Potomac

Ready for Halloween

News, Page 3

Lining Up For Potomac Day News, Page 9

What's on the Ballot? ELECTION '14, PAGE 5

Inspiring Others

News, Page 3

On Potomac Day, Oct. 25, children will be able to create their own Halloween decorations.

by Susa

Рното

SPORTS, PAGE 19

Real Estate, Page 13 🗞

October 22-28, 2014

ONLINE AT POTOMACALMANAC.COM



IT'S TIME FOR A CHANGE — VOTE TO PUT KIDS FIRST

The Montgomery County Public School system, which spends \$2.3 billion per year, employs no independent auditor. You would think that our schools would put extra emphasis on transparency and accountability. In fact, the opposite is true.

"The voters, who elect the school board, have a right to independent confirmation of how the money is spent. Regular, professional oversight is needed. It is time for Montgomery County Public Schools to have its own Inspector General."

The Washington Post, July 30, opinion by Councilmember Branson

WE RECOMMEND THE FOLLOWING CANDIDATES. THEY SUPPORT A MODERN, FIRST CLASS SCHOOL SYSTEM FOR OUR KIDS.



JILL ORTMAN-FOUSE BOE AT-LARGE



KRISTIN C. TRIBLE BOE DISTRICT 1



BOE DISTRICT 3



MIKE DURSO BOE DISTRICT 5

ATTORNEY GENERAL

Brian E. Frosh

STATE SENATOR DISTRICT 15 Brian J. Feldman

HOUSE OF DELEGATES DISTRICT 15 Kathleen Dumais David Fraser-Hidalgo Aruna Miller

STATE SENATOR DISTRICT 16 Susan C. Lee

HOUSE OF DELEGATES DISTRICT 16 Bill Frick Ariana Kelly Marc Korman COUNTY COUNCIL AT LARGE Marc Elrich Nancy Floreen George L. Leventhal Hans Riemer

THE BRICKYARD BALLOT

COUNCIL DISTRICT 1 Roger Berliner

COUNCIL DISTRICT 3

Sidney Katz

COUNCIL DISTRICT 5 Tom Hucker

STATES ATTORNEY John McCarthy BOARD OF EDUCATION AT LARGE Jill Ortman-Fouse

BOARD OF EDUCATION DISTRICT 1 Kristin C. Trible

BOARD OF EDUCATION DISTRICT 3 Laurie Halverson

BOARD OF EDUCATION DISTRICT 5 Mike Durso

This message has been authorized and paid for by the Brickyard Coalition Inc., PO Box 60962, Potomac, MD 20859, Keith Williams, Treasurer. This message has not been authorized or approved by any candidate.

News



Jonathan Neal of Metropolitan Moving & Storage

Mover on the Move

Celebrating a decade of growth and dedication.

By Sharon Allen Gilder The Almanac

president of Metropolitan Moving & Storage, has been on the move for years.

He was a star lacrosse player at Georgetown Prep and earned a full lacrosse scholarship to Loyola in Baltimore. After graduating from college in 2002, he hung up his lacrosse stick and stepped into another field prompted by the words from his parents, "Let's move on." Those words, melded with encouragement from his friend and now business partner, Robert Bistle, prompted Neal to work for a moving company in Silver Spring.

One day the company's estimator quit and Neal was asked to cover three appointments. Though inexperienced, he returned to the office with two deposits and continued to have much success in the sales side of the business. After two years, Neal was not impressed with the overall operation so he and Bistle decided to branch out and form their own company. In 2004, Metropolitan Moving & Storage was born.

"We had a very modest start with two employees," said Neal, now 34 years old. The company has grown to 39 movers and seven office personnel.

Their business model is based on their experiences. "We learned how not to run a moving company and modeled things with that in mind. We take good care of the guys, train them well and pay them well. Essentially, we've taken a blue collar business and SEE CELEBRATING. PAGE 8

Inspiring Others

Potomac resident shares entrepreneurial skills.

By Susan Belford The Almanac

Potomac resident's motivational life-story is the inspiration for a "Serving Others" chapter in Richard Rende, Ph.D.'s latest book — a collaboration with entrepreneur Jen Prosek — entitled "Raising Can-Do Kids: Giving Children the Tools to Thrive in a Fast-Changing World."

The book, to be published in 2015 by Perigee (Penguin Random House), focuses on skills typically associated with entrepreneurs as a way to cultivate 21st-century skills in children. These include exploration and innovation; personal attributes including optimism, opportunity seeking, and industriousness, and a host of social skills.

Brian Cunningham's entrepreneurial tale of his childhood lemonade stand taught him many lessons. He learned that if he worked hard, he could earn money. He also grasped the idea that serving others is a guiding force in success and in choosing a career. Rende, a research psychologist/consultant, educator, and science writer, says, "Success doesn't happen in isolation. People build businesses by helping others and improving lives."

Through operating his lemonade stand, Cunningham also learned that he must understand what people need and provide a way to meet that need. The workers in his town needed lemonade for lunch and also at the end of a tiring day of work — and thus he set up his stand to provide cool drinks on hot days. He was only 7 years old — but he already thought like the entrepreneur he ultimately became. Rende recognizes that Cunningham's

lemonade stand is

"more than an

early business op-



Brian Cunningham

portunity – it was transformative." After he opened his lemonade stand, he realized he must give his customers something more than just lemonade. He provided them with a chance for social interaction. He enjoyed listening to and talking with them – and because of their body language and interactions, he discovered that they liked him – and continued to return because he took the time to engage them. He realized that it is important to make people feel good every time they came to his stand.

A few years ago, Cunningham, now a grandfather of 24 children, decided to develop tools to help children of all ages learn entrepreneurial skills to guide their development and career goals. He and partner, Giles Jackson, founded My Career Launcher (MCL) to develop guides to help kindergarten, elementary, middle school, high school and college students understand the multitude of career possibilities that lie before them.

MCI's first guide is a book for preschoolers based on Cunningham's own experiences with his lemonade stand called "Camila's Lemonade Stand." Camila is one of "seven fearless children in search of their futures" who make up the Career Launcher Crew.

See Resident Inspires, Page 15

Assisting Hands of Potomac Provides Caregivers

Business helps relieve family stress.

By Susan Belford The Almanac

hen a loved one becomes ill, the family is forced into the position of either becoming a caregiver or finding the right person to lovingly provide care. The biggest problem is most people don't have information about the home care business until they suddenly need it.

Understanding this first-hand, Potomac residents Cathy and Steve Lorberbaum launched their business, Assisting Hands of Potomac, for the purpose of providing caregivers for area residents.

With both of their parents having required caregivers, the couple found quality workwww.ConnectionNewspapers.com ers difficult to locate, scrutinize and retain. After much research, they decided to join the Assisting Hands franchise, opening their business in Bethesda in August.

"The franchise has helped us with licensing and policies and procedures, but we operate as an independent business. When you call us, you get one of us immediately. We are always familiar with the case and caregivers, and committed to providing quality care for loved ones and peace of mind for family members. We want to take the confusion out of the home care decision, reduce the stress and anxiety of family caregivers and provide the best personal home care possible," Steve Lorberbaum said.

Assisting Hands provides a range of services including in-home care, Alzheimer's and dementia care and post-surgical care. The caregivers are CPR certified, trained in hospice, fall prevention and in providing comfort to the patient. Some of their ser-

vices are companion care, transportation to doctors or wherever the patient needs or wants to go, performing the activities of daily living such as grooming, personal care and feeding and making certain that the patient is able to maintain their quality of life with dignity. They take loved ones to activities and help them transition to a new living situation.

"We interview caregivers every day of the week", Steve Lorberbaum said. "We do a skills review and a skills checkup. All of our employees must be Certified Nursing Assistants (CNA) or Certified Geriatric Assistants (CGA.) They must be able to communicate in English written language.

All caregivers are bonded, insured and background-checked. If I wouldn't have them work for me as my parent's caregiver, I would not want them in someone else's home."

"We are always seeking bilingual See Assisting Hands, Page 8



8 Cathy and Steve Lorberbaum Potomac Almanac * October 22-28, 2014 * 3

POTOMAC PIZZA LUNCH COMBOS

\$9^{.99} PIZZA COMBO

- ANY TWO SLICES OF PIZZA WITH UP TO 3 TOPPINGS EACH
- **CHOICE OF ONE:** SMALL TOSSED SALAD
 - CUP OF SOUP

 - SMALL FRIES
- **SMALL FOUNTAIN DRINK**

\$9^{.99} SUB COMBO

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- **CHOICE OF ONE:** SMALL TOSSED SALAD
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 - SMALL FRIES
- **SMALL FOUNTAIN DRINK**

*For veal parmigiana or tuna steak add one dollar.

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ELECTION '14

Preparing for Election Day, Nov. 4

Every state and local office that represents Potomac is on the ballot Nov. 4.

f residents want some choice in whom will represent them on County Council, as County Executive, in the Maryland General Assembly, now is the time to engage. Think it doesn't matter much? These are the people who make land use decisions, decide what to do with county property, who set tax rates, who decide how much money will go to schools, who control services that affect traffic and many other things that affect quality of life more than anything that happens at a national level. Every Montgomery County voter will receive a detailed ballot booklet which will include their polling place location in the mail.

COUNTY EXECUTIVE

Incumbent County Executive Isiah Leggett (D) will face Republican challenger Jim Shalleck. www.ikeleggett.org www.voteshalleck.com

COUNTY COUNCIL

Potomac residents are represented by the District 1 county councilmember and the four at-large councilmembers. The incumbent Democrats in all of these positions won their primary elections.

COUNCIL DISTRICT 1

Voters choose one candidate. Incumbent Roger Berliner (D-1) Republican challenger Jim Kirkland.

COUNTY COUNCIL AT LARGE

- Voters can vote for up to four candidates of the nine names on the ballot. Democrat incumbents will face four Republican
- challengers and one Green Party candidate. Marc Elrich (D-at large), marcelrich.com
- ♦ Nancy Floreen (D-at large), www.nancyfloreen.org
- ♦ George Leventhal (D-at large), www.georgeleventhal.com
- Han Riemer (D-at large), hansriemer.com
- Robert Dyer (R), www.RobertDyer.net
- Chris P. Fiotes Jr. (R) ♦ Adol T. Owen-Williams II (R)
- Shelly Skolnick (R)
- ✤ Tim Willard (Green)

MONTGOMERY COUNTY STATE'S ATTORNEY Incumbent Democrat John McCarthy, johnmccarthy.us

Montgomery County Election Calendar

- ♦ Oct. 23: Early voting begins at 10 a.m.
- Oct. 30: Early voting ends at 8 p.m.
- Nov. 4: Election Day (vote at your polling place between 7 a.m. to 8 p.m.)

www.montgomerycountymd.gov/Elections/registration/VoterRegistration.html

For more see www.montgomerycountymd.gov/elections or www.elections.maryland.gov/elections/2014/general_candidates/index.html

Republican Dan Gaskill, www.facebook.com/pages/ Dan-Gaskill-for-States-Attorney/202411253290307

MONTGOMERY COUNTY

BOARD OF EDUCATION All voters will choose one candidate from each of the

four districts. There are seven members of the Montgomery County Board of Education, plus a student member.

Two members serve at-large, while the other five members live in their geographic districts. But all members are elected county-wide by voters across the county, and serve staggered terms. Members of the Board of Education are non-partisan and elected without identifying as belonging to any political party.

This year, one at-large member and members of Districts 1, 3 and 5 are on the ballot. Board of Education At Large, voters choose one

of two

Shebra Evans, www.shebraevans.com Jill Ortman-Fouse, www.jill4allkids.com

Board of Education District 1, voters choose one of two:

- Judy Docca
- Kristin G. Trible Board of Education District 3, voters choose one of two:
- Laurie Halverson, www.laurie halverson.com/
- Patricia O'Neill, www.patoneill.org
- Board of Education District 5, voters choose one of two:
- Mike Durso, www.facebook.com/durso4boe

Larry Edmonds, www.facebook.com/pages/Larry-Edmonds-for-Board-of-Education-District-5/ 389020714546495

U.S. CONGRESS

Potomac is divided between Maryland Congressional Districts 6 and 8.

District 6:

John Incumbent www.delaneyforcongress.com Dan Bongino (R), www.bongino.com

District 8: Incumbent Chris Van Hollen (D-8) www.vanhollen.org Dave Wallace (R)

www.wallaceforamerica.com

GOVERNOR/LIEUTENANT GOVERNOR Voters will choose one ticket

- Anthony Brown and Ken Ulman (D) www.anthonybrown.com Larry Hogan and Boyd Rutherford (R)
- www.hoganforgovernor.com Shawn Quinn and Lorenzo Gaztanaga (Libertarian)

COMPTROLLER

Incumbent Peter Franchot (D) William H. Campbell (R)

STATE DELEGATES AND SENATORS

Potomac is split between District 15 and 16. Each resident is represented by one state senator and three state delegates from their district. District 16 includes Bethesda, Chevy Chase and parts of Potomac

District 15 Senate:

Brian Feldman (D), brianjfeldman.com Robin Ficker (R), www.fickersfor15.com

District 15 Delegate:

Voters can vote for up to three of the six candidates on the ballot: Kathleen Dumais (D), www.kathleendumais.com David Fraser-Hidalgo (D), fraserfor15.org Aruna Miller (D), Ed Edmundson (R) ed4md.org Flynn Ficker (R), fickersfor15.com Christine Thron (R)

District 16 Senate: Susan Lee (D), susanleeforsenate.com/ Meyer Marks (R), marksformaryland.org

District 16 Delegate:

Voters can vote for up to three of the six candidates on the ballot: Bill Frick (D), www.billfrick.com Ariana Kelly (D), kellyfordelegate.com Marc Korman (D), marckorman.com John Andrews (R), www.andrewsfordelegate.com Lynda del Castillo (R) Rose Maria Li (R), www.voteroseli.com

SEE WHAT'S ON THE BALLOT?, PAGE 7





by Michael Matese

Selling Your Home in a **Slow Market**

In today's market, Realtors® and sellers are paying more attention to the importance of "thinking outside the box". The real estate market of the 21st century is challenging and changing at the pace of technology-in other words, at warp speed! Gone are the days of simply popping a "For Sale" sign in the yard, creating an MLS listing and placing an advertisement in the Sunday papers. Though that's traditionand those methods of home sale are certainly still necessary and vital-they're sim ply not enough to make your home distinct in the real estate market of today. Savvy Realtors® and sellers know that it takes more-much more-to successfully close or a home and maximize on the home's worth. Today's buyer is looking for more than just a place to hang their hat-they're looking for a property that reflects their lives, their values and their lifestyle. It's as much about where your grill will be during the summer months and what kind of garden you'll put in come springtime as it is about having four walls four walls and a roof. Home staging is a perfect jumping-off point. Most buyers can't imagine themselves in a space while it's full of the things that make your house a home-so step one in selling, especially in a slow market, is de-cluttering all the spaces and storing all the home decorations that make it look like "yours". Likewise, keeping the counters clear and the spaces clean and tidy make a world of difference. Next, have a Kodak moment with your house-glossy print magazines, social media and virtual tours are where most home buyers start looking. If they fall in love with a picture of your house, you've got a better chance of them making an offer once they see it in person. There's a number of ways to make the most of a slow mar ket and sell your home for its maximum value-sit down with your Realtor® and start drawing up your plan for success!

For professional advice on all aspects of buying and selling real estate, call: MICHAEL MATESE Long & Foster Realtors 301-806-6829 🚖 Mike@michaelmatese.com 限

54% of voters think Maryland is headed in the wrong direction. How could that be? We have the third highest property tax in the **RIGHT WAY** nation, the fifth highest gas tax and a debt of more than \$47 billion. What could we WRONG WAY possibly be doing wrong? VOTE FOR CHANGE –VOTE REPUBLICAN! By authority Legislative District-15 PAC - Gary Featheringham, Treasurer

POTOMAC ALMANAC * OCTOBER 22-28, 2014 * 5



OPINION Coming: Children's Almanac

uring the last week of each year, The Almanac devotes its entire issue to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families.

The annual Children's Almanac is a tradition of well over a decade, and we begin getting inquiries from teachers and parents about submitting artwork and writing almost as soon as summer is over.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

Some suggestions:

Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

Short answers (50 to 100 words) to some of the following questions: If you could give your parents any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What Children's Almanac will publish the week of is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? What is the best or worst thing that ever happened to you? What is the best gift you've ever given? Ever received?

Your opinion (50 to 100 words) about traffic, sports, restaurants, video games, toys, trends, politics, etc.

Poetry or other creative writing.

News stories from school newspapers. Photos and text about activities or events. We welcome contributions from public and

private schools, individuals and homeschoolers. Email submissions for the Children's Alma-

nac to almanac@connectionnewspapers.com.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Please provide the submissions by Monday, Dec. 8.

To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD to Children's Almanac, 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Dec. 8. The

Dec. 27, 2012.

Halloween Parties, SoberRide

Halloween is now as much of an adult party as a children's festival. Along with the Fourth of July, the holiday period including New Year's Eve and a few other dates, Halloween stands out as a holiday connected to increases in drinking and driving.

If you will be out celebrating with alcohol, you can plan ahead. Assign a designated driver. Celebrate at home. Take public transportation. But if these plans fall through, the nonprofit Washington Regional Alcohol Program (WRAP) Halloween SoberRide program provides a safety net.

For six hours from 10 p.m. on Wednesday, Oct. 31 until 4 a.m. on Thursday, Nov. 1, SoberRide serves as a way to keep impaired drivers off the road. During this six-hour period, area residents ages 21 and older celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI and be afforded a no-cost (up to a \$30 fare), safe way home.

For more information visit www.wrap.org – Mary Kimm

MKIMM@CONNECTIONNEWSPAPERS.COM

Letters to the Editor

Electric Car **Policy Needed**

To the Editor:

I have never been a much of complainer, but I had an unfortunate experience recently at the Montgomery County Community Center on Falls Road that should be of interest and import to Montgomery County government and citizens.

In June, I bought an electric car. I am still learning to live with need to plug-in every third day or so. Yesterday, around 5:30 p.m., as I left Potomac Village to drive home along Falls Road, I noticed that I only had a range of 2 miles left to go. Admittedly, this was poor planning on my part.

I wasn't sure I could make it home and had fears of either stalling in the middle of Falls Road at rush hour and causing a bad traffic jam, or of having to pull over somewhere on that narrow road thus putting myself in a danger. I have reminded him that the taxes was quite worried.

Potomac Community Center ahead, so I pulled in thinking I had found a place to get help. I first went inside to explain what I

needed, but no one was at the electric cars in the area, e.g., Mont-6 ♦ POTOMAC ALMANAC ♦ OCTOBER 22-28, 2014

search for an external outlet. I found one not far from the parking area, although I had had to back my car up on the curb to get close enough. I plugged in and was waiting the 40 minutes or so it would take to charge a couple of miles-worth of power so I could get to my home, three miles away.

desk, so I went back outside to

After a few minutes, a man came out and said that I shouldn't "make a habit of this." He didn't ask if he could help me, nor did he show any concern for my emergency.

I explained that I lived nearby, that I was a member of the community with an emergency, and that the sign in front of this facility said "Community Center," so it seemed logical that I could seek help there. He left but did not appear happy.

About 20 minutes later, he came out again and asked how much longer this would take, said people were "complaining" that I was using the center's electricity. I should I have been paying since 1972 Then, with relief, I saw the helped pay for that electricity, certainly the 50 cents worth that I had used that day.

> I should also have informed him that none of the plug-in places for

gomery Mall, Whole Foods, Mom's Supermarket, etc. charge anything to plug a car in, nor is "prior permission" required. I gave him \$5 and left, fuming mad.

I am airing my grievance in a public forum so that the Montgomery County Recreation Department, in fact, all county-funded facilities, should consider having a policy concerning electric cars.

> **Dorothee Riederer** Rockville

Assisting Potomac Community Village

To the Editor:

It is exciting and very gratifying to us at Potomac Community Village to see three of our active members — Barry Perlis, and Jill and John Phillips — honored by the Potomac Chamber of Commerce.

Barry, who was named Citizen of the Year by the chamber, is a member of our board of directors and has guided its formation from its beginning; Jill has been a helpful guide and our link to Potomac Day.

All of them have been instrumental in the development of Potomac Community Village, a non-profit volunteer group established to enhance the quality of the lives of Potomac community residents, enabling us to stay in our homes as we age and remain vibrant, contributing community members.

Our educational and social activities provide information and social connection. We link members with volunteers who help with transportation and other tasks that have become too difficult or unsafe, or that may be needed on a temporary basis, such as pet care or assistance with electronic devices. We welcome volunteers of all ages.

Potomac Community Village will have a booth on Potomac Day. We invite everyone to stop by and learn more, to visit our website at www.PotomacCommunityVillage.org, and to celebrate with us as we recognize and honor our newest Citizen and Business People of the Year.

> **Nelly Urbach** President, Potomac Community Village

POTOMAC ALMANAC www.PotomacAlmanac.com

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ELECTION '14 What's on the Ballot?

From Page 5

BALLOT QUESTIONS: There will be one Montgomery County question and two statewide questions on the ballot:

Statewide Question 1

Constitutional Amendment (Ch. 422 of the 2013 Legislative Session)

Transportation Trust Fund – Use of Funds (Amending Article III by adding Section 53 to the Maryland Constitution)

Limits the use of Transportation Trust Funds to the payment of principal and interest on transportation bonds and for constructing and maintaining an adequate highway system or any other transportation-related purpose. Also prohibits the transfer of Transportation Trust Funds into the General Fund or a special fund of the State, except for: (1) an allocation or use of highway user revenues for local governments or (2) a transfer of funds to the Maryland Transportation Authority or the Maryland Transportation Authority Fund. Transportation Trust Funds may be used for nontransportation related purposes or transferred to the general fund or a special fund only if the Governor declares a fiscal emergency and the General Assembly approves legislation, by a three-fifths vote of both houses, concurring with the use or transfer of the funds.

Statewide Ouestion 2

Constitutional Amendment (Ch. 261 of the 2014 Legislative Session) Special Election to fill Vacancy in Office of Chief Executive Officer or County Executive (Amending Article XI-A, Section 3 and Article

XVIII, Section 2 of the Maryland Constitution) Authorizes charter counties to provide for special elections to fill a vacancy in the office of chief executive officer or county executive, and exempts a special election to fill a vacancy in the office of chief executive officer or county executive of a charter county from the constitutional requirement that elections for state and county officers be held on a specified four-year cycle. Under existing law, charter counties may only authorize special elections to fill vacancies on the county council.

Montgomery County Question A, Charter Amendment by Act of County Council

District Councilmember Residency Requirement Amend Sections 102, 104, 106, and 114 of the County Charter to:

* clarify that a candidate for a District Council seat must reside in the district at the time of the primary and general election;

provide that a councilmember elected by a district must reside in that district during the member's entire term;

* provide that any change in the district boundaries during a district councilmember's term does not render the councilmember ineligible to complete that term:

clarify that any revised Council District boundaries apply in any special election held to fill a vacancy after the boundaries are amended; and $\boldsymbol{\ast}$ clarify that, if a vacancy occurs, the Council appointee, or the candidate elected in a special election to fill the vacancy, must reside in the district as it exists when the vacancy occurs

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ANNUAL CRYSTAL CHANDELIER SALE

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SPECIAL EVENT: Saturday, Oct 25th from 9-5p

DETAILS ONLINE



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News

Celebrating Decade of Growth, Dedication

From Page 3

brought a white collar aspect to it," said Neal. Staff is given the insight that when a client is moving they might be at their worst emotional state – not all moves are happy moves – some involve death, divorce or separation. Neal added, "If a client is acting anxious, there's no difference in the guys' temperament, they are patient and polite."

Many of the employees have been with the business since its inception. On a longdistance move, the same movers who load the truck will be the same movers the family sees at the other end of their move. "The way we handle customers is very specific to us. We do it from start to finish and will never entertain partnering with another firm to become an agent for them," said Neal. The company is also not interested in franchising. "Our personal touch on this is why we're successful. We want to be sure to continue to grow with quality and the quality of the guys in mind. We want to grow where we have control on a daily basis," said Neal.

From cozy condos to colossal colonials, the company has staff certified to move high-end chandeliers, antiques, pianos, and pool tables. "We've removed the hassle for the customer of having to hire separate movers for pianos, et cetera. We are equipped and certified all under one roof – this is something we've excelled in," said Neal.

Some of the more challenging moves have included hoisting a baby grand piano from ground level into a third-story opening and using a dedicated truck with extra padding to transport six 14-foot sandstone pillars from a home's foyer to the homeowner's new location. A large Potomac move by Metropolitan brought the furnishings to the 47,000-square-foot house on Norton Road recently featured on the Potomac House Tour.

Neal said the number of clients storing furniture to de-clutter and stage their homes for sale has increased by 25 to 30 percent in the past three years. He added, "It was five percent or less before 2009 when the staging madness began." Bistle said there are 375 crates of clients' furnishings in their climate-controlled warehouse.

Many are moved by the fact that for three years, Metropolitan has, at-no-charge, relocated shelter families to their new dwellings. Denise Fredericks, executive director of Stepping Stones Shelter said, "We are so grateful Jon is able to use his assets to support our families. When we see the Metropolitan Moving truck pull up, it's always a good day because it means someone is moving to a new home. After the first move, Jon sent a long email saying, 'You just don't know how good it feels, I am so grateful.' We see people who have fallen off the edge of the cliff into homelessness and he sees them at the cusp of their new beginning."

"It was a natural fit," said Neal. "I saw the facility and it made a lot of sense for what we do - moving people from home to home." Metropolitan, with the assistance of area Realtors, has helped furnish residents' homes with pieces no longer wanted by clients. Other charities benefit from the company's charitable giving including Daffodils & Diamonds for cancer research; Mayfair in NW D.C. to keep the local community park in good condition; Winners Lacrosse Annual Golf Tournament that supports a foundation to help fund equipment for underprivileged children, and furniture no longer wanted by clients is donated to Look Again Resale Shop in Kensington with proceeds designated for the Prevention of Blindness Society. Neal said, "We have a strong imprint in this area and want to keep our hands in locally."

He recently became a member of the Potomac Chamber of Commerce. Metropolitan Moving & Storage's booth will be at the Potomac Days Parade Saturday, Oct. 25.

In late November or early December, the company will be on the move from their 13,000-square-foot Rockville warehouse to their brand new 40,000-square-foot building in Laurel. For more information visit: www.dcmetropolitanmoving.com.

Assisting Hands

From Page 3

caregivers and will search for just the right person. Once we were looking for a Hindi caregiver," he said. "It was not easy to find one so we visited Hindi Temples and spoke with the members. We finally found a qualified caregiver who also spoke Hindi. We currently have a number of caregivers who are multi-lingual."

Steve Lorberbaum spent 20 years as a lawyer, working in a variety of positions in the law. Next, he became vice president of operations for a number of different companies, then moved into helping start- ups build their businesses. Cathy Lorberbaumis a yoga instructor who is certified in Senior Yoga and knowledgable about senior resources. She teaches at Lifetime Fitness and at the River Falls Community Center.

Once they decided to launch their business, Steve Lorberbaum became a Senior Certified Advisor to learn more about senior issues and requirements.

They have resided in the River Falls Community for many years.

To find out more about Assisting Hands of Potomac, go to www.assistinghands.com/potomac or potomac_info@assistinghands.com. or call 301-363-2580. The offices are located at 4853 Cordell Ave., Suite PH10-A, Bethesda.



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8 🏼 Potomac Almanac 🛠 October 22-28, 2014

Ροτομάς Day



Barry Perlis is Citizen of the Year.



Jill and John Phillips are Potomac Business People of the Year.

Parade To Salute Honorees

Potomac Day arrives Saturday.

> BY SUSAN BELFORD The Almanac

his Saturday's Oct. 25 Potomac Day promises to be bigger and better than last year. More than 90 vendors will be featured, children will have an opportunity to ride bigger rides, and a variety of food will be provided by local restaurants. Exclusively Entertainment will DJ for the day, the Retrospect Rock Band will be performing, and there will be awards for the Classic Car Show.

"Potomac Day will be an amazing community event that provides residents the chance to visit with friends and neighbors as well as to chat with the vendors who run our neighborhood businesses," said event coordinator Jennifer Matheson, from the Potomac Chamber of Commerce. "New this year are the 'Quad BungeeJumpers,' a swing ride that will thrill kids, a bigger wrecking ball, the climbing wall and more. Our Classic Car show will feature more automobiles and we will be giving the first Fire Chief's Award, President's Award and People's Choice Award. Everyone who attends will have a chance to vote for their favorite car. It's going to be a great day. The memories that Potomac Day provides families are priceless. Each year, kids and adults truly love it as a day to celebrate our community."

Local residents will also be honored. Prior to Potomac Day, the Potomac Chamber of Commerce accepts nominations for the Citizen of the Year, Youth of the Year and Business People of the Year and then



Parade Marshals Cissy and Mac Grant are known by many as "Mr. and Mrs. Potomac."

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selects the winners of each category. It also selects the Grand Marshall of the Parade - a person or persons who have continually made giving back to Potomac

This year's Grand Marshals are Cissy and Mac Grant. The Citizen of the Year is Barry R. Perlis, the Youth of the Year is Bullis senior Samuel B. Greenberg, and the Business People of the Year are Jill and John Phillips, owners of Squeals on Wheels.

Cissy and Mac Grant, known by many locals as "Mr. and Mrs. Potomac," are honored to have been selected as the Grand Marshals of the Potomac Day Parade. Cissy Finley Grant is an award-winning journalist and reporter who is a fifth-generation Montgomery County resident. She was employed by the Montgomery County Sentinel, the Washington Evening Star, the Gaithersburg Gazette and still contributes to the Potomac Almanac. She loves talking to people and feels she has been "fortunate to meet so many wonderful people from U.S. Presidents to people on the street."

She has also volunteered for the Montgomery County Heart Association's Women's Board and founded and co-chaired the Heart-to-Heart Ball for 22 years. She also served on the Shady Grove Foundation Hospital Board when the hospital opened. She has delved into politics, public relations and authoring a cookbook and magazine articles. Her husband Mac has supported her in all endeavors while contributing to the Potomac community.

Perlis is known throughout Potomac as the vicepresident of the Potomac Community Village, as a volunteer at Manor Care Nursing Home, president of the Ridgely Neighborhood Homeowner's Association, member of the board of directors and Investment Committee of JSSA, president of two synagogues and chairman of Save a Child's Heart, U.S. Operations, an organization that saves children from around the world with congenital heart defects.

See Parade To Salute, Page 10



Samuel Greenberg is Youth of the Year.



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10 Potomac Almanac
October 22-28, 2014



The parade route for Potomac Day.

Parade To Salute Honorees

From Page 9

Employed as the COO of S. Friedman and Sons, he is in the process of seeking new interests and challenges as he moves toward retirement.

Perlis is an artist who produces metal sculptures, many of which are displayed in his home. He hosts community groups to study and discuss metal sculptures, and also invites school groups to view and learn more about his European Armor collection (circa 1600.)

"In a community of so many accomplished people, it's a real honor to be recognized for my contributions. This honor inspires me to become even more involved in our community and I hope that having more time in the future will allow me opportunities to do so," Perlis said.

Greenberg never thought he would be chosen for the Potomac

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Youth of the Year: "I have never been part of a parade before, and I am honored to have been chosen." He was selected because he is outstanding in every walk of life. For the past three years, he has been named the Outstanding Scholar at Bullis as the student with the highest GPA in his class. He is the captain of his school's "It's Academic" team — the first team in school history to win two on-air matches. He is also a musician who plays trumpet in the Bullis Concert Band and Jazz Band, a star athlete who pitches and plays first base for his baseball team and a student tutor, Bullis Ambassador and member of the National Honor Society. He has also volunteered in Costa Rica at a summer camp for underprivileged children, served as a "Band-Aide" with the Interplay Company Band, a music program for cognitively/ and or physically im-

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paired adults, tutors for the Aristotle Circle Peers Tutor Company, and is the editor and writer sports for the website sportsranks.net.

Business People of the Year Jill and John Phillips have been involved in every aspect of Potomac life. They were both formerly in the Army, but retired to Potomac and bought an older home with a large yard for their five children. Jill Phillips thought it would be a good idea to acquire an alpaca to help "trim the lawn." As she collected more animals - goats, chickens, ponies - they decided to launch "Squeals on Wheels," a portable miniature petting zoo with pony rides. The concept was almost an instant hit, and they have been in business ever since.

Their business includes birthday parties, corporate events, senior centers and nursing homes, festivals, community events, fundraisers and more venues. Their family has participated in the Potomac Day parade almost since the beginning — and most of the family will once again be in the parade. "It is a huge honor for us to be chosen as Business of the Year by the Potomac Chamber of Commerce," said Jill Phillips. "In recognizing our family business, you are honoring the importance of being engaged, giving back and sharing our gifts with the community. It is a privilege to operate a business in Potomac and our purpose is to share our love of animals with our home town and to bring joy to children and families." Not only do they manage a thriv-

See Honorees, Page 12 www.ConnectionNewspapers.com

Ротомас Day On Parade

The line-up for the parade starts at 9:30 a.m. Roads close at 10 a.m. The parade kickoff is 10:30 a.m. The order of the parade participants is: **Boy Scout Troop 773** Perfectly Pressed, Dry Cleaning Delivery Potomac Hundred Chapter Daughters of the American Revolution Master Sharma and East West Tak Won Do Cub Scout Pack 773 Maryland National Capital Park Police The Potomac Bridle & Hiking **Trails Association** Grand Marshals: Mac & Sissy Grant Adam Greenberg, President of the Potomac Chamber of **Commerce!** Potomac Pizza & Potomac Village Deli **Businessperson of the Year:** John & Jill Phillip-Squeals on Wheels! Citizen of Year: Barry Perlis Youth of Year: Samuel Greenberg DarCars Andy4homes-W.C. & A.N. Miller a long & Foster Company Bella Moda Salon & Spa Friends of the Library Daisy Troop 1643-Bells Mill Potomac Almanac The Lollipop Kids Foundatin Cub Scout Pack 54 Girl Scout Troop # 4093-2nd Grade Bells Mill Cub Scout Pack 1306 Potomac Presbyterian Church **Standard Dental Precision Detailing Tally-Ho Restaurant** McLean School **Georgetown Hill Preschool** Positive Impact Martial Arts & **Fitness Kickboxing** The German School **Kicks Karate** Dr. Amy Light Our Lady of Mercy School

Potomac Chinese School Potomac Glen Day School 1-800-Got-Junk Metropolitan Moving & Storage-Gold Sponsor The Sergents Program Potomac Community Village Friends of Laurie Halverson David Drake, Legislative District 15 SEE PARADE, PAGE 12

AcLean celebrates differences they don't walk away from them These kids are the people who will think differently and solve The love, attention, and the dividualized understanding of the world's problem: our daughter's academic needs ere managed in such a positive anner. McLean has changed our child's life, and our family dynamic It is surprising how few public o private schools understand how to educate a child with learning disabilities-yet capable of high son was off the charts smartacademic performance. McLean is the only school that can provide a rigorous, college prep curriculum for but couldn't get organized. It was a relief to come to a school that recognized his intellectual strength students with learning challenges! Parents Talk. Join the conversation about McLean School. Open House

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Ротомас Day On Parade

From Page 11 **Councilmember Nancy Floreen Councilmember Roger Berliner Delegate Susan Lee** George Leventhal, Vice President, Montgomery County Council Delegate Kathleen Dumais, Maryland House of Delegates, District 15 Maryland State Delegate Aruna Miller Maryland State Senator Brian Feldman John Delaney for Congress BOWA **District 15 Democratic Caucus** Maryland State Delegate david Fraser-Hidalgo Potomac Women's Republican Club **Bongino for Congress** Earth Divas Hogan for Governor Friends of Rose Li Maryland State Delegate Ariana Kelly Fab Electric & Generators Chick-Fil-A at Westfield Montgomery Mall Coach Doug Wilson Baseball, LLC Liberty Falls Veterinary Clinic Long & Foster Realtors Free Masons of Montgomery County Cabin John Volunteer Fire Department

Honorees

From Page 10

ing business, but they are also involved in volunteer work for many Potomac organizations. They are helping establish the Potomac Community Village; Jill Phillips sits on the board of the Potomac Chamber of Commerce and the West Montgomery County Citizens Association; John Phillips is on the board of the Brickyard Coalition. They often donate their petting zoos to the Armed Forces Retirement House of Washington D.C., for fundraisers for Luke's Wings, the Potomac Mom's Club, the Cabin John Volunteer Fire Department, the River Falls 4th of July Parade, the Potomac Community Center, the carnival day for Big Train Baseball and for the Collingswood Nursing Center.

They have appeared on "Wife Swap" and will soon appear in a Discovery broadcast.

The Potomac Day Parade will begin at 10 a.m. on Saturday, Oct. 25.

Photos by **Deb Stevens**/The Almanac

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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
Thembergining is Neverther 27	

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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14 14 Ротомас Аlmanac
Остовек 22-28, 2014

ENTERTAINMENT

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

ONGOING

SilverWorks Exhibition. Will run Thursday through Sunday until Oct. 26. 12-6 p.m. Popcorn Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The exhibition features artwork by metal artists Blair Anderson and Mawadda Alaswadi, Director and instructors and SilverWorks. Take a tour of silversmithing history as they show off techniques like Keum Boo, Fold Forming, Etching, and Chasing and Repousse. The works of advanced SilverWorks students will also be on display. Free. All work is for sale. "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. Photoworks Master Lecture Series. Oct. 25-Nov. 15, 1-2 p.m. Back Room Annex, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Four master photographers talk about their work and their passion for the telling image. \$15 advanced tickets, \$20 at the door, \$50 for all four lectures.
- www.glenechophotoworks.org "Grease." Runs from Friday, Oct. 31-Sunday, Nov. 16 at The Fitzgerald Theatre, 603 Edmonston Drive, Rockville. Rockville Musical Theatre's fall production follows high school "greasers" in 1959 through love, lust, peer pressure, teen rebellion, a pregnancy scare, bullying, sexism, cliques and dance parties. Tickets are \$22. Call 240-314-8690 or visit www.r-m-t.org for more.

Ancient Materials, Modern

Aesthetic. Saturdays and Sundays, 12-6 p.m, Oct. 25 through Nov. 23. Stone Tower Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Lime Stucco Plaster in Contemporary Mosiacs. Stone Tower Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Visit www.glenecho park.org or call 301-634-2222

FRIDAY/OCT. 24

Owl-O-Ween Campfire Halloween. 6 p.m.-7:30 p.m. at Montgomery Park. Visit www.Montgomery

Parks org for more

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 for more.

- Contra Dance. 7:30-11:30 p.m. Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Admission \$10/\$5 age 17 and under. The Friday Night Dancers present Contra dancing as well as some square dances and waltzes. Contra dance lessons from 7:30-8:15 p.m. followed by the called dane to live music from 8:30-11:30 p.m. Beginners are welcome. Visit www.glenechopark.org or call 301-634-2222
- Balboa DJ Dance. 8:30-11:30 p.m. Back Room Annex, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Admission \$10. A casual, friendly atmosphere for Balboa/Bal-Swing enthusiasts to dance to DJ music. Drop-in beginner swing lesson 8:30 p.m., dance from 9-11:30 p.m. Visit www.glenechopark.org or call 301-634-2222.
- 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 or call 301-765-8670.
- "Fools." Friday and Saturday, 7:30 p.m. and Sunday, 2 p.m. at Rockville's Thomas Wootton High School, 2100 Wootton Parkway. A group of 20 students will perform Neil Simon's comedy "Fools," about the curse of ignorance. Email woottontheater@yahoo.com.

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 for more
- Truck Touch Fun. 10 a.m.-2 p.m. at 7210 Hidden Creek Road, Bethesda. Enjoy the day exploring fire trucks,

police cars, delivery trucks, emergency vehicles, and busses. Visit www.suburbannurseryschool.org/ truck-touch for more.

- **Tiny Tots Halloween Show.** 10 a.m. The Puppet Co., Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. A program designed for the youngest theater patrons (ages 0-4). The shows are shorter, the light stays on, the doors stay open. Running time is 30 minutes. Tickets \$5, everyone (including babes-in-arms). No online fees. Pre-Purchases are recommended. Visit www.thepuppetco.org or call 301-
- 634-5380 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.
- Fall Frolic. 1-4 p.m. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Daytime activities for families will include pumpkin decorating, trick-ortreating, and a costume parade around the park. Free. Visit www.glenechopark.org or call 301-634-2222.
- Art Gallery Opening. 3-8 p.m. at Exhibit9 Gallery, 2807 Byron St., Potomac. Enjoy photography exhibition titled, "Once Upon a Moment." Visit www.exhibit9gallery.com for more.
- Great Pumpkin Treasure Hunt. 3-3:45 p.m. Meadowside Nature Center, 5100 Meadowside Lane Rockville. Join Meadowside staff on a nature treasure hunt searching for the Great Pumpkins. Trail-friendly costumes welcome. For children 3-8 years old. \$5. Course #294203. Visit www.parkpass.org for more
- Edvinas Minkstimas, Piano. 8 p.m. at Westmoreland Congregational United Church of Christ, 1 Westmoreland Circle, Bethesda. This is a nine part free concert series featuring members of the Washington Conservatory Faculty and guest artists. Vist www.washingtonconservator.org or call 301-320-2770 for more.
- Swing Dancing. 8 p.m.-midnight. Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Beginning with a 60-minute swing dance lesson and continues with dancing until midnight. No partner required. Admission is \$18. Visit www.dclx.org, email info@dclx.org or call 571-228-9541.

SUNDAY/OCT. 26

Tiny Tots Halloween Show. 10 a.m. The Puppet Co., Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. A program designed for the youngest theater patrons (ages 0-4). The shows are shorter, the light stays on, the doors stay open. Running time is



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ENTERTAINMENT

30 minutes. Tickets \$5, everyone (including babes-in-arms). Prepurchases are recommended. Visit www.thepuppetco.org or call 301-634-5380.

- Open House. 10 a.m.-5p.m. at Cabin John Park Volunteer Fire Department, 8001 River Road. This annual event enables community members to become acquainted with their local firehouse and meet the firefighters and EMTs who serve them. Visit www.cjpvfd.com.
- Ballroom Dance. 3-6 p.m. Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. An afternoon of dancing, featuring music and dances from the 20s, 30s and 40s. Dancers will enjoy foxtrot, twostep, waltz, cha-cha, rumba, swing and more. A samba lesson for all levels is presented by professional instructors at 3 p.m., followed by dancing to live music. Admission includes the lesson. No partner or prior experience needed. Admission: \$14/\$5 age 12 and under. Visit www.glenechopark.org or call 301-634-2222.
- Haunted House. 4-6 p.m. Clara Barton Community Center, 7425 MacArthur Blvd., Cabin John. Fortunes will be told, refreshments will be served, and small gift items will be handed out to children. All ages welcome, but children up to age 12 will probably find it most rewarding. For adults there will be a small, separate section that will feature frightening things. Free. Contact the Clara Barton Community Center at 240-777-4910.
- Argentine Tango. 6:30-11 p.m. Back Room Annex, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Argentine Tango lessons followed by a Milonga most Sunday evenings. Beginner lesson from 6:30-7:30 p.m. or intermediate lesson from 7:30-8:30 p.m. or both. 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 runs from 8:30-11 p.m. No partner required. Visit www.glenechopark.org or call 301-634-2222
- Contra and Square Dance. 7-10:30 p.m. Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Admission \$13 non-members/ \$10 FSGW members/\$5 ages 17 and under. Traditional American contra dancing. The evening can include square dances, mixers, waltzes and other couples dances. All Contras and Square dances are taught, no partner necessary. Lesson at 7 p.m. followed by the called dance with live music from 7:30-10:30 p.m. Visit

www.glenechopark.org or call 301-634-2222

- Book Signing. 7 p.m. at Beth Sholom Congregation, 11825 Seven Locks Road. Allan Goodman will present his new novel "Father, Son, Stone" which chronicles The Kotel one of most historical sites in the world. Books will be available for purchase and signing. Contact library@bethsholom.org for more.
- Musical Evening. 7:30 p.m. at Har Shalom. Michel Nansel, an award winning singer and actor, will be performing as part of the congregations Broadway Songs of Love evening. Contact programs@harshalom.org or call 301-299-7087 ext. 321 for more info.

WEDNESDAY/OCT.29-SATURDAY/NOV1

Halloween Trains. Weekdays 3-8 p.m., Saturday 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 or call 301-765-8670.

THURSDAY/OCT. 30

- Not-So-Spooky Halloween Skate. 4:30-6:15 p.m. Cabin John Ice Rink, Cabin John Regional Park, 10610 Westlake Drive, Rockville, The skating sessions take place on a fully lit rink and feature a costume contest with prizes. Visit www.cabinjohnice.com or call 301-765-8620
- Contra Techno Dance. 7:30-11 p.m. Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Admission \$8, \$6 for FSGW members, and age 17 and under. Experience a Halloween edition of Contra music. FSGW presents a Techno Contra Dance with a DJ spinning an eclectic mix of music and a caller leading the dances. Beginner lesson at 7:30 p.m. followed by dancing from 8-11 p.m. Visit www.glenechopark.org or call 301-634-2222
- Blues Dance. 8:15-11:30 p.m. Back Room Annex, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Admission \$8. A beginner workshop from 8:15-9 p.m. offers partnering basics for new dancers. The class is included in admission, no partner necessary. Dancing runs from 9-11:30 p.m. to blues music from every corner of the genre. Visit

www.glenechopark.org or call 301-634-2222.

FRIDAY/OCT. 31

- Spooky Halloween Skate. 1, 8-10 p.m. Cabin John Ice Rink, Cabin John Regional Park, 10610 Westlake Drive, Rockville. Spooky skating session at both rinks feature creepy Halloween tunes and a darkened rink lit by a magical mystical ball. Visit www.cabinjohnice.com or call 301-765-8620
- **Otus the Owl Halloween**

Storytime. 10-10:45 a.m. Meadowside Nature Center, 5100 Meadowside Lane, Rockville. Halloween tales with mascot Otus the Owl. For children 2-10 years old. \$3. Course #294257. www.parkpass.org

- Halloween Night. 6-9 p.m. Good Hope Recreation Center, 14715 Good Hope Road, Silver Spring. All ages welcome. Games, dancing, costume contest. Call 240-777-8055 for more.
- Halloween Contra Dance. 7:30-11:30 p.m. Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The Friday Night Dancers present their annual Halloween Contra dance with some square dances and waltzes. Contra dance lesson from 7:30-8:15 p.m. followed by the called dance to live music from 8:30-11:30 p.m. Beginners are welcome. Visit www.glenechopark.org or call 301-634-2222.

SATURDAY/NOV. 1

- Fiber Art Show and Sale. 9:30 a.m.-4 p.m. at St. Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. This 25th annual sale of wearable art and fiber art supplies by 25 members of the Potomac Fiber Arts Gallery will offer handcrafted scarves, hats, garments, handbags, jewelry, yarn and fabrics. Visit www.wearableartfallshow.com. 150th Anniversary of Maryland
- Emancipation Day. Button Farm, 16820 Black Rock Road, Germantown. Bring a picnic or purchase food onsite. Button Farm is a living history center depicting 19thcentury slave plantation life. Visit www.heritagemontgomery.org. Historical Park Open House. Noon-
- 4 p.m. at 103 West Montgomery Ave., Rockville. Maryland Emancipation Day at the Beall-Dawson House and Stonestreet
- Museum of 19th Century Medicine. Visit www.montgomeryhistory.org

Resident Inspires Book's Chapter

From Page 3

The plot concerns a problem that Camila who wants money to ride on the ferris wheel when the fair comes to town. She decides to open a lemonade stand. The story reveals problems and solutions, as well as the insight that figuring out how to provide something that others need is a path to success.

Cunningham who, in his own words, "floundered into successful career choices merely by accident." regrets that he did not have more guidance in his own career choices. After barely making it through high school, he entered the University of Maryland entered the Navy and was assigned to a sub. Here, he discovered his passion for physics, returned to college, graduated and began his career as a physicist at the Naval Ordnance Lab. He next became a project manager at NASA where he designed, fabricated, and helped launch scientific satellites for America's lunar program. In 1968, he left the public

sector to found Electronic Sales Associates, followed by Computer Entry Systems Corporation (CES) which designed, manufactured, and sold hardware and software for processing bills for such institutions as National Geographic, C&P Telephone, and Riggs National Bank.

"The heart and soul of our program is to inspire students from the earliest ages through high school — and beyond. Schools teach them reading, writing and arithmetic, but they don't spend enough time inspiring them. We hope that our book series will help students find the intersection between their interests, innate talents and passions - and then foland lasted 47 days before he was asked to leave. He low their hearts to the perfect career path. Right now, we are seeking capital to help us complete our goals, Cunningham said.

"Camila's Lemonade Stand," written by successful entrepreneurs for the next generation, is available on-line at Amazon.com. For more information and to preview the book and series, visit www.mycareerlauncher.com.



Our Lady of Mercy Catholic Church 9200 Kentsdale Drive • Potomac, Maryland 20854

Here Come the Holidays:

Becoming Agents of Mercy, Forgiveness and Healing of Your Family Tree Friday, November 14 (7 pm-9:30 pm) and November 15, 2014 (9-3 pm)

If the idea of going home for the holidays does not bring you tidings of comfort and joy, this two day workshop is for you.



Be given the practical tools to: • Be instrumental in bringing healing and forgiveness to difficult relatives • Show mercy and patience when we are wounded ourselves

• Use your family history to forgive and reconcile Sessions are FREE and OPEN TO ALL. Please bring a sack lunch to Saturday's

session. Preregister by emailing your name and address to church@olom.org. Questions? Anna at (301) 365-1415 ext 122 or alanave@olom.org.



HALLOWEEN

Decking the Halls – Halloween-Style

Local designers say it's not too late to turn your house into a spooky horror.

By Marilyn Campbell The Almanac

alloween is little more than a week away, but if you still haven't decked out your home with spooky decor, it's not too late. Local tastemakers say with just a few ornamental pieces you can add a touch of fright in preparation for trick-or-treaters.

"Just because you haven't started decorating your home for Halloween

doesn't mean that you can't still have one of the spookiest homes to welcome trickor-treaters," said Liz Culligan, an interior decorator based in Potomac.

Pumpkins are ubiquitous during this season. While real pumpkins might not make it past Halloween, their decorative counterparts can extend through Thanksgiving and be saved for next year.

"Artificial pumpkins are being made now so that they look real," said Potomac-based



Spooky Halloween ornaments can add frightful delight to home decor.

designer Linda Kennedy. "For indoor decor, I would suggest Murano glass pumpkins. They are beautiful and look just as appealing at Halloween as they do during the rest of the fall season."

Create a Halloween tree: "You can [find] a miniature artificial tree with black or white branches and decorate it with store or homemade ornaments," said Julia Bly, a Bethesda-based caterer and stylist. "You can use stencils to trace ghosts, witches or



Glass pumpkins create decor that lasts beyond Halloween.

pumpkins. Punch a small hole through the top and use an ornament hanger to hang it from the tree. This is a project that kids love."

Bly says you can also create a tree with tree branches and a vase if you choose not to purchase a one.

Style gurus also suggest getting children involved in decking the halls with boughs of spook and their own scary artwork. "Use felt to create a Halloween sign," said Amy



Create a Halloween tree by hanging ornaments from branches and placing them in a vase.

Bell, a Potomac-based art teacher. "Kids can help cut out letters, trim and spooky figures. Children really have fun getting involved with creating Halloween decor."



16 16 Ротомас Аlmanac
Остовек 22-28, 2014

HALLOWEEN

Ghoulish Treats Easy Halloween treats to make at home.

By Marilyn Campbell The Almanac

alloween is the holiday when Judy Kleinman lets her spooky culinary imagination run free. The North Potomac mother of three enjoys creating desserts ranging from rice crispy treats that look like yellow and orange candy corn to chocolate layer cakes covered with creepy plastic spiders.

"When I was growing up, Halloween was my favorite holiday," said Kleinman. "I love being in the kitchen, creating spooky treats and passing on that tradition to my children.'

From cupcakes to cookies and all manner of desserts in between, culinary enthu-

siasts say Halloween offers one of the greatest opportunities to unleash creativity in the creating Halloween fare is an ideal way to

"Since we are talking about treat creation, pick something your ghoulish you know your child will want kitchen. In fact, to enjoy after you make it." - Jenni Bashaw, Tiny Chefs

spend time in the kitchen with your child. "To make treat making fun, I would say that the biggest thing is to pick an age-ap-



Halloween offers one of the greatest opportunities to unleash your ghoulish creativity in the kitchen.

propriate recipe," said Jenni Bashaw of Tiny Chefs with locations in Potomac and Bethesda. "Don't expect a preschooler to be

able to create a really great looking Halloween design on a cookie or cupcake, or to be interested in a recipe that has too many steps or takes too long to complete."

If you still want to make a recipe that is a bit long or too complicated for their age, simply get everything ready in advance. "Try **Creepy Cupcakes**

- Chocolate Cupcakes with Marshmallow crème ghosts
- Recipe makes 16
- Ingredients 1 1/3 cups all-purpose flour
- 1/4 teaspoon baking soda
- 2 teaspoons baking powder 3/4 cup unsweetened cocoa powder
- 1/8 teaspoon salt
- 3 tablespoons butter, softened
- 1 1/2 cups white sugar 2 eggs
- 3/4 teaspoon vanilla extract
- 1 cup milk
- Orange Frosting, or White Frosting and Orange
- food coloring (gel preferred) 2 cups Marshmallow Crème
- Mini Chocolate chips
- Directions 1. Preheat oven to 350 degrees F (175 degrees

C). Line a muffin pan with paper or foil liners. Sift

breaking it down into smaller steps, or even do some of the prep work before [like] chopping or cooking over a hot stove," Bashaw continued. "Try adding steps to an easier recipe if you want to keep an older child interested, like popping your own popcorn for party mix or making your own marinara sauce for 'spaghetti with eyeballs' or 'mummy pizzas.' Also, since we are talking about treat creation, pick something you know your child will want to enjoy after you make it. Now is not necessarily the time together the flour, baking powder, baking soda, cocoa and salt. Set aside.

2. In a large bowl, cream together the butter and sugar until light and fluffy. Add the eggs one at a time, beating well with each addition, then stir in the vanilla. Add the flour mixture alternately with

the milk; beat well. Fill the muffin cups 3/4 full. 3. Bake for 15 to 17 minutes in the preheated oven, or until a toothpick inserted into the cake comes out clean. Frost with your orange frosting when cool.

4. Microwave 1 cup marshmallow crème (enough for eight cupcakes) in a microwave-safe bowl on high for 20 seconds or until warm. Cool slightly. Place in a large heavy-duty re-sealable plastic bag, repeat with 2nd cup of marshmallow crème. Snip one corner of baggie and pipe a ghost shape onto a cupcake.

5. Quickly attach chocolate chips or other small candies for ghost eves and mouth before marshmallow crème sets.

More recipes from Tiny Chefs at www.connectionnewspapers.com

to try and get your child to eat something brand new."

While Halloween is one of the sweetest holidays of the year, treats don't need to be sugar-laden to be delicious.

"I like to fill a piping bag with pasta sauce," said Susan O'Neill, a Potomac mother of four. "I place orange and yellow pasta on a plate and let my children use the piping bag to create spider web from the pasta sauce. It is spooky, but still nutritious."





Self-Indulgent or Self-Effacing



By KENNETH B. LOURIE

After re-reading last week's column: "Not in the Mood," I began wondering if that column had strayed beyond the boundaries, so to speak, and was too much about me and not enough about my circumstances. Certainly I understand, given my column's recurring theme, that the subjects of me and my circumstances – and the personal stories I share with you regular readers – are basically the same. Still, I never want the content to be considered important because it's MY life that's being profiled. Quite the contrary. If the columns were any more about me, you wouldn't be interested.

Cancer is the issue, and one person's survival, however compelling and/or statistically unlikely, is not. Granted, success in the face of extremely dire and discouraging warnings from one's oncologist is worth noting for sure. But it's not because of me that any of it matters. I'm just a prop. It's the story that matters, not the storyteller. Yet I couldn't help but think that my droning and bemoaning last week was in some ways more for my purposes than it was for you: a few minutes spent in my shoes living some of the cancer life. (By the way, in person, in my non-column life, I'm not very cancer-centric.)

Admittedly, I may be a bit sensitive to this self-indulgent possibility/tendency. When you write a first-person narrative about the writer's life, as I do, it's a reasonable claim to make. A claim I regularly and insistently deny. As odd as it sounds to say this, it's never about me; that's my nature. Ergo, how can a column I've written weekly going on almost 17 years, the last five and half of which have been what I call "cancer columns," be about me? In my mind (or perhaps, according to my way of thinking), it can't.

I suppose I perceive self-indulgence as the opposite of self-effacing (selfeffacing being a characterization I'll happily embrace). And I refuse to believe that the three most important words in the dictionary are "me," "myself" and "I." Though I am the subject of my columns, it's the fact that I'm a cancer patient/survivor that's most relevant. Moreover, there are many more cancer survivors with many more stories to tell who add substance to my claim. I'm just one of the few with the opportunity and inclination to share and share alike. It's been my pleasure doing so, and it has become my passion as well. It's who I am; it's what I've become. "I may not be right all the time, but I'm very seldom wrong" (to quite one of my deceased father's favorite phrases). However, there are some columns/weeks when I may scribble outside the lines. It's unintended. Let's not forget one incontrovertible fact though: "Cancer sucks." But it's not because of anything I say or do. Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

18 🛠 Ротомас Аlmanac 🛠 Остовек 22-28, 2014

Sports

Whitman Football Wins with Late Field Goal

onah Brain's 25-yard field goal with 11 seconds remaining gave the Whitman football team a 23-22 win over Springbrook on Oct. 16 at Whitman High School.

Battling injuries and the elements, Whitman overcame a 22-14 fourth-quarter deficit to improve to 3-4.

Trailing 22-20, Whitman took over at midfield with 55 seconds remaining in the fourth quarter. After a penalty, quarterback Evan Smith hit Nolan Hanessian for a 50yard gain, setting up the game-

SPORTS winning kick.

BRIEFS "Great team win," Whitman head coach Jim Kuhn wrote in an email. "Guys stuck together

and got it done when things looked bleak." Whitman running back Jacob Pitsenberger carried 28 times for 159 yards and two touchdowns.

The Vikings will close the regular season with road games against Walter Johnson (Oct. 24) and Churchill (Oct. 31) and a home contest against Blair (Nov. 7).

"Great win for morale," Kuhn wrote. "[It has] been a tough fall. We've had tons of injuries, three kids out [with injured] ACLs, one with a broken thumb and numbers of other kids have been out for various reasons. So, this tough, hard-fought win is a testament to this team's ability to deal with adversity. And, a win like this definitely helps with the momentum moving forward. It's a lot easier to get ready for this week, physically and mentally after a win like this."

Whitman Girls' Soccer Earns No. 1 Seed

The undefeated Whitman girls' soccer team earned the No. 1 seed and a firstround bye in Section I of the 4A West region playoff bracket.

The defending 4A state champion Vikings will take on the winner of Walter Johnson and Richard Montgomery on Tuesday, Oct. 28.

Whitman closed its regular season with a 3-2 victory over Good Counsel, securing a 12-0 record. Good Counsel was the first opponent to score more than one goal in a game against Whitman. The Vikings outscored their opponents 41-4.

Churchill is the No. 2 seed in Section I and will face Kennedy on Friday, Oct. 24. Wootton is the No. 6 seed in Section II and will face Northwest on Friday.





Chelsea Cahill and the Whitman girls' soccer team

defeated Good Counsel 3-2 on Oct. 18 to finish the

regular season with a 12-0 record.

Whitman running back Jacob Pitsenberger carries the ball against Springbrook on Oct. 16.

Churchill Football Improves to 5-2

The Churchill football team defeated Richard Montgomery 33-16 on Oct. 17, improving its record to 5-2.

The Bulldogs have won back-to-back games after dropping two straight.

Churchill rushed for more than 400 yards against Richard Montgomery, with two ball carriers going over 100 yards. Blake Dove led the way with 192 yards and two touchdowns on 14 carries. Andrew Zuckerman carried 14 times for 126 yards. Marquette Lewis and Colin Smyth each had a rushing touchdown.

Dove had 12 tackles on defense. Dove, Giulian Groce, James Kalavritinos and Alex Roberts each had a sack. Jesse Locke had two interceptions.

Churchill will travel to face Springbrook at 6:30 p.m. on Friday, Oct. 24.

Bulletin Board

Email announcements to almanac@connection newspapers.com.

2014 ELECTION

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, call 240-777-8550, or e-mail absentee@montgomery countymd.gov. Application for a ballot by mail

www.ConnectionNewspapers.com

Bullis Football Beats St. Albans

The Bullis football team improved to 6-1 with a 35-11 victory over St. Albans on Oct. 18. Bullis quarterback Dwayne Haskins completed 17 of 26 passes for 345 yards and two touchdowns. Running back Devonte Williams carried 13 times for 94 yards and two touchdowns, and Patrick Johnson had three catches for 58 yards and a score. On defense, Jeff Oxner had 11 tackles, and Damani Neal and Johnson each snagged an interception.

The Bulldogs will host Landon at 7 p.m. on Friday, Oct. 24.

Boys' Soccer Playoffs

The Churchill boys' soccer team earned

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.

Student Volunteers Needed. The Montgomery County Board of Elections is seeking students, the No. 1 seed in Section I of the 4A West region playoffs.

The Bulldogs receive a first-round bye and will face the winner of Walter Johnson and Richard Montgomery on Tuesday, Oct. 28.

Whitman is the No. 2 seed in Section I and will face Kennedy at 7 p.m. on Friday, Oct. 24.

Wootton, the No. 5 seed in Section II, will face Magruder at 7 p.m. on Friday, Oct. 24.

Field Hockey Playoffs

The Wootton field hockey team, seeded No. 1 in Section II of the 4A South region, will face Kennedy on Thursday, Oct. 23.

Churchill, the No. 2 seed in Section II, will face Richard Montgomery on Thursday. Whitman, seeded No. 2 in Section I, will face Walter Johnson on Thursday, Oct. 23.

grades 6-12, to participate as election aides during the 2014 gubernatorial general election. Most student aides serve in precincts near their homes, and if applicable, receive student service learning credits. U.S. citizenship is not a prerequisite. Students with bilingual and American Sign Language skills are encouraged to apply. Students and their guardians must attend training. 240-777-VOTE or 777vote.org.

Ротомас Almanac 🔹 Остовег 22-28, 2014 🔹 19

must be received by Oct. 28. **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



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FALLSREACH, POTOMAC, MARYLAND Stunning 3BR/3.5BA, living room with fpl, chef's kitchen open to family room. 2-zoned HVAC, fresh paint, security system, wood floors, 2-story deck. laned parking. 9412 Bentridge Ave. \$689, 301-706-0067 Kay McGrath King 202-276-1235

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