

Potomac ALMANAC

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carry the torch for
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ETHNIC FOOD FESTIVAL



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SCHOOLS



Halloween Party at Carderock Springs

Julie Stevens' kindergarten class dressed up for the Halloween parade and party at the Carderock Springs Elementary School.

Uma Ghosal and Ava Korva with their teacher Julie Stevens.



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

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9:00 am Wednesday, December 10

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Comfort Zone: Smaller Than the Safety Zone

Neighborhood archery hunt set to begin Nov. 7 is postponed.

BY MARY KIMM
THE ALMANAC

Reducing the number of deer by lethal means can be divisive in residential neighborhoods, said George Timko of the Maryland Department of Natural Resources.

This was not news to the 100-plus residents of a Potomac neighborhood who had gathered to discuss planned bow hunting in their 500-home neighborhood. For weeks, stern warnings helped to keep a lid on smoldering exchanges across the neighborhood listserv which occasionally broke out in open hostilities between those who believe thinning the deer herd by lethal means is an essential step and those who are dismayed by the idea of hunting within the tight confines of their neighborhood. Some oppose bow hunting as cruel.

The Oct. 29 meeting was packed with people and solid details about deer and a planned hunt, set to run Nov. 7, 2014 through Jan. 31, 2015. Civility prevailed.

More

Read this year's deer management plan from Montgomery County

http://www.montgomeryparks.org/PPSD/Natural_Resources_Stewardship/Living_with_wildlife/deer/documents/2015_deer-report.pdf



MONTGOMERY PARKS



The effect of deer on the forest's understory.

Earlier this year, the Montgomery County Council voted to reduce the "safety zone" for archery hunting from 150 to 100 yards from "a dwelling house, residence, church or other building occupied by human beings," unless the occupant of the building gave permission. It was a step taken in recognition of the need to reduce the number of deer in the county.

Many residents did not anticipate that a safety zone the length of a football field could mean archery hunting in a neighborhood where houses sit less than 30 feet apart on one-third of an acre lots.

Officials emphasized that archery hunting is safe, with no record of any non-hunter ever being injured by a bow-hunter in Maryland. But residents worried about safety for

children and pets, as well as being exposed to the sight of injured, dying or dead deer.

It appeared that the agreement of 28 households plus the owner of a narrow strip of conservation easement would allow a hunt to proceed in a closely defined area without gaining permission from the larger community. As the nearly three-hour meeting proceeded, those opposed to bow hunting in the neighborhood slowly came to understand that bow hunting would begin on Nov. 7; there was no mechanism in place to stop it.

But on Monday, Nov. 3 came the word that the company that owns the conservation property had put its permission on hold while the homeowners association sends paper ballots to its residents to determine what level of support or dissent there is for archery hunting in the neighborhood.



A doe browses near Brickyard Road with a buck in close proximity.

MORE THAN 2,000 deer-vehicle collisions a year are reported to Montgomery County Police, according to the Maryland Department of Natural Resources. In addition to the 2,019 deer-vehicle collisions reported in 2012, 2,038 were reported in 2011; 1,930 in 2010; 1,945 in 2009; and 1,841 in 2008. Other escalating deer problems include damage to agriculture and landscaping; environmental damage affecting bird habitat and other wildlife; and Lyme disease.

Rob Gibbs, chair of the Montgomery County Deer Management Work Group, emphasized the importance of reducing the number of deer. Gibbs said that local efforts, like the proposal in this neighborhood, can have a significant impact in terms of controlling the deer population going forward.

"Deer are not great travelers; most deer will live their entire life within an area about one square mile in size. This limits the impact that population management in parks alone can have in reducing deer populations much more than a quarter to a half-mile from the park," says the current deer management report for the county. "Away from

the currently managed properties, deer populations and impacts have continued to increase in our smaller parks, and on private land, much of it within neighborhoods often over a half mile from larger parcels of parkland.

"Deer vehicle collisions countywide have continued to slowly rise since 2008 despite reduced accidents around managed parkland." But deer/vehicle collisions have gone down in areas with a quarter mile of county parks where there are active measures to cull the deer, mostly sharpshooting or managed hunts with guns.

Timko, from Maryland Department of Natural Resources, also noted some non-lethal approaches, including sterilization, might work in neighborhoods, but it is expensive and logistically difficult. At least one local veterinarian said she would donate her services to sterilize deer. There is also one birth control drug approved for deer in Maryland, GonaCon, which can be effective for two-to-three years.



A buck heads toward Brickyard Road, pursuing a doe.

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The Knights of Columbus — Joe Veakes, John Durbin, Innocent d'Almeida; — lead the parade.



Soccer players line up on the field.

Celebrating End of Season

MSI held its annual festival on Sunday, Nov. 2, for players and families in its program for children with special needs. The event was held on the athletic field at Potomac Community Center.

MSI's TOPSoccer/Adaptive Program is designed for young athletes ages 3-21 with disabilities such as intellectual and closely related developmental disabilities, severe learning disabilities, autism, Downs Syndrome, muscular dystrophy, cerebral palsy, and impaired vision and hearing.

Emphasis is placed on development, training, and participation, rather than on competition. The TOPSoccer program is a 6 or 7 week fall program and is administered by instructors and specially-trained volunteer soccer buddies.



Julia Ramos, Nadia Sarfarazi, winner of last year's Meredith Award, and Isabel Callahan.

Join us for
our holiday open houses

5258 River Road • Thursday, November 13

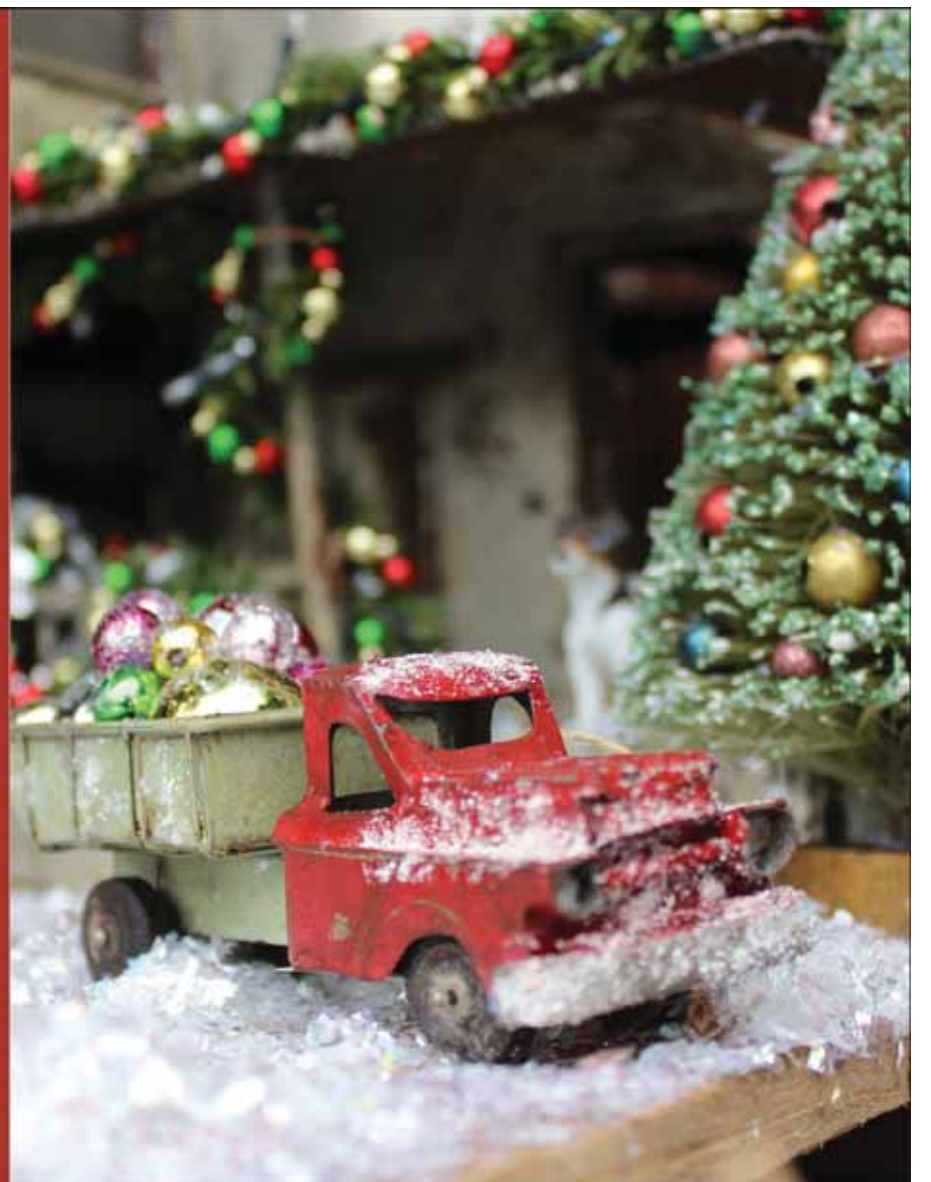
7405 River Road • Friday, November 14

5pm-7:30pm

wine and snacks will be served



LIFESTYLE BOUTIQUE *Linge*



OPINION

Saving Tree Canopy and Biodiversity

BY SUSANNE LEE
WMCCA PRESIDENT

A very short cease fire may be at hand in the war of Pepco vs. the trees. Citing “significant destruction and disruption to adjacent private property owners,” State Senator Brian Feldman and Montgomery County Councilmember Roger Berliner have asked the Maryland Public Service Commission for a two-week stay on further tree cutting in the Potomac area until the commission staff confirm that Pepco’s proposed activities are consistent with the commission’s regulations.

WMCCA applauds the request. However, in addition, we all need to take steps to counter the impacts on local ecosystems from tree canopy and other habitat loss, not just at the hands of Pepco, but by deer browse and our own land development practices. Individual actions, lot by lot, taken and linked together, have proven to make a substantial impact on improving local biodiversity, even reversing the declining numbers of birds, butterflies, bees, and other pollinators.

There is also a growing science that promotes not just planting trees — but planting ones that promote the greatest biodiversity. The enormous tulip tree in my yard hosts just 21 types of caterpillars, but the oak hosts 537 species. Why would anyone want more caterpillars? Because, for example, chickadees need to bring 6,000 - 9,000 caterpillars to the nest to raise a half dozen chicks! As a result, jurisdictions such as Baltimore County now require that county parks be planted with large canopy trees, especially oaks, not ornamental and specimen trees.

We can maximize our own positive impact on biodiversity by planting trees recommended by scientists such as Douglas Tallamy at the University of Delaware. Surround our properties with canopy trees such as white oaks, red maples, shagnut, pignut, and mockernut hickories, American beech, and sycamores (the latter two are deer resistant). For conifers, try the Eastern red cedar. Also add smaller understory trees such as bottlebrush buckeye, paw-

paw, wafer ash, and our native dogwood (*Cornus florida*) that supports 117 species of moths and butterflies in contrast with the Kousa dogwood that supports only a few insects. Other good understory trees include serviceberry, arrowwood, hazelnut, and blueberries.

NOTE THAT PEPSCO has a tree replacement program for property owners: One new tree for each one Pepco or its contractors remove. Contact Dan Landry at dplandry@pepco.com or 240-508-3591 (cell) to request replacements. Even though Pepco removed massive canopy trees, it appears the replacement trees are limited to those that can be planted directly under the power lines — maximum height is 35 ft. But Pepco’s guidelines allow large canopy trees 50 ft from the lines and medium trees (up to 40 ft tall) so long as they are at least 20 ft from the lines. If you have planting space away from the lines, we encourage you to ask for large canopy trees or, at a minimum, for the understory trees listed above that improve local biodiversity. Fall is a great time to get outside and plant trees!

ARTIFICIAL TURF UPDATE

BY CAROL VAN DAM FALK

Finally, we are making some headway. People here in Montgomery County and across the nation are listening to very real concerns about a potential link between cancer and synthetic turf. We have also drawn attention to the toxins in artificial turf as they relate to environmental pollution and the misinformation campaign being waged by the synthetic turf industry on the cost of maintaining artificial turf vs. natural turf. Most public high schools have bought the artificial turf campaign hook, line and sinker. They think they need artificial turf to have more playing time for their kids and reduce maintenance costs. Wrong! If natural grass is properly maintained, these fields can meet all the needs of local public schools and privately run playing fields.

On Oct. 8, NBC Nightly news investigated the alarming story of cancer and artificial turf. Please take a minute to watch the segment at this link:

[https://www.youtube.com/watch?v=iSj-](https://www.youtube.com/watch?v=iSj-paw, wafer ash, and our native dogwood)

Next Meeting

Robb Gibbs, Natural Resource Manager for Maryland National Capital Park and Planning Commission (M-NCPPC) – Montgomery Parks will speak at the next meeting of the West Montgomery County Citizens Association on Wednesday, Nov. 12, at 7:15 p.m. at the Potomac Community Center.

Gibbs is the wildlife specialist for county parks and will present an overview of deer impacts and the county’s deer management program with an emphasis on the role of private property owners and communities in controlling deer populations and how recently passed state legislation affects them. The public is welcome to attend.

If schools are closed because of inclement weather, the meeting will be cancelled.

QJkDQWw#t=19

Thirty-eight soccer players, 34 of them goalies, who grew up playing on synthetic turf have come down with cancer. Blood cancers like lymphoma and leukemia dominate the list. Meanwhile, the mad dash to replace natural grass fields with artificial turf on area public school athletic fields continues. WMCCA raised these health concerns with Wootton High School administration officials before they pushed through a move to replace natural turf with a plastic carpet to the tune of nearly \$1 million — all to no avail. The same thing happened with Churchill High School officials.

The Safe Health Playing Fields Coalition, of which WMCCA is a member, has provided testimony citing peer reviewed studies that echo the findings in the NBC report, but more research is needed. In response to the NBC report, the EPA agreed, saying “more testing needs to be done,” but so far has not committed to conducting those tests. For more information, visit the web site at: www.safehealthyplayingfields.org

ENVIRONMENTAL REPORT

BY GINNY BARNES

Bill 41-14 - Expanded Polystyrene Ban - The County Council has introduced and held public hearings on a bill to further prohibit the use of polystyrene foam, a petroleum-based plastic which does not break down, is harmful to the aquatic life in county streams, and contributes significantly to the waste stream. There are alternatives to using it that are recyclable or compostable. WMCCA has written the Council in support of the legislation.

LETTER TO THE EDITOR

Seeking Stay To Tree-Cutting

To the Editor:

The following open letter was addressed to Kevin Hughes, chairman, Maryland Public Service Commission.

We are writing to you today on behalf of our constituents. Pepco is engaging in extensive tree cutting along its right-of-way in Potomac, with significant destruction and disruption to adjacent private property owners. In response to their serious and legiti-

mate concerns, we are asking the commission to place a two-week, temporary stay on the tree cutting until commission staff can confirm that Pepco’s proposed activities fully meet both the spirit and the letter of the commission’s regulations. No one has fought harder for greater reliability in our community, and we fully accept that trees and power lines do not mix. Appropriate vegetation management is necessary to deliver power safely and reliably. However, there are reasonable actions that can be taken, and then there are unrea-

sonable, destructive approaches.

Every indication in this case suggests that Pepco has gone beyond what is necessary to achieve reliability. We have heard from homeowners on Cobble Creek Circle, Bentrige Avenue, Deborah Drive, Betteker Lane, and elsewhere, that Pepco’s activities in this particular case have led, and will continue to lead, to significantly diminished quality-of-life and property values while failing to fundamentally improve service reliability. We ask that you address whether Pepco’s activities meet the

commission’s own vegetation management standards, and whether the level of cutting being undertaken serves the public interest.

We urge you to use your authority to push the pause button on this increasingly divisive situation and conduct an immediate review of Pepco’s activities in this area.

Thank you for your attention to this matter. We await your response.

State Sen. **Brian Feldman**
Councilmember **Roger Berliner**

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PHOTOS BY DEBORAH STEVENS/THE ALMANAC



Residents and county officials gather in the newly rebuilt Scotland Community Center on Saturday, Nov. 1.

Rebuilt Center Named after Thompson

Montgomery County Executive Ike Leggett, County Council President

Craig Rice and Councilmembers Roger Berliner, Marc Elrich, Cherri Branson and Nancy Floreen joined residents of the Scotland community for a ribbon cutting and dedication ceremony for the Bette Carol Thompson Scotland Neighborhood Recreation Center on Saturday, Nov. 1.

The newly renovated center at 7700 Scotland Drive in Potomac was renamed for Scotland native and community activist Bette Carol Thompson. Serving since 1990 in many volunteer positions such as the president of the Scotland Community Development, Inc. and the Scotland Advisory Committee, Thompson dedicated herself to making the Scotland community a welcoming and safe community for all its residents.

The project cost \$6.5 million and involved the demolition of the existing structure and construction of a two-level structure that fea-



County Executive Isiah Leggett and Bette Carol Thompson cut the ribbon.

tures a gymnasium, two multi-purpose activity rooms, game room, weight and exercise room, social hall and more. The facility was designed to comply with Leadership in Energy and Environmen-

tal Design (LEED) guidelines for LEED Silver certification.

The architect for the project was Whitman, Requardt & Associates. The construction company was Keller Brothers, Inc.

Email announcements 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.

SATURDAY/NOV. 8

Vet or Dog Trainer? 2-4 p.m. at St. Luke's Episcopal Church, 6030 Grosvenor Lane, Bethesda. Hear veterinary behaviorist Dr. Leslie Sinn explain differences between training issues and medical problems. Find out how to research effective help for pets. Leave dogs at home. Visit yourdogsfriend.org/free-workshops/ or call 301-983-5913.

MONDAY/NOV. 10

Chronic Pain Support Group. 1-2:30 p.m. 12320 Parklawn Drive, Rockville. For anyone with chronic pain, their family and friends. Participants are welcome to bring pillows, mats, ice or hot packs to be comfortable. Call 301-231-0008 or visit www.painconnection.org for more.

Monthly Meeting of the Civic Federation. 7:45-10 p.m. 1st Floor Auditorium of the County Council Office Building, 1001 Maryland Ave., Rockville. "Reduce, Reuse, Recycle-or Everything You've Ever Wanted to Know about Our County's Solid Waste" is the topic. Learn how much of what is being put in the blue bins is actually being recycled, wear it goes and whether the County really provides free composting bins. There will be a panel presentation. Free parking in garage. Free. www.montgomerycivic.org



PHOTO BY MARY KIMM/THE ALMANAC

Election Day

Every state and local office that represents Potomac was on the ballot Nov. 4. For results, see www.potomacalmanac.com.

LET'S TALK Real Estate



by Michael Matese

Skylight Choices: Fixed, Vented or Tubular?

A skylight is a day lighting option that adds interest, uniqueness, beauty and energy efficiency to any home. There are a number and variety of choices available when it comes to design and material. One aspect that homeowners considering the addition of a skylight may want to weigh is the type of skylight they want for their home's lighting, aesthetic and energy goals. Three key things to examine are fixed skylights, vented skylights, and tubular skylights. Each option has benefits and drawbacks, so homeowners should investigate the options before making a decision. Licensed contractors can provide more information on these options and help homeowners choose the right type of skylight for the long-term goals of the residence. The fixed skylight is integrated as a permanent element of the building. The main advantages of a fixed skylight are that they are easy to install and thus are less costly than other types of skylights, require little maintenance, are less susceptible to leaking or other skylight hazards and are highly energy efficient because of their tighter sealing. Potential drawbacks are difficulty in ventilating rooms and tedious cleaning, due to the fact that the interior and exterior of fixed skylights must be cleaned separately. Operable skylights are opened and closed according to preference, by electric, solar-powered or manual means. Operable (or vented) skylights provide homeowners more flexibility, allowing the skylight to be opened to any desired degree at the user's discretion, providing less reliance on electric means for lighting, cooling and ventilation of an area. Operable skylights that are manually or solar powered contribute doubly to the lowering of the homeowner's power bill. Additionally, operable skylights are easier to clean, as both the interior and exterior may be cleaned from either side. Vented skylights, do, however, require more maintenance than fixed due to the wear-and-tear on the moving mechanical components, which over time will require repair and replacement. The frequent opening and closing of operable skylights also require regular lubrications for hinges to work properly. Finally, operable skylights can accidentally be left open or can require quick action on the homeowner's part when unexpected rains appear! Tubular skylights are the most popular choice for small spaces like bathrooms and hallways; once installed, this choice often looks more like a modern light fixture than a traditional skylight. Tubular skylights are flexible tubes running between the ceiling and the roof, thus eliminating the need to build a tunnel. As such, this type of skylight neither raises nor lowers. A reflective material lines the inside of the tube, collecting sunlight from the origin of the tube and bouncing it through the length of the tube to the termination point, where natural light is diffused. The diffusion of sunlight through the tube structure protects interior carpets and furniture from becoming bleached out, as the natural light reaching them is indirect. So you've decided on a skylight—now meet with a licensed contractor to decide what kind. Fixed, vented or tubular—the choice is yours, when letting a little light into your home!

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

MICHAEL MATESE
Long & Foster Realtors
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Mike@michaelmatese.com

The Friends of the Potomac Community Center, Inc.

are seeking applicants for its Board. We are looking for energetic individuals who are willing to commit several hours per month for meetings and assist in a number of activities held at the Center. The Board is organized for the charitable purpose of promoting, supporting, and providing financial assistance to the Potomac Community Center. If you are interested, please send your resume to the Potomac Community Center, 11315 Falls Rd., Potomac, MD 20854 Attn: Larry Chloupek by Friday, November 21st.

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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 am–3 pm)
(Bring sack lunch)



Beverly H. Tauke, LCSW

Presenter & Author of *Healing Your Family Tree*

Workshop Components

- Use Family History Keys to Recalibrate Marriage & Kids
- Upgrade Your “Family Brain”
- Sharpen Tools for Clueless Relatives – or Clueless You!
- Pry Triumph & Wisdom from Any Family Package
- Renegotiate Family Roles
- Forgive & Reconcile

Workshop is FREE, but Preregister at church@olom.org.

After Saturday's session, Healing prayer, Confessions and Mass (5pm) will be available.

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

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.

Photo Slam: The Exhibit. Through Nov. 17. Reception and Gallery Talk, Sunday Nov. 9, 6-8 p.m. Photoworks Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Photoworks presents award-winning images from last year's Photo Slam and Busboys and Poets. Featured photographers are Michele Egan, Serli Lala, Julie Miller and Pablo de Loy. Free. Visit www.glenechophotoworks.org
The 3 Billy Goats Gruff. Through Nov. 21. The Puppet Co., Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The Puppet Co. presents a marionette romp in which three brothers get the goat of a hen-pecked troll, in their attempts to trip-trap-tromp to where the grass is greener. Three variety numbers precede the performance, demonstrating the making of a simple hand puppet, and manipulation of rod puppets and marionettes, as an introduction to the Art of Puppetry. Visit www.thepuppetco.org to learn more and to purchase tickets.

Ancient Materials, Modern Aesthetic. Saturdays and Sundays, 12-6 p.m., through Nov. 23. Stone Tower Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Lime Stucco Plaster in Contemporary Mosaics. Stone Tower Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Visit www.glenechopark.org or call 301-634-2222.

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

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

Argentine Tango with Lessons. Most Sundays, 6:30-11 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Tango Brillante DC offers Argentine Tango lessons followed by a Milonga most Sunday evenings. Beginner lesson 6:30-7:30 p.m. and intermediate lesson 7:30-8:30 p.m. Cost is \$15/lesson and includes the Milonga that follows. For dancers who wish to attend just the Milonga,

cost is \$10 and the open dance with DJ runs 8:30-11 p.m. No partner required. Visit www.glenechopark.org or call 301-634-2222 for more.

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

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

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

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.

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

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

SilverWorks Studio & Gallery. Wednesdays, Thursdays, Saturdays and Sundays, 10 a.m.-6 p.m. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. SilverWorks Studio & Gallery is a working silversmith studio and includes an ongoing exhibition, as well as sales of the work of artist-in-residence Blair Anderson. Free. Visit www.silverworksglenechopark.com.

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

Glen Echo Pottery. Through December, Saturdays and Sundays, noon-5 p.m. Glen Echo Pottery, 7300 MacArthur Blvd., Glen Echo. The Gallery shows the work of 29 individual potters and instructors at Glen Echo Pottery. Wheel-throwing demonstrations are offered most Saturdays and Sundays, noon-2 p.m. Children are welcome. Visit www.glenechopottery.com/gallery for more.

Yellow Barn Studio & Gallery. Saturdays and Sundays, noon-5 p.m. The Yellow Barn Studio & Gallery presents free exhibitions of emerging artists' work. Each weekend features the work of a different artist. Most artwork is also for sale. Visit

www.yellowbarnstudio.com.

CAMPS, CLASSES & WORKSHOPS

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 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 for a list of class dates, times.

NOVEMBER

The Potomac Chamber of Commerce's Annual Awards Dinner. Normandie Farm, 10710 Falls Road. The Potomac Chamber of Commerce honors Potomac's citizen, businessperson and youth of the year. Visit www.potomacchamber.org for more.

Potomac Community Center Open Flea Market. The Potomac Community Center, 11315 Falls Road, has been regularly scheduled on a biannual basis in November and May. Call 240-777-6960 for more.

Bazaar. Greek Orthodox Church of Saint George, 7701 Bradley Blvd., Bethesda. Handmade artistry, holiday decorations, jewelry, specialty crafts, and Greek delicacies, including its famous baklava. Visit www.stgeorge.org or call 301-469-7990 for more.

THURSDAY/NOV. 6

Glen Echo Park Dance Studio Open House. Ribbon-cutting at 10:30 a.m., followed by a reception at 11 a.m. 7300 MacArthur Boulevard, Glen Echo. The public is invited to attend Glen Echo Park's ribbon-cutting and open house to celebrate the reopening of its renovated Hall of Mirrors dance studio, which used to be the amusement park fun house. Visit www.glenechopark.org/hall-mirrors-open-house.

An Evening with Molly Ringwald. 7:30 p.m. at the Jewish Community Center of Greater Washington, 6125 Montrose Road, Rockville. Known for her roles in various '80s films, Ringwald will perform songs from her first jazz album “Except Sometimes.” Call 301-468-6701 or visit jccgw.org for more.

THURSDAY-SUNDAY/NOV.6-16

The Lessans Family Annual Book Festival. Jewish Community Center of Greater Washington, 6125 Montrose Road, Rockville. For more details on specific times, admission costs and reservations, go to jccgw.org/bookfestival, call 301-348-3805 or visit the JCCGW Box Office.

FRIDAY/NOV.7

Author Event. Noon at the Jewish Community Center of Greater Washington, 6125 Montrose Road, Rockville. Author Catherine Zacks Gildenhorn, “Redefining Moments:End of Life Stories for Better Living,” offers the perspective of a man at the end of a rewarding life, who instead of succumbing to grief, channels his positive energy. Tickets \$40, includes lunch. Visit www.jccgw.org/bookfestival or call 301-348-3805.

FRIDAY-SUNDAY/NOV. 7-9

Festival and Bazaar. Friday and www.ConnectionNewspapers.com



*The Potomac Chamber of Commerce
requests the honor of your presence
at our annual awards dinner,
November 13, 2014, six o'clock p.m.,
Normandie Farm Restaurant.*

Please join us for an evening of celebration to honor:

Citizen of the Year: Barry R. Perlis

Business Person of the Year: Jill & John Phillips

Youth of the Year: Samuel B. Greenberg

Please RSVP by November 7, 2014

*The Potomac Chamber of Commerce, Inc.
P.O. Box 59160, Potomac, MD 20859-9160
301-299-2170*

ANNUAL AWARDS DINNER

Thursday, November 13, 2014

6:00PM – 9:00PM

Please respond by Friday, November 7, 2014

Mr./Ms. _____

Business Name: _____

Phone No: _____ E-mail: _____

_____ Number of Individual attendees - **\$55.00 per person.**

_____ I am unable to attend.

Please choose a dish for each individual:

_____ # of Chicken Coq Au Vin

_____ # or Filet of Cod Stuffed with Lump Crab Meat, Citrus Drizzle
(or) _____ Capelini d' Angelo w/ Roasted Veg & Garlic Vgn Olive Oil

Make Checks payable to:

*The Potomac Chamber of Commerce, Inc.
PO Box 59160
Potomac, MD 20859
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ENTERTAINMENT

Saturday, 11 a.m.-8 p.m. Sunday, noon-4 p.m. at St. Mark Orthodox Church, 7124 River Road. Russian and Eastern European food, baked goods, jewelry, pottery, nutrition products, icons, religious books and gifts will be offered. Visit www.stmarkoca.org or call 301-229-6300 for more.

FRIDAYS/NOV. 7-DEC. 19

Gingerbread House Decorating. 7-9:30 p.m. at VisArts Rockville, 155 Gibbs St., Rockville. VisArts provides the gingerbread house, candy and one glass of wine. Tickets \$45. Participants must be 21 years or older. Visit www.visartscenter.org or call 301-315-8200.

SATURDAY/NOV. 8

Potomac Library Book Sale. 10 a.m.-1 p.m. 10101 Glenolden Dr. Sponsored by the Friends of the Library, Potomac Chapter. Most hardbacks will be \$1 and most paperbacks will be \$0.50 Visit www.montgomerycountymd.gov/Library/branches/potomac.html or call 240-777-0690 or 301-765-4083.

2nd Annual Bazaar. 10 a.m.-3 p.m. Ingleside at King Farm, 701 King Farm Blvd., Rockville. Will sell books, crafts, holiday decorations, handmade items, ceramics, DVDs/CDs, jewelry, art work, attic treasures and a bake sale. There will also be a face painter. Free parking and attendance, lunch is available in Ingleside's Market Place. Contact Joan Harrison at 301-330-1297 or parjoanie@aol.com.

Love Ball. 6:30-11 p.m. at the Hilton, 1750 Rockville Pike, Rockville. Gala and fundraiser, with a cocktail reception, silent and live auctions,

three-course dinner and dancing. Regular tickets, \$160; Deluxe tickets, \$200; VIP tickets, \$230. Save 10 percent when reserving a table of 10. Visit www.mchumane.org/loveball14.shtml for more.

SATURDAY-SUNDAY/NOV. 8-9

Canal Quarters Open Houses Celebrate 5th Anniversary. Noon-3 p.m. Open houses at all six Canal Quarters lockhouses. Saturday, visit lockhouses 22, 25 and 28; Sunday, visit lockhouses 6, 10 and 49. Each lockhouse will have special programming. Visit www.canaltrust.org for more.

SUNDAY/NOV. 9

Gingerbread House Decorating. 12-2:30 p.m. at VisArts Rockville, 155 Gibbs St., Rockville. VisArts provides the juice and cider to keep the holiday mood going. For children 6 and up. Two people can share one house but all children must be accompanied by an adult. Tickets \$45. Visit www.visartscenter.org or call 301-315-8200.

TUESDAY/NOV. 11

Author Event. 12 p.m., Jewish Community Center of Greater Washington, 6125 Montrose Road, Rockville. Author Mark Lee Greenblatt, "Valor: Unsung Heroes from Iraq, Afghanistan, and the Home Front," talks about his book of interviews with U.S. servicemen from 21st century wars. Tickets \$12. Free for U.S. veterans. Visit www.jccgw.org/bookfestival, or call 301-348-3805.

Author Event. 4:30 p.m. Jewish Community Center of Greater

Washington, 6125 Montrose Road, Rockville. Author Debbie Levy, "We Shall Overcome: The Story of a Song," with illustrations by Vanessa Brantley-Newton, pays tribute to the heroic spirit of the famous song that encompasses American history. Student program, ages 6-8. Tickets \$8. Visit www.jccgw.org/bookfestival, or call 301-348-3805.

WEDNESDAY/NOV. 12

West Montgomery County Citizens Association (WMCCA) Meeting. Second Wednesday each month, October-May, 7:15-8:45 p.m. Potomac's umbrella citizens association is scheduled to hold its first general meeting. Visit www.wmcca.org for more.

THURSDAY, NOV.13

Author Event. 12 p.m. Jewish Community Center of Greater Washington, 6125 Montrose Road, Rockville. Author Martin Goldsmith, "Alex's Wake: A Voyage of Betrayal and a Journey of Remembrance," details his six-week quest to retrace the journey his grandfather and uncle made, a contemporary travelogue and heartfelt memoir of a second-generation American Jew trying to make sense of his heritage. Tickets \$12. Visit www.jccgw.org/bookfestival, or call 301-348-3805.

SATURDAY-SUNDAY/NOV. 15-16

Pleiades 29th Annual Jewelry Exhibition and Sale. 11 a.m.-5 p.m. Woman's Club of Bethesda, 5500 Sonoma Road, Bethesda. A collection of jewelry and metalwork by 20 area artists will be offered for sale. Admission is free. Judy Sugar

301-933-3513

Art Exhibit. 12-7 p.m. and Sunday, 12-5 p.m., Artist reception: Saturday, November 15, 5-7pm at Yellow Barn Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Paintings by Ines Rulis Barlerin and Louise Roth. These Maryland painters use multiple media, oil, watercolor, gouache and pastel to evoke areas of quiet. Free. Visit www.yellowbarnstudio.com, call 301-371-5593, or call the National Park Service, Glen Echo, at 301-492-6229.

SUNDAY, NOV. 16

Owl Moon Raptor Center Fall Fundraising Festival. Noon-4 p.m. Black Hill Regional Park Nature Center, 20926 Lake Ridge Drive, Boyds. The will be raptor flight demonstrations, photographic opportunities, food, and raptor-themed games and crafts for the children. Free admission. www.owlmoon.org

Author Event. 1 p.m., Jewish Community Center of Greater Washington, 6125 Montrose Road, Rockville. Author Mitchell Bard, "Death to the Infidels: Radical Islam's War Against Jews," leading authority on U.S.-Middle East policy argues the media is missing the real crux of the dispute. Tickets \$12. Visit www.jccgw.org/bookfestival, or call 301-348-3805.

SUNDAY-TUESDAY/NOV. 16-18

Holiday Boutique and Silent Auction. 10 a.m.-6 p.m. Sunday, 10 a.m.-7 p.m. Monday and Tuesday. Julia Bindeman Suburban Center, 11810 Falls Road, Potomac. Washington Hebrew Congregation

Sisterhood presents its 28th annual Holiday Boutique and Silver Auction. Shop more than 50 vendors: bid on auction items; and dine at the cafe with take-home baked goods. 20 percent of every sale supports national and local charities. Email whcsisterhood@gmail.com.

MONDAY/NOV. 17

The Battlefield Band. 7:30 p.m. at Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. The Battlefield Band is one of the great institutions of Scottish traditional music and has been a bedrock of talent for more than four decades. Tickets are \$20 in advance and \$26 at the door. Visit www.imtfolk.org for more.

THURSDAY/NOV. 20

Literary Luncheon Series. 11:30 a.m. Strathmore Mansion, 10701 Rockville Pike, North Bethesda. Historian Ida E. Jones will discuss her book "Mary McLeod Bethune in Washington DC: Activism and Education in Logan Circle." Tickets start at \$12 for FOLMC and Strathmore members and \$17 for non-members. Visit www.folmc.org to register.

SATURDAY/NOV. 22

Dinner of Champions. The Jewish Community Center of Greater Washington, 6125 Montrose Road, Rockville. The 23rd annual event honors those who have achieved success in the world of sports, and those who have made extraordinary contributions to the community. Call 301-881-0100 or see www.jccgw.org for more.



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IN SEPTEMBER 2014, 50 POTOMAC HOMES
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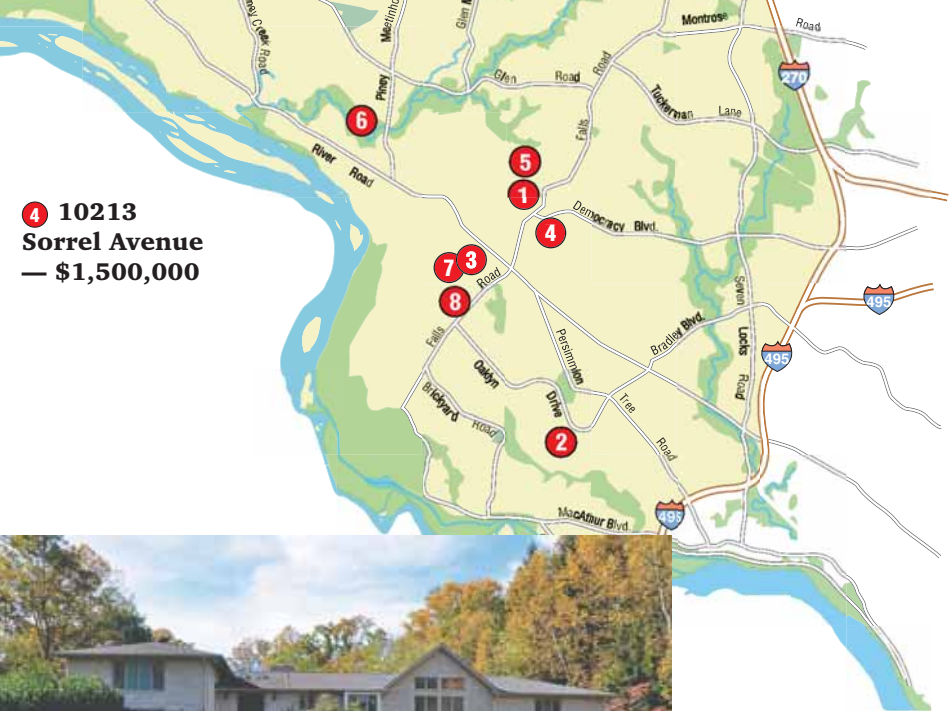
2 16 Beman Woods Court — \$1,650,000



September, 2014 Sales, \$1,375,000~\$1,700,000



3 10601 Bit and Spur Lane — \$1,580,000



4 10213 Sorrel Avenue — \$1,500,000



5 10831 Lockland Road — \$1,500,000



7 9716 The Corral Drive — \$1,400,000



8 10708 Stanmorew Drive — \$1,375,000

Address	BR	FB	HB	...	Postal City ..	Sold Price	Type	Lot AC ..	PostalCode	Subdivision	Date Sold
1 10001 APPLE HILL CT	6	..	5	. 1	POTOMAC	... \$1,700,000 Detached	0.76	20854	POTOMAC OUTSIDE	09/18/14
2 16 BEMAN WOODS CT	4	..	6	. 1	POTOMAC	... \$1,650,000 Detached	0.17	20854	AVENEL	09/29/14
3 10601 BIT AND SPUR LN	6	..	5	. 2	POTOMAC	... \$1,580,000 Detached	2.10	20854	POTOMAC MANOR	09/30/14
4 10213 SORREL AVE	8	..	5	. 3	POTOMAC	... \$1,500,000 Detached	0.46	20854	BLenheim	09/29/14
5 10831 LOCKLAND RD	5	..	5	. 2	POTOMAC	... \$1,500,000 Detached	2.03	20854	POTOMAC OUTSIDE	09/15/14
6 11512 BIG PINEY WAY	5	..	6	. 2	POTOMAC	... \$1,450,000 Detached	2.00	20854	SADDLE RIDGE	09/29/14
7 9716 THE CORRAL DR	5	..	4	. 2	POTOMAC	... \$1,400,000 Detached	2.10	20854	POTOMAC MANOR	09/05/14
8 10708 STANMOREW DR	4	..	3	. 1	ROCKVILLE	... \$1,375,000 Detached	2.01	20854	GREAT FALLS ESTATES	09/12/14

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PEOPLE

Shaping Life Coaching Tips into Haiku

Author fits message into 17 syllables.

BY SUSAN BELFORD
THE ALMANAC

Life coach Phyllis Levinson discovered a few years ago that the Japanese Haiku form of poetry was an abbreviated yet effective method to communicate a meaningful thought. She penned her first haiku a few years ago when she had a moment of feeling incredibly grateful. She wrote:

Shelter? Check. Food? Check.
Clothes? Check. Healthcare? Check.
Love? Check.
Cup runneth over.

Haiku is a Japanese poetry form in which each very brief poem is made up of 17 syllables. In English, these 17 syllables are divided into 3 lines. The first and third lines are 5 syllables each and the second line is 7 syllables. A haiku presents a surprising observation about an ordinary experience that leads suddenly to an insight. Usually written in present tense, haikus are contemplative and leave the reader with something to think about. They are impressions that do not rhyme and often juxtapose two things that are very similar or opposites.



Phyllis Levinson

Levinson, a Kentlands resident, is a certified life and executive coach. Previously she worked in both for-profit and not-for-profit organizations. Her book, "Life-Ku: 101 Life-Coaching Tips 17 Syllables at a Time" was self-published this year and is full of essential advice for life. Levinson said, "It will leave you feeling understood, hopeful and ready to change your outlook on life."

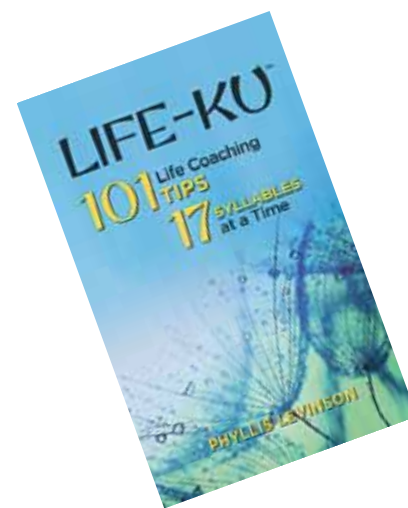
"I'm not a poetry expert or aficionado," said Levinson. "I have always liked the haiku format and love and appreciate poetry. I wrote one haiku and it was fun, and thus I started writing them almost daily. I became serious about turning my writings into a self-help book of life-coaching tips. I went through the hundreds of haikus that I had written, looking for an efficient way to or-

ganize them."

She found that organizing the chapters based on themes of life-coaching was effective. Thus, her chapters are: Journey, Confidence, Gratitude, Glitches, Take Charge, Tools, Relationships, Parenting, Self-Image, Compassion, Presence and Insight, Simplify, Aging and Love and Joy.

"I love this form because there are so many self-help books out there," she said. "I wanted one that readers would not have to wade through. My book can be read in order — or randomly. The poems trigger thoughts in the readers for various reasons. My goals in writing this book were twofold. First, I wanted to share the life tools, tips and practices that have helped my clients since I began coaching in 2002. Second, the book had to convey this knowledge and experience with brevity focus and simplicity. Hence the haiku format."

She continued, "Life coaching consciously and purposefully moves us toward being as happy, joyful and fulfilled as possible. It is my honor to help people answer the questions we all ponder, "Am I in the right profession for me?" "How do I manage my career and have the personal life I desire?" "How do I deal with a difficult boss/friend/family member?" "How can I better parent my children?" "What if I'm not as smart as people think I am?" Levinson hopes that her



Samples

Here are a few of her haikus about life:

From the chapter: Take Charge

Strong body, strong mind
They reinforce each other
Work out both daily.

From the chapter: Presence and Insight

More, bigger, better
Wanting, longing, yearning for
Missing out on now.

From the chapter: Love and Joy

Old self to young self:
Life's all about love and peace
The rest is filler.

And finally, from Love and Joy

"I love you" is nice
But acts of love are better
Say it AND do it.

Want to read more? Levinson's book retails for \$8.06 at www.amazon.com. To learn more about Levinson's Life Coaching, go to www.bigtentcoaching.com.

readers will read and reread these haiku and gain a flash of insight or a shift in perception.

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Local Authors To Appear at Annual Book Festival

Bringing writers and readers together.

By Susan Belford
THE ALMANAC

The upcoming 45th Annual Lessans Family Book Festival will be a 10 days of presentations on a variety of books — many by authors who reside in the area. The festival will include a performance by Molly Ringwald, informational author's discussions, a free movie about J.D. Salinger, food including brunch, ice cream and knishes, programs geared to children, a journey through the Food Network — and more. Ringwald will kick-off the events on the evening of Nov. 6 with a performance from her first jazz album, "Except Sometimes." The Golden Globe nominee is well-known for her starring roles in "Sixteen Candles," "The Breakfast Club," and "Pretty in Pink" as well as in award-winning Broadway productions.

Many local authors, along with other renowned writers, will highlight the festival. The subjects of their books cover everything from Jewish life to culture, history, heroes and politics to women's issues as well as topics of interest to families and children. Unique formats will be featured for many of the author presentations. "New York Night" includes "Shows, Schmooze and Snacks" while "Breakfast and Baseball" with author J.B. Bernstein ("Million Dollar Arm") pairs his discussion with a light breakfast.

Among local artists presenting are Debbie Levy of Potomac, Martin Goldsmith of Kensington, Mitchell Bard of Chevy Chase, Mark Lee Greenblatt of Bethesda, and Catherine Zacks Gildenhorn of Bethesda.

Levy "writes books — novels, nonfiction, picture books, poetry — for young people, old people, and in-between people." At the festival, she and illustrator Vanessa Brantley-Newton will be presenting their book, "We Shall Overcome." Written for children, the book pays tribute to the heroic spirit of protest that has shaped our nation and the world we live in. Levy said, "I often go into schools and lead discussions about the song and how it evolved, thanks to the voices of so many people. It has roots in the days of slavery, in spiritual music, in the churches in the Carolinas. It was not only sung by slaves, but by women in the tobacco factories and other people who were protesting unfairness. Instead of fighting with guns and mortars, they fought with their brains — and by singing in unison. They were able to change the world." The book is geared to children ages 4 to 5 and up. "It can be understood by younger children, but upper elementary and middle school children will comprehend it on a different level," said Levy. Levy and Brantley-Newton will be



Levy

appearing on Tuesday, Nov. 11 at 4:30 pm. Tickets are \$8.

"Alex's Wake, A Voyage of Betrayal and a Journey of Remembrance" by Martin Goldsmith is a personal memoir of his quest to retrace the sad journey of his 61-year-old grandfather Alex Goldschmidt and 17-year-old uncle, Klaus Helmut Goldschmidt. In 1939, they sailed from Hamburg, Germany to Havana, Cuba on the SS St. Louis with 938 other Jewish refugees fleeing Nazi Germany. However, Cuba, the U.S. and Canada turned the refugees away, and they were forced to return to Europe, where the two were shifted through internment camps in France. Ultimately, in 1942 they were sent to Auschwitz where they were murdered.

In his youth, Goldsmith felt a sense of loss in his family, but when the question was asked why they had no grandparents, aunts or uncles, he and his brother were told, "They were killed in the war." It wasn't until he was in his 40s that he started piecing together the story of what really did happen. He left on his journey in the spring of 2011 to explore the experiences of these two relatives he never knew.

"The journey was unsettling but gratifying" said Goldsmith. "I felt guilty and uneasy that we were traveling in relative comfort, while my grandfather and uncle were taken at the point of a gun, riding in boxcars and sleeping in barracks with inadequate living conditions. However, making sense of our parallel journeys was meaningful for me. Standing in the footsteps of my grandfather and uncle was incredibly moving. On the afternoon we were in Auschwitz, I was truly gripped with depression thinking that my family had been murdered here."

"In Oldenburg, Germany where my grandfather once lived in affluence, I met a 93-year-old woman who had known my grandfather and uncle. Her father had been a Nazi. She had felt guilty all this time. She asked my forgiveness and we realized we each had a lot of shame and guilt in common. I also met the people who now own the house that my grandparents owned — the house that was stolen by the Nazis. The people who live in it now did not know anything about the story of my grandfather, but they volunteered to put up a plaque to honor them. I returned for the hanging of the plaque, which made me feel like the entire enterprise was worth it."

Goldsmith has been an American radio personality and classical music host (WETA, NPR, Sirius XM) for 40 years and has written two other books: "The Inextinguishable Symphony" and "The Beatles Come to America". He will be discussing "Alex's Wake" on Thursday, Nov. 13 at 12 pm. Tickets are \$12.

Bethesda's Catherine Zacks Gildenhorn will discuss "Redefining Moments: End of



Goldsmith

Life Stories for Better Living" written by her father, Gordon B. Zacks, a prominent force in the Jewish community. When he was diagnosed with terminal cancer in December 2013, he chose to channel his positive energy into an end-of life celebration as well as an advice book to help others realize and maximize the joy of living. He requested that his daughter serve as his editor-in-chief, designated spokesperson and emcee of his Celebration of Life events. She said, "His book is inspiring and poignant — with the goal of starting a conversation about the end of life, but also about the importance of living life fully. The whole book is about living with passion and purpose. Death will be no stranger to any of us and it is incredibly important to live each stage of your life to the maximum. Don't wait to spend time with families, or to volunteer or take that trip."

Throughout the book are memorable stories and quotations from Gordy Sacks that bring perspective to one's life. For example, he writes, "The end of life doesn't strip us of dignity. The last stages of life do assault our hubris... Your willingness to accept perceived 'humiliation' will often be directly related to your opportunities to experience joy. Live life as it's available to you and relish it." One of his most remembered sayings is, "If I learned one thing in these revealing days, it's Don't Stop Now!"

"This festival is a wonderful opportunity to bring his book to our community," Gildenhorn said. "Money made from the sales is seed money for the 'Redefining Moments' website as well as for our designated charity."

The Gildenhorns are a well-known family to members of the JCC. Michael has served as JCC President and Cathy has served on the board and executive committee of the Jewish Federation of Greater Washington as well as on the National Women's Philanthropy Board. She also served as a presidential appointee to the United States Holocaust Memorial Council. She will be discussing the book on Friday, Nov. 7 at noon. Lunch will be served. The ticket price is \$40.

Chevy Chase's Mitchell Bard, a leading authority on U.S. — Middle East policy, executive director of the American-Israeli Cooperative Enterprise (AICE), director of the Jewish Virtual Library and author of more than 22 books will discuss his latest book, "Death to the Infidels: Radical



Catherine Zacks Gildenhorn with her father Gordon B. Zacks

Islam's War Against the Jews." Bard said, "This book documents the growth of radical Islam in the Middle East and how it has transformed a political conflict into a one-sided religious war, pitting radical Muslims against Jews in Israel — and around the world." He exposes the implications of this shift, the most important being the limitation of prospects for long-term peace between Israel and its neighbors, and the expectation of the radicals that the destruction of Israel is just the first step toward creating a global Muslim empire.

Bard believes there are no easy solutions, but he make the case that this are much more serious problems than thought-to-be by leaders, and there has to be a recognition that there is a war between the Muslims seeking to dominate the world and the West that has different values. "There must be more scrutiny and less tolerance for radicals. The prospects for peace are precarious."

Although Bard has not presented his books previously in this area, he said, "I am looking forward to the discussion. This area is very well educated and informed and I am certain that my audience will be very knowledgeable on this topic." He will speak on Sunday, Nov. 16 at 1 p.m. The ticket price is \$12.

Mark Lee Greenblatt's book discussion of "Valor: Unsung Heroes from Iraq, Afghanistan and the Home Front" will take place on Veteran's Day, Tuesday, Nov. 11 at noon. Tickets are \$12. The Bethesda attorney became interested in sharing the stories of unsung veterans who "stood out because, in each story, there was this moment of relative safety where the hero is not getting shot at — but who intentionally chooses to put himself in harm's way and does not head to a secure location or seek self-protection. That extraordinary moment — what are they thinking or what made them decide to do it is what I focused on." An investigative criminal attorney by day, Greenblatt researched hundreds of stories of valor to select the nine in his book. "These soldiers, sailors and Marines have risked their lives several times over for their country as well as for their fellow troops and civilians. Still, until now, their stories have largely gone unnoticed by the public. I am pleased to be able to discuss 'Valor' in my hometown on Veteran's Day. With Walter Reed National Medical Center so close, I am hoping that some of the veterans will come to the presentation. I know that this particular audience will be very close to the topic and I look forward to a meaningful discussion. These unsung heroes deserve to have their stories shared with the public and to be recognized for their bravery and dedication."

Greenblatt grew up in Potomac and graduated from The Bullis School. His first job was delivering The Potomac Almanac door-to-door in Potomac.



Bard

WELLBEING

Cookbook Offers Hearty Dinners

Local chefs use seasonal produce to create new dishes.

BY MARILYN CAMPBELL
THE ALMANAC

When the weather turns chilly and the produce at farmers' markets change from bright orange tomatoes to thick skinned squash and pumpkins, Dorothy Myers faces a culinary conundrum.

"I've always thought of myself as a creative cook, but making filling and healthy fall and winter meals are much more of a challenge," said Myers who lives in Potomac. "So I decided to gather some recipes that were hearty, but also easy to prepare."

Myers' efforts culminated in a book released last month called "The Family Dinner Table: Season Fall and Winter Recipes to Savor." The collection of recipes was gathered from chefs both local and in other parts of the country. One thing they have in common is their use of the freshest cold weather produce and the ability to create a filling meal for one's family with minimal fuss.

"I wanted most of the recipes to be one-pot meals that could be made in a Dutch oven or a crock pot," said Myers. "I love being

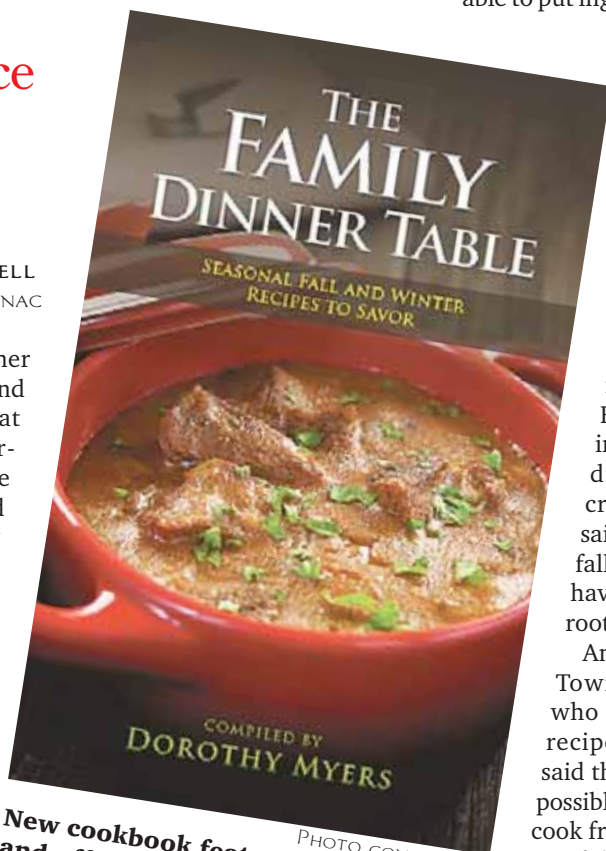


PHOTO CONTRIBUTED
New cookbook features local chefs and offers hearty family dinner recipes for fall and winter.

"I've always thought of myself as a creative cook, but making filling and healthy fall and winter meals are much more of a challenge,"

— Dorothy Myers,
'The Family Dinner Table'

able to put ingredients in a pot and come back hours later to a hearty meal and a savory aroma wafting through my house."

One chef who is in Myers book is former White House pastry chef Susan Limb, who now owns Praline restaurant in Bethesda. "I think using good, fresh ingredients is the key to creating good food," said Limb. "My favorite fall and winter produce have to be squash and root vegetables."

Amanda Clark, of Old Town Alexandria, Va., who has a collection of recipes in Myers' book, said that she believes "it is possible for busy families to cook fresh, wholesome and tasteful meals each night of the week."

The key, she said, is "paying attention to the seasons and cooking seasonally."

Arlington, Va.-based chef Kristin Robinson considers beets, kale, cauliflower, mushrooms and squash among her favorite fall and winter produce.

"Knowing how to prepare a vegetable and retain its vitamins and minerals is important," she said. "For example, blanching a green vegetable in boiling water turns the water green with a rather large percentage of vitamins and minerals. Steaming vegetables is healthier."

Myers considers her cookbook a healthy celebration of the bounty of fall and winter. It is available on Amazon.com

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Dos, Don'ts and What-Ifs



By KENNETH B. LOURIE

Instinctively, I am not the most open-to-new-ideas/new-things kind of person. However, an unexpected diagnosis of stage IV, non small-cell lung cancer (NSCLC) at age 54 and a half – along with its equally unexpected “13-month to two-year prognosis,” changes a few things. And thanks to a great friend, Rebecca Nenner, whom I have written about previously, I have/have had to become more open, and consequently, have assimilated into my life many non-Western, non-traditional alternatives (pills, supplements, super foods, activities/behaviors, etc.) with which I was totally unfamiliar (I’m a sports and chocolate kind of person), in an attempt to outlive my prognosis. And nearly six years later, I am here to say: been there, still doing that; by following many of Rebecca’s suggestions. Moreover, as a passionate health and fitness advocate, and now “Certified Holistic Health Coach,” Rebecca has guided me through the maze which characterizes life living with cancer. Presumably, given the fact that I’m still in the game, it’s likely her recommendations have contributed to my overall good health and unexpected life expectancy.

Nevertheless, stories abound electronically and in literature, of cancer patients who have eradicated their tumors in unconventional ways; ways that I’m not at present pursuing. Rebecca, for one, has regularly provided me with an evolving array of information/success stories for my consideration. In spite of it all, I don’t, generally speaking, feel compelled to add as many new things as I once did; finally, the point of this column: I want to feel good about what I’m already doing, rather than feel bad about what I’m not doing. Heck, I should be one of those success stories with patients wanting to know what I’ve accomplished.

Even though being alive 68 months post-diagnosis is a “miracle,” according to my oncologist, I really shouldn’t/can’t rest on my still-alive laurels and close back up again. I’d like to think I’ve learned something from my survival. Yet I don’t want to feel as if I have to add something new because something old might not be working anymore. Part of my hesitation is, “if it ain’t broke,” why should I fix it? Maybe my thinking should be: just because it was broke, don’t mean it can’t be fixed. If I don’t add/dare I say, upgrade – or worse, subtract and start following my not-very-open instincts – I may be closing the only opening I have left. Or, and here’s where the problem/decision on how best to proceed gets muddled (at least in my head), might I be affecting my status as quo, which given the February, 2009 prognosis, is pretty amazing? My worry is: if I added some new things, would I be threatening my present or securing my future? Unfortunately, there’s no way to know. Whatever I do/don’t do however, my goal is to feel good about what I’m doing/not doing, not bad about it. And as I’m sure you all can imagine, as a characterized-as-terminal cancer patient, there’s already plenty to feel bad about. The trick is...heck, there is no trick. It’s just mind over matter, and try not make matters worse while somehow not being afraid to make matters better.

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

The biggest things are always the easiest to do because there is no competition.
-William Van Horne



Sara Chang led Churchill with seven kills against Whitman on Monday night.



Churchill volleyball coach Cindy Hillard said Epiphany Charles is a 5-foot-5 outside hitter who plays like she's 6 feet 1.



Jessica McManus led Whitman with seven kills on Monday night.

PHOTOS BY HARVEY LEVINE/THE ALMANAC

Churchill Volleyball Sets Sights on States

Bulldogs beat Whitman in Section I semifinals.

BY JON ROETMAN
THE ALMANAC

After winning the program's first division title in 27 years, the 2013 Churchill volleyball team advanced all the way to the 4A West region final, where the Bulldogs fell short against rival Wootton.

One year later, Churchill, winner of back-to-back division championships, started its 2014 postseason with a sweep of Whitman on Monday night. Afterward, head coach Cindy Hillard didn't dance around the Bulldogs' intentions.

"We're going to states."

— Churchill volleyball coach Cindy Hillard about the Bulldogs' expectations.

"We're going to states," she said.

Churchill, the top seed in Section I of the 4A West region, defeated Whitman 3-0 (25-15, 25-23, 25-19) in the sectional semifinals on Nov. 3 at Churchill High School. The Bulldogs will need two more wins, including their sectional final match against Richard Montgomery at 6 p.m. on

Wednesday, Nov. 5, to reach their goal. At this point, however, the Bulldogs (14-1) are convinced they have the athletes and the mindset to get there.

"Last [year] against Wootton, we really got in our heads," Churchill senior Sara Chang said. "Mental toughness is probably the biggest part of volleyball at this point for us. We have all the tools, but the tools are useless unless we have it all together in our heads."

Chang, a setter and opposite hitter, led Churchill with seven kills against Whitman. The Oberlin College commit also had six blocks and four aces.

"She is phenomenal," Hillard said of Chang, a four-year varsity athlete who will play setter at the college level. "She is fantastic."

Another of Churchill's weapons is outside hitter Epiphany Charles, who leads the Bulldogs in kills despite standing just 5 feet 5. Charles finished with six kills against Whitman.

"She's just a ball of fire," Hillard said. "... At 5-5, she should not be able to do what she does. She's 5-5 and she hits like she's 6-1."

Churchill outside hitter Jasmine Soriano finished with six kills and seven digs against Whitman. Middle blocker TingTing Sun had five kills and three blocks, and Abby Kash had five blocks.

Chang said being the top seed in Section I gives the Bulldogs confidence.

"We're the team to beat and you have to prove yourself if you want to beat us," she said. "We're not just going to give it to you."

If Churchill defeats Richard Montgomery (the Bulldogs beat the Rockets 3-0 during the regular season), they will face the win-

SPORTS BRIEFS

Churchill Football Earns Division Championship

The Churchill football team defeated Whitman 41-7 on Oct. 31 at Churchill High School, giving the Bulldogs the 4A South division championship.

The victory improved Churchill's record to 6-3, including 5-0 in the division.

Churchill ran the ball 44 times for 328 yards and five touchdowns. Andrew Zuckerman led the way with 16 carries for 140 yards and two touchdowns. Marquette Lewis had 82 yards and a score on 10 carries, and Blake Dove rushed seven times for 54 yards and two touchdowns.

Andrew Marders led the Churchill defense with 10 tackles. Jesse Locke and Giulian Groce each had one sack. Oumar Soumah and Kyle Zonghetti each had one interception.

Whitman quarterback Evan Smith completed 5 of 7 passes for 51 yards and a touchdown.

ner of Gaithersburg, the No. 1 seed in Section II, and Northwest in the region final on Friday or Saturday.

Jessica McManus led Whitman with seven kills and Claire Nagelhout had six. McManus and Nagelhout each had four aces.

Churchill will conclude the regular season with a road game against Damascus at 6:30 p.m. on Friday, Nov. 7. Whitman will host Blair.

Bullis Football Beats Episcopal

The Bullis football team defeated Episcopal 31-17 on Oct. 31 at Bullis School, improving its record to 8-1.

The Bulldogs will conclude the season with a home game against Georgetown Prep at 7 p.m. on Friday, Nov. 7.

Wootton Football Falls to Rockville

The Wootton football team lost to Rockville 56-14 on Oct. 31 at Wootton High School, dropping the Patriots' record to 5-4.

Wootton will conclude the regular season with a road game against Quince Orchard at 6:30 p.m. on Friday, Nov. 7.

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