

Potomac ALMANAC

WELLBEING

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Kindergarten teacher
Julie Stevens with Levi
Zeitlin on the first day
of school at Carderock
Springs Elementary.

First Day

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PHOTO BY DEBORAH STEVENS/THE ALMANAC

SEPTEMBER 2-8, 2015

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NEWS

Learning to Love

Animals can help patients with fetal alcohol spectrum disorders heal.

BY MARILYN CAMPBELL
THE ALMANAC

Wearing her long dark hair in pig-tails and a backwards baseball cap, Leah Schuman peered curiously over a low fence into a pen of miniature llamas.

"Awww," she said gently, at once both soothing and agitated. Leah, 15, was adopted from Russia when she was a child, and suffers from a fetal alcohol spectrum disorder.

Fetal alcohol spectrum disorders (FASD) are a group of conditions that can occur when pregnant women drink alcohol. Fetal Alcohol Spectrum Disorders Awareness Day is Sept. 9, chosen to symbolize the nine-month term of pregnancy.

Both Leah and the llamas were at the Potomac home of psychiatrist Dr. Susan Rich for a Fetal Alcohol Spectrum Disorders Awareness Day event. Like Leah, many of the attendees were either Rich's patients or their parents. Rich hosted the event, which featured dozens of cuddly animals from fluffy white rabbits to miniature alpacas, because she believes that docile animals can help children with FASD learn to love and offer them a sense of calm.

"Many of these kids have been in orphanages from an early age and have been de-



Dr. Susan Rich, a Potomac-based psychiatrist, introduces her service dog, Copper, to local children. Rich uses animals to treat patients with Fetal Alcohol Spectrum Disorders.

prived of basic human contact," said Rich. "Animals love you unconditionally. By taking care of a little animal, a child can learn to love and feel like they're doing something productive."

The animals help with the fear of abandonment and inability to trust that are common

among adopted children with FASD.

"Kids who have had early trauma and childhood abandonment issues are often afraid to get close because their big fear is, 'If my birth mom left me, then my adopted mom will too,'"

SEE ANIMALS, PAGE 11

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First Day of School

Carderock Cub with Skye and Devon Pratt. Montgomery County Public Schools welcomed more than 156,000 students for the first day of the 2015-2016 school year on Monday, Aug. 31, the largest enrollment in the district's history. Enrollment in MCPS is increasing by more than 2,600 students this year, the eighth straight year of growth greater than 2,000 students.



Kindergarten teachers Christine Batky and Julie Stevens



Kit Noonan and fifth grader Matt Angrick

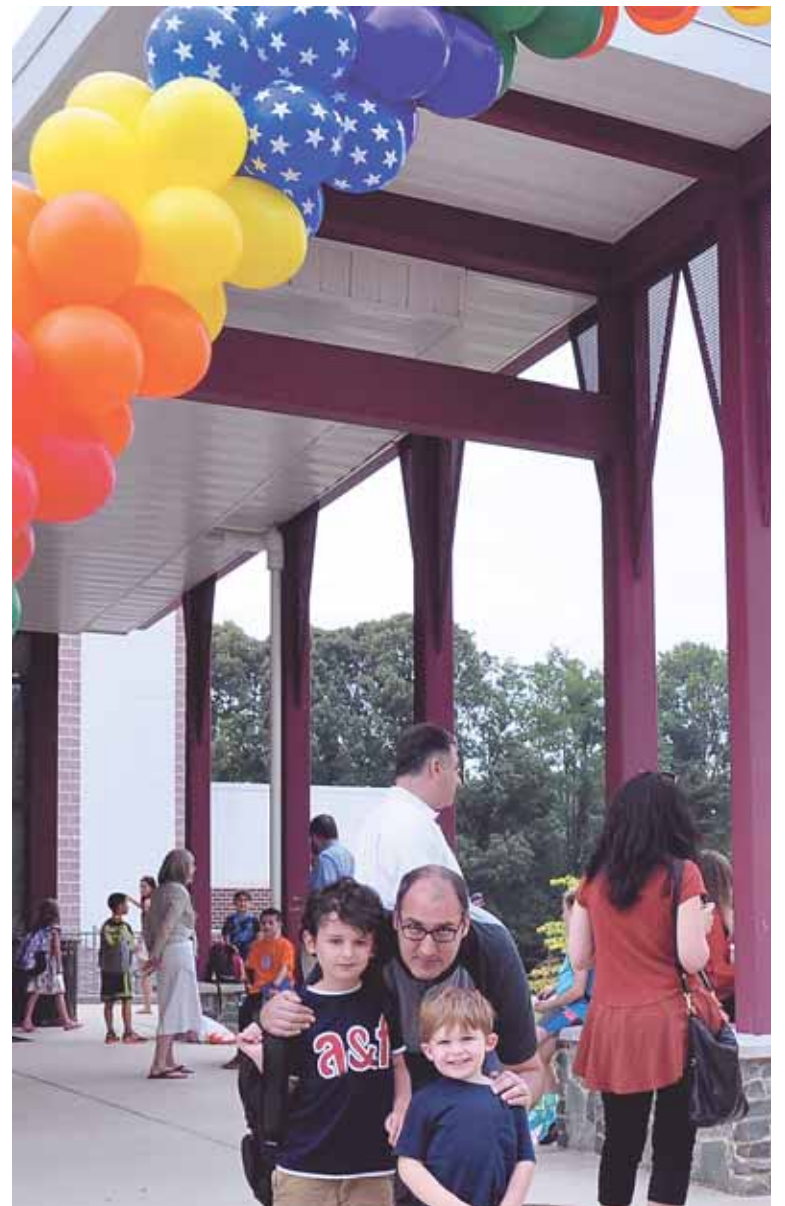


Jessica Wong



Kindergartner Claire Ryan and her dad Chris Ryan

PHOTOS BY
DEBORAH STEVENS
THE ALMANAC



David, Noah and dad Lawrence Muscant

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?

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

MICHAEL MATESE
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NEWS



PHOTOS COURTESY OF INTERFAITH WORKS

School supplies and more than 1,000 backpacks were collected for students in need during the seventh annual Park Potomac Ice Cream Social.



Margo and Bruce Fonoroff hosted an event in Potomac to collect school supplies and backpacks for students in need.

Supporting Children in Need

Potomac event brought in supplies for the new school year.

More than 1,000 Montgomery County school children began the school year with new backpacks and school supplies thanks to the generosity of some Potomac residents.

The seventh annual Park Potomac Ice Cream Social, hosted by Margo and Bruce Fonoroff, brought

in 1,100 new backpacks to benefit Interfaith Works' backpack drive, Aug. 22, in spite of a two-day weather delay. The couple's goal was to collect more than 1,000.

Interfaith Works is a nonprofit organization that works to meet the needs of the poor and homeless in Montgomery County. Community members were asked to bring new backpacks and school supplies to the event, which included door prizes, an exotic car display and hot fudge sundaes.

— MARILYN CAMPBELL

POTOMAC ALMANAC

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

Five Time First Place Award-Winner Public Service
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News



PHOTOS CONTRIBUTED

What's Special about Potomac?

The Potomac Swim and Tennis Club. A majority of this non-profit club's members live in Potomac, and their children attend Potomac Elementary School or other Potomac/Bethesda public and private nearby schools. It offers indoor and outdoor tennis; five acres of shaded property; lap pool, diving well, shallow area, and beach entry wading pool; tennis and swim lessons for adults and youth; swim, dive and tennis teams; and local league play. See www.potomacswimandtennis.com.

Top 10 Reasons to love living in Potomac.

BY SUSAN BELFORD

For the new resident of Potomac, Washington D.C. might seem like a giant maze of numbers and letters, a traffic gridlock defined only by the outer loop and the inner loop and a land of workaholics where 9-5 is unheard of – a day of work begins at 6 a.m. and ends at 8 or 9 p.m. However, when you compare the Village of Potomac to other metropolitan areas, there are lots of reasons to support why residents love living here.

Here are the “Top Ten Reasons Ya Gotta Love Livin’ Here in Potomac!” following the format from The Late Night Show With David Letterman.

Number 10: Potomac is a small community — but has wonderful restaurants and excellent shopping. If you can’t find it in Potomac Village, then Cabin John Mall and nearby Westfield’s Mall certainly fill the bill. Travel a little further and you can quickly arrive at Tyson’s Center, Costco, Sam’s Club — or outlet malls.

Number 9: The C & O Canal National Historic Park is a haven for enjoying the four seasons of the year. Visitors can enjoy walking, biking, hiking, rock-climbing, bird-watching, star-gazing, kayaking, canoeing and many other activities in this Potomac treasure. Children love meeting the park rangers and learning about the mules that pull the canal boats. Families enjoy spending the nights in the lock houses and sharing picnics at this beautiful spot. We are fortunate that this beautiful and one-of-a-kind National Park is in our back-yard.

Number 8: Potomac is loaded with recreational facilities, parks and playgrounds in every community. Many neighborhoods have community centers, pools and tennis courts. Cabin John Park offers ice skating, a nature center, a playground that children adore, a train that lives on in memories and lots of recreational facilities.

Number 7: Buses, trains and planes — you can easily travel near to or far from Potomac. We are close to Metro stations to zip down to D.C. and local Metro buses and the Ride-On Bus will take you locally wherever you need to go. Traveling domestically or internationally is easily accomplished with our wonderful access to three airports and trains from New Carrollton and Union Station.

The Vamoose Bus and others will take you from Bethesda to New York City for \$30 or less in just 4 hours — what a bargain!

Number 6: Culture — theater, symphonies, art galleries, jazz clubs, wonderful exhibitions, great speakers — you name it, we have it very close. Potomac hosts the Har Shalom Players, our schools offer terrific productions, and Adventure Theatre and The Puppet Company are right around the corner in Glen Echo. Strathmore, Potomac, Round House Theatre and the Olney Theatre are just minutes away as are many out-standing theaters and galleries in Virginia and D.C.

Number 5: Diversity among community members. Potomac is fortunate to have residents from almost every country in the world. This gives Potomac an atmosphere in which to gather insights into tolerance and understanding of other cultures that most Americans never get to experience. We have a wealth of religious centers in which to worship and become involved in a religious community.

Number 4: Proximity to museums, historical places, zoos, gardens, National Monuments and cities such as Baltimore, Philadelphia, Gettysburg, Alexandria, Harper’s Ferry and more. When guests come, you will never say, “There’s nothing to do here.” There so many wonderful sights to visit, that you have to make choices.

Number 3: Sports. We are fortunate that Potomac offers the opportunity to learn and participate in every type of sport for girls, boys, men and women. You can join a team, take lessons and engage in every sporting activity from ping-pong to football to lacrosse, tennis and golf. Potomac is home to excellent public and private golfing facilities, tennis clubs and swim clubs that produce Olympic champions. Potomac residents can also be heard cheering on their favorite high school, college and professional sports teams.

Number 2: Educational and volunteer opportunities for all ages. Montgomery County Public Schools are always among the top 10 in our nation and our private schools are also top-rated among the independent schools. Montgomery College, the Universities of Shady Grove and Johns Hopkins all provide residents with nearby lifetime educational opportunities. Classes, camps and senior learning are provided all over our county for anyone who wants knowledge about almost every topic. Volunteer activities also abound within our community.

And Number 1: Friends and families, neighbors and community make this area a meaningful and rewarding place to live. If one has no family in the immediate area, friends and neighbors will quickly become like family. Our community offers a wealth of activities and organizations that make it possible to meet people and form friendships.

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DELAPLANE, VA - Stunning custom colonial on approx. 25 acres in a gorgeous setting. Beautifully decorated and landscaped. High ceilings, sun-filled rooms - wood floors & fabulous windows capture magnificent views from every room. Ideal for horses or a gracious country lifestyle. Located in Piedmont Hunt.

\$1,525,000

Peter Pejasevich 540-270-3835 • Scott Buzzelli 540-454-1399



LEESBURG, VA Custom-built stone, brick, and cedar estate on 3.54 acres w/ amenities ideal for life style full of entertaining, leisure, & enjoyment. Features include heated indoor pool, a sports pub, a reg. racquetball court w/ hoop, audio/video system w/ 2 home theaters, rooftop deck, picnic pavilion w/ gas barbecue, potting shed, 2+ 2-car garages, & caretaker apartment.

\$1,548,000

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ROUND HILL, VA - A long winding drive, past a picturesque pond, leads to an exquisite brick & stucco colonial on 10+ gorgeous acres. 12 room residence includes 4 BR, 5.5 BA, stunning family room with vaulted ceilings and full stone wall fireplace; tiled sun room w/ wet bar. Pool, spa...

\$1,145,000

Peter Pejasevich 540-270-3835 • Scott Buzzelli 540-454-1399



PURCELLVILLE, VA Stunning custom home in the heart of Loudoun County's Wine Country next-door to Hillsborough Vineyards. Beautiful sunset views! The grand foyer with hardwood floors opens into the living room and formal dining room. Enjoy the views from the gourmet kitchen!

\$1,199,000

Peter Pejasevich 540-270-3835 • Scott Buzzelli 540-454-1399



MARSHALL, VA - Exquisite property with 1st floor master suite, HW floors, saltillo tiles, plus carpet, 5 fireplaces, 2 offices, Viking/Miele appliances, high speed internet, extensive gardens, tankless water heater, 3 bay garage w/ courtyard, 2 paddocks, 9' ceilings. Many updates and improvements!

\$1,150,000

Walter Woodson 703-499-4961



ROUND HILL, VA - Fantastic home in desirable Devonshire. Newly updated 4-6 BR, 4 BA cape cod on 3 acres w/ room for pool. Low maintenance exterior. New paint inside & out, new SS appliances, Main lvl master suite, finished lower level w/ au-pair/ in-law suite/kitchenette, tons of storage, Trex deck, Trane HVAC, Verizon Fios.

\$569,000

Mary Kakouras 540-454-1604



MARSHALL, VA - Charming cottage with 3 BR 2.5 BA. Perfect weekend or full-time living. Amenities include Viking range, soapstone counters, exquisite hardwood floors, restful porches, wood-burning fireplace, French doors, 2,200+/- sq ft, fenced yard. Peaceful home about 10 minutes from Middleburg.

\$524,000

Walter Woodson 703-499-4961



LEESBURG, VA - Rarely available 3BR, 2BA condo with golf course views. Corner unit at the back of community backing to trees. Nicely kept condo with hardwood floors, washer and dryer in unit, and extra storage. Great investment opportunity, currently rented on a m/to m lease 1200 month, tenant would love to stay. Convenient commuter location with quick access to RT7, RT15, and Dulles Greenway.

\$165,000

Mary Kakouras 540-454-1604

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Mary Ln, Lovettsville • \$199,000 • 3.9 acres
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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. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

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.

Adult Single Night. Saturdays, 9 p.m. at 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.

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 for more.

Friday Night Live. Friday, 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 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.

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.

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.

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 for more.

Art Walk in the Park. First Fridays through October. 6-8 p.m. Glen Echo Park. Enjoy pottery, calligraphy, glass work, and much more. Visit 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.

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 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. \$25. Visit 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 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 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 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 or call 301-634-2222 for more.

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

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

Mommy & Me (& Daddy, Too). Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-alongs, prizes and more. Visit rockvilletownsquare.com/events/mommy-and-me.

THROUGH SEPT. 30

Seasonal Walk. 7 a.m.-7 p.m. at Safeway, Downtown Silver Spring, 909 Thayer Ave. Walk the sidewalk trails through residential and retail areas of Silver Spring and into Takoma Park. Follow either the 5 km or the 10 km routes. Trails suitable for wheelchairs and strollers. Free. Register at www.sugarloafers.org.

SEPT. 2-27

VisArts Faculty Show. During gallery hours at 155 Gibbs St., Rockville. A juried show of current VisArts faculty including Barbara Brower, Web Bryant, Gina Copanizzi, Janet Greer, Ann Hobart, Yunjeong Hong, Elizabeth Michaels, Eric Westbrook, Jenna Wright. Free. Visit www.visartsatrockville.org 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/

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



PHOTO BY ROBB HILL

Robb Hill's new black and white photo exhibit at Photoworks Gallery, 7300 MacArthur Blvd. focuses on the themes of home, land, and loss. Free. Visit www.glenechophotoworks.org for more.

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.

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/.

"HomeLands" Opening Reception. 6-8 p.m. at Photoworks Gallery, 7300 MacArthur Blvd. Robb Hill reveals a new photo exhibit focused on the themes of home, land, and loss. Free. Visit www.glenechophotoworks.org for more.

SEPT. 4-OCT. 18

"HomeLands." During gallery hours at Photoworks Gallery, 7300 MacArthur Blvd. Robb Hill's new black and white photo exhibit focuses on the themes of home, land, and loss. Free. Visit www.glenechophotoworks.org for more

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/.

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/open-house-classes-2015.

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/.

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 for more.

SUNDAY/SEPT. 6

Waltz Dance. 2:45-3:30 p.m. for Introductory Waltz Workshop, 3:30-6

p.m. for Dance at the Bumper Car Pavilion at Glen Echo Park. Dance to ensemble Latter Day Lizards' folk waltzes and other couple dances after taking a 45-minute dance lesson and workshop followed by social dancing until 6 p.m. Admission is \$10. Call Joan Koury at 202-238-0230 or visit www.WaltzTimeDances.org or e-mail info@WaltzTimeDances.org.

MONDAY/SEPT. 7

Labor Day Parade. 1 p.m. in the streets of Olde Towne Gaithersburg. Celebrate Labor Day with performances, antique cars, marching bands, and more. Free. Visit www.gaithersburgmd.gov/leisure.

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 for more.

SEPT. 8-13

Silver Spring Restaurant Week. Various times at various locations in the greater Silver Spring area. Fifteen participating restaurants are offering patrons special prices and menus. Diners may choose between: \$12 two course lunch, \$17 three-course lunch, \$17 two-course dinner, \$27 three-course dinner. Visit www.silverspringrestaurantweek.com.

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/.

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/.

FRIDAY/ SEPT. 11

Reception for "Quilting for Change." 6-9 p.m. at Artists & Makers Studios, 11810 Parklawn Drive, Rockville. Celebrate the launch of an international quilt exhibit. Free. Visit www.artistsandmakersstudio.com.
"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.

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.

FRIDAY-SUNDAY/SEPT. 11-13

"The Gypsy Baron." 8 p.m. on Friday and Saturday, 2 p.m. on Sunday at F. Scott Fitzgerald Theatre, 603 Edmonston Drive, Rockville. The Victorian Lyric Opera Company presents a operetta follows a pair of lovers surrounded by Gypsies and other lively characters. Tickets are \$24 for adults, \$20 for seniors, and \$16 for students. Visit www.vloc.org for more.

SEPT. 11-28

"Quilting for Change" Exhibit. 9 a.m.-4 p.m. Monday-Friday at Artists & Makers Studios, 11810 Parklawn Drive, Rockville. "Quilting for Change" is a collaboration between The Advocacy Project, Quilt for Change, and Solar Sister. Visit www.artistsandmakersstudio.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.
Silver Spring Jazz Festival. 3-10 p.m. at Veterans Plaza at the intersection of Ellsworth and Fenton. Al Chez and the Brother of Funk Big Band will headline this annual event. Marcus Johnson & The Union Jam Band, Halley Shoenberg, Dani Cortaza, and the Jazz Academy of Music will also perform. Free. Visit www.silverspringdowntown.com for more.

Reception for "Quilting for Change." 5-8 p.m. at Artists & Makers Studios, 11810 Parklawn Drive, Rockville. Celebrate the launch of an international quilt exhibit. Free. Visit www.artistsandmakersstudio.com.

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NEWS



PHOTO BY PETE PRINGER/MCFRS

Bus Collision on First Day

Two school buses with students from Churchill High School collided at Glen Road and Falls Road, at 7:58 a.m., Monday, Aug. 31. The students were released to parents or placed on another bus to continue to school. No student needed to be taken to the hospital, according to Montgomery County Fire and Rescue Services.

SCHOOL NOTES

Email announcements to almanac@connectionnewspapers.com. Deadline is Thursday at noon. Photos are welcome.

Benjamin Croner has graduated from the University of Arkansas at Little Rock (Little Rock, Ark.).

Jacob Christensen of Walt Whitman High School; **Alexander Gibson** and **Lauren Rosenbauer** of

Winston Churchill High School; and **Madeline Kane** of Stone Ridge School of the Sacred Heart will attend Colgate University (Hamilton, N.Y.).

Margaret McGowan and **Kathryn Kunkle** will attend James Madison University (Harrisonburg, Va.).

Evan Dodson, **Anna Katz**, **Rachel Thal-Larsen**, and **Jasmine**

Wung will attend Lehigh University (Bethlehem, Pa.) in fall 2015.

Hannah Roop has graduated from Wheaton College (Wheaton, Ill.).

Jacob Magin, **Stacey Stein**, **Benjamin Harris**, and **Katherine Sotos** have been named to the dean's list at Colgate University (Hamilton, N.Y.) for the spring 2015 semester.

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Wootton Field Hockey Eyes Another Deep Playoff Run

Patriots have reached region final or beyond three straight years.

BY JON ROETMAN
THE ALMANAC

The Wootton field hockey team has advanced to the region championship game or beyond in each of the last three seasons. This year, if the Patriots are going to make another deep playoff run, they will have to do so without graduated goal-scoring threat Julia Lee.

Lee scored more than 20 goals during her senior season, helping Wootton reach the 2014 region final, where the Patriots lost in overtime to Bethesda-Chevy Chase and finished with a 15-2 record.

"We will certainly miss her, for her scoring, of course, but more for the way she intuitively understood how to use and create new space," head coach Kearney Blandamer wrote in an email.

Fortunately for Wootton, the Patriots have plenty of talent coming back.

Wootton returns 10 seniors for the 2015 season, including midfielder Marisa Morakis (Bucknell) and defender Rachel Maizel (JMU), who are each committed to play Division I field hockey.

"They are talented and athletic players with great vision," Blandamer wrote. "They will lead us this year."

Forward Lacey Rubin "plays a scrappy,



Wootton senior Marisa Morakis, seen last season, is committed to play field hockey at Bucknell.

skilled wing who somehow manages to penetrate and dish the ball, as well as to force fouls and draw corners," Blandamer wrote.

Junior midfielder Ali Silver, senior defender Nicole Papadopoulos, senior goalkeeper Athena Sardelis, senior midfielder Emily Krotman, senior forward Alexa Schoenfeld and senior defender Shelbie Fishman will also be key contributors.

Many of the team's athletes play club field hockey, Blandamer wrote, and the Patriots focused on team bonding in the offseason.

"I really loved getting to know them off of the playing field," Blandamer wrote. "I think it really had a lot to do with forming the team chemistry that we are enjoying this



Lacey Rubin, seen last season, is one of 10 seniors on the 2015 Wootton field hockey team.

season.

I have learned over the years that talent doesn't matter a bit if the girls don't like each other. Likewise, a team of average athletes consistently will exceed their abilities if they love each other like family and are constantly having fun together. That's the goal for us this year."

Blandamer has led Wootton to a 51-9-1 record during her four seasons as head coach.

After an 8-5 finish in 2011, the Patriots went on a successful three-year run that included a region championship and state runner-up finish in 2013.

This year, Wootton opens the regular sea-

son on the road against Rockville at 3:45 p.m. on Friday, Sept. 4.

"I want us to get better and smarter every day," Blandamer wrote. "I want us to have fun on and off the field together, to take calculated risks and test our limits in practices and games. I want our best effort every game.

I want us to embrace setbacks in a liberating way that allows us to critique our play and get better without letting things go to our heart. It's very important to us that we learn how to manage tough times/moments in games and trust that we can come out of them OK. I expect very good things will come if we can do those things."

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.

FRIDAY/SEPT. 4

New Building Codes Open House.

9 a.m.-12 p.m. at Executive Office Building, 101 Monroe St., Rockville. The county's Department of Permitting Services is holding open houses to familiarize the construction industry with new building codes adopted for the 2015 code cycle. Free, but registration required. Visit www.montgomerycountymd.gov for more.

TUESDAY/SEPT. 8

Coffee Klatch. 10-11:30 a.m. at Corner Bakery, 10327 Westlake Drive, Bethesda. Coffee Klatch hosted by Potomac Community Village (PCV), for members/ non-members to have a friendly cup of coffee with neighbors and learn about PCV. Free to attend. Guests will purchase their own food. Visit www.PotomacCommunityVillage.org.

WEDNESDAY/SEPT. 9

Parent University Workshop: Be

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Social! 7:15-8:30 p.m. at Har Shalom ECEC 11510 Falls Road, Potomac. Attend this workshop to learn about a dynamic approach focusing on social learning. You will leave with strategies to help your child navigate the social world. Free. Visit www.ccl-md.com.

THURSDAY/SEPT. 10

#MentalHealthMatters Tweet Up.

6-8 p.m. at All Set Restaurant & Bar, 8630 Fenton St., Silver Spring. Participants will have an opportunity to network with others who care about mental health, learn basic twitter skills and the power of social media, be part of the #MentalHealthMatters video project, and hear from individuals with lived mental health experiences about the power of sharing stories to help end the stigma. Free, but registration is required. Visit www.mentalhealthmatterstweetup.eventbrite.com to register.

FRIDAY/SEPT. 11

New Building Codes Open House.

1-4 p.m. at Executive Office Building, 101 Monroe St., Rockville. The county's Department of Permitting Services is holding open houses to familiarize the construction industry with the new building codes adopted to implement the 2015 code cycle.

Free, but registration required. Visit www.montgomerycountymd.gov for more.

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.



PHOTO BY DEBORAH STEVENS/THE ALMANAC

Senior Olympics

The Table Tennis event for the 2015 Maryland Senior Olympics was held in Montgomery County for the first time at the Potomac Community Recreation Center on Saturday, Aug. 22. Fifty athletes competed in age groups from 50 - 94 years. Above are Lila Steenburgh and Elaine Bundy.

Workplace Fitness

Employer-based health and wellness programs are good for business.

BY MARILYN CAMPBELL
THE ALMANAC

It's Wednesday afternoon and a cohort of George Mason University staff, students and faculty hit the pavement. Clad in attire ranging from running shorts and brightly colored sneakers to neutral walking shoes and business suits, the group takes part in "Who's Walking Wednesdays," part of an initiative to get moving for health and wellness.

"It's really important to connect faculty and staff into well-being and wellness practices," said Janet Walker, life/work connections manager at George Mason University. "It benefits everybody in terms of their own personal health and wellness. It creates a community where people interact over more than just work."

The effort underscores the role of workplace health and fitness programs can play in decreasing stress and improving overall well-being. A National Institutes of Health study of more than 29,000 employees who participated in comprehensive workplace health programs that included components such as fitness, weight control and smoking cessation, showed a 14 percent decline in illness over a two-year period, as well as a six percent increase in productivity.

Workplace health programs can also consist of health education, fitness programs, health coaching and screenings.

"There's all sorts of research about how time spent outdoors and taking walking breaks at work fosters creativity and problem solving," said Jeanne Bliss, director of marketing, Center for the Advancement of Well-being at George Mason.

Bliss says university officials hope to impact the well-being of 10 million people within the next four years through the center. "We want to be a replicable model for well-being," she said. "That has been one of our strategic 10-year goals."

"We're in a position to help the next generation in terms of how they connect with their own workforce in terms of health and well-being," said Brandice Valentino, director of well-being programs and mindful living coordinator at the Center for the Advancement of Well-being. "Our programs focus on topics



PHOTO COURTESY OF GEORGE MASON UNIVERSITY

Staff, students and faculty at George Mason University take part in "Who's Walking Wednesdays," an effort to increase physical activity and well-being. Research shows that workplace health programs can lead to increased productivity.

for well-being and integrating mindfulness practices."

Amy K. Turner, executive director of Innovation Health, a Northern Virginia health insurance company formed as a result of a partnership between Aetna and Inova, says her company has improved the health of its workforce through tailored employee wellness programs.

Innovation Health has also created corporate wellness programs for its corporate clients. In fact, the company received the Loudon Chamber of Commerce Healthy Business Award, which honors the winners of the Loudon Healthy Business Challenge, a competition designed to recognize Northern Virginia businesses that have improved the health of their workforce through tailored employee wellness programs.

A group mentality is one of the keys. Group fitness activity can lead to success, say experts. "I feel like when you do it in a group and you're part of a group, you're more committed," said Turner. "It holds people accountable and promotes success."

"Our 'Get Active Challenge' is where employees set fitness goals and challenge other teams within their corporation," she said. "It engages employees to work together in teams, challenges them. We've found that it improves employee satisfaction."



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PET Peeve



By **KENNETH B. LOURIE**

Since it's never too early to start worrying about one's next scan, especially if it's a scan which shows more detail than the typical CT Scan, and a scan you've not had since February, 2009 (I refer to the PET Scan [positron emission tomography] I have scheduled for mid October), I'll begin worrying about it now – in print. Incidentally, the PET Scan in '09 was the last diagnostic scan I had before my surgical biopsy confirmed a malignancy. I still remember the phone call/conversation I had with my thoracic surgeon when he gave me the PET Scan results. He told me the scan indicated positive for cancer. I replied/asked, having gained a little advance knowledge on the subject, that "aren't there a lot of false positives on PET scans and that's why they're not used as often?" To which the doctor responded: "That's partially true. But you lit that scan up like a Christmas tree. If it's a false positive, it's a world-record false positive." I don't recall if I laughed out loud or just snickered (at that time, I certainly wasn't aware of the consequences of the results, which of course were hardly a laughing matter). Nevertheless, it remains one of my favorite cancer stories.

A few weeks later, Team Lourie was sitting in a man's office who I/we had never met before (my oncologist), listening to him tell me that I had stage IV, non-small cell lung cancer which was incurable and that I likely had "13 months to two years" to live – at age 54 and a half. To say I lost my sense of humor at that point is a bit of an overstatement. However, you lose something. Fortunately, as you regular readers know, eventually I regained my footing and my sense of humor and have remained determined to laugh and joke and smile in the face of the adversity that I – and many other "terminal" patients – endure. Still, cancer is not for everyone. Even after six and a half years, the challenges persist and the fears rarely fade away. Having my first PET Scan in more than six and a half years sort of reignites those fears and of course reminds me of how I got into this mess in the first place: the pain in my left-side rib cage that migrated to the right-side for no apparent reason and the associated difficulty I had inhaling and bending at the waist; the New Year's Day Emergency Room Appointment; the X-Rays that day and again a week later; the follow-up appointment with a pulmonar doctor; the subsequent CT Scan; the appointment with the thoracic surgeon; the on-off and back-on-again PET Scan; the biopsy and then the hammer: the midday call from my primary care physician advising me that the biopsy confirmed the malignancy and the rest, as most of you readers know: chemotherapy; yada, yada, yada.

But that next PET Scan is not for almost two months. In the interim, why can't I channel my best Alfred E. Neuman of Mad Magazine: "What – me worry?" and enjoy relative good health? Much easier said and written than actually done. Unfortunately, it's very difficult. As a characterized-as-"terminal" cancer patient, especially one who's far outlived his original prognosis, to not think you have – to quote Radar O'Reilly from a long-ago M*A*S*H episode – "One foot in the grave and the other on a banana peel," is a mind that does matter.

But there's no future thinking like that, only an acceptance of the past. If I do indeed want to "live long and prosper," worrying about things I can't control is hardly the recipe for lasting success. The PET Scan will get here soon enough and the results will be illuminating whether they're positive (bad) or negative (good). It will just be another hurdle/obstacle to overcome. This is not to say that it ever gets easy, but making it harder by worrying about it months in advance serves absolutely no purpose and likely causes more harm than good, certainly more anxiety.

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

Animals Can Help Patients with Fetal Alcohol Spectrum Disorders

FROM PAGE 2

said Sharon Fuller, owner of The Attachment Place, which provides coaching and mentoring, as well as short- and long-term respite care, to parents and children who have FASD and other conditions. "They have to learn how to open their heart up to be loved." Fuller and her husband, Ed, have three adopted children with a variety of disorders and disabilities, including FASD.

Rich owns several animals, including a service dog, two goats, two rabbits and several chickens. She uses them as part of her therapy sessions. Squeals on Wheels, a Potomac-based company, also provided a mobile petting zoo with critters like rabbits, guinea pigs and, of course, the miniature llamas. Staffers helped children and young adults gently stroke the tiny, furry animals.

One such patient is 26-year-old Abbie Moore, who was adopted from Russia as a child.

"I'd never heard of FASD, but I've learned a lot about myself and how FASD affects me and explains my behavior," Moore said. "I've had issues with impulse control and making good decisions. Like going out with friends and deciding if I want to have a drink. I don't stop and think, 'Should I have another drink?' I just go straight to the drink without thinking about the consequences."

Rich, who is writing "The Silent Epidemic: A Child Psychiatrist's Journey," scheduled to be released later this year, says patients with FASD are prone to defiance, violent outbursts and feelings that they cannot trust



Dr. Susan Rich with Abbie Moore who was adopted from Russia. Abbie has a fetal alcohol spectrum disorder.

anyone but themselves. There are times when both parent and child can be overwhelmed, so Rich teaches therapeutic techniques to both, in group and individual sessions. Those techniques can include role-playing, meditation and visual imagery. "Sometimes I ask them to imagine a warm bright light passing down through their head, illuminating, massaging and soothing as it passes through their spine and all the way down, wrapping around their body like a warm bath of pure light," said Rich.



John Phillips of Squeals on Wheels provided animals for Dr. Susan Rich's Fetal Alcohol Spectrum Disorders Awareness Day event in Potomac.

"In that cocoon, they find a place that is quiet and safe."

Just being in nature can be a calming experience, said Rich. She believes it can teach patients coping skills for issues such as impulse control, and calm the inner turmoil that can lead to violent outbursts. As a result, she often conducts sessions outdoors, teaching immersion in nature, the importance of self-care and how to trust others through exposure to small farm animals.

"Sitting in nature and just listening, they can calm their nervous system," said Rich. "Very often kids are detached from nature. They can look back at the time when they were in the woods and find peace within themselves."

Developmental delays are also common among patients with FASD, said Rich. "What I do is help parents understand what these kids need and to get them into social skills training, recreational activities. ... I'm trying to teach people that if we look at these kids differently from an early age and see that their brains are wired differently, and help parents and educators understand the wiring differences, they won't do things that can lead them into trouble."

"There are ways to teach them that are very helpful, but the way that the mainstream educational system is set over-stimulates them. Why are you having them do

differential equations in kindergarten and read Harry Potter at three years old when they can't even wipe their bottoms? You have start working with these kids at an early age, and teach them self care and how to cook their own food and how to manage their money," said Rich.

Although FASD has a major impact on patients' lives, it is not considered a clinical diagnosis, which advocates say creates a roadblock to treatment. Parents of children with FASD often feel isolated and misunderstood, says Nadia Carrell, founder of Advocacy and Support, a network of parents who children have FASD.

"FASD can be totally confounding for parents and life can be really awful if you don't have a formal diagnosis," said Carrell. "Someone can look totally normal, but in fact their social and emotional maturity is about half their age. Parents get labeled as someone who is controlling or ignorant or someone who needs to take parenting classes."

Parents and children sometimes need to take a break from one another, which is where The Attachment Place comes in, said Fuller. "By the time kids come to us, usually everybody is pretty burned out," said Fuller. "This is a respite, a time for the child to heal and learn how to have a healthy connection with someone and transfer that bond to Mom."



Sue Schuman and her daughter Leah attend a Fetal Alcohol Spectrum Disorders Awareness Day event at the Potomac home of psychiatrist Dr. Susan Rich.

PHOTOS BY
MARILYN CAMPBELL
THE ALMANAC

Public Hearing Set on Selection of Early Voting Centers

The Montgomery County Board of Elections has scheduled a public hearing to 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 is required to review its list of early voting sites every two years and make recommendations to the State Board of Elections. The Montgomery County

Board is seeking public input prior to making its recommendations, which are due at the end of September.

Under state law, Montgomery County must select at least eight Early Voting Centers and may select an additional ninth site. Early voting in Maryland runs from Thursday to Thursday, ending the Thursday before the election, although in-person voting by absentee ballot is still available at each local Board of Elections until Election

Day. The public hearing will be held at 10 a.m. on Saturday, Sept. 12, in the Lobby Level Auditorium of the Montgomery County Executive Office Building, 101 Monroe St., in Rockville.

Details for how to testify at the hearing are available at <http://www.montgomerycountymd.gov/Elections/BoardInformation/PublicParticipation.html>. Written comments may be sent to

elections@montgomerycountymd.gov until 5 p.m. on Wednesday, Sept. 16.

Maps of sites that have previously been used by the county, as well as the history of their voter turnout, are available on the Board of Elections website at www.777vote.org.

A list of current sites being considered is also available on this site — any additional sites added will be posted prior to the hearing.

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