

Potomac ALMANAC

Perry the turkey is held by Deb Durant, a volunteer at the Poplar Spring Animal Sanctuary which held a "Thanksgiving with the Turkeys" on Saturday, Nov. 22.

Thanksgiving With Turkeys

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Physicians
Launch
'Seniorbility'

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PHOTO BY DEBORAH STEVENS/THE ALMANAC

NOVEMBER 26 - DECEMBER 2, 2014

ONLINE AT POTOMACALMANAC.COM

PEOPLE

More Than Exercise

BY COLLEEN HEALY
THE ALMANAC

What if healing were as simple as moving? This is the question writer and yoga student Anne Samit asks in her debut book, "Unfold Your Mat, Unfold Yourself, Essays on Yoga's Healing Truths and So Much More."

Samit is a longtime yogi. She says her yoga practice "put me back in touch with myself. I found solace in yoga and it gave me a greater understanding of myself physically and mentally. I am a private person but put nuggets of me in the book. That was another exercise in courage."

Movement as medicine is an emerging concept that is already widespread throughout the yoga community. Samit said that she stumbled upon this concept once she started practicing and that, for her, it had proved true.

"I started practicing yoga with the sole intention to exercise, but I was surprised to find that it affected me on an emotional and spiritual level, too. I was not looking for that," said Samit. "I didn't know it would become a way of life, and that moving on a mat could be so transformative."

Samit practices yoga almost daily, and her



Anne Samit

simple quest to exercise ignited a therapeutic journey of self-discovery. She blogs on the impact of her practice, and her book is a compilation of her essays. She says her writing is an outgrowth of her practice, and that one facilitates the other.

Essays describe yoga's healing truths.

"Writing came about in much the same way as my practice," said Samit. "I simply started, and then I couldn't stop."

Samit says that exercising was as new for her as the yoga practice itself, and that she found the movement to be energizing and healing. She began writing about the practice and, before she knew it, she was writing about herself. The essays in her book are divided into a framework of what she terms as "Healing Truths" and cover subjects such as perspective, self-belief, inhibition, anxiety, spirituality, inner power, courage and more. Each essay comprises a balance of revelations about both the practice and the author.

"[One of my instructors] always spoke about what lots of people speak about in yoga, and that's to 'trust the process.' This phrase always sounded so general to me, and I never really understood what it meant. But as I put the book together and, espe-

cially, as I was finishing, I finally came to understand it [by writing this book]," she said.

Samit said this book is for yogis and non-yogis. "I think the reader can relate to something in my experiences and connect with that. There are many different kinds of yoga, and so it's a practice that can strengthen anyone at any level at any time."

With a Bachelor of Science in journalism from the University of Maryland and a background in public relations, Samit is currently an executive assistant at a health industry consulting company. She is a regular columnist for www.elephantjournal.com and her articles have appeared on AOE's localized news sites, www.Patch.com, The Jewish Week and her own blog, www.Yoga-Speak.com. Her book is available on Amazon in paperback and as an e-book.

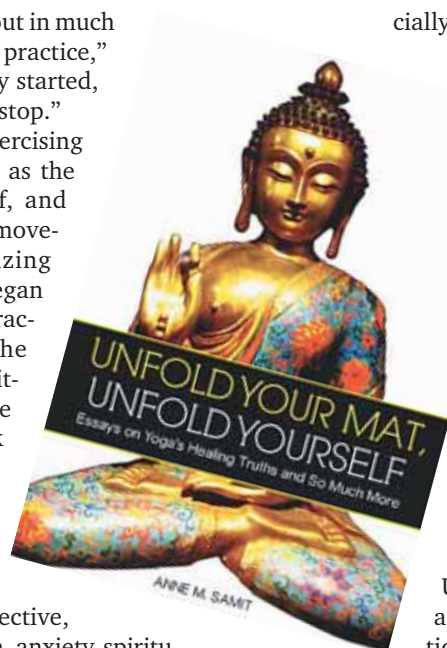


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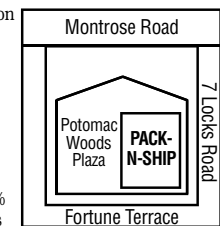
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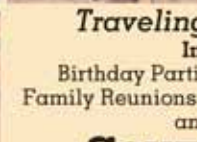
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The ducks at Poplar Spring Animal Sanctuary in Poolesville.

Thanksgiving with the Animals

The Poplar Spring Animal Sanctuary at 15200 Mt. Nebo Road, Poolesville hosted a Thanksgiving with the turkeys — and other animals — on Saturday, Nov. 22. The staff

from the Physician's Committee for Responsible Medicine helped set up the tables and chairs and pumpkins. Participants brought a vegan dish and visited with the animals at the sanctuary.



The male goats play in the field.



Two goats are attired for the Thanksgiving party.



Amelia the pig with Bart Aronson, Mila Zain and Zarina Aronson.



Participants brought a potluck lunch of vegan meals.

PHOTOS BY DEBORAH STEVENS
THE ALMANAC

Physicians Launch 'Seniorbility'

Check-in system connects seniors with medical professional.

BY SUSAN BELFORD
THE ALMANAC

"I was struck by the epidemic that all emergency physicians encounter: seniors living alone who injure themselves and aren't checked on for days," said ER Doc Alex Mohseni. "Most often, the story recited by the medics is one that is rote to them: the senior got up in the middle of the night to use the restroom, took a fall, and couldn't get up. Lying on a cold floor for hours or days, with a broken hip or arm, or a head injury, the senior is unable to get up on his/her own, unable to call for help, and often unable to use the Medical Alert device. Eventually, a neighbor or mailman notices something might be wrong and notifies 911. The medics then bring her/him in to us. I cannot describe in words the horror of what happens to a human who is lying without food or water on a cold hard floor, often lying in his or her own excrement, rapidly developing pressure ulcers, all while in severe pain from a broken hip or arm. This shouldn't happen to any human. This doesn't need to happen. I don't want this to happen to my loved one. I encountered all sorts of disasters with people living alone and then I began to focus on the question: 'What can I do as a physician to help seniors?'"



Alex Mohseni, M.D.



Jason Brandt, M.D.



Ali Sajadi, M.D.

After researching the problem for a long time, Mohseni and Ali Sajadi, M.D., a doc-

SEE CHECKING, PAGE 5

LET'S TALK Real Estate



by Michael Matese

Techno Luxury

The homebuyer of today is definitely concerned with keeping up—not with the Joneses, perhaps, but with the ever-changing face of technology. A fully appointed den or media room used to be an important selling point in a home—today, these things are de rigueur, standard in nearly every home on the market. In order to increase the market appeal of your home and be competitive with other homes of comparable structure, size and amenities for sale in your area, the new key selling point of a property is the home office. Once a rarity, the home office has evolved into the home's hub and center of operation and activity, often controlling every technological amenity of the house from one room. Modern home automation systems link lighting, heating and air conditioning systems, as well as audio-visual equipment, security systems and the scheduling of television, recording systems, stereo equipment and lighting fixtures. The modern home office isn't just for business professionals, technological connoisseurs, or the higher-earning set, either. Today's home technology features are high-end home amenities that are available across a wide range of budgets, turning an average home into an above-average home when it hits the market, giving tech-savvy dwellings a competitive market edge. Take a look at your home's wiring, routing and see what simple upgrades you could implement that would simplify your day-to-day living while you're in the home, and that could add top-dollar value to your home when it comes time to put it on the market. Ask yourself: Is your home techno-ready?

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**POTOMAC
ALMANAC**

BUSINESS

Camargo, Guterman Launch Collection

Designer, local entrepreneur join forces.

BY SUSAN BELFORD
THE ALMANAC

Jewelry designer Anthony Camargo is renowned for his line, Anthony Nak, worn by celebrities such as Angelina Jolie, Catherine Zeta Jones and Jennifer Lopez. Camargo recently relocated to the Potomac area from southeast Asia — and the designer has now joined forces with Potomac entrepreneur Barbara Guterman to release his new independent jewelry collection.

Guterman is CEO and co-owner of the company, "Anthony by Anthony Camargo Fine Jewelry." The company is headquartered in Montgomery County and its first nationwide release was held Nov. 1 at Fragments Jewelry Showroom in New York.

"Anthony brings an original and exceptional talent to the table," said Janet Goldman, Fragments founder and CEO. "He has developed a new design with his flowing, sensuous collection. It is a thrill to witness the rebirth of a talented designer."

Camargo has been designing jewelry for the past 15 years. As a partner with Anthony Nak, he won the FGI Rising Star Award and the CFDA Emerging Talent Award. He is recognized for creating revolutionary techniques and beautiful designs which have movement and fluidity.

"His new collection features his signature style of draping and



Example of jewelry designer Anthony Camargo's work.

movement, while incorporating a new and unique design interpretation," Guterman said.

Camargo said, "Incorporating old world craftsmanship with new concepts in construction has inspired distinctive designs that allow a woman to simply feel beautiful and sensual from the moment she adorns them. Each piece is timeless and elegant, uniquely allowing each woman to have her own vision of how she wants to be, feel and express herself; never obtrusive, but always a complement to the beauty within." "We are all fortunate to have such a talented and renowned jewelry designer in our local community," said Guterman. "I am thrilled and delighted to have the opportunity to couple my entrepreneurial expertise of building business and brands with the amazing and talented designer that Anthony Camargo is. We have built a team that is extremely dedicated and creative and are excited about the future of the Anthony by Anthony



PHOTO CONTRIBUTED

Barbara Guterman and Anthony Camargo

Camargo fine jewelry line." Guterman has experience in building numerous businesses for the past 30 years across a variety of industries including telecommunications, education, nonprofits, manufacturing and retail.

"For me it was a perfect fit. In working on this venture with Anthony, I can combine my passion for jewelry and fashion with my love of business," said Guterman.

Camargo is already expanding the 18k collection and will be showcasing at the Couture show in Las Vegas in June, 2015. He will debut his jewelry to our area at Neiman Marcus at Tyson's Corner on Dec. 10 from 10 a.m. – 6 p.m. "My jewelry will then be available at all Neiman Marcus' throughout

the US," said Camargo.

Camargo would like to become involved in the local Potomac community. "I am pleased to have the opportunity to work with Barbara who knows so many organizations and people in our local area. I enjoy giving back and have already become involved with several charitable events. My dog Samed who is handicapped and I are often seen strolling through Kentlands or at the 'Bullis Gives Back' Walk."

To learn more about Camargo's jewelry, email him at info@AnthonyCamargo.com or call him at 202-489-9322. His collection currently ranges in price from \$1,300 to \$15,000. All pieces are handmade in the USA.

BULLETIN BOARD

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.

MONDAY/DEC. 1

Montgomery County Civic Federation Meeting. 7:45-10 p.m. at the County Council Office Building, 100 Maryland Ave., Rockville. Learn about what you should do in case of an emergency. Visit www.montgomerycivic.org for more.

WEDNESDAY/DEC. 3

Special Education Committee. 6:30 p.m. at MCPS Board of Education offices, Carver Cafeteria, 850 Hungerford Drive, Rockville. Two occupational therapists will present information on Sensory Integration Disorder. All meetings are free and open to the public. Email Parents_Coalition@yahoo.com.

Renovated Mall Ready for Holidays

ArcLight Cinema opens.

BY SUSAN BELFORD
THE ALMANAC

The renovated Westfield's Montgomery Mall offers a state-of-the-art movie theater, a variety of new restaurants and dozens of stores just in time for Black Friday. The make-over enhancements include a food court that provides fresh sushi, salads, lobster rolls and more. Some of the new signature restaurants are The Cheesecake Factory, Cava, Aroma Café, Bobby's Burger Palace and Bistro Sensations. Fast food includes Popeye's, McDonald's, Panda Express, Chick-Fil-A and others.

The ArcLight Cinema offers reserved seats; outside the theater is a full-service bar, a pastry case filled with baked treats, a menu with a full selection of food items – and, of course, the standard

movie fare, pop-corn, a soda and candy. Karen Davis of Bethesda said, "It's a real treat to go to the movies here. No parking issues, the theater is comfortable, clean and modern – and we expect to return time after time. I like the fact that we can eat in comfort in the mall and attend the movie without fighting traffic and huge crowds. I'm so excited that it is very convenient to our home."

The mall will also be offering a number of events for shoppers and diners. On Sunday, Nov. 30 from 1-4 p.m., the Rockville Brass Band will provide holiday entertainment in the new Dining Terrace in support of American Red Cross at Walter Reed. The in-center appearance is in preparation for their upcoming benefit concert with the Silver Spring Christmas Chorale on Dec 6 at 8 p.m.

Santa Claus is visiting the mall through Dec. 24 from 10 a.m. – 9 p.m. Visit <http://www.westfield.com/montgomery/entertainment/events/10475#schedule>.

Checking in with Senior Citizens

FROM PAGE 3

tor of urology as well as a technology inventor, decided to launch a company with the consultation support of Dr. Jason Brandt, an expert in Alzheimer's, Huntington's and other dementia syndromes. Based on research performed by Brandt, they developed a check-in system in which a medical professional calls daily on a telephone land-line with questions that verify the current cognitive functioning of the senior.

They launched their company Seniorbility a few weeks ago — a company that will “monitor the cognitive function of your senior over time, giving you daily reports on their brain power, which reflects their daily ability to safely live alone.”

Their goals co-ordinate with the “Aging in Place” philosophy that seniors are happiest when they can remain living independently in their own homes — but they also synchronize with the knowledge that as seniors age, they need a safety net in place.

Mohseni explained their plan for checking daily on each senior. “Before the call, I will randomly choose a city, state and zip code to give the senior at the beginning of the conversation. Then I have a short discussion with the senior about how they are feeling, what they are doing, have they been taking their medicines, etc.

“At the end of the conversation, I ask them to name the city, state and zip code that I first gave them. I score them on their factual memory and then email the family members the score as well as my com-



ments on our daily conversation.

“We started our pilot in May, and have put a lot of research into our model,” said Mohseni. “The seniors really enjoyed the daily human touch and being able to connect with someone over the telephone every day.”

“Our service is not meant to replace a Medical Alert device. It is an adjunct — a Medical Alert device is active, ours is more passive — yet pro-active because it is a human who checks every day with your senior and also gives you an early warning if there does seem to be a problem. In the future, we plan to add an eldercare referral agency in order to refer people for more services if they need them.”

The charge for the services of Seniorbility is \$99 per month. To learn more about Seniorbility, check out www.seniorbility.com or connect by email at info@seniorbility.com.

Mohseni grew up in Potomac and graduated in 1995 from Winston Churchill High School. He received his M.D. from the University of Maryland and then completed a residency in emergency medicine at Thomas Jefferson in Philadelphia. He is now an ER physician at Emergency Medicine Associates.

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Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC



September, 2014 Sales,
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IN SEPTEMBER 2014,
50 POTOMAC HOMES SOLD
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1 8304 Larkmeade Terrace — \$1,285,000

2 9809 Woodford Road — \$1,250,000



6 9710 Glynshire Way — \$1,210,000

7 10104 South Glen Road — \$1,180,000



4 9621 Beman Woods Way — \$1,219,000



5 12403 Glen Mill Road — \$1,210,000

Address	BR	FB	HB	...	Postal	City	..	Sold Price	Type	Lot AC	..	PostalCode	Subdivision	Date Sold
1 8304 LARKMEADE TER	4	..	4	..	1	POTOMAC	...	\$1,285,000	Detached	0.18	20854	BELLS MILL ESTATES	09/10/14
2 9809 WOODFORD RD	5	..	5	..	1	POTOMAC	...	\$1,250,000	Detached	0.51	20854	BLenheim	09/22/14
3 11516 GLEN RD	4	..	4	..	2	POTOMAC	...	\$1,245,000	Detached	2.01	20854	DARNESTOWN OUTSIDE	...	09/05/14
4 9621 BEMAN WOODS WAY ...	2	..	4	..	1	POTOMAC	...	\$1,219,000	Townhouse	..	0.14	20854	AVENEL	09/19/14
5 12403 GLEN MILL RD	5	..	4	..	1	POTOMAC	...	\$1,210,000	Detached	0.57	20854	GLEN MEADOWS	09/26/14
6 9710 GLYNShIRE WAY	7	..	4	..	1	POTOMAC	...	\$1,210,000	Detached	0.20	20854	CLAGETT FARM	09/30/14
7 10104 S GLEN RD	4	..	4	..	0	POTOMAC	...	\$1,180,000	Detached	0.99	20854	POTOMAC HILLS	09/23/14
8 7805 CADBURY AVE	4	..	3	..	2	POTOMAC	...	\$1,175,000	Townhouse	..	0.05	20854	PARK POTOMAC	09/18/14
9 13430 BISSEL LN	4	..	4	..	1	POTOMAC	...	\$1,162,000	Detached	2.00	20854	STONEY CREEK ESTATES	09/15/14
10 9532 FOX HOLLOW DR	5	..	4	..	1	POTOMAC	...	\$1,131,000	Detached	0.25	20854	FALLSWICK	09/30/14

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ENTERTAINMENT

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

ONGOING

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

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

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

Glen Echo 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.

THURSDAY/NOV. 27

Turkey Chase 10K Run. Starts at 8:30 a.m. at 9401 Old Georgetown Road at Spruce Street. The run

benefits the YMCA Bethesda-Chevy Chase, YMCA's Youth and Family Services and the Bethesda-Chevy Chase Rotary Club Foundation. Includes a two-mile walk/run; wheelchairs welcome. Visit www.turkeychase.com for more.

FRIDAY/NOV. 28

Bella Gaia Show. 8 p.m. Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. This award-winning, immersive, live multimedia performance combines high-fidelity images of Earth and live performances of music and dance from around the world. Visit www.strathmore.org for more.

FRIDAY/WEDNESDAY/NOV.28-DEC.31

Winter Lights. This recurring event is a 3.5-mile drive through a holiday light show at Seneca Creek Park with more than 360 illuminated displays. It also has additional events including walks and runs under the lights and S'more lights. Proceeds from the Festival benefit local charities. Call 301-258-6350 or visit www.gaithersburgmd.gov for more.

FRIDAY-SUNDAY/NOV. 28-30

Art Exhibit. Noon-7 p.m. at Glen Echo Park, 7300 MacArthur Road. The Yellow Barn Gallery presents "Esoteric Dreams" the first solo exhibit of recent works by Linette Childs. Contact childs.studio@gmail.com or 301-371-5593.

SATURDAY/NOV. 29

Swing Dance. 8-9 p.m. drop-in beginner swing lesson, 9-12 p.m.

dance. Spanish Ballroom at Glen Echo Park, 7300 MacArthur Boulevard, Glen Echo. \$20. A night of swing dance fun with London's Jive Aces. www.gottaswing.com

SUNDAY/NOV. 30

Dixieland Jazz Jam Session. 3-6 p.m. Normandie Farm Restaurant, 10710 Falls Road, Potomac. Bring an instrument and sit in with the house band, The Conservatory Classic Jazz Band, at this monthly traditional jazz jam. The house band plays an upbeat mix of New Orleans, Chicago, and swing style. Admission is \$10, free for jammers and students. www.prjc.org or 301-762-3323

DECEMBER 2014

Christmas Tree Sale. Cabin John Park Volunteer Fire Department, Station 10, 8001 River Road. Call 301-365-2255 or visit www.cjpvfd.org for more.

Santa on Fire Engines. This event is run by the Cabin John Park Volunteer Fire Department. A procession of fire engines carry Santa on a tour of Potomac neighborhoods over the course of several evenings in December, collecting unwrapped new toys for needy children. Call 301-365-2255 or visit www.cjpvfd.org.

Friends of the Yellow Barn. The friends of the Yellow Barn will be putting on annual members show. Dec. 1 through Dec. 23. Visit www.glenechopark.org or www.yellowbarnstudio.com for more. Call 301-634-2222.

THURSDAY/DEC. 4

Artist Talk. 4-6 p.m. at Exhibit9

Gallery, 2807 Byron St., Potomac. Contributing artists of "Once Upon a Moment" will talk about their various photographs. Visit www.exhibit9gallery.com for more.

FRIDAY-SATURDAY/DEC.5-6

Greens Sale and Holiday Boutique. 9 a.m.-5 p.m. at Landon School, 6101 Wilson Lane, Bethesda. Specialty wreaths, topiaries, boxwood roping. 40 vendors. Proceeds benefit student financial assistance and faculty enrichment programs. Visit landon.net/greens.

Play Performance. 7:30 p.m. at Thomas Wootton High School, 2100 Wootton Parkway, Rockville. Students will perform "The Drowsy Chaperone," which debuted on Broadway in 2006 and won five Tony awards. Call 301-279-8550 for more.

SATURDAY/DEC. 6

Jewish Folk Arts Festival. Noon-6:15 p.m. at Universities at Shady Grove Conference Center, 9630 Gudelsky Drive, Rockville. Enjoy a celebration of Jewish art, music and culture through 17 various workshops. Call 301-587-1739.

Bethesda's Winter Wonderland. 1-4 p.m. Bethesda Urban Partnership, 7770 Old Georgetown Road, Bethesda. The celebration features holiday performances, a live ice sculpting presentation in Bethesda's Veterans Park and a visit from Santa Claus. Free. www.bethesda.org or 301-215-6660

Jewish Folk Arts Festival Chanukah Concert Dedicated to Human Rights. 8 p.m. Temple Beth Ami, 14330 Travilah Road, Rockville. The biennial event

celebrates the talent and diversity of Jewish performing and visual arts in the Washington, Baltimore and Virginia region. The Exhibit Hall will feature 30 Judaic artists and their crafts, which will be for sale. Visit www.jewishfolkartsfestival.com.

Holiday Concert. 8 p.m. Christ Episcopal Church, 107 South Washington St., Rockville. The National Philharmonic Singers will be joined by the Takoma Ensemble, conducted by Maestra Gau for this concert. Free, donations accepted. www.nationalphilharmonic.org or 301-493-9283, ext. 116.

SATURDAY/DEC. 7

Holiday Craft Show. 1-5 p.m. Clara Barton Community Center, 7425 MacArthur Boulevard, Cabin John. Free admission and parking. There will be many hand-made items for sale, including jewelry, pottery, ornaments and books. Contact Leslie Barden, 301-365-1311 or cbcc.craftshow@verizon.net or visit www.friendsofclarabartoncommunitycenter.org.

Jewish Folk Arts Festival. 1-6 p.m. Universities of Shady Grove Conference Center, 9630 Gudelsky Drive, Rockville. A celebration of Jewish art, music and culture. The Exhibit Hall will feature 30 Judaic artists and their crafts, which will be for sale. Visit www.jewishfolkartsfestival.com for more.

Waltz Dance. 2:45-3:30 p.m. Introductory waltz workshop; 3:30-6 p.m. dance. Spanish Ballroom at Glen Echo Park, 7300 MacArthur Park Boulevard, Glen Echo. Trio con Brio will play. \$10. No partner required. 301-634-2222 or www.waltztimedances.org

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OPINION

Holidays Are About Giving

Give thanks and share; tens of thousands of families around us are in need.

The holidays are about giving, and giving thanks. The holidays are about children and family. The holidays are about sharing, about joy. The holidays are about being thankful and about faith and appreciation. The holidays are about alleviating suffering for others.

Surrounded by the bounty in so many neighborhoods in Northern Virginia, many of us see little signs of the massive unmet needs here. But in Fairfax County Public Schools, more than 52,000 of the students are poor enough to receive free or subsidized meals, a significant measure of poverty.

In Arlington more than 32 percent of the students are poor enough to receive free or subsidized meals; that's 7,452 students at last count.

In Alexandria, 8,582 students are poor enough to receive free or subsidized meals. That's 60 percent of the 14,222 students enrolled.

These are children who are living in families who may be on the brink of homelessness, families who must choose between medical bills, car repair, heat and food. These are children who may not be sure that they will have a meal between the meals they get in school. School holidays can bring uncertainty and hunger, a far cry from the celebrations, gifts and plenty that we associate with Thanksgiving and

Christmas.

Hundreds of homeless students attend the public schools, and their needs are greater.

There are literally hundreds, probably thousands, of ways to give locally this season. Here

are a few ideas. We will rerun this list again during the holiday, so let us know what we have missed.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Potomac: Where to Give Locally

EDITORIAL

❖ Manna Food Center, 9311 Gaither Road, Gaithersburg, MD 20877, 301-424-1130 www.mannafood.org

Manna Food Center, the main food bank in Montgomery County, strives to eliminate hunger through food distribution, education, and advocacy. Manna has distributed more than 43 million pounds of food to more than 2.7 million individuals. Manna provided food to 5 percent of Montgomery County residents this past year.

❖ Mercy Health Clinic, www.mercyhealthclinic.org, 7 Metropolitan Court, Suite 1, Gaithersburg, MD 20878

Mercy Health Clinic is a free, community-based volunteer organization providing quality healthcare to uninsured, low-income residents of Montgomery County. The clinic, located in Gaithersburg, depends on the expertise of volunteers, healthcare professionals and support from community partners to provide quality care to those in need. The clinic is staffed with medical professionals including family practice physicians, cardiologists, endocrinologists, nurse practitioners, nurse assistants, translators and behavioral health counselors.

❖ Interfaith Works, www.iworksmc.org, 114 West Montgomery Ave., Rockville, MD 20850, Interfaith Works provides shelter, food, and clothing to low-income and homeless neighbors.

❖ Potomac Community Resources, <http://pcr-inc.org/> 9200 Kentsdale Drive, Potomac, MD 20854, Phone: 301-365-0561 Potomac Community Resources, Inc. (PCR) provides therapeutic, recreational, social, and respite care programs for teens and adults with developmental differences, as well as information about community resources for families.

❖ Montgomery County Coalition for the Homeless, www.mcch.net, 600-B East Gude Drive, Rockville, MD 20850 301-217-0314

Montgomery County Coalition for the Homeless

(MCCH), a community-based nonprofit organization, is a leading provider of permanent housing, intermediate housing, emergency shelter, and supportive services for people experiencing homelessness. MCCH programs serve 1,600 men, women and children each year.

❖ Shepherd's Table, www.shepherdstable.org, 8210 Dixon Ave., Silver Spring, MD 20910, 301-585-646

Shepherd's Table is a nonprofit organization in downtown Silver Spring, supported by volunteers, religious organizations, government, businesses, foundations, and individual donors. Shepherd's Table provides help to people who are homeless or in need by providing basic services, including meals, social services, medical support, clothing, and other assistance.

❖ Fisher House, Walter Reed Army Medical Center, www.fisherhouse.org, 111 Rockville Pike, Suite 420, Rockville, Maryland 20850 | (888) 294-8560

The Fisher House program supports members of the military and their families when they travel great distances for specialized medical care. Fisher House Foundation donates "comfort homes," built on the grounds of major military and Veterans medical centers, including Walter Reed in Bethesda. These homes enable family members to be close to a loved one at the most stressful times.

❖ Friends in Action, www.iworksmc.org/friends-in-action, 114 West Montgomery Ave., Rockville, MD 20850, 301-762-8682

Founded by Interfaith Works (formerly Community Ministry of Montgomery County) in 1986, Friends In Action recruits and trains a network of people from all faiths and ethnic backgrounds.

Volunteer mentoring teams are linked for one year in a supportive relationship to a needy family in their community.

The goal of the program is to help the family identify their strengths and develop attainable and manageable goals that guide them toward financial independence and personal well being.

LETTER TO THE EDITOR

Thankful for Community

To the Editor:

Living in Potomac since the age of 3, I knew upon graduating college this is where I wanted to live. My wonderful husband Michael John Boyland also grew up in the area. He knew that it was in this area that he wanted to raise a family.

Because of a special event I know we made the right choice. On Sept. 7, my husband and best friend of 30 years was admitted to Suburban Hospital in Bethesda. We knew we were in for a fight when he was diagnosed with metastasized cancer that had originated from his colon years earlier. While in Suburban, Mike received exceptional care by a warm and friendly staff. We felt very confident in the medical team that was treating him. Sadly Mike lost his short battle on Oct. 15. He was at home surrounded by his family and a huge extended group of friends. This horrific and sad situation was made more bearable by the wonderful people in this community. My family received unwavering support, love and acts of kindness. Mike touched the lives of so many people with his genuine nature and his contagious positive attitude. In turn my family has

been folded in love and support. it was because of this sad event that my children have learned what it really means to be part of a community. Each and every day we have been touched by the kindness and generosity of the people in this town.

Since Mike's passing I have been waiting for a sign that he is here and will be taking care of us. I now understand that this is happening every day. My family is being taken care of and loved by those people who Mike took care of and loved.

We know that we are going to be OK because of all of those people who have endlessly been here providing the strength and support necessary to survive.

We would like to thank everyone who has reached out during this sad time. We owe so much thanks to so many people in this little town — a town we have called home for a long time.

Thank you to all those who made Mike's service so beautiful and the catering by Potomac Pizza.

Thank you to everyone who has helped out with, and continues to help with the college fund that was established. www.Boylandfamilycollegefund.com.

Kitten Boyland



PHOTO CONTRIBUTED

The Boyland Family: Bradley, Bailey, Michael, Mike and Kitten

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SCHOOLS

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Aaron Handleman was honored with the Hall of Honor award during Marietta College's (Marietta, Ohio) MCAA Awards ceremony, which took place during Homecoming festivities on Oct. 11. Handleman is a senior member in Eccleston & Wolf's Washington office.

Potomac residents who enrolled in Clemson University for the fall semester include: **Kaitlyn J. Hillard**, a graduate of Winston Churchill High School whose major is general engineering; **Julianna Leslie Klein**, a graduate of Thomas Sprigg Wootton High School whose major is secondary education; **Brittany Renee Testa**, a graduate of Saint Johns College High School whose major is parks, recreation and tourism management; and **Jack S. Walsh**, a graduate of Georgetown Preparatory School whose major is communication studies.

Moweizi Xia is a member of the Pratt Institute's incoming class of 835 new students for the fall 2014 semester. Pratt Institute is located in Brooklyn, NY.

Sixteen Montgomery County Public Schools students have been named semifinalists in the Siemens Competition in Math, Science and Technology. Semifinalists include **Leyla R. Herbst** from Winston Churchill High School and **Tej Joshi** and **Kushi Ranganath** from Thomas S. Wootton High School.

Evan Harris earned a Bachelor of Science in Business from Miami University (Oxford, Ohio).



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"Shrinkage"



By KENNETH B. LOURIE

Not exactly "like a frightened turtle" as "similed" on a long-ago Seinfeld episode by Jerry himself; this shrinkage is the good kind, the kind you hope a radiological oncologist characterizes when viewing your CT Scan (computed tomography). Specifically, the exact kind of scan I get every three months to assess and evaluate the tumors, and fluid, in my stage IV, non-small cell cancer-affected lungs. The actual scanning itself takes about 30 seconds of "breathe in," "hold it," and "breathe out" to determine if my life is on hold – in a good way – or in jeopardy (not a belated reference back to last week's column). The week-long wait until we have our face-to-face appointment with my oncologist to learn the results is not as interminable as you might think. Over time, we have gotten used to the experience. After all, living with cancer means living, not dying, and adapting and compartmentalizing cancer's effects – mentally, physically and spiritually; all keys to surviving and enduring the good, bad and ugly that daily can traumatize those of us "characterized as terminal" who frequent the Infusion Centers hoping for a miracle cure.

Since March, 2009, I've been treated with nearly non-stop chemotherapy, infused mostly, except for 12 months or so when I was able to take a targeted therapy pill at home and only had to show up at the Center for scans and doctor's appointments. Six years ago almost, this process began; I can't say it seems like yesterday, because there are yesterdays – due to the effect of chemotherapy – that I simply don't remember ("chemo brain" is the accepted condition/characterization), but time flies when you're having fun or rather, you're still alive against all odds. And so it seems as if I still have a few tomorrows. Tomorrows that were hardly promised to me back at the original Team Lourie meeting in late February, 2009. Somehow, through a variety of fits and starts, I have survived: my DNA, my family history, my attitude, my pills, my supplements, my alkaline water, my diet and lifestyle changes, my above-average luck, whatever, however, I am still present and accounted for. And though "stable" is a radiologist's/ oncologist's description I have come to hope and pray for and embrace over these past six years, "shrinkage" is a description "most welcome" as Hercule Poirot might say and one I rarely anticipated hearing – considering my stage IV circumstances.

But I can take it. Though I'm not cancer-free and certainly not in remission, I am doing reasonably well. I am, as a good friend says: "in pretty good shape for the shape I'm in." The scan results are results with which I can live (Duh!) and so I intend to – until three months hence when we do this scan dance all over again. Granted, this cycle of gloom and doom and results-not-soon-enough is hardly ideal, but it is a living and a living I was not "prognosed" to have ("13 months to two years" was the original prognosis) when first diagnosed. I'm nowhere near home free; I'm still in for the fight of my life – for my life, but for the moment, at least, for this quarter, due to the shrinkage, I can take a bit of a break, which if you want to know the truth, I can certainly use.

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

Whitman Coach Lun Started Alumni Basketball Game

Whitman to host alumni basketball game at 5 p.m. Friday.

Chris Lun has been the head coach of the Whitman boys' basketball team for the last decade. He led the Vikings to the Maryland 4A state title in 2006, and finished state runner-up in 2014. In 10 years, he's compiled a record of 141-103.

Q&A While Lun enjoys watching football and tossing the pigskin on Thanksgiving, it's right back to hoops the following day as Whitman will host an alumni basketball game at 5 p.m. on Friday, Nov. 28. Lun started the event last year. Admission is free.

Lun recently participated in a Q&A via email, sharing some insight about his Thanksgiving plans.

Q: What are your plans for Thanksgiving?

Lun: Every Thanksgiving, we (my wife, twin brother, and I) go to my dad's house in Gainesville, Va., for dinner. This year, we are moving it to my step-sister's new house in Clarksburg.

Q: Does your team do anything on Thanksgiving?

Lun: MCPS policy doesn't let us practice on Thanksgiving Day, but we do have practice Wednesday and Friday, as well as a scrimmage on Saturday.

Q: Do you or your family have any annual Thanksgiving traditions?

Lun: Last year I started the Coach Lun Thanksgiving Throwdown Alumni Basketball Game at Whitman. We had 20-plus players from my first 10 years coaching at Whitman come back to play in the game. The Second Annual game is Friday, Nov. 28, at 5 p.m. at Whitman. It is free admission for anyone who wants to come watch.

Q: Does your family incorporate sports into Thanksgiving? If so, how?

Lun: We always watch the two NFL games on Thanksgiving Day, and my brother and I always manage to get outside and throw the football around on Thanksgiving morning.

Q: What is your favorite thing to eat on Thanksgiving?

Lun: My ideal Thanksgiving plate is turkey,



ALMANAC FILE PHOTO

Whitman boys' basketball coach Chris Lun coached in the 41st Annual Capital Classic.

mashed potatoes, stuffing, corn, rolls, and gravy. For dessert, I like warm apple pie covered with vanilla ice cream.

Q: The Whitman boys' basketball team finished state runner-up last season. What are your expectations for this season?

Lun: Obviously, we had a great run last year, and our goal is to get back to Comcast again. We know it will be a very difficult task, especially considering the losses of a few key returners (injury and transfer). But I love the guys in our program. I know they will work hard, play team ball, and compete hard every night. That's all you can ask for.

Q: Who is your favorite music artist? Why?

Lun: I have an interesting taste in music, I guess. Teaching middle school and running a youth summer basketball camp, I get exposed to way too many pop songs, which I have to admit, can be kind of catchy. That being said, I've always been a Billy Joel fan. I'd probably rank him No. 1 on my list.

Q: What location is the farthest you have traveled from the Washington, D.C. area?

Lun: Surprisingly enough, I have never been overseas to Europe or Asia. I guess that makes it either Barbados or Aruba as the farthest I've been from D.C.

Q: Who are your favorite pro sports teams?

Lun: I'm a local sports fan, even though that can be tough to deal with. Washington Redskins, Baltimore Orioles, Washington Wizards, Washington Capitals.

Q: Who are your favorite pro athletes?

Lun: I always root for Kevin Durant. I got to meet him in 2006 when we were both on the [Washington Post's] All-Met team together. I was a big Larry Bird and Cal Ripken fan as a kid, and liked having LaVar Arrington in D.C. on the Skins (I was a student at PSU when he played football there).

— JON ROETMAN

Chang Headed to Rehoboth

Senior setter to play volleyball at Oberlin College.

Sara Chang helped put Churchill volleyball on the map. In 2013, the Bulldogs won their first division championship in 27 years and reached the 4A West region final. This year, Churchill repeated as division champs and again reached the region final due in part to the performance of Chang, a four-year varsity athlete who will play at Oberlin College.

Q&A Chang, a senior setter and opposite hitter, will primarily play setter in college. She recently participated in a Q&A via email, sharing some insight about her Thanksgiving plans.

Q: What are your plans for Thanksgiving?

Chang: For Thanksgiving, we are going with my grandparents and uncles and aunts down to Rehoboth Beach, Del. My grandparents have a house down there.

Q: Do you or your family have any annual Thanksgiving traditions?

Chang: A walk on the beach after the meal and going down to the beach every year are our traditions.

Q: Does your family incorporate sports into Thanksgiving? If so, how?

Chang: Nope, no sports for us. I go to the gym with my grandpa in the mornings but besides that, we don't do much.

Q: What is your favorite thing to eat on Thanksgiving?

Chang: That's a tough one. I'd have to say the pie just because I have the worst sweet tooth.

Q: The Churchill volleyball team reached the region final for the second straight year. What are your thoughts on the season overall?

Chang: My thoughts are that we did amazingly this year. I really couldn't have asked for a better team. I wish I hadn't gotten injured five times and that we had won in regional finals, but regardless of all our downfalls we still had so much heart and talent. I think we really had the talent to beat a team like Northwest or Sherwood, but we just couldn't bring ourselves quite to their level that

day, which sometimes has to happen to keep us in check. In the end, I think we all gained a lot from this season, and hopefully will be able to implement the things we learned in the seasons to come.

Q: What is your favorite memory of playing volleyball at Churchill?

Chang: This one is tough, too. My favorite memory would have to be my junior year when we beat Damascus. We were the underdogs going in and we managed to pull through and really give Churchill volleyball a name.

Q: Do you play any other sports at Churchill?

Chang: I play co-ed [volleyball] in the spring and am hoping to again this year if time allows.

Q: You're playing college volleyball at Oberlin. What made Oberlin College the right choice for you?

Chang: I chose Oberlin because it really brings together everything that I was looking for in a school to play for. They have division 3 athletics and a great science program (I wish to study pre-med) and a diverse and creative student body. Everyone there is very driven but not competitive with one another and I find that very important.

Q: What position will you play in college?

Chang: I will ultimately be setting in college but I might hit some here and there.

Q: What are you most looking forward to about college?

Chang: I'm really looking forward to expanding, if that makes sense. Potomac is a wonderful place to grow up and live but after 18 years I think I'm ready to really live (and not just visit) somewhere else. I'm also excited to meet so many different people all the while getting a really great education and playing the sport I love.

Q: What location is the farthest you have traveled from the Washington, D.C. area?

Chang: I've actually traveled to Baotou, China, for a volleyball tournament in the summer of 2013.

— JON ROETMAN



PHOTO BY HARVEY LEVINE

Churchill senior Sara Chang helped the school's volleyball team win back-to-back division championships.

Enjoying Traditional, Cuban Meals

Lee helped Wootton field hockey program reach back-to-back region finals.

Julia Lee was a key contributor for a Wootton field hockey program that reached the 4A South region final in consecutive seasons.

In 2013, Wootton advanced all the way to the state final before suffering its first loss. This year, the Patriots lost to Bethesda Chevy Chase, 3-2, in overtime in the region championship game.

Q&A As a senior, Lee was a team captain and finished with 25 goals and 16 assists. She plans to attend the University of Maryland and play club field hockey.

Lee recently participated in a Q&A via email, sharing some insight about her Thanksgiving plans.

Q: What are your plans for Thanksgiving?

Lee: We will be having a traditional dinner with my dad's side of the family. On Saturday, my mom wants to have a Cuban Thanksgiving with roasted pork, black beans, plantains etc. I can't wait.

Q: Do you or your family have any annual Thanksgiving traditions?

Lee: We all help with the cooking. I love to bake the desserts.

Q: Does your family incorporate sports into Thanksgiving? If so, how?

Lee: We don't really incorporate sports into Thanksgiving. The most athletic thing we do after we eat is go for a long family walk with our dog, Mazzy.

Q: What is your favorite thing to eat on Thanksgiving?

Lee: Pumpkin pie. I make it homemade.

Q: The Wootton field hockey team lost in the region final this year. What are your thoughts on how the season went

overall?

Lee: For me, this was the most fun I have had with a team in the four years I have been with Wootton Field Hockey. I thought we had a variation of strengths that really worked together, which built a strong team. Even off the field, we are one big family that loved playing field hockey together. ... BCC was a worthy opponent [in the region final]. I have two good friends on BCC that are amazing players, Cecile Michon and Gigi Jones. I'm happy for their success this season, they were our hardest competitors. For me, it's not about always winning (although I love to win). It's more about the lessons I've learned from being on a team. Field hockey has given me an opportunity to be a captain and a leader of a hard-working group of friends. It was a great experience.

Q: What is your favorite memory of playing field hockey at Wootton?

Lee: One day our game was cancelled due to rain, so instead we stayed at school and had a cake off. It was so much fun to make field hockey-designed cakes and then to eat them afterward.

Q: Do you play any other sports at Wootton?

Lee: Outdoor track at Wootton and MSI soccer since my dad coaches my team.

Q: What are your college plans? Will you be playing a sport in college?

Lee: I hope to attend University of Maryland, College Park and can't wait to play club field hockey there.

Q: Who is your favorite music artist? Why?

Lee: Lorde. I love her lyrics. They have a lot of meaning and notations behind them that other artists sometimes fail to do.

— JON ROETMAN



PHOTO BY HARVEY LEVINE

Wootton senior Julia Lee finished her senior season with 25 goals and 16 assists.

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