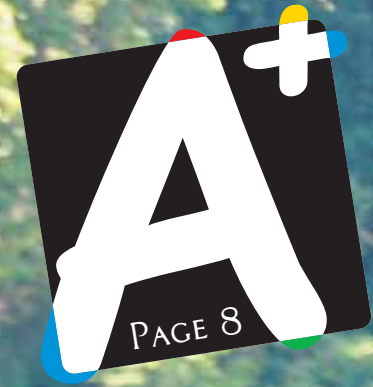


# Potomac ALMANAC



Dave Grubic is fly fishing on the canal.

## Joys of Summer

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### River Cleanup Needs Volunteers

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### Leadership Maryland Seeks Applicants for Class of 2016

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### Looking Ahead: Whitman Football

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### Health Perspective On Back-to-School

A+, PAGE 8

# Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC



**1 9427 Fox Hollow Drive — \$1,299,000**

## June, 2015 Sales, \$1,220,000~\$1,299,000

IN JUNE 2015, 95 POTOMAC HOMES SOLD BETWEEN \$3,350,000-\$213,593.



**4 5 Sprinklewood Court — \$1,250,000**



**2 9604 Sotweed Drive — \$1,295,000**



**3 10042 Caemelita Drive — \$1,290,000**



**8 9404 Tobin Circle — \$1,220,000**



**6 10409 Stable Lane — \$1,224,000**

Address .....	BR	FB	HB	...	Postal	City ..	Sold Price ....	Type .....	Lot AC ..	PostalCode .....	Subdivision .....	Date Sold
<b>1</b> 9427 FOX HOLLOW DR .....	5	..	4	.	1	POTOMAC	...\$1,299,000	.... Detached ....	0.24 .....	20854	..... BEDFORDSHIRE .....	06/30/15
<b>2</b> 9604 SOTWEED DR .....	5	..	4	.	1	POTOMAC	...\$1,295,000	.... Detached ....	0.46 .....	20854	..... POTOMAC .....	06/24/15
<b>3</b> 10042 CARMELITA DR .....	5	..	4	.	2	POTOMAC	...\$1,290,000	.... Detached ....	0.49 .....	20854	..... MCAULEY PARK .....	06/15/15
<b>4</b> 5 SPRINKLEWOOD CT .....	6	..	4	.	1	POTOMAC	...\$1,250,000	.... Detached ....	0.32 .....	20854	..... PINE KNOLLS .....	06/26/15
<b>5</b> 9604 BEMAN WOODS WAY ...	4	..	3	.	1	POTOMAC	...\$1,230,000	.... Townhouse .	0.11 .....	20854	..... AVENEL .....	06/30/15
<b>6</b> 10409 STABLE LN .....	6	..	5	.	0	POTOMAC	...\$1,224,000	.... Detached ....	0.39 .....	20854	..... RIVER FALLS .....	06/15/15
<b>7</b> 12086 WETHERFIELD LN .....	5	..	4	.	1	POTOMAC	...\$1,220,000	.... Detached ....	2.18 .....	20854	..... LAKE POTOMAC .....	06/17/15
<b>8</b> 9404 TOBIN CIR .....	4	..	4	.	1	POTOMAC	...\$1,220,000	.... Detached ....	0.46 .....	20854	..... MCAULEY PARK .....	06/19/15

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## Protect Watershed, Help in River Cleanup

### Potomac Conservancy seeks volunteers.

BY EMILY RABBITT  
THE ALMANAC

**T**his Saturday Aug. 22 from 9 a.m. to noon, the Potomac Conservancy invites volunteers to join them at the River Center in Cabin John to participate in a cleanup of the C&O Canal National Park.

The Potomac Conservancy works to improve the health of the Potomac River. Director of Community Conservation Katie Blackman explains that the land around the river is one of the biggest challenges to keeping a clean and vibrant watershed. "One of the biggest challenges to the river is polluted runoff — everything that is on the land ends up in the water," she said.

Volunteers will be able to choose which area they'd like to work on. They can help clear trash and debris from the stretch between the C&O Canal and the Potomac River.

They will also have the opportunity to clean up the area around the River Center, which is a Lock House restored to its 19<sup>th</sup> Century roots that includes exhibits about how people can get involved in keeping the Potomac Healthy.

"Every time I go to the River Center around lunchtime," Blackman said, "I al-



**The Potomac Conservancy seeks volunteers to help in the cleanup of the C&O Canal National Park this Saturday, Aug. 22. Above, photos of volunteers from past cleanup events.**

ways see people in suits at picnic tables, so we're going to restore some of those" as well as touch up a wall containing some graffiti.

Another area that volunteers will be able to help is by pulling garlic mustard and other non-native plant-species that one doesn't need a botany degree to identify. "Invasive plant species are a huge challenge. They tend to latch on and take over and crowd out the native plant species, which



PHOTOS CONTRIBUTED

crowds out native wildlife and upsets the whole balance of the ecosystem," said Blackman.

Volunteers are encouraged to sign up in advance on the Potomac Conservancy's website, [Potomac.org/events](http://Potomac.org/events), so that Blackman and others can plan to have the appropriate number of supplies on hand, but all comers will be welcomed. Plan to arrive between 8:30 and 9 a.m. Families are

encouraged to attend; children under 18 must bring an adult.

The Potomac Conservancy hosts events throughout the year to involve the community in its efforts at the Cabin John River Center as well as Fletcher's Cove. Keep abreast of activities by signing up for its newsletter at <http://potomac.org/take-action/>.

## Leadership Maryland Seeks Applicants for Class of 2016

### Program delves into topics ranging from education to criminal justice, agriculture to economic development.

BY SUSAN BELFORD  
THE ALMANAC

**"I** have attended many leadership programs," said Potomac native John Kuo, "and Leadership Maryland is the best. If asked if area leaders should apply for this program, I would answer with a resounding 'Yes!' The networking opportunities are invaluable and the insights I gained about Maryland and what we need to do as leaders to make our state stronger for upcoming generations can never be duplicated."

Leadership Maryland is a statewide program with a mission to develop informed senior-level leaders. It was created in 1992 to "cultivate the interest, statewide knowledge and leadership capacities of Maryland's leaders." Fifty-two accomplished and diverse leaders are selected for the program annually. Leaders from businesses, education, government, nonprofits and la-



**John Kuo**

bor unions are chosen to participate in an eight-month program which encompasses the education, economic development, health and human services, criminal justice, environment, agriculture, and multiculturalism of the State of Maryland. Every month, the class travels to a different part of the state for two days to gain knowledge of a region and to study and reflect on the issues that affect that area as well as the entire state and country.

Renee Winsky, president and CEO of Leadership Maryland, said, "We encourage alumni from county Leadership programs to apply, as well as leaders from every sector. This is a unique program in that it is a statewide network; it acquaints leaders with elected officials and provides them with

insights into the challenges of both the public and private sectors. Leadership Maryland is an excellent program that attracts a diverse group of leaders who become lifelong friends and colleagues as they share unique experiences."

Kuo said, "What I gained from my eight months with Leadership Maryland never leaves my mind. I had the opportunity to speak with a cross-section of people who live in Maryland, including inmates from the Western Maryland Correctional Institution to U.S. veterans who had returned to the U.S. and now find themselves homeless. What an eye-opening experience. Every decision I now make as an administrator with the U.S. Department of Transportation is influenced by my experiences at Leadership Maryland. For 31 years, I was the chief administrator of the Maryland Vehicle Administration where we focused on highway safety, among other things. Now



that I am with the federal DOT, I deal with other issues, but always consider what I learned at Leadership Maryland. It was invaluable — and the networking opportunities with more than 1,000 former graduates of the program are everlasting and so important to me. I always have someone to contact to discuss problems and get advice."

A typical year's program for Leadership Maryland requires two days per month for eight months. The first class meeting is a two-day orientation in April for fostering interpersonal relationships and team building. In May, the group visits southern Maryland to study the educational system of Maryland and explore historic St. Mary's City, the Calvert Cliffs Nuclear Power Plant and the Patuxent River Naval Air Station. June features reviewing the challenges and future of health and human services in

SEE AN OPPORTUNITY, PAGE 4

## LET'S TALK Real Estate



by Michael Matese

### Stone and Steam: Bathroom Luxury

To create your own luxurious retreat, start with the bathroom. It's a room that's often overlooked, due to its functionality—but more and more homeowners are focusing on the bathroom as a room of therapeutic relaxation and comfort, incorporating luxurious flourishes to their bathrooms to create the sensation of a spa retreat. These upgrades range from simple upgrades to state-of-the-art unique fixtures, each of which add to your home's overall value and take it to the next level when it comes time to put it on the market. Simple upgrades are hot commodities, adding to your home's value over time, indulging you as you enjoy them. Even the most modest home can take it up to the next level, incorporating luxury into often overlooked rooms. Here's a sampling of some of the ways you can upgrade to a luxury bathroom, and maximize the potential of a room that every home has to work with!

#### • Stone Countertops

Easier to clean than traditional tile, the natural color palettes of granite, marble and soapstone are a complement most bathroom cabinetry. Stone countertops are classically aesthetic and match any color scheme, retaining the bathroom's modern feel and beauty over time.

#### • Towel Warming Drawers

Like heated tile flooring, heated towel drawers add a regal, indulgent touch to a master bathroom suite. Installation is easy and the price tag on this upgrade is surprisingly low. Standard towel warming drawers heats up to four bath sheet sized towels; for the true regal finish, add in an electric towel bar to heat your robe and slippers!

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**POTOMAC  
ALMANAC**

## News



PHOTO CONTRIBUTED

**Leadership Maryland Class of 2010 at Living Classrooms in Baltimore with Potomac's John Kuo in the back row third from the left.**

## An Opportunity for Leadership

FROM PAGE 3

Maryland, touring the Maryland Center for Veteran's Education and Training, learning about the economics of the Port of Baltimore, an overview of the University of Maryland Medical System and a tour of the R Adams Cowley Shock-Trauma Center. Participants also study the Living Classroom Foundation.

In July, the class meets in Western Maryland to review the Criterion Wind Project, tour the Garrett College Aquatic Center, discuss shale gas and to visit the North Branch Correctional Institution, a maximum security prison. The class spends an emotionally and intellectually-charged day with inmates, discussing why they are incarcerated, how they can return to the community and Maryland's public safety and correctional institution policies.

No meetings are held in August. In September, the class studies Maryland's agriculture business as well as environmental issues by traveling to the Eastern Shore. They cruise the Nanticoke River, visit Cornerstone Farm which raises chickens for Perdue Farms as well as produce, vegetables and grain, study the complexity of oyster and blue crab fisheries, the business of chicken farming and then tour the Perdue School of Business at Salisbury State University. October finds them in the Capital region of Anne Arundel, Prince Georges and Montgomery counties. Multiculturalism and diversity in Maryland are the topics and the class identifies issues around these topics and discusses solutions. They tour the Music

**LEADERSHIP MARYLAND**  
Informed Leaders Tomorrow's Vision

Center at Strathmore and the Strathmore Mansion, the National Cybersecurity Center of Excellence and the Transportation Management Center. The group wraps up in November by reflecting on their program, discussing life after their program year, and action items. A black-tie graduation ceremony is held in November.

During the year, state and local government officials, including the Governor and Lieutenant-Governor meet with the leadership class to discuss topics of interest regarding the state. Many of the session speakers are leaders in the State of Maryland.

As Dr. Catherine R. Gira, President Emerita, Frostburg State University, said, "I was honored to be a member of the inaugural class in 1993 and found it to be one of the most rewarding experiences of my professional life. The Leadership Maryland program was immeasurably enriched by the excellence and varied experiences and expertise of my classmates."

Applications for the Class of 2016 are available now on-line at [www.leadershipmd.org](http://www.leadershipmd.org). These applications, required documents and application fee are due by Friday, Oct. 30. One may nominate himself or herself or be nominated by a third party, including their company, an organization or another person. For more information, call 410-841-2101.

### Friends of the Library Seeks Trustees

Friends of the Library, Montgomery County, the not-for-profit organization that supports Montgomery County Public Libraries by raising funds and awareness for the system, is accepting applications for its Board of Trustees.

Board members serve one three-year term, may be reappointed for up to two additional terms and must attend quarterly meetings. They also must participate on two committees, such as finance, marketing, fund-raising, program planning, advocacy, etc.

The application process includes a nomination application, interview and reference check. The

application form is available online at <http://www.folmc.org/> or by calling 240-777-0020.

Friends of the Library, Montgomery County is comprised of 17 chapters that support their individual branches through a variety of outreach and advocacy efforts. The organization operates two used bookstores that are open daily to the public in Wheaton and Rockville.

To join Friends of the Library, Montgomery County or learn more about the bookstores and hours of operation, visit [www.folmc.org](http://www.folmc.org) or call 240-777-0020. For a 24-hour recorded message, dial 240-777-0021.

## POTOMAC ALMANAC

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

Newspaper of Potomac  
A Connection Newspaper

An independent, locally owned weekly newspaper delivered to homes and businesses.

1606 King Street  
Alexandria, Virginia 22314

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**Potomac Almanac is published by Local Media Connection LLC**

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## NEWS

### Deceptive Mail Solicitation Stopped

The combined efforts of the Montgomery County Office of Consumer Protection, the Better Business Bureau serving Greater Maryland, and U.S. Postal Inspection Service-Washington Division have stopped a company from continuing to mail deceptive letters soliciting Maryland homeowners to pay a fee to petition a review of their property taxes.

The mailings came from Maryland Property Review Board, a private company, but gave the impression it was from a state agency. The letters began reaching homeowners a month ago and advised recipients their property taxes were \$1,346 higher than comparable homes and encouraged them to pay a filing fee of \$99 to "reduce your Property Tax Bill."

Maryland does not charge homeowners a fee to appeal property assessments. For more information about appealing property assessments, homeowners can go to the Maryland State Department of Assessment and Taxation at <http://www.dat.state.md.us/sdatweb/appeal.html>.

In addition to stopping the mailings, Maryland Property Review Board has agreed to pay full refunds within seven days of receipt to any individual who paid its proposed \$99 "property assessment appeals fee."

Homeowners can request a refund directly from Maryland Property Review Board or through one of the following:

Montgomery County Office of Consumer Protection

ATTN: MPRB Refund Request  
100 Maryland Avenue, Suite 330,  
Rockville, MD 20850-2322  
U.S. Postal Inspection Service-Washington Division  
ATTN: MPRB Refund Request  
900 Brentwood Road, NE  
Washington, DC 20066-7500  
Better Business Bureau serving Greater Maryland  
ATTN: MPRB Refund Request  
502 S. Sharp Street, Suite 1200 Baltimore, MD  
21201-2445.

### Church To Mark 110th Anniversary

The Scotland African Methodist Episcopal Zion Church family will celebrate its 110th anniversary on Sept. 13.

The theme is "Honoring our Past, Treasuring Our Future" based on Jeremiah 29:11.

On this occasion, the church will have two worship experiences: At 11 a.m., the Rev. Dr. Clifford D. Barnett will be the guest preacher. Barnett is the pastor of Warner Temple A.M.E Zion Church, located in Wilmington, N.C., and a son of Scotland Church. In between services, from 1-3 p.m., a meal will be served at the Bette Carol Thompson – Scotland Neighborhood Recreation Center. Then at 3 p.m., choir director Joshua Sommerville and members of His W.I.L. Community Gospel Choir will minister in song.

The Scotland African Methodist Episcopal Zion Church is located at 10902 Seven Locks Road, Potomac.

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# ENTERTAINMENT

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

## ONGOING

**Montgomery County Agricultural Fair.** Through Aug. 22, 12 p.m.-12 a.m. at Montgomery County Fairgrounds, 501 Perry Parkway, Gaithersburg. Find carnival games and rides, a truck and tractor pull, monster trucks, animals and more. Admission to the fair is \$10 with additional fees for certain events. Visit [www.mcagfair.com](http://www.mcagfair.com) for more.

**Children's Storytime.** Wednesdays and Saturdays, 10 a.m. at Barnes & Noble Booksellers, 4801 Bethesda Ave., Bethesda. Listen to employees read children's stories. Free. Visit [www.store-locator.barnesandnoble.com/event/4824850-21](http://www.store-locator.barnesandnoble.com/event/4824850-21).

**Adult Single Night.** Saturdays, 9 p.m. at Benny's Bar & Grill, 7747 Tuckerman Lane, Potomac. Find a DJ, open dance floor, and other singles. No cover charge. Visit [www.bennysbargrill.com](http://www.bennysbargrill.com).

**The Bethesda Big Train.** Through August. Shirley Povich Field in Cabin John Regional Park, 10600 Westlake Drive. The collegiate league baseball team The Big Train plays in the Cal Ripken Collegiate Baseball League, a wooden-bat collegiate league that has sent athletes to Major League Baseball. Visit [www.bigtrain.org](http://www.bigtrain.org) for more.

**"Garfield, The Musical With Cattitude."** Various times and days through Aug. 23 at Adventure Theatre, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Garfield the Cat sings and dances in a child-friendly production. Tickets are \$19.50 for children 1 and up. Visit [www.adventuretheatre-mtc.org](http://www.adventuretheatre-mtc.org).

**Art Exhibition.** Through Aug. 30, Saturdays, 1-4 p.m., Sundays, 1 p.m.-8 p.m. at Photoworks Gallery & Photography School, 7300 MacArthur Blvd. View diverse artwork. Free. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org).

**Reels and Redwood.** Tuesdays through Sept. 8, dusk at Redwood Restaurant and Bar, 7121 Bethesda Lane., Bethesda. Find drinks, dinner, and classic movies outdoors. Free. Visit [www.redwoodbethesda.com](http://www.redwoodbethesda.com) for more.

**Friday Night Live.** Fridays through Sept. 4, 6:30-9 p.m. at Rockville Town Square. Find diverse music each week. Local restaurants will be selling food outdoors. Free. Visit [www.rockvilletownsquare.com](http://www.rockvilletownsquare.com) for a full schedule.

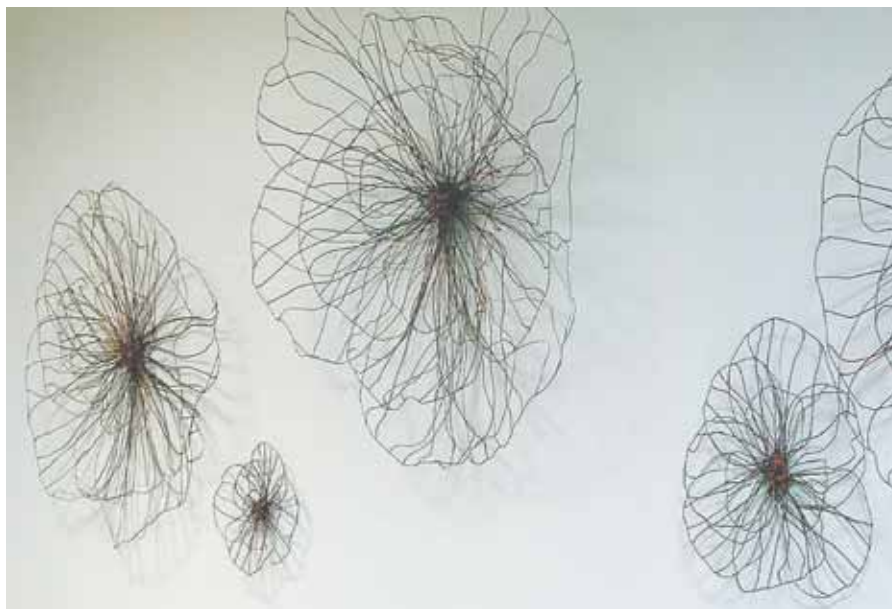
**Nando's Spicy Saturday Nights.** 6:30-8:30 p.m. on Saturdays through Sept. 26 at Fountain Square Plaza. Local bands perform. Free. Visit [www.downtownsilverspring.com](http://www.downtownsilverspring.com).

**Yoga on the Plaza.** 7 p.m. on Wednesdays through Sept. 30 at Fountain Square Plaza. Take a mixed-level vinyasa flow yoga class from Grace Yoga instructors. Free. Visit [www.downtownsilverspring.com](http://www.downtownsilverspring.com).

**Cooking Demonstration and Tasting.** Wednesdays, Sept. 16-Nov. 4, 6 p.m. at The Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Local chefs provide demonstrations and tastings. Free, but registration required. Visit [www.strathmore.org](http://www.strathmore.org).

**Butterfly Exhibit.** 10 a.m.-4 p.m. daily from through Oct. 25 at Brookside Gardens, 1800 Glenallen Ave., Wheaton. Free. Visit [www.montgomeryparks.org](http://www.montgomeryparks.org) for more.

**Art Walk in the Park.** First Fridays



## 'Blooming' Opens in September at Waverly Gallery

Artist Wanjin Kim's "Blooming" exhibit is a "conversation" between her small figurative sculptures and larger hanging wire sculptures. She uses her collection of bronze sculptures that she calls her "Green People" to examine human interaction and tension. The wall sculptures, which are constructed mostly of copper wire, are meant to resemble flowers and encourage pontification of nature. "Blooming" will run Sept. 8-Oct. at Waverly Street Gallery, 4600 East-West Highway, Bethesda. Gallery hours are Tuesday-Saturday, 12-6 p.m. The opening reception will be held Friday, Sept. 11, 6-9 p.m. Visit [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com) for more.



through October. 6-8 p.m. Glen Echo Park. Enjoy pottery, calligraphy, glass work, and much more. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**Paint Night.** 5:30-8 p.m. on first and second Mondays of the month through December at Sweet Frog, 100 Lexington Drive, Silver Spring. Spiritual Unicorn art sponsors a night of painting. Tickets are \$10 for children and \$15 for adults. Visit [www.spiritualunicornart.com](http://www.spiritualunicornart.com).

**VisArts Cocktails and Canvas Class.** at VisArts in the Painting & Drawing Studio, 155 Gibbs St., Rockville. Price \$40. Visit [www.visartsatrockville.org/cocktails-and-canvas](http://www.visartsatrockville.org/cocktails-and-canvas) for more.

**Thang Ta.** Wednesdays, 6-7 p.m. at Sutradhar Institute of Dance and Related Arts, 1525 Forest Glen Road, Silver Spring. Learn the ancient art of the sword and spear. The cost is \$25. Visit [www.dancesidra.org](http://www.dancesidra.org).

**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](http://capitalblues.org) for more.

**Weekly Swing Dance.** Saturdays, 8 p.m.-midnight. The DC Lindy Exchange presents a swing dance with live music in the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Beginner swing dance lesson at 8 p.m., followed by dancing until midnight. Admission \$16-\$18, age 17 and under \$12. Visit [www.glenechopark.org](http://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. 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. For 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](http://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. Lessons at 7 p.m., followed by the called dance with live music at 7:30. \$13 for nonmembers, \$10 for FSGW members, \$5 ages 17 and under. Visit [www.glenechopark.org](http://www.glenechopark.org).

## THURSDAY/AUG. 20

**Cocktail Dinner Party.** 6:30 p.m. at Ruth's Chris Steak House, 7315 Wisconsin Ave., Bethesda. Celebrate the 50th anniversary of Ruth's Chris Steak House with a five-course meal paired with vintage cocktails. Tickets are \$90. Visit [www.ruthschris.com](http://www.ruthschris.com).

**Ben Mason Band Performance.** 8 p.m. at Villain & Saint, 7141 Wisconsin Ave., Bethesda. Open to all ages. Tickets are \$8-10. Visit [www.villainandsaint.com/](http://www.villainandsaint.com/).

## FRIDAY/AUG. 21

**Katydid What?** 8-9 p.m. at Locust Grove Nature Center, 7777 Democracy Blvd., Bethesda. Children aged 3 and older are invited to learn how to identify and appreciate the summer sounds of crickets, cicadas, frogs and katydids. Cost is \$3 per child. To register, call 301-765-8660 or visit [www.parkpass.org](http://www.parkpass.org).

**Fives.** 9 p.m. at Villain & Saint, 7141 Wisconsin Ave, Bethesda. Acoustic rock band performs. \$10 admission. Doors open at 6 p.m. Visit [www.villainandsaint.com/shows/](http://www.villainandsaint.com/shows/).

## SATURDAY/AUG.22

**Sookey Jump Concert.** 9 p.m. at Villain & Saint, 7141 Wisconsin Ave., Bethesda. Sookey Jump is a blues band. Tickets are \$5. Visit [www.villainandsaint.com/](http://www.villainandsaint.com/).

## SUNDAY/AUG. 23

**Summer Block Party.** 1- 4 p.m. at Pike & Rose, 11580 Old Georgetown Road, North Bethesda. Local restaurants will compete in a Slider Smackdown. Area retailers will host sidewalk sales. Find a back-to-school fashion show at Yogaso, live music

from AMP by Strathmore, and more. Admission to the block party is free, but tickets are required for the Slider Smackdown. Tickets are \$20 for adults and \$10 for children 12 and under. Visit [www.pikeandrose.com/blockparty](http://www.pikeandrose.com/blockparty).

**Jazz Jam Session.** 3-6 p.m. at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Bring an instrument and play along or sit back and listen. Admission is \$10 for listeners and free for musicians. Visit [www.prjc.org](http://www.prjc.org) for more.

**Earl Sweatshirt.** 8 p.m. at The Fillmore, 8656 Colesville Road, Silver Spring. Earl Sweatshirt and hip hop artist Remy Banks perform. \$36.50 admission. Visit [www.fillmoresilverspring.com](http://www.fillmoresilverspring.com).

## TUESDAY/AUG. 25

**Social Distortion.** 8 p.m. at The Fillmore, 8656 Colesville Road, Silver Spring. Social Distortion, Nikki Lane and Drag the River perform. \$43 admission. Visit [www.fillmoresilverspring.com](http://www.fillmoresilverspring.com).

## WEDNESDAY/AUG. 26

**Potomac Chamber of Commerce Networking Event.** 4-6 p.m. at Normandie Farm Restaurant, 10710 Falls Road, Potomac. In partnership with Normandie Farm Restaurant, the Potomac Chamber of Commerce is hosting a networking event for business people in Potomac. Hors d'ouerves will be provided and a bar will be available. Cost is \$10 for Potomac Chamber Members and \$15 for non-members. To reserve a place or for more information call 301-299-2170 or visit [www.potomacchamber.org](http://www.potomacchamber.org). R.S.V.P by Aug. 24.

**Melissa Etheridge Concert.** 8 p.m. at The Strathmore, 5301 Tuckerman Lane, North Bethesda. Academy Award and Grammy winning artist, Melissa Etheridge, takes the stage to perform songs from her new album, "This is M.E.," as well as some of her greatest hits. Tickets are \$48-88. Visit [strathmore.org](http://strathmore.org) for tickets.

## THURSDAY/AUG. 27

**Fundraiser.** 6-8:30 p.m. at Redwood

Restaurant, 7121 Bethesda Lane, Bethesda. Support the Montgomery County Humane Society (MCHS) by dining at Redwood with your dog and Redwood will donate 20 percent of your check to MCHS. Visit [www.mchumane.org](http://www.mchumane.org).

**Washington Redskins Cheerleaders Calendar Release Party.** 7 p.m. at The Fillmore, 8656 Colesville Road, Silver Spring. \$15-\$40 admission. Visit [www.fillmoresilverspring.com](http://www.fillmoresilverspring.com).

**Live Music.** 7:30 p.m. at Glen Echo Park, Outdoor Pavilion, 7300 MacArthur Blvd., Glen Echo. The United States Air Force Band-Air Force Strings performs. Free. Visit [www.usafband.af.mil](http://www.usafband.af.mil) for more.

**Jelly Roll Mortals Performance.** 8 p.m. at Villain & Saint, 7141 Wisconsin Ave., Bethesda. The Jelly Roll Mortals are a rock and acoustic band. Tickets are \$7-8. Visit [www.villainandsaint.com/](http://www.villainandsaint.com/).

## FRIDAY/AUG. 28

**South African Fashion Show And After-Party.** Fashion show at 6 p.m., after party at 10 p.m. at Princess Mhoon Dance Studio, 926 Philadelphia Ave., Silver Spring. Attend a "Together as One" fashion show featuring eight designers from Southern Africa and throughout the Diaspora. Attend the after-party DJ'd by South African artists and mingle with the designers. For the fashion show, tickets are \$25 in advance and \$35 at the door. Tickets are \$15 in advance and \$20 at the door for the after-party. Visit [www.southafricancommunity.org](http://www.southafricancommunity.org) for more.

**Box Era.** 9 p.m. at Villain & Saint, 7147 Wisconsin Ave., Bethesda. Pop funk band performs. Doors open at 7 p.m. \$7 admission. Visit [www.villainandsaint.com/shows/](http://www.villainandsaint.com/shows/).

**AFI Theatre Presents "Heavy Metal Picnic."** 7:30 p.m. at the AFI Silver Theatre, 8633 Colesville Road. This film celebrates mid-'80s Maryland rock and roll and heavy metal, focusing on the 1985 Full Moon Jamboree, a wild field party. General Admission \$12, Senior \$10, Child \$7. Visit [www.silver.afi.com](http://www.silver.afi.com).

# ENTERTAINMENT

## SATURDAY/AUG. 29

**“Potpourri” Opening Reception.** 5-7 p.m. at The Yellow Barn Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Artist Kelly Posey celebrates the launch of her “Potpourri” exhibit. Admission is free. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com) for more.

**Beggars Tomb.** 9 p.m. at Villain & Saint, 7141 Wisconsin Ave., Bethesda. Listen to Grateful Dead hits by this tribute band. Doors open at 6 p.m. \$12 admission. Visit [www.villainandsaint.com/shows/](http://www.villainandsaint.com/shows/).

## SATURDAY-SUNDAY/AUG 29-30

**Kelly Posey: “Potpourri.”** 12-5 p.m. at The Yellow Barn Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Abstractionist painter Posey titled the exhibit “Potpourri” because her early work informs her new work. Admission is free. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com) for more.

## THURSDAY/SEPT. 3

**Justin Trawick and The Common Good Performance.** 8 p.m. at Villain & Saint, 7141 Wisconsin Ave., Bethesda. Justin Trawick and The Common Good are a four-person Americana band. Tickets are \$10. Visit [villainandsaint.com/](http://villainandsaint.com/)

## FRIDAY-MONDAY/SEPT. 4-7

**5th Annual Yellow Barn Studio and Gallery Drawing Exhibition.** 12-5 p.m. at 7300 MacArthur Blvd. In cooperation with the Friends of the Yellow Barn, an exhibition open to all members of the Yellow Barn. A closing reception will be held on Monday, Sept. 7, 5-6:30 p.m. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com).

## FRIDAY/SEPT. 4

**The Walking Guys Concert.** 9 p.m. at Villain & Saint, 7141 Wisconsin Ave., Bethesda. The Walking Guys are a four-person band consisting of songwriters and singers. Tickets are \$12-15. Visit [www.villainandsaint.com/](http://www.villainandsaint.com/).

## SATURDAY/SEPT. 5

**Kentlands/Lakelands 5K Run/Kids’ Fun Run.** 8 a.m. on Main Street near the Kentlands/Lakelands Market Square Plaza. Registration for the Kids Fun Run is \$12, \$30 for the 5K Run/Walk if registered online, and \$35 on Sept. 3 and 4. Visit [www.kentlands.org/5K/](http://www.kentlands.org/5K/).

**Glen Echo Park Open House.** 12-4 p.m. at 7300 MacArthur Blvd. The Glen Echo Park Partnership hosts an Open House to introduce visitors to arts, dance, theater, and classes at the park. Free. Visit [www.glenechopark.org](http://www.glenechopark.org).

**The Flashback Band Performance.** 9 p.m. at Villain & Saint, 7141 Wisconsin Ave., Bethesda. Members of the band include, Greg Gaines, “CJ” Lucas, Dave Spiegelthal, Willie “Mack” McElroy, and Gene Shuman. Tickets are \$10. Visit [www.villainandsaint.com/](http://www.villainandsaint.com/).

## SATURDAY AND MONDAY/SEPT 5 AND 7

**Irish Music and Dance Showcase.** 1-5 p.m. at 7300 MacArthur Blvd. Attend two days of Irish music and dance present by the Glen Echo Park Partnership for Arts and Culture and the Irish Inn at Glen Echo. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

## MONDAY/SEPT. 7

**Labor Day Parade.** 1 p.m. in the streets of Olde Towne Gaithersburg.

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## SEPT. 8-OCT. 3

### “Blooming” by Wanjin Kim.

Tuesday-Saturday, 12-6 p.m. at Waverly Street Gallery, 4600 East-West Highway, Bethesda. Artist Wanjin Kim’s “Blooming” exhibit is a “conversation” between her small figurative sculptures and larger hanging wire sculptures. Admission to the gallery is free. Visit [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com) for more.

## TUESDAY/SEPT. 8

**Phil Lassiter Performance.** 8 p.m. at Villain & Saint, 7141 Wisconsin Ave., Bethesda. Phil Lassiter is the arranger and trumpeter for seven Grammy winning projects. Tickets are \$10-12. Visit [www.villainandsaint.com/](http://www.villainandsaint.com/).

## THURSDAY/SEPT. 10

**Janelia Soul Performance.** 8 p.m. at Villain & Saint, 7141 Wisconsin Ave., Bethesda. Afro-pop and Reggae singer Janelia Soul will be performing. Tickets are \$10-12. Visit [www.villainandsaint.com/](http://www.villainandsaint.com/).

## FRIDAY/ SEPT. 11

**“The Musical of Musicals (The Musical!)”** 8-10 p.m. at Arts Barn, 311 Kent Square Road, Gaithersburg. The play is structured in five acts, each a short musical parodying and paying homage to the style of a composer or composer/lyricist team: Rodgers & Hammerstein, Stephen Sondheim, Jerry Herman, Andrew Lloyd Webber, and Kander & Ebb, all dealing with roughly the same plot: “I can’t pay the rent!” Tickets are \$22, \$12 for children 14 and under. Visit [www.gaithersburgmd.gov/calendars](http://www.gaithersburgmd.gov/calendars).

**The Nighthawks Concert.** 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. The Nighthawks combination of blues, rock and swing is performed through covers and original songs. Tickets are \$20-30. Visit [www.ampbystrathmore.com](http://www.ampbystrathmore.com).

## SATURDAY/ SEPT. 12

**Potomac Library Book Sale.** 10 a.m.-1 p.m. at 10101 Glenolden Drive, Potomac. Sponsored by the Friends of the Library, Potomac Chapter. Runs most months. Most hardbacks are \$1 and paperbacks are \$.50. Visit [www.montgomerycountymd.gov/library/branches/potomac.html](http://www.montgomerycountymd.gov/library/branches/potomac.html).

**“It’s a Grand Night for Singing” A Cappella Showcase.** 6-8 p.m. at City Hall Concert Pavilion, 31 S. Summit Ave., Gaithersburg. Singing unaccompanied by instruments takes the stage. Find the Arlingtones, Harbor City, Harmony Express, Singing Capitol Chorus and Sons of the Severn. Free. Visit [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov) for more.

**Matt Schofield Concert.** 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Guitarist featured in the top 10 British blues players of all time performs. Tickets are \$20-30. Visit [www.ampbystrathmore.com](http://www.ampbystrathmore.com).

## SUNDAY/SEPT. 13

**Parks Half Marathon.** 7-10 a.m. Run from Rockville to Bethesda. Showcases Montgomery County’s park system. Sponsored by Montgomery County Road Runners Club. Registration is \$67 until Aug. and \$73 Sept. 1-9. Visit [www.mcrrc.org](http://www.mcrrc.org).

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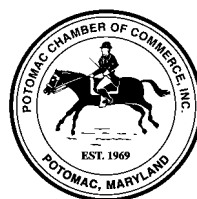
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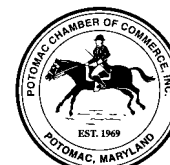
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♦ **Dennis Avenue Health Center**  
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BY MARILYN CAMPBELL  
THE ALMANAC

**A**s the lazy days of summer wind down, beach trips, lemonade stands and lax bedtimes give way to alarm clocks, textbooks and backpacks. Public health officials say that a back-to-school list should include more than pencils and paper. For many, the first order of business is a well-child physical, a dental exam and required immunizations.

During a physical exam, parents should double check that immunizations are up to date, ask if their child's growth is on target and what normal developmental changes they should expect during the next year. Parents should also be prepared to answer questions about their child's sleep patterns and eating habits.

"Vision checks are an important part of a routine school entry physical so make sure to ask for one," said Caroline Sutter, a family nurse practitioner, DNP-BC, co-director of Mason and Partners (MAP) clinics and an assistant professor of nursing at George Mason University in Fairfax. "Dental exams are im-

portant to maintain health. Ask for a referral for a dental visit."

George Mason University's College of Health and Human Services runs MAP clinics, which offers school entry physicals at no cost.

The Montgomery County Maryland, Health and Human Services Department offers an Immunization Program with walk-in immunizations to children under the age of 19. The county also offers dental care for children ages three to 18.

The Fairfax County Health Department provides free school-required immunizations at five locations in the county. "We are offering some special extended hours in August and September to accommodate the back-to-school rush, but we recommend that parents make the appointment now," said John Silcox, public safety information officer, Fairfax County Health Department.

Dental services are available for eligible children in Arlington through high school age. Vaccines required by Arlington County Public Schools are also available free of charge.

Sutter says proper sleep and physical activity are also part of the pediatric health care picture and should not be overlooked.

Transitioning from a summer of sleeping late to a school year of early wake-up calls can be challenging if children are not prepared. "Establish a sleep schedule now," said Sutter. "With summer coming to an end, it is important to get kids on a regular sleep schedule before school starts."

"Stress the importance of routine physical activity with your child," she said. "Talk about sports they might be interested in during the school year or other ways to stay physically fit but most important set a good example. Exercise regularly yourself or with your children."

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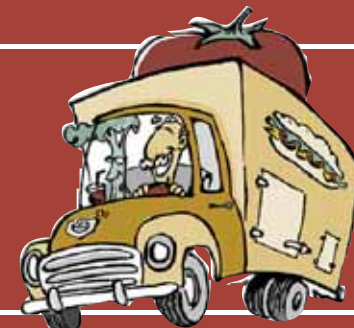
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Sean Morrison with REI teaching paddle board.

## Joys of Summer



Catherine Garlett bathes her horse Bodermus at The Potomac Horse Center.



Kayaking on the canal.

PHOTOS BY DEBORAH STEVENS/THE ALMANAC

## Pilot Archery Deer Hunting Program Begins Sept. 11

A pilot Archery Managed Deer Hunting Program has been approved by Montgomery Parks, part of The Maryland-National Capital Park and Planning Commission, for the Great Seneca Stream Valley Park, Unit 1 in Germantown and the Watts Branch Stream Valley Units 1 & 2 in Potomac.

Approximately four hundred comments were received. Public support was greater than opposition, by a slight mar-

gin. Those in opposition shared concern for potential excessive wounding and suffering by way of archery hunting. Through selection and training of hunting participants, the Department of Parks seeks to reduce the probability of wounding loss. Similar programs, throughout the region have shown varying rates of unintended injury ranging from 3 - 17 percent.

The intent of the pilot Archery Managed Deer Hunting Program is to evaluate the

method.

The program will be in place concurrent with the Maryland regulated archery season, Sept. 11 through Jan. 31. Affected parks will remain open to public use while archery hunting is occurring. Archery hunting, by permit only, will be permitted Monday through Saturday. Program suspension will occur during the month of December and during established state-regulated firearms and muzzleloader seasons.

The selected units of Great Seneca and Watts Branch Stream Valley Parks will be posted with signage to notify park users of this activity. Hunting and weapons discharge will be restricted to a distance of at least 130 yards from homes, and a maximum of six hunters will be permitted at each park location per day.

More details about these programs are available at [www.parksdeermanagement.org](http://www.parksdeermanagement.org).

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## Accommodate or Exacerbate



By KENNETH B. LOURIE

As a diagnosed-as-"terminal" cancer patient (is that better, Rebecca?), I feel I am due some accommodations. However, when offered or given, I am hesitant to accept (not always, though; I'll be honest). I don't want to weaken my resolve or stoke the internal fires that burn inside many of us cancer patients: Why me? Why now? When am I going to die? Is there something I did/didn't do that caused the cancer? Am I being a compliant patient? Or am I being stubborn and stupid and rationalizing my behavior way too much? Am I one of the 17 percent of non-small cell lung cancer patients to survive beyond five years for a reason, or am I akin to a blind squirrel who sometimes finds an acorn? Am I closer to the end of my life or merely further from the beginning? Yet sometimes I do feel as if I'm entitled. Let an able-bodied person not undergoing chemotherapy every three weeks do the heavy lifting, literally and figuratively. It's not my job to prove myself up to the task any more than dying while trying is somehow beneficial. I don't want to be remembered fondly for pushing myself to an early grave. I'd rather be alive and pulling myself forward to a longer life. Until I know otherwise, I'd prefer to see how the movie ends rather than walk out early and read my obituary in the paper. As Curly Howard of The Three Stooges once said in an episode, while admiring himself in the mirror: "I'm too young to die, too handsome; well, too young anyway."

And given that I'll be 61 in September, and both my parents lived into their mid to late 80s, with minimal health problems – AND NO HISTORY OF CANCER, I feel succumbing now to my disease would be inappropriate somehow – and rather disappointing. Not that I feel any twinges or tweaks of late that have given me pause to refresh my thinking and constant self-assessing/self-evaluating, but let's be realistic here: mortality matters, no more than after you receive the kind of "13 month to two year" prognosis that I did back in early '09. And just like Radar said to Captain Pierce (in a M\*A\*S\*H episode) about the nickname "Stinky" tending to stick with a fella, so too does a diagnosis of inoperable/metastasized stage IV non-small cell lung cancer stick with you. As much as you want to shake free of its hold (you'll note I didn't say grip), it's sort of an itch you can't really scratch – or scratch enough so that you forget it.

Constant reminders you don't need, so you try – at least I do, to live my life as normally as possible. However, as a cancer patient undergoing chemotherapy, there are many challenges, and unless certain compromises or acceptances to reality are accepted, you'll never make it the movie to even buy the ticket. But giving in to the disease doesn't seem prudent either. Most of all though, I want to remain alive. Pushing, pulling, overdoing it, "underdoing" it; when to stop, when to go? Is accepting help a sign of weakness or a sign of maturity? Unfortunately, there's no handbook. There's only your own life's experiences, your own instincts and your own wishes/preferences concerning how you want to live the rest of your life under the most difficult of circumstances. Even more complicated: days are different. Some days, I want help. Other days, I don't. I wish there were some regularity/predictability to it, but there isn't. There's only the ups-and-downs-and-all-arounds all us terminal patients have to accept and maybe even understand. It's not perfect. But I'll take alive and perplexed over dead and buried any time.

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

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# Whitman Football Faces Tough Schedule

**Vikings finished 4-6 in 2014, closed with consecutive losses.**

**T**he Whitman football team entered the final two weeks of the 2014 season with a 4-4 record and in search of a winning season. Instead, the Vikings finished with back-to-back blowout losses against Churchill and Blair and wound up 4-6.

"We imploded last year at the end," Whitman head coach Jim Kuhn said. "... Injuries really took their toll."

In 2015, Whitman posting a winning record will likely involve avoiding the injury bug and surviving a difficult first four weeks of the schedule.

The Vikings open at home against Paint Branch at 6:30 p.m. on Friday, Sept. 4. The Panthers finished 9-3 in 2014 and reached 4A North region championship game. The following week, Whitman hosts Bethesda private school Landon.

"The scheduling gods were not kind," Kuhn said.

After a winnable game at Einstein on Sept. 18, the Vikings will travel to Germantown to face two-time defending 4A state champion Northwest.

Leading the way for the Whitman offense will be rising junior quarterback Matt Clayton (5 feet 9, 155 pounds), who makes the move from the JV. His top pass-catching threat is rising senior tight end Austin Deramus (6-4, 185), who is getting looks from Ivy League and Patriot League schools, Kuhn said. Rising senior Alex Hilsenrath is also a receiving threat.

Rising junior Gunnar Morton (5-11, 155) will be the team's running back.

Both starting tackles return on the offensive line: George Wilson and John Vipulis (6-4, 230).

On the other side of the ball, outside linebacker Deramus, and rising senior tackles Ezra Alexander and Zach Salem-Mackall are standouts.

— JON ROETMAN



**Whitman quarterback Matt Clayton throws a pass during a recent practice.**



**Whitman head football coach Jim Kuhn runs a drill during a recent practice.**



**Whitman defensive coordinator Andy Lee watches two Vikings work during a drill at a recent practice.**

PHOTOS BY  
HARVEY LEVINE  
THE ALMANAC

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Email announcements to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

### FRIDAY/AUG. 21

**Back-to-School Event.** 6-9 p.m. at Lincoln Park Community Center, 357 Frederick Ave., Rockville. Find backpacks with school supplies for sale for \$2. Visit [www.rockvillemd.gov/](http://www.rockvillemd.gov/).

### SATURDAY/AUG. 22

**Athletic Education Event.** 10:30 a.m.-12:30 p.m. at the National Museum of Health and Medicine, 2500 Linden Lane, Silver Spring.

Learn about anatomy as it pertains to sports. Free. Visit [www.medicalmuseum.mil](http://www.medicalmuseum.mil)

### SATURDAY/AUG. 29

**College Planning Program.** 11 a.m.-12:30 p.m. at Davis Library, 6300 Democracy Blvd., Bethesda. Educational consultant M. Ann Goode, M.Ed., will address questions students and parents have about academic achievement and college preparation. Free. Visit [www.montgomerycountymd.gov](http://www.montgomerycountymd.gov) or call 240-777-0922.

### WEDNESDAY/SEPT. 2

**Volunteer Open House.** 9:30-11 a.m. at Holiday Park Senior Center, 3950 Ferrara Drive, Silver Spring. The Senior Connection has immediate

openings for volunteers to provide essential services to Montgomery County seniors. Available service opportunities include driving senior adults to medical appointments and assisting with grocery shopping. Learn more about these opportunities at this open house. To RSVP, contact [volunteer@seniorconnectionmc.org](mailto:volunteer@seniorconnectionmc.org) or 301-942-1049.

### SATURDAY/SEPT. 12

**Public Hearing: Early Voting in Montgomery County.** 10 a.m. at Montgomery County Executive Office Building, 101 Monroe St., Rockville. The Montgomery County Board of Elections will receive testimony from the public about the list of Early Voting Centers for the upcoming presidential election. Each local Board of Elections in the State of

Maryland is required to review its list of early voting sites every two years and make recommendations to the State Board of Elections. Visit [www.montgomerycountymd.gov](http://www.montgomerycountymd.gov).

### SEPT. 14-OCT. 11

**"Establishing Your Online Presence."** Online via The Writer's Center website. Workshop instructor Bernadette Geyer will be providing instruction to small business owners and independent consultants on how to create a website and navigate social media. The cost is \$195. Visit [www.writer.org](http://www.writer.org) for more.

### SUNDAY/SEPT. 20

**Panel Discussion.** 2 p.m. at The Mansion at Strathmore, 10701 Rockville Pike, North Bethesda.

Engage in a discussion about the development and importance of women in the food industry. Free, but registration required. Visit [www.strathmore.org/](http://www.strathmore.org/).

### THURSDAY/OCT. 1

**Great Decisions: Syria's Refugee Crisis.** 12:30-2 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Great Decisions, a national program of the non-partisan Foreign Policy Association is sponsored by Friends of the Library, Potomac Chapter. Most months there is a guest speaker. The program is free and open to the public; bring a brown bag lunch. A copy of the 2015 Briefing Book is available at the Information Desk. The book cannot be checked out; it takes about an hour to read the relevant article. Books can be ordered at [fpa.org](http://fpa.org).



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