserk. The "bravos" could/should have been heard at the Kennedy Center.

In the hour-long program Marilyn Shockey and Maureen Mc Murphy teamed up for a performance of "The Grass Is Always Greener," from "Woman of the Year." It is a conversation between two women that is hilarious. "We practiced for weeks," Marilyn later admitted. "It was so tricky to remember all the lines and get the timing down," she said. They had this audience of Fox Hill residents and their guests in stitches. Others in the cast of singers included Troy Knighton, Ann Hazard, Alice Smythe, Dawn Badrick and Muntzing, who led off the 19-song production with "Getting To Know You."

They did!

## Down On The Farm

Who says you can't keep them down on the farm?

Don't tell Bob Hanson that. He has been "on the farm" since his days at Landon School in Bethesda. He boarded there and rode his bicycle home on weekends to his parents "Round The Bend" farm on Travilah Road.

On part of that farm Bob still lives, farms his acreage, and raises crops, cattle and assorted other things. It was here that just

player in Beloit history to eclipse the 1,000 career-points mark and still ranks sixteenth in program history with 1,013 points. His best season came as a senior when he finished third in the conference with 20.4 ppg, including a 50-point outburst against the University of Chicago, which still ties for third all-time. Hendricks also earned Second Team All-State as a senior. Beloit is located in Beloit, Wis.

**Noah Kalicka** is a first year student at Plymouth State University, in Plymouth, N.H.



Chase Mitchell, a fourth generation Mitchell of Mitch and Bill's Exxon business in Potomac village, celebrated his first birthday in August.

made peach ice cream. Unfortunately, the handle on his old-fashioned mixer partially broke during the churning, but he never gave up. Peach ice cream never tasted better, just a tad softer.

Hanson, who celebrated his 90<sup>th</sup> birthday last April, has never been one to sit still. He received the Lifetime Commitment to Youth Award Oct. 7, from NCAC Boy Scouts of America "for over 75 years of support for youth." Many of those years were dedicated to scouting, with equal numbers to civic and land issues, all for the betterment of citizens.

## Another Generation

A fourth generation Mitchell celebrated a birthday in late August. He is a Mitchell of Mitch and Bill's Exxon, a Potomac village business since 1949.

Chase Mitchell is the great-grandson of the late Clyde "Mitch" Mitchell, who was the co-founder of Mitch and Bill's. He is the grandson of Mike Mitchell and the son of Chad Mitchell, both of whom are very much involved in the business today.

Chase celebrated his first birthday sur-



Ambassador Marion H. Smoak, known to his friends as Joe, celebrated his 98<sup>th</sup> birthday in July. He is shown with his wife of 55 years, Fran.

rounded by numerous relatives and friends at the Darnestown home of his parents, Christi and Chad.

By the time an early dinner was served, Chase, his brother, Connor, 3, and their young friends were more than ready to take a rest as were the "older folks" who kept up with them, including Chase's maternal grandmother, Barbara Asher.

Those 4 p.m. parties are not for the weak.

## Happy Birthday, Joe

Ambassador Marion H. Smoak, former Chief of Protocol during the Nixon administration, and known to his many friends as Joe, greeted over 90 guests at a Chevy Chase party on July 16. The occasion was to celebrate his 98<sup>th</sup> birthday.

Yes, his 98<sup>th</sup>. He is a man who still rides his horse, "Big Foot", still loves a party and recalls many times he played polo at the Potomac Polo Club and in Aiken, S.C. where he practiced law, as he also did in Washington. Married to his wife, Fran, in 1959, the couple have long been associated with the Potomac area, through his love of polo, fox hunting and the countryside as it was "a few years ago."

The party, given by their daughter Dr. Mary Frances Walde and her husband, Bill, was attended by Fran and Joe's many friends including Potomac Hunt jt.MFHs Vicki and Skip Crawford, Michele and Fairfax Hunt former MFH Randy Rouse, who will be 98 in December, and Austin Kiplinger who just celebrated his 96<sup>th</sup> birthday in September.

Others joining in to sing a rousing Happy Birthday were Liz Beer, who grew up in Potomac, and is now continuing her art business in Middleburg, Mandy Ourisman, Holly Muldoon, Heather Muldoon, Rose Marie Bogley who drove up from her "Peace and Plenty" Upperville farm and dozens more.

If there is a theme to follow here, it appears that horse people live long, healthy lives. It may have something to do with grooming, polishing and shoveling.

## SCHOOL NOTES

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

The Department of Athletics at Beloit College will induct four new members into its Athletic Hall of Honor during the school's 2014 Homecoming celebration. **David Hendricks '64**, of Potomac, was a four-year letterwinner for the Buccaneer Men's Basketball team, a three-time All-Midwest Conference selection and twice was the team's MVP. A guard, he was just the fourth

# Competing for Miss Maryland

FROM PAGE 3

"My passion for the news, love of travel and curiosity in other cultures has led me to major in journalism with a focus on global cultures. I have just accepted my first job as a TV news reporter in Steubenville, Ohio. One day, I hope to become a network foreign correspondent," she said.

The Miss Maryland 2015 Pageant will take place on Saturday, Nov. 2, at the North Bethesda Marriott Hotel and Conference Center. The winner of this pageant will compete in the Miss USA 2015 Pageant being held on Jan. 25, 2015 in Miami. The selected Miss USA will then compete for the Miss Universe title.

"It's an excellent opportunity to earn scholarships for further study, to promote my charity, Luke's Wings, and to participate in the Miss Maryland charity, collecting winter coats for less fortunate people. I am really happy to gain this experience – something I have never done before," Forward said.

Categories in the pageant include swimsuit, evening wear, one-on-one interview and the on-stage interview.

There is no talent contest for this pageant. "I think

the questions asked may be related to current events and knowledge of world affairs," she said.

When Forward is not in "competition mode," she enjoys playing tennis, swimming, vegan and vegetarian cooking, writing, singing, kayaking on the Potomac and hiking the Billy Goat Trail with her two Cockapoos, Charlotte and Chester.

Her involvement with Luke's Wings began several years ago and she has participated in many of their fundraisers. "Luke's Wings helps to raise funds to bring the families and loved ones of wounded soldiers to Walter Reed as well as hospitals across the nation," she said. "Our servicemen and women's families deserve the support that Luke's Wings provides and I am pleased to be able to give my help to them. I have been using social media, sending letters to spread the word about their events and their needs."

Residents can support Forward in several ways:

- ❖ She is collecting coats for the Miss Maryland Charity and would be happy to pick them up.

- ❖ She encourages attendance at a Luke's Wings fundraiser ([www.lukeswings.org](http://www.lukeswings.org)) or a donation to Luke's Wings or a corporate or personal sponsorship.

# Change in the Village

FROM PAGE 3

Linda Clinch, also a daily customer said, "River Falls Seafood had the best crab cakes in the country. Even though we live part-time in Annapolis, I would buy my seafood here because it was the best quality.

I am shocked that they just suddenly closed their doors.

It was my favorite place to shop in Potomac — and I hope someone will buy it and keep it exactly the same."

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[www.potomacvillagedeli.com](http://www.potomacvillagedeli.com)



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### Parenting with Courage and UNcommon Sense

with Linda Jessup and Emory Luce Baldwin

Join us for an evening conversation with the authors of *Parenting With Courage and UNcommon Sense*: **Linda Jessup, R.N.**, Family Nurse Practitioner, Founder of Parent Encouragement Program and **Emory Luce Baldwin, M.S.**, Licensed Clinical Marriage and Family Therapist.

Raising children can be stressful. Learn positive ways to deal with most common parenting situations using this evidence-based results-oriented approach to parenting.

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- The wisdom of taking time to win cooperation
- The value of creating a supportive community

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Reasonable disability accommodations available upon request. Please contact Rob Guttenberg at 301-593-1160 by October 1. ♿

**Thursday, October 23**

Suburban Hospital Auditorium  
8600 Old Georgetown Rd., Bethesda, MD 20814

**6:30 pm Registration**  
(Please allow time for parking)

**7 – 9 pm Seminar**

**Registration:**  
ymcaparenting.eventbrite.com

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Photographs by Shelli Brinkman

# 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

**Pumpkin Festival.** Tuesday-Sunday, 9:30 a.m.-5:30 p.m. Butler's Orchard, 22200 Davis Mill Road, Germantown. Corn maze, hayrides, corn hole games, farm market and pick own pumpkins. Visit [butlersorchard.com](http://butlersorchard.com) or call 301-972-3299.

**Pick-your-own Apples and Pumpkins.** Monday-Friday, 9 a.m.-5 p.m. Homestead Farm, 15604 Sugarland Road, Poolesville. Pick-your-own apples and pumpkins and enjoy a hayride at this family farm in operation since 1763. Call 301-977-3761 or visit [www.homestead-farm.net](http://www.homestead-farm.net).

**"Stuart Little."** Through Sunday, Oct. 26 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](http://www.adventuretheatre-mtc.org).

**Children's Discovery Benches.** Afternoons in the Children's Classroom, Brookside Gardens, 1800 Glenallan Ave., Wheaton. Hands-on activities, games, books and puzzles fill the Children's Discovery Benches. Benches are available depending on staff and room availability. Visit [www.brooksidegardens.org](http://www.brooksidegardens.org), or call 301-962-1400.

**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.

**Art Lecture Series.** Runs from Oct. 25-Nov. 15 at the Arcade Building Glen Echo Park, 7300 MacArthur Blvd. Four veteran and award photographers will talk about their work and passion for the telling image. Email [photoworks.gallery@gmail.com](mailto:photoworks.gallery@gmail.com) for more.

**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-alongs, prizes and more. Visit [rockvilletownsquare.com/events/mommy-and-me](http://rockvilletownsquare.com/events/mommy-and-me).

## 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) for more.

**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).

## 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/).

## 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](http://www.glenechopark.org) for more.

## FRIDAY-SUNDAY/OCT. 10-12

**Countryside Artisans' Fall Studio Tour.** Friday and Saturday 10 a.m.-5 p.m., Sunday noon-5 p.m. Tour the cottage studios of local artists creating unique pottery, fiber art, paintings and prints, art glass, sculpture and woodenware. Visit [www.countrysideartisans.com](http://www.countrysideartisans.com) to find locations of the different studios.

**Halloween Trains.** 1-8 p.m. Cabin John Regional Park, 10610 Westlake Drive, Rockville. Passengers will spy items in the woods as they ride through the park. Family Halloween movies are shown every evening. The

train runs of the half-hour and tickets are available online for specific departure times each day at [www.parkpass.org](http://www.parkpass.org). For children 8 and under. Visit [www.cabinjohntrain.com](http://www.cabinjohntrain.com) or call 301-765-8670.

## 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](http://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](http://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](http://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 [bethesdajewish.org/registration](http://bethesdajewish.org/registration).

## TUESDAY/OCT. 14

**Nocturnal Neighbors Festival.** 5 p.m.-8 p.m. at Locust Grove Nature Center. Visit [www.MontgomeryParks.org](http://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](mailto:gaylesue@me.com) or Karen Keating, [kwkeating@comcast.net](mailto:kwkeating@comcast.net) or visit <http://glenechophotoworks.org/gallery/call-for-exhibits/>

## WEDNESDAY/OCT. 15

**Opera in the Sukkah.** RSVP by Oct.

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# ENTERTAINMENT

12, event is held Oct. 15 at noon. Congregation B'nai Tzedek, 10621 South Glen Road, Potomac. Elizabeth Mondragon-Groff, renowned opera singer, premiering at Carnegie Hall next month, will entertain members and friends with selections from opera and musical theatre. Lunch will be provided. Free and open to the community. Call 301-299-0225 or email gfriedman@bnaitzedek.org.

## THURSDAY/OCT. 16

**Literary Luncheon Series.** 11:30 a.m. Strathmore Mansion, 10701 Rockville Pike, North Bethesda. Local authors John Gilstrap and Grady Smith will open the Friends of the Library 27th annual Literary Luncheon Series. The lectures are followed by a book signing and luncheon and 12:30 p.m. Tickets start at \$12 for FOLMC and Strathmore members and \$17 for non-members. Visit [www.folmc.org](http://www.folmc.org) to register.

## 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.sugarloafcrafter.com](http://www.sugarloafcrafter.com) or call 800-210-9900.

**Halloween Geocache Hunt.** 1-3 p.m. Meadowside Nature Center, 5100 Meadowside Lane, Rockville. Use GPS units to hunt for Halloween tricks and treats throughout the woods surrounding Meadowside Nature Center. For children ages 8

and up. \$15. Course #293462. Visit [www.parkpass.org](http://www.parkpass.org) for more.

## FRIDAY-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](http://www.needlechasers.org).

## FRIDAY-SUNDAY/OCT. 17-19

**Halloween Trains.** Friday 3-8 p.m., Saturday and Sunday 1-8 p.m. Cabin John Regional Park, 10610 Westlake Drive, Rockville. Passengers will spy items in the woods as they ride through the park. Family Halloween movies are shown every evening. For children 8 and under. Visit [www.cabinjohntrain.com](http://www.cabinjohntrain.com) or call 301-765-8670.

## SATURDAY/OCT. 18

**Sugarloaf Crafts Festival.** 10 a.m.-6 p.m. Montgomery County Fairgrounds, 16 Chestnut St., Gaithersburg. See Friday, Oct. 17 description. Visit [www.sugarloafcrafter.com](http://www.sugarloafcrafter.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](http://www.hospicecaring.org) for more.

## SUNDAY/OCT. 19

**Sugarloaf Crafts Festival.** 10 a.m.-5 p.m. Montgomery County

Fairgrounds, 16 Chestnut St., Gaithersburg. See Friday, Oct. 17 description. Visit [www.sugarloafcrafter.com](http://www.sugarloafcrafter.com) or call 800-210-9900.

**The Beacon 50+ Expos.** noon-4 p.m. at the Silver Spring Civic Center in downtown Silver Spring. More than 100 exhibitors will offer information and answer questions about retirement communities, home remodeling, financial planning, healthcare, travel, fitness, senior services and government resources. Call 301-949-9766 for more.

**Waltz Dance.** 2:45-3:30 p.m. Waltz Workshop, 3:30-6 p.m. Dance. Bumper Car Pavilion 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](http://www.waltztimedances.org) or email [info@waltztimedances.org](mailto:info@waltztimedances.org).

## WEDNESDAY/OCT. 22

**Wines for Canines and Felines.** 6:30-9 p.m. Paul's Wine and Spirits, in association with Maggiano's Little Italy, presents the 14th annual Wines for Canines and Felines. Enjoy a wine tasting, buffet and silent auction. Twenty wineries will pour more than 100 wines. Proceeds benefit homeless animals. Tickets \$75 per person. Visit [www.mchumane.org/Maggianoswinetasting.shtml](http://www.mchumane.org/Maggianoswinetasting.shtml).

## FRIDAY/OCT. 24

**Owl-O-Ween Campfire.** 6-7:30 p.m.

Meadowside Nature Center, 5100 Meadowside Lane, Rockville. Gather around a campfire to learn owl facts and folklore, meet Otus the Owl (mascot) as well as one of Meadowside's resident owls, and enjoy s'mores. For children ages 3 and up. \$7. Course #295999. Visit [www.parkpass.org](http://www.parkpass.org) for more.

**Halloween Haunted House.** Long Branch Community Recreation Center, 8700 Piney Branch Road, Silver Spring. For elementary school children accompanied by an adult. Call 240-777-6965.

## FRIDAY-SUNDAY/OCT. 24-26

**Halloween Trains.** Friday 3-8 p.m., Saturday and Sunday 1-8 p.m. Cabin John Regional Park, 10610 Westlake Drive, Rockville. Passengers will spy items in the woods as they ride through the park. Family Halloween movies are shown every evening. For children 8 and under. Visit [www.cabinjohntrain.com](http://www.cabinjohntrain.com) or call 301-765-8670.

## SATURDAY/OCT. 25

**Potomac Day.** 8 a.m.-3 p.m. at 9812 Falls Road, Potomac. Arts and free entertainment for all ages, ranging from rides for children to an antique show and business fair. The Potomac Day Parade will be at 10:30 a.m. Call the Potomac Chamber of Commerce at 301-299-2170 or visit [www.potomacchamber.org](http://www.potomacchamber.org) for more.

**Halloween Extravaganza.** Noon-2 p.m. East County Community Recreation Center, 3310 Gateshead Manor Way, Silver Spring. K-5th grade. Games, prizes, face painting, costume contest, crafts and more. Call 240-777-8090.

# LET'S TALK Real Estate



by Michael Matese

## Reach For The Sky(light)

A properly designed skylight in either a commercial or a residential construction can add aesthetic value to living space and contribute significantly to energy savings. The United States Department of Energy's Federal Energy Management Program has estimated that incorporation of day lighting options (skylights, tubular day lighting devices, hybrid solar lighting, etc.)—especially in commercial or industrial constructions—can reduce lighting energy usage by as much as 80%; in terms of cost, by optimal utilization of day lighting, total energy costs can be reduced by up to one-third over time. There are three main design types to consider when installing a skylight: the traditional skylight, the roof lantern, and the oculus. The traditional skylight is a conventional horizontal window, which may be either fixed or operable, that is tilted and placed on the angle of a roof or directly into the roof so that the window allows light to pass straight down into the living area. Fixed skylights do not open, while operable ones, which can be powered either by use of electricity, solar power or manual power, offer the additional attraction of energy efficiency through seasonally appropriate home ventilation and cooling. The roof lantern is much like a cupola; it is multi-paned glass (or other opaque material) structure that sits on top of a typically flat roof, providing natural day lighting to the room beneath. This architectural style may also be referred to as an orangery; in effect, a roof lantern is a type of skylight, though it bears structural similarity to both greenhouses and conservatories. The oculus is a circular or oval window that can be installed above, as a skylight, or on a building's façade to express the presence of a mezzanine. Light tubes, tubular skylights and tubular day lighting devices (TDDs) are also day lighting options available when choosing to install a skylight into a structure. Light tubes, or solar tubes, are placed into the roof of a structure and focus the admission of light to the interior area, often resembling recessed ceiling light fixtures. As light tubes have less surface area than traditional skylights, they do not allow as much heat transfer. Tubular skylights work on the same premise as a light tube, allowing natural sunlight to be directed from the rooftop by means of a tube, but in this case, the tube itself is made of a highly reflective material, diffusing the light at ceiling level. The main attraction of tubular skylights versus a light tube is that tubular skylights capture both direct and ambient light, meaning that even during low-light situations such as overcast days or times at which the sun is low in the sky they provide maximum illumination. Tubular day lighting devices (TDDs) incorporate modern technology into their design, transmitting visible light through opaque walls and roofs of the construction. In a tubular day lighting device, the tube is made up of either a simple reflective interior coating or a light conducting fiber optic bundle, frequently capped with a transparent, roof-mounted dome 'light collector'. A diffuser assembly at the end of the tube then distributes daylight evenly and efficiently to interior spaces. When you've decided to add a skylight into your home, consider these options and designs, engage the services of a licensed contractor to help choose the most optimal style for your home's purposes, and reach for the sky(light)!

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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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# OPINION

## Ebola? Whooping Cough? Enterovirus?

### Wash your hands, get your flu shot.

There is plenty to be fearful about. Local outbreaks of whooping cough, due to some parents opting out of vaccines; whooping cough can be deadly for infants. Enterovirus, an upper respiratory illness mostly affecting children, which can become very serious very quickly for some children. The spectre of ebola killing thousands of people in West Africa, and also possibly arriving via any international airport.

But there are a few things you can do to protect yourself and those around you from likely the biggest infectious health threat in your neighborhood, influenza.

The flu will kill thousands of people in the United States this flu season, ranging from October to May. Over 30 years, the average number of deaths was more than 20,000 annually according to the CDC, although the number ranged from 3,000 to 48,000.

Flu vaccination is cheap, easy and effective. Getting vaccinated was associated with a 71

percent reduction in flu-related hospitalizations among adults of all ages and a 77 percent reduction among adults 50 years of age and older during the 2011-2012 flu season.

Get a flu shot. Make sure everyone in your family gets a flu shot. Most people with health insurance can get the vaccination without paying anything for it. Getting vaccinated doesn't just protect you, it also protects the people around you who might be more vulnerable, including young children, people over 65, pregnant women, people with other health conditions like being in cancer treatment or with chronic upper respiratory problems.

### EDITORIAL

Quoting the CDC:

"Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. Over a period of 31 seasons between 1976 and 2007, estimates of flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people. During a regular flu season, about 90 percent of deaths occur in people 65 years and older. "Flu season" in the United

### More on Flu and Flu Vaccines

#### Centers for Disease Control

[www.cdc.gov/flu/protect/keyfacts.htm](http://www.cdc.gov/flu/protect/keyfacts.htm)

#### Montgomery County

[www.montgomerycountymd.gov/resident/flu.html](http://www.montgomerycountymd.gov/resident/flu.html)

#### Fairfax County

[www.fairfaxcounty.gov/hd/flu/](http://www.fairfaxcounty.gov/hd/flu/)

#### Arlington

[health.arlingtonva.us/flu/](http://health.arlingtonva.us/flu/)

#### Alexandria

[alexandriava.gov/Flu](http://alexandriava.gov/Flu)

States can begin as early as October and last as late as May.

"During this time, flu viruses are circulating at higher levels in the U.S. population. An annual seasonal flu vaccine (either the flu shot or the nasal spray flu vaccine) is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community."

<http://www.cdc.gov/flu/protect/keyfacts.htm>

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM



### Annual Festival

Ss. Peter and Paul Antiochian Orthodox Church held its annual festival Sept. 25-28.



Doreen Iftikhar with Apnazaver.

PHOTOS BY  
DEBORAH STEVENS  
THE ALMANAC

### BULLETIN BOARD

FROM PAGE 2

[nancy.rzeszut@montgomerycountymd.gov](mailto:nancy.rzeszut@montgomerycountymd.gov).

Requests must be received by 9 p.m. Oct. 14 for the General Election. If a substitute polling place with the same contests on the ballot is not available, voters may prefer to vote at an early voting center or by mail. Early voting will be held from Oct. 23-30, from 10 a.m.-8 p.m. at nine Montgomery County locations. Visit [www.777vote.org](http://www.777vote.org), call 240-777-8550, or e-mail [absentee@montgomerycountymd.gov](mailto:absentee@montgomerycountymd.gov).

#### 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).

#### MONDAYS & WEDNESDAYS

**Catholic Bible Study.** Monday evenings and Wednesday mornings at Our Lady of Mercy Catholic Church, 9222 Kentsdale Drive, Potomac. The local chapter of "Walking With Purpose" invites women to personal study, small group discussion and speakers designed to link everyday challenges with biblical teaching. Childcare available. Visit [walkingwithpurpose.com](http://walkingwithpurpose.com) or email [www.olom.details@gmail.com](mailto:www.olom.details@gmail.com) for more.

#### 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. Details available at <http://www.mchumane.org>.

#### THURSDAY/OCT. 9

**Open House.** 8:30-10:30 a.m. at Our Lady of Mercy School, 9222 Kentsdale Drive. Visit the school for a chance to meet teachers and tour school facilities. Call 301-365-4477.

#### MONDAY/OCT. 13

**Special Education Committee.** 6:30 SEE BULLETIN BOARD, PAGE 11

## POTOMAC ALMANAC

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Jenny Searles is a 15-year-old homeschooler from Gaithersburg. She is a Montgomery County Agricultural Fair princess. As a member of the fair royalty, Jenny took her horse, Samson, to libraries and other venues over the summer to promote the Montgomery County Agriculture Fair. She earned the distinction of being the first person to bring a horse "into" a Montgomery County library. This is Jenny's second year on the Junior Committee.



Olivia McCarren is a 13-year-old from Chevy Chase. She currently attends Westland Middle School and has been on the Junior Committee for three years now. She currently competes on the Meadowbrook Stables Interscholastic Equestrian Association team.

## Junior Committee: Work Horses

BY MARY ELIZABETH CORDIA  
WIHS JUNIOR COMMITTEE CHAIR

Established in 1958, the Washington International Horse Show is the leading metropolitan indoor horse show in the U.S. This six-day event is held annually in October at Verizon Center in Washington, DC.

This year's Washington International Horse Show will take place Oct. 21-26.

In 2009 WIHS introduced its Junior Committee and Youth Ambassador Program, which selects teens to represent the show's youth perspective and support Washington International Horse Show staff while gaining hands on experience. Applications are due in April. Those who have been selected have the opportunity to be considered for Youth Ambassador by submitting a more extensive application.

All applicants for the Washington International Horse Show Junior Committee and Youth Ambassador must be students between the ages of 14 and 18. Applicants must demonstrate they are well versed in the horse world and be able to articulate when asked questions about the Washington International Horse Show or classes at the horse show. They should

demonstrate they are comfortable with special events, the press, TV, radio, print and be active in social media. In addition, applicants for Youth Ambassador should demonstrate leadership experience as he or she will serve as chairman of the WIHS Junior Committee, a group of approximately 20 students.

In the months leading up to the Washington International Horse Show in October, the Junior Committee is encouraged to attend local horse shows, attend meetings and conference calls, and participate in other related activities. During the show, the Junior Committee helps manage Washington International Horse Show youth events such as Kids' Day and Barn Night, give tours, present ribbons, assist with autograph and book signing sessions, take lunches to judges, escort VIPs to the platforms, help in the souvenir stand, meet with press and do interviews under the direction of the marketing team.

There are also opportunities to view and enjoy the show. During show week, the hours are very long and rather intense, but very exciting. School work and education are a priority for Junior Committee members and Washington International Horse Show is flexible of hours during the weekdays.

Visit <http://www.wihs.org/>

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## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### OCTOBER

Publishing

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

HomeLifeStyle ..... 11/12/14

Holiday Entertainment & Gift Guide I ..... 11/19/14

A+ ..... 11/25/14

Thanksgiving is November 27.

### DECEMBER

Wellbeing ..... 12/3/14

HomeLifeStyle: Home for the Holidays ..... 12/10/14

Hanukkah begins December 16.

Holiday Entertainment & Gift Guide II ..... 12/16/14

A+ Camps & Schools ..... 12/16/14

CHILDREN'S CONNECTION ..... 12/24/14

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## Week Of, Weak On, Week Off



By KENNETH B. LOURIE

This column completes the three-week arc which describes what I have endured mostly successfully for approximately five years now: chemotherapy every three weeks – with one year off for good behavior (not really good behavior; the year off was to switch to a twice-daily pill, Tarceva, to be taken at home, since the previous treatment was no longer stemming the tide). It's been my experience that these anti-cancer drugs don't exactly work forever. Realistically speaking, if they work at all – on/in you, you take them until they don't work anymore; then you hope there's another drug somewhere: in the pharmacy, in the ofing, in the pipeline, that the cancer won't recognize and ignore, to give you hope that as a patient, you haven't run out of treatment options. And so far, as you regular readers know, my body's tolerance (let's call it "good behavior") has been above and beyond; his "third miracle," my oncologist says.

Two weeks ago, I wrote about the weak-week immediately following chemotherapy. Last week, I wrote about the week-of/week preceding the actual infusion, waiting for the lab results and dealing with the associated anxiety pertaining to all of it. This week, I'd like to jump ahead to two weeks post-chemotherapy, the week after I feel worst and the week before I feel anxious again worrying about new results and then anticipating the Friday infusion and the subsequent post-chemotherapy discomfort to follow. This of course is my favorite week, my week feeling most normal, my week when cancer is not top of mind, more so middle of mind. But I'll take it in the middle, that's a significant enough displacement so I don't mind it there. (This may be a bit of mind over matter/any port in a storm, but when you're in the cross-hairs, any break in the usual action, any respite from the incessant emotional, mental and physical demands of living with cancer is well worth the time it takes to get there. I never bemoan its arrival if delayed; I cherish the relief it brings whenever and however it makes its presence felt.)

Obviously, even during this third week/week off, my disease is hardly forgotten or a thing of the past. Most definitely it's still a thing of the present. Moreover, if it were not for my ability to compartmentalize, rationalize, delude and pretend, this off week wouldn't be so helpful. It is part of my process in order to try and secure a future. Although, it is a little challenging sometimes to maintain the illusion when my daily routine is so cancer-centric. But after five-plus years of it, the routine has become almost second nature and not, believe it or not, a constant reminder that I have cancer; more like a means not to a premature end. It's not even anything I think about any more.

Just like the week-of, weak-on and week-off have become. It's what I do. It's who I am. It's how I roll. Nothing to complain about. Something more to write about. If I had my druthers, I'd rather not be writing about life in the cancer lane. But since this seems to be my permanent address, and I'm a homebody at heart, I'll continue to write about what I know best. It used to be sports and chocolate; now it's about living with cancer. Living being the operative word. And you know what, it makes me happy writing about it.

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

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-Dean Acheson

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# Churchill Football Suffers Back-to-Back Losses

**T**he Churchill football started the season with a trio of dominant victories, outscoring B-CC, Walter Johnson and Wootton 115-14 en route to a 3-0 start. After facing stiffer competition, however, the Bulldogs need to find a way to get back on track.

One week after Churchill suffered a 39-29 loss to Paint Branch, the Bulldogs fell to 3-2 with 44-3 loss to Quince Orchard on Oct. 2 at Churchill High School. The Bulldogs were limited to 88 total yards and did not reach the end zone.

**SPORTS BRIEFS** Quarterback Colin Smyth completed 1 of 8 passes for 44 yards. Blake Dove carried five times for 28 yards. Dove finished with 10 tackles on defense.

"The players are still focused on the rest of the season," Churchill head coach Joe Allen wrote in an email. "After two tough losses, hopefully we've grown as a team. The loss to QO was tough. We felt like we could have put up more of a fight."

Next up for Churchill is a road game against Gaithersburg at 6:30 p.m. on Friday, Oct. 10. The Bulldogs' next home game is Oct. 17 against Richard Montgomery.

"We need to focus on Gaithersburg," Allen wrote. "We can get back on track in the upcoming weeks if we continue to work hard and believe."

## Churchill Girls' Soccer Undefeated

The Churchill girls' soccer team improved to 9-0-1 with a 6-2 victory over previously unbeaten Walter Johnson on Oct. 1. The Bulldogs have dominated the competition, outscoring opponents 52-4.

Churchill is a consistently competitive program, and this season is no different.

"Our goal is always to compete for a regional championship," Churchill head coach

Haroot Hakopian wrote in an email. "However, we play in such a ridiculously competitive league (including Churchill, three of the Washington Post's top 10 teams are not only in the same region, but in the same section, and the same division). We could do everything in our power and still not achieve our goals. With that in mind, we established a sort of 'mantra' last year: 'Think micro not macro.' We came into the season focused on the most fundamental details of our individual and team techniques and tactics with the idea that if we play at our best everything else will take care of itself." Churchill will travel to face Richard Montgomery at 5 p.m. on Wednesday, Oct. 8. The following week, the Bulldogs are scheduled to host defending state champion Whitman at 7 p.m. on Oct. 14. Whitman and Churchill are both undefeated and ranked No. 1 and 2, respectively, in the Washington Post's top 10. "[I]t is a big regular season game but we can't put too much emphasis on it," Hakopian wrote. "That game will go a long way in determining the division championship as well as seeding for the playoffs. However, regardless of the result, we play BCC the following Thursday. The result of that game, whether it is positive or negative for us, has to be compartmentalized because at that point, our season is a long way from being over. With that said, I can't remember the last time the No. 1 and No. 2 teams in the Post rankings played each other in the regular season...mainly because public school teams are never ranked that highly. It will be an exciting atmosphere."



Quarterback Colin Smyth and the Churchill football team have lost two straight after starting the season 3-0.

Kate Reese and Juliana Comer each have 10 goals for the Bulldogs. Reese has nine assists and Comer has eight. Sarah Johnston has seven goals and four assists.

Center-mid Keaira Clark (Richmond), center-mid Annabelle Phillips (Hartford) and forward Reese (Loyola University, Baltimore) are each committed to play Divi-

sion I soccer.

## Whitman Looking to Bounce Back

The Whitman football team dropped to 2-3 with a 31-20 loss to Richard Montgomery on Oct. 2.

The Vikings totaled 352 yards of offense, but struggled finishing drives, according to head coach Jim Kuhn.

"I thought we played pretty well on offense, but struggled in the red zone," Kuhn wrote in an email. "We just didn't finish our drives. We were inside the 10 three times and came away with no points. Need to finish. We struggled on [defense], but part of that was RM's ability to run the ball. They did a good job on [offense]."

Whitman quarterback Evan Smith completed 15 of 27 passes for 216 yards, with two touchdowns and one interception. Running back Jacob Pitsenberger carried 22 times for 135 yards and a touchdown. Nolan Hanessian caught four passes for 106 yards and two scores.

Whitman improved to 2-1 with a win over Bethesda-Chevy Chase on Sept. 19, but has lost back-to-back games to Wootton and Richard Montgomery. Things won't get any easier for the Vikings, who host Damascus at 6:30 p.m. on Friday, Oct. 10.

"It's a big challenge for us," Kuhn wrote. "Their D on film is the best I've seen all year and they are solid on O and special teams."

## BULLETIN BOARD

FROM PAGE 8

p.m. at MCPS Board of Education offices, Carver Cafeteria, 850 Hungerford Drive, Rockville. The MCCPTA Special Education Committee will hold its first meeting of the 2014-2015 school year, a "meet and greet" networking session. All meetings are free and open to the public. Email [Parents\\_Coalition@yahoo.com](mailto:Parents_Coalition@yahoo.com).

**Civic Federation Meeting.** 7:45-10 p.m. in the 1<sup>st</sup> Floor Auditorium of the County Council Office Building, 100 Maryland Ave., Rockville. The program topic will be "How to Get Your Community's Request in the County's Capital Improvements Program (CIP)." There will be a panel presentation followed by the opportunity to ask questions and then a session with updates on local issues. Visit [www.montgomerycivic.org](http://www.montgomerycivic.org) for more.

**WEDNESDAY/OCT. 15**

**Chronic Pain Support Group.** 1-2:30 p.m., at the Pain Connection

offices, 12320 Parklawn Drive, Rockville. For anyone with chronic pain, their family and friends. Guest speaker: Laurel Rubinstein from Village Green Apothecary, will speak on "Nutrition and Chronic Pain." Participants are welcome to bring pillows, mats, ice or hot packs to be comfortable. Call 301-309-2444 or visit [www.painconnection.org](http://www.painconnection.org).

**Board of Education Candidates**

**Forum.** 7 p.m. at the River Falls Clubhouse, 7915 Horseshoe Lane, Potomac. Eight candidates from the Walt Whitman High School district have been invited for a question and answer session with parents and students. Contact Ann Gallagher at [agm@saltywaters.org](mailto:agm@saltywaters.org) for more.

**Student Town Hall.** 7 p.m. The meeting will be broadcast live on County Cable Montgomery. Learn what issues most concern middle and high school students from public and private schools in the county. Students will have the opportunity to ask questions about the issues most important to them in the county's public school system. Students who wish to attend the meeting are asked to RSVP by calling 240-777-7931.



PHOTO BY DEBORAH STEVENS/THE ALMANAC

## Cabin John Kids Run

The Cabin John Kids Run was held Sunday, Sept. 28 at Cabin John Regional Park in Potomac. Free for runners 18 and under, a mile run, half-mile run and quarter-mile young run was offered.



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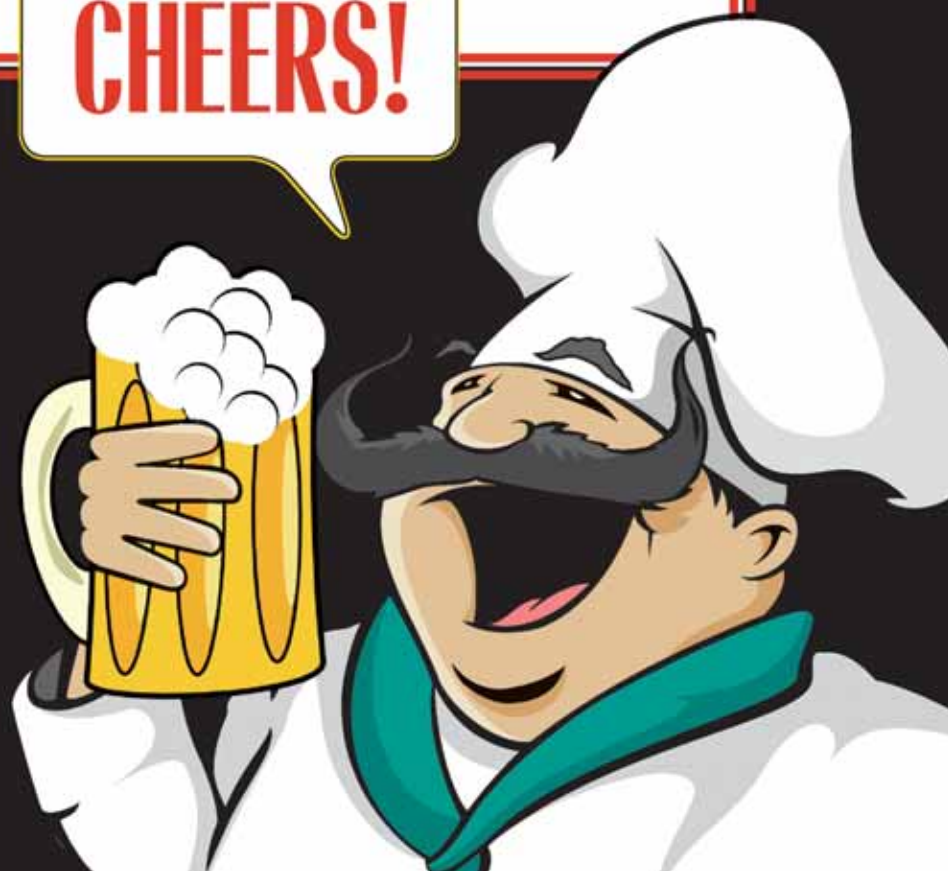
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# Fall 2014 HomeLifeStyle

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# Planting for Fall

Planning your autumn garden and yard.

BY MARILYN CAMPBELL  
THE CONNECTION

As the first few weeks of fall unfold, carrying with them the promise of rich and vibrant colors, many local residents are starting to plan their fall gardens, both ornamental and edible. Pruning and overall garden cleanup will make way for fall plants. In fact, this is the perfect time to clear away summer foliage and plant, horticulture gurus said.

"Because the ground is still warm and air is cool, there is less transplant shock for plants when you take them out of the container to plant them," said Kelly Grimes of Good Earth Garden Market in Potomac, Md. "Now is a great time to put in a landscape."

The first step is preparing the ground. "You have to amend the soil; that is mixing in compost and soil so the plants' roots can grab a hold of the soil with compost," said Grimes. "That really helps any planting."

Katia Goffin of Katia Goffin Gardens in McLean, Va., likens planning a garden to putting together a puzzle. "Everything has to [look] like it belongs," she said. "It's about designing your bed line so it enhances your property, versus 'I stuck this in my garden and doesn't it look good?'"

Take a few minutes and actually plan out



Katia Goffin suggests mixing grasses with evergreens when planning a fall yard.

your garden because no matter what you decide to plant for fall, an aesthetically appealing garden starts with an effective strategy. "It is getting a good plan together," Goffin said. "It is a question of scale and putting it together right. You have to look

at your plot of land and decide where you want plants to go and how you want it to look."

**FOR DECORATIVE GARDENS** and yards, mums and pansies are among fall's

best flowering plants. "Mums need full sunlight to open and come in obvious, bold fall colors," said Grimes. "Pansies will take part sun, are a great color and will continue to bloom through spring."

SEE PLANTING, PAGE 11



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## Doing Good via Potomac Country House Tour

Event raised record proceeds for St. Francis Episcopal Charities.

BY MARILYN CAMPBELL  
THE CONNECTION

From a petting zoo to silent auctions to tours of some of the area's most magnificent homes, there were activities for all ages at the 58th Annual Potomac Country House Tour & Festival last weekend.

The event is hosted by St. Francis Episcopal Church in Potomac, and organized by the Women of St. Francis. All proceeds from the tour and festival are distributed among St. Francis' outreach partners, helping fund programs that address homelessness, hunger, children's and women's issues, and elder care.

"We had visitors from all over, including North Carolina, with many of them commenting on how they enjoyed the event, and how gratifying it is knowing that all proceeds go to such deserving charities," said Susan Dolan, chairwoman of the Potomac Country House Tour & Festival.

The three-day event began with a preview party and a silent auction on the evening of Friday, Oct. 3. Saturday and Sunday were filled with merriment for children, including a large slide, pirate ship moon bounce, 35-foot Turbo Rush obstacle course, cotton candy and ice cream. There was also a Dr. Doolittle Petting Zoo with a baby llama, bunnies and teacup pigs.

A midday barbecue luncheon held at St. Francis both Saturday and Sunday included



PHOTOS COURTESY OF POTOMAC COUNTRY HOUSE TOUR & FESTIVAL  
**Susan Dolan (left), who was chair of the Potomac Country House Tour & Festival, and Barbara Heywood both served as auctioneers at the Potomac Country House Tour & Festival's live auction on Preview Night.**

**"We had visitors from all over, including North Carolina, with many of them commenting on how they enjoyed the event, and how gratifying it is knowing that all proceeds go to such deserving charities."**

— Susan Dolan, chairwoman of the Potomac Country House Tour & Festival

treats from Georgetown Cupcake and a wide variety of boutiques selling items that ran the gamut from stationary to pottery.

More than 1,200 visitors toured Norton Manor over two days, said Barbara Heywood, president of the Women of St.

Francis. "The Women of St. Francis are absolutely thrilled with the results of House Tour weekend."

Norton Manor, with 47,000 square feet of interior space including main, guest and tea houses set on nine acres, also features a

2,000-square-foot koi pond. The home takes inspiration from the White House, Capitol and Palace of Versailles.

Frank Islam and Debbie Driesman, owners of Norton Manor, said they were honored to open their home for the tour. "We wanted to extend our hand to help St. Francis Parish because of their engagement and support of charitable organizations, including Manna Food Center, Habitat for Humanity and Interfaith Works," said Islam. "We firmly believe it's a noble cause. We are always reminded and guided by the phrase, 'To whom much is given, much is expected.' ... We were so fortunate to be able to share and give back to our community."

Another home on the tour was Reimagined Williamsburg Colonial, which includes a cedar-shingled silo, a laser-cut compass in the entryway floor and three distinctive loft spaces accessed by individual spiral staircases.

Also on the tour were the Rowe House and a Potomac Contemporary.

The Wreath Love Carriage House was a late addition to the tour. Linda Hobbins, owner of Custom Wreaths of Potomac/Wreath Love, which is located on the home's lower level, transformed two levels of her workshop into a Scottish holiday wonderland with windows, doors, mantles and tabletops. She also adorned the bedrooms with Christmas décor.

"Our tour, coupled with our boutiques, silent auction, luncheon and festival, generated record proceeds for our charities," said Heywood. "We couldn't be more pleased."



**Potomac Country House Tour & Festival photographer, John Troha, also had a booth at the festival.**



**More than 1,200 visitors toured Norton Manor over two days.**

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## THE MAP

The Studios. The numerals in the red squares correspond to the number given to each studio. The numbers run roughly from west to east and north to south on the map. At right, you will find an alphabetical listing of the artists by medium, and the number of each artist's studio. These numbers will also be found on the road sign nearest the studio. Wheel chair access is marked , hands-on activities marked .

Sun Design venue. The yellow-and-brown sun icon  corresponds to a location where Sun Design is showcasing home renovations. Join Sun Design and Children's Author and Homeowner, Lesley Hackman for a remodeled home tour, 735 Forest Park Road.

## THE ARTISTS

Studio Tour Headquarters #12 

### Digital Artists

Walt Lawrence.....#19  
Terri Parent.....#19

### Fiber Artists

Dory Emmer.....#26  
Cindy Grisdela.....#19  
Vad Moskowitz.....#3

### Jewelry Designers

Jorge Adler.....#15  
Donna Barnako.....#19  
Richard Masaniello.....#26

### Layered Paper Artist

Ronni Jolles.....#19

### Mixed Media Artists

Roberta Pruett Beasley.....#19  
Penny Burk.....#21  
GuruSangat Khalsa.....#20  
Heidi Mraz.....#10

### Painters

Naz Akbar.....#13  
Leslie Anthony.....#14  
Jill Banks.....#19  
Karen Bateman.....#9  
Hwa Crawford.....#18  
Coty Dickson.....#14  
Jennifer Duncan.....#17  
Elaine Elmsky.....#19  
Robert Gilbert.....#24  
Lori Goli.....#11  
Layla Gray.....#14  
Yeganeh Hejazi.....#19  
Carol Howard.....#19  
Yiyen Huang Huff.....#7  
Linda Jones.....#26  
Tina Learned.....#19  
John McCabe.....#19  
Begoña Morton.....#4  
Pat Neuman.....#8  
Ann Noel.....#11  
Vandana Pamecha.....#25  
Gali Pean.....#14  
Jay Pigeon.....#11  
Lockini Rumburg.....#1  
Judith St. Ledger-Roty.....#19  
Lisa Tureson.....#19

### Photographers

Jan Bender.....#2  
Robin Kent.....#22  
Dee Leggett.....#11  
Silvia Gonzalez Roman.....#18  
Dean Souleles.....#23

### Potters

Barbara Gatterdam.....#16  
Laura Nichols.....#9

### Printmakers

William Tutthill.....#6

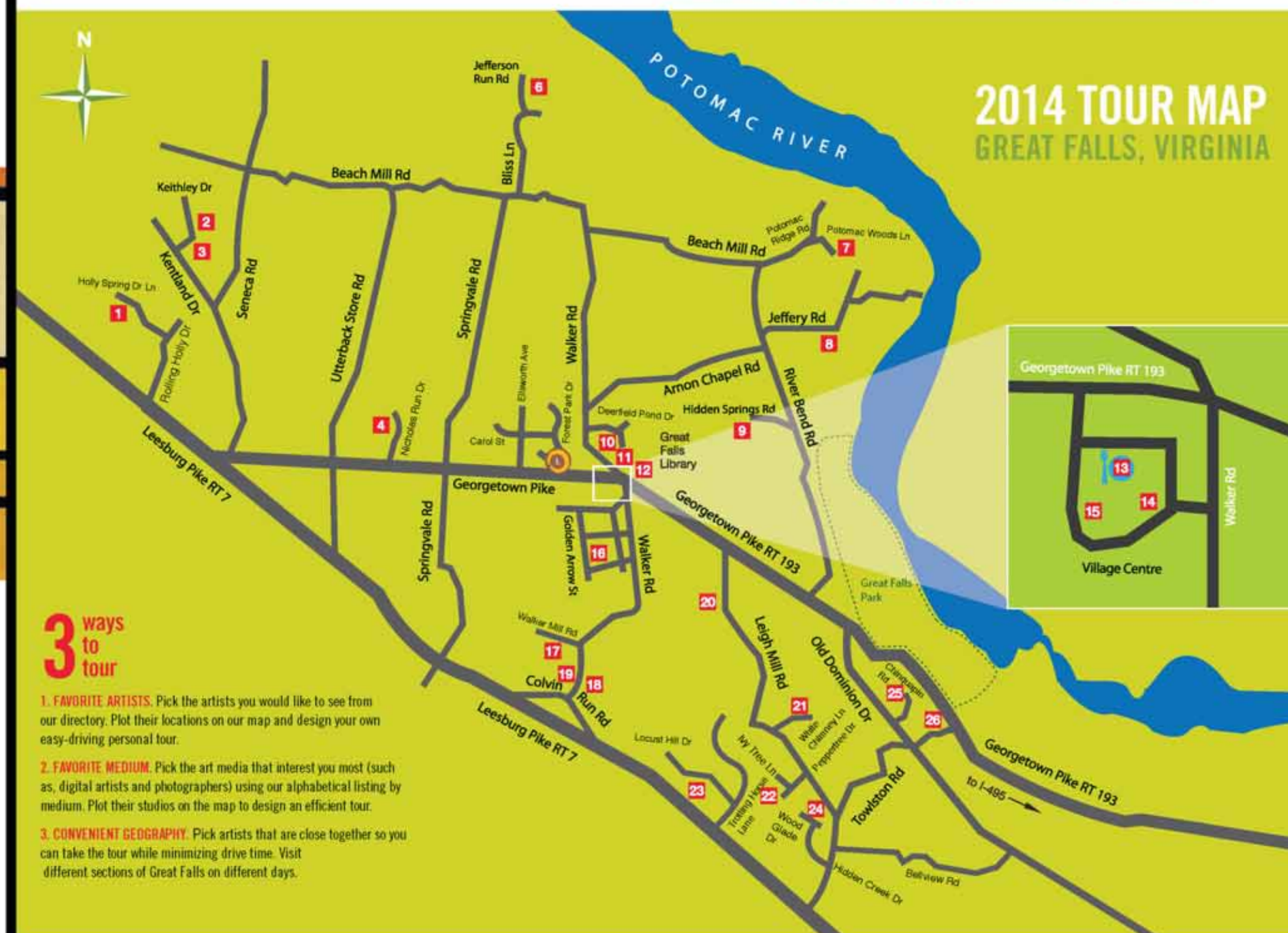
### Wood Carver

Michael Long.....#20

Great Falls School of Art.....#19

The Old Brogue.....#13

Most artists are open for all 3 tour days. Refer to the full brochure available at all studios for exceptions.



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- 2. FAVORITE MEDIUM.** Pick the art media that interest you most (such as, digital artists and photographers) using our alphabetical listing by medium. Plot their studios on the map to design an efficient tour.
- 3. CONVENIENT GEOGRAPHY.** Pick artists that are close together so you can take the tour while minimizing drive time. Visit different sections of Great Falls on different days.

# Fireplaces Can Warm Outdoor Rooms

## Tips for making your outdoor spaces comfy through the fall.

BY MARILYN CAMPBELL  
THE CONNECTION

**A**s the air turns crisp and we settle into fall, the time is ideal for creating a cozy setting, whether it's elegant or rustic or modern. Many people have adapted part of their landscape as an outdoor room.

"Outdoor porches whether screened or just covered with a roof are great fall spaces," said Susan Matus, a Potomac, Md.-based architect. "One can cozy them up with pillows and throws and outdoor lights, such as decorative twinkie lights or candles can create great ambiance."

Local designers reveal their favorite accessories and ideas for outdoor rooms and screened porches to help welcome the new season with style.

An outdoor fireplace commands attention and can offer a warm place for reading, napping or chatting with friends, and makes it comfortable to sit outside on a chilly evening.

"I just built a stunning fireplace in a screened-in porch that transformed the space into a three-season room just in time for fall," said Robert Kalmin of Skill Construction and Design, LLC in Fairfax, Va. "Indoor-outdoor rugs and seating in fall colors make the space great for entertaining."

When it comes to outdoor fireplaces, however, there are a few caveats: "If it is a screened in porch, be careful of your ventilation. Whether you have a gas or wood-burning fireplace you have to have noncombustible material for the mantle and it needs to back discharge for smoke," said Kalmin. He says such fireplaces can be added to an



PHOTO COURTESY OF SKILL CONSTRUCTION AND DESIGN, LLC

**Whether it's in an outdoor room or a screened-in porch, a fireplace commands attention and can offer a warm place for reading, napping or chatting with friends.**

existing space in one-to-two weeks.

Accessories in warm, vibrant colors can help transform an outdoor room from summer to fall. "Adding some cozy throw blankets to outdoor sofas allows you to stay outside on chilly nights," said Kerra Michele Huerta of Apartment Envy. "Also, as it gets darker and cooler earlier in the day, candles are a perfect accessory, adding both warmth and light."

Scented candles can add an aroma of fall. "There are fabulous new pumpkin scented candles by Nast Fragrance of New York that are wonderful," said John Brown of J. Brown & Co. in Old Town Alexandria, Va.

In fact, lighting can transform a screened

porch or outdoor room. "To a screened porch, you can add a ceiling fan with a down light and an up-light," said Kalmin. "The higher light can give you general lighting and the lower lights can create ambient lighting, and can be moved in different directions for setting a mood. There is also a mono-rail track system lighting, where you can install different types of lights depending on the mood you want to create."

**"Indoor-outdoor rugs and seating in fall colors make the space great for entertaining."**

— Robert Kalmin of  
Skill Construction and Design

Whether real or faux, fall produce can also add a seasonal touch to an outdoor room or screened porch, particularly on the mantle or around the hearth. "You can add faux pumpkins, gourds and berries," said Brown. "Squirrels don't like the taste of those."

Don't forget serve wear, particularly when entertaining. "There are trays to carry coffee, tea, dessert in fall colors with fall leaves and birds with pumpkins," said Brown.

Matus suggests a finishing touch for outdoor spaces. "Another option is to hang drapery to create not only a more interior feeling but also drapery can be used to shield from the wind as a thermal barrier," she said.



PHOTO COURTESY OF J. BROWN & CO

**Pumpkins, gourds and other fall produce can also add a seasonal touch to an outdoor room or screened porch.**



PHOTO COURTESY OF SKILL CONSTRUCTION AND DESIGN, LLC

**Lighting can transform a screened porch or outdoor room.**

# Planting for Fall

FROM PAGE 3

Yarrow, asters, sedums, Lenten roses, and coral bells are among the fall plants that Jonathan Storvick, natural resource manager at the Office of Sustainability at George Mason University in Fairfax, Va., recommends.

“Fall is a great time to plant larger-sized perennials and container shrubs,” said Storvick. “It also happens to be the time of year when nurseries are trying to get rid of a lot of their stock, so you can find some great deals.”

For example, said Joel Cook of Merrifield Garden Center, in Fairfax, Merrifield and Gainesville, Va., “Burning bushes have beautiful fall colors like orange and fire red. As far as trees, maples like Japanese maples, sugar maple or black gum maple have beautiful colors.”

Another eye-catching option is the yellow twig dogwood. Its “bright yellow branches and twig color ... are also fantastic for winter,” said Mark White of GardenWise in Arlington, Va. “This shrub develops in great clumps and is a wonderful contrast against any red twig. Oval-shaped green leaves turn to orange-red in fall, followed by white fruit tinged with green.”

Grasses, added Katia Goffin, are ideal for fall and can be mixed with other foliage. “You can put evergreens in your yard and add some grasses. There are tons [of grasses] that are flowering and look [good] with evergreens.”

One plant that is often associated with cooler weather is a holly tree, but Eric Shorb of American Plant in Bethesda, Md., offers a caveat.

“As we get closer to the end of November and the beginning of December you want to be careful about planting such broadleaf evergreens,” he said. “If they haven’t had time to develop a sufficient enough root system they can become susceptible to wind burn because the roots will not be able to absorb moisture.”

Instead, he recommends deciduous trees and fine leaf evergreens. “A Leland Cypress or an Arborvitae that don’t need as much moisture will survive better as the weather gets colder.”

**ORNAMENTAL VEGETABLES** also work well in fall and beyond. “There is decorative cabbage and kale, which will grow anywhere and are deer resistant, which is a big factor these days,” said Grimes.

“As the temperatures get cooler, they get more color and last in winter.”

Then there are the edible vegetables. Good options are spinach, Swiss chard, arugula, mustard greens and red lettuces, said Storvick, who also suggested “root crops [like] carrots, radishes, parsnips and beets. You can also plant garlic and leeks now for spring harvesting.”

There are a few common mistakes that homeowners make, however: “Planting plants that deer eat and not thinking about the critters that come though your yard is something I see a lot,” said Grimes.

Giving a garden too much water is another frequent mistake, according to Storvick. “Overwatering, especially when the weather starts to get colder, [and] leaving new plants unprotected ... are probably some of the most common mistakes I’ve encountered.

“Mulching around the base of plants helps protect them from cold and wind, as well as keeping in moisture.”

Also, take care when pruning spring-blooming shrubs and trees, he cautioned:

“While a lot of plants prefer winter pruning, a lot of our great spring-blooming shrubs, like azaleas, for example, will only produce flowers on the previous season’s growth, so by pruning in the winter, you eliminate all of the flower buds. For these plants, it’s best to prune them immediately after they’re done blooming for the season.”



PHOTO COURTESY OF KATIA GOFFIN GARDENS

**Autumn is the perfect time to plant evergreen shrubs.**

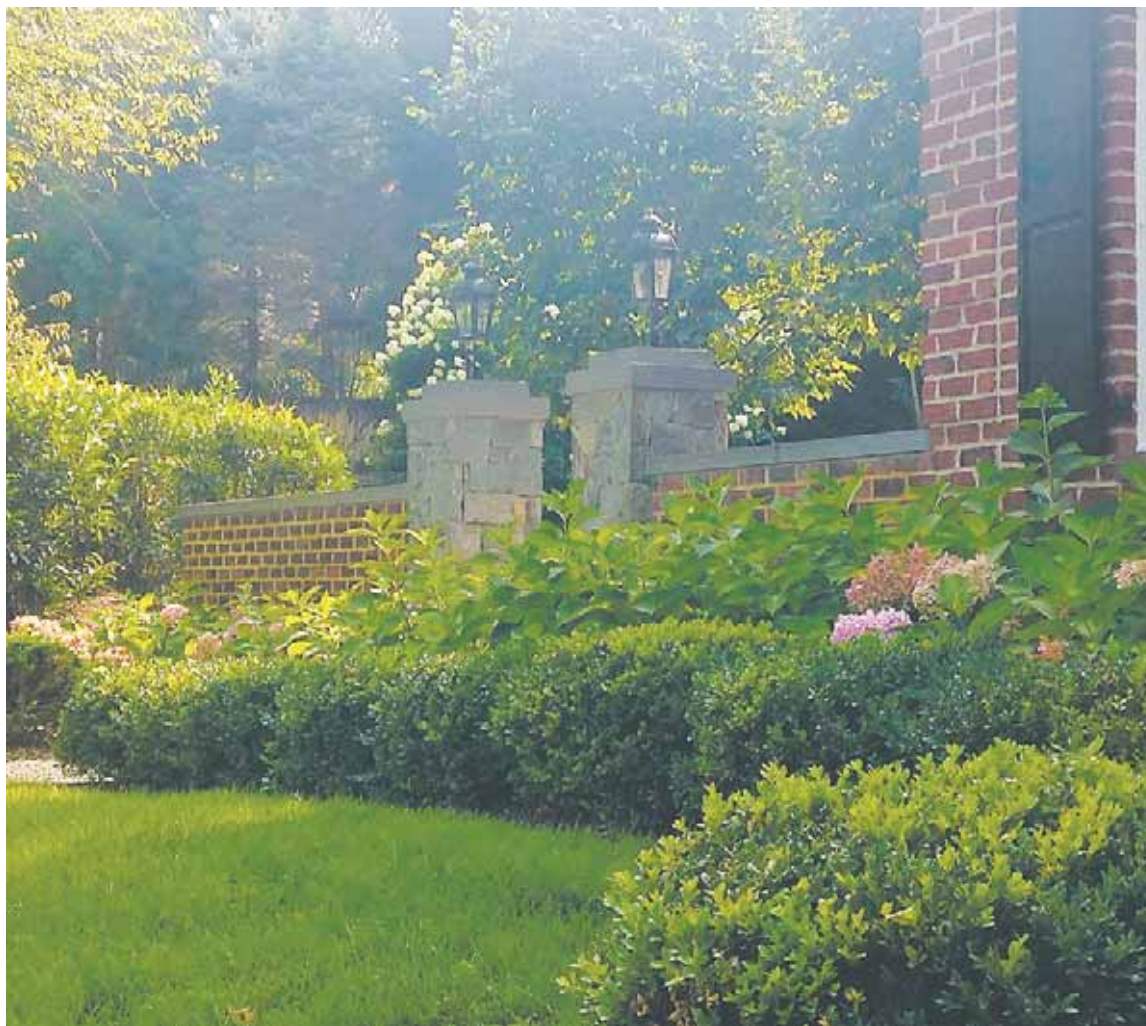


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**The fading colors of hydrangea blooms add subtle color to a fall landscape.**

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# Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

IN AUGUST 2014, 63 POTOMAC HOMES  
SOLD BETWEEN \$3,725,000-\$250,000.

## Top Sales in August, 2014



**1 10841 Stanmore Drive**  
— \$3,725,000



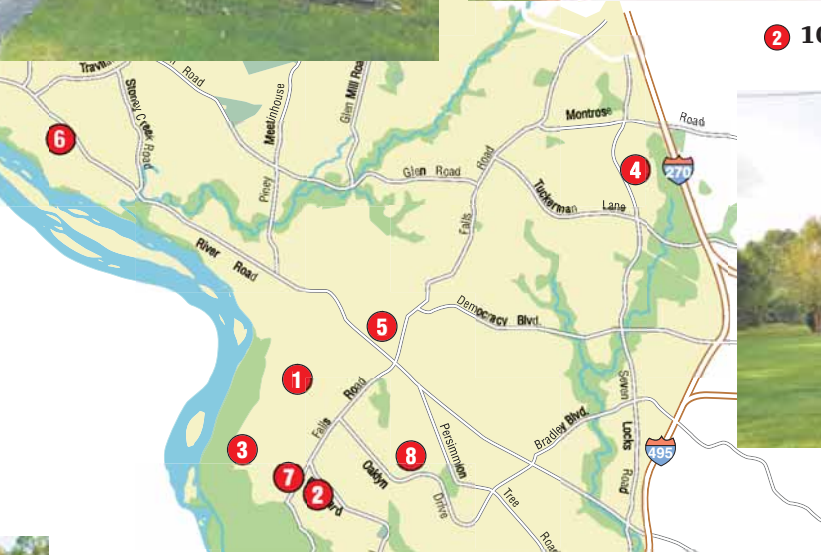
**3 11508 Skipwith Lane**  
— \$2,525,000



**2 10905 Rock Run Drive** — \$2,530,000



**7 11108 Gilchrist Court** — \$1,700,000



**4 11718 Gainsborough Road** — \$1,975,000



**8 9852 Avenel Farm Drive** — \$1,600,000

Address .....	BR	FB	HB	...	Postal	City	..	Sold Price	....	Type	.....	Lot AC	..	PostalCode	.....	Subdivision	.....	Date Sold
<b>1</b> 10841 STANMORE DR .....	8	..	8	..	2	POTOMAC	..	\$3,725,000	....	Detached	....	2.10	.....	20854	.....	GREAT FALLS ESTATES	.....	08/22/14
<b>2</b> 10905 ROCK RUN DR .....	6	..	6	..	3	POTOMAC	..	\$2,530,000	....	Detached	....	0.99	.....	20854	.....	FAWCETT FARMS	.....	08/04/14
<b>3</b> 11508 SKIPWITH LN .....	7	..	6	..	2	POTOMAC	..	\$2,525,000	....	Detached	....	2.00	.....	20854	.....	POTOMAC FALLS	.....	08/29/14
<b>4</b> 11718 GAINSBOROUGH RD ..	5	..	4	..	1	POTOMAC	..	\$1,975,000	....	Detached	....	1.26	.....	20854	.....	WILLERBURN ACRES	.....	08/20/14
<b>5</b> 10017 CHAPEL RD .....	6	..	3	..	0	POTOMAC	..	\$1,937,500	....	Detached	....	3.75	.....	20854	.....	POTOMAC OUTSIDE	.....	08/27/14
<b>6</b> 13210 RIVER RD .....	6	..	4	..	4	POTOMAC	..	\$1,735,000	....	Detached	....	4.59	.....	20854	....	MERRY GO ROUND FARM	...	08/12/14
<b>7</b> 11108 GILCHRIST CT .....	7	..	7	..	1	POTOMAC	..	\$1,700,000	....	Detached	....	2.03	.....	20854	.....	POTOMAC FALLS	.....	08/07/14
<b>8</b> 9852 AVENEL FARM DR .....	6	..	5	..	1	POTOMAC	..	\$1,600,000	....	Detached	....	0.53	.....	20854	.....	AVENEL	.....	08/15/14

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