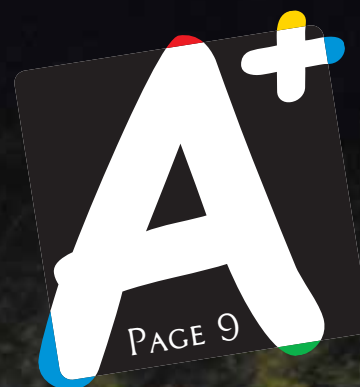


# Potomac ALMANAC



## Park After Dark

NEWS, PAGE 3

### Around the Corner, Around the World

PEOPLE, PAGE 6

### Where Is Rusty Rooster?

NEWS, PAGE 2

### Annual Doggie Swim

NEWS, PAGE 5

Park After Dark returns Saturday, Sept. 19, to  
benefit the C&O Canal National Historic Park.

CALENDAR, PAGE 7 ♦ CLASSIFIEDS, PAGE 10 ♦ SPORTS, PAGE 8

PHOTO BY SARAH VOISIN

SEPTEMBER 16-22, 2015

ONLINE AT [POTOMACALMANAC.COM](http://POTOMACALMANAC.COM)

# Where, Oh Where, Is Rusty Rooster? 7-foot piece of folk art missing.

By SUSAN BELFORD  
THE ALMANAC

**R**usty Rooster was a well-known landmark along Falls Road. He stood tall and proud, welcoming guests to the 1890's farmhouse where Joy and Jon Siegel live. One can just imagine him announcing their presence or awakening the neighborhood with his screeching "Cock-a-doodle-do!" Whenever someone asked Joy Siegel where they lived along Falls Road, she would say, "Do you know the driveway with the rusty rooster?" "Of course" was always the answer.



Joy Siegel

"I bought him at an antique show in Texas," she said. "He stood 7 feet tall, was made of recycled metal — just a wonderful piece of folk art. I loved him from the moment I saw him. We brought him home, and my husband installed him by our mailbox in a concrete slab and he just hung out at the entrance to our driveway. Everyone who saw him loved him — and everyone knew him.

"Students and staff at Bullis were greeted by him as they went to school each morning, since we live right across the street from



Jon Siegel with the sign seeking the safe return of Rusty Rooster.

their entrance."

One morning a few months ago, as the Siegels drove out of their driveway, they realized that the rusty rooster was gone — kidnapped — missing. They thought it was a high school prank, and thus waited to hear that their rooster was in someone's front lawn, on top of a roof, in a parking lot or hanging from a tree. After a few weeks they got worried and put another folk figure out front, called a "tube dude" with a sign that says, "Reward for the safe return of our lost rusty rooster."

Sadly, the rooster has not been returned. "We have received so many heartfelt calls



Rusty Rooster, dressed for Halloween.

telling us they are so sad he is gone," Joy Siegel said. "Not a single week this summer has gone by without us getting a couple of calls that say, 'Here's a tip — and then they give us an address that might be in Potomac and even out of the county. We have often received calls saying, 'I just want you to know I miss seeing your rusty rooster' and one day a handwritten note came from a little girl. It said, 'Dear Neighbor, What happened to the rooster? I miss him.' You think everyone just drives by and ignores things but he apparently had quite a long list of admirers."

When Jon Siegel had the sign made for

the front yard stating that the rusty rooster was missing, the company that created the sign would not accept payment. They just wanted to help promote returning the rooster to its rightful owners.

"It's really shown us that we live in a wonderful, caring community," Joy Siegel said. "Whoever stole him had to use tools and a sledge hammer, because the rooster was cemented into a slab. I really think he is gone forever — but I keep hoping he'll be returned."

Help the Siegels find their rusty rooster. If you know his whereabouts, call Jon Siegel at 301-343-1000.

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## ‘Park After Dark’ To Benefit C&O Canal Park

**Fundraiser includes dinner, auctions, and awards.**

BY SUSAN BELFORD  
THE ALMANAC

**O**n Saturday, Sept. 19, candleliers will sparkle as they lead the way to the Historic Great Falls Tavern, the bonfire will flicker in the night, the River Run Band will play dancing music — and bar-b-que and libations will satisfy the appetites of the many who love the Canal and have come out to support it by partying into the night. The evening is sponsored by the C&O Canal Trust to benefit the C&O Canal National Historic Park (NHP) and will feature “Tenacious” Topper Shutt, chief meteorologist for WUSA9 as the emcee.

The evening will begin at 6 p.m. and top donors will be able to attend a pre-reception held on the decks of the canal boat, the Charles F. Mercer. A signature cocktail — the “Canal Mule” — will enhance the dinner, accompaniments and desserts. Both live and silent auctions will be held and special awards given.

Adventure expeditions await the bidders for the silent auction. One can bid on an F-35 Lightning aircraft simulator experience at Lockheed Martin or on skydiving jumps from Skydive Orange and DC Skydiving Track. Always wanted to become a race car driver? Then place a bid to experience a Friday At The Track (FATT) driving experience at Summit Point Motorsports Park.

More sedate experiences are also available for the auction. One could choose to lunch with New Horizons: The First Mission to the Pluto System scientists, or take a sailing trip for four, a Civil War and Wine tour with historian Dennis Fry at Big Cork Vineyards or bid on Washington Wizards courtside tickets, artwork of the park, a tour for 10 of Ford’s Theater with dinner at Old Ebbitt Grill or tourism packages and gift certificates for restaurants, theaters, shops and more.

A live auction will also be held to benefit the Canal Classrooms Education program



PHOTO BY SARAH VOISIN

**Last year, Park After Dark raised more than \$148,000.**

which offers curriculum-based education to more than 8,000 students each year, exposing them to the arts, science, technology, mathematics, and engineering concepts. Park After Dark is the largest fundraising event held annually to benefit the park. Last year, the evening raised more than \$148,000 and, this year, the Canal Trust is hoping to raise even more. Funds from the event help to sustain the historical, natural and cultural heritage and recreational opportunities within the C&O Canal NHP.

Robin Zanotti, president of the C&O Canal Trust, said, “Park After Dark is unique in that it takes place under the stars after the park closes. Our guests will have the park to themselves and will be able to enjoy a roaring campfire, music, and great food. And they’ll have the satisfaction in knowing they are helping the park that so many of us are passionate about. This year, we will honor the many adventures available in the park that so many people take advantage of — including hiking, biking, bird-watching, canoeing, paddle boarding and kayaking.”

This year, Roy Sewall, founding chairman of the C&O Canal Trust board of directors will be awarded the William O. Douglas Stewardship Award in recognition of his ongoing support of the C&O Canal Trust. During Sewall’s tenure, the Canal Quarters project and the Canal Pride Days were started.

“The Canal Quarters project was our biggest decision because it was a financial challenge and took a monumental effort on the part of the board, a small staff and the Park Service,” Sewall said. “We pondered whether the public would come and use the facilities. We also raised \$100,000 to repair the breach of the Canal near Old Angler’s Inn. This was very significant. I’m flabbergasted to be receiving this award and very honored. I feel like my work as already been acknowledged by the

Park Service, and I’m very touched to be honored again.”

The evening will also feature the first-time presentation of the new Canal Pride Volunteer Service Award to Robert Mertz, a former board member of the C&O Canal Trust.

“I’m delighted and pleased to be receiving this award — but I also have to give credit to a number of people who advised me, found and made furniture and did so much to help,” Mertz said. He took

on the task of furnishing each of the six Canal Quarters Lockhouses with furniture and accessories from different time periods — 60, 90 and 150 years ago. Each lockhouse tells a different story about the development of the C&O Canal. Mertz said, “Before we could start working on a house, we had to figure out what we were going to do. We talked to people on the Erie Canal and the Great Allegheny passage, gathered thoughts and ideas and decided to go forward with the project. Our next project will be restoring the Swain’s Lock Lockhouse — and we are really excited about that one. We have a lot of ideas on how it will be used.”

Tickets for “Park After Dark” are on sale now for \$175 per person (\$125 of that price is a tax-deductible donation to the C&O Canal Trust.) Tickets are available at [www.ParkAfterDark.org](http://www.ParkAfterDark.org). This is a rain or shine event, and attire is Canal Casual.



PHOTO BY SARAH VOISIN

**Park After Dark returns Saturday, Sept. 19.**

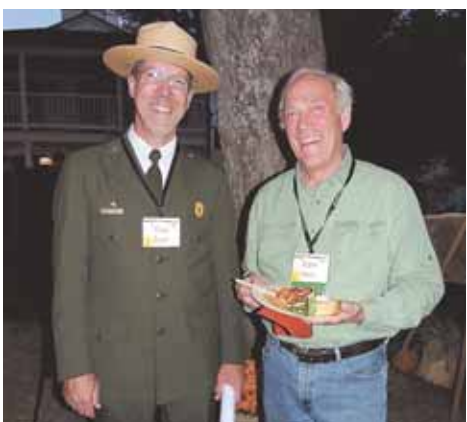


PHOTO BY SUSAN BELFORD/THE ALMANAC

**Kevin Brandt and Robert Mertz enjoy Park After Dark in 2014.**



**Guests at Park After Dark have the park all to themselves.**

PHOTO BY  
SUSAN BELFORD  
THE ALMANAC

## "Smart" Upgrades for Your Kitchen



The kitchen has always been the heart of the home. More and more, it's the brains as well, thanks to the emergence of smarter appliances, fixtures, and design practices. Here are smart upgrades to consider if you're remodeling the kitchen—or just looking to improve its form, function, and feel.

A home for all your electronics. Charging stations are one of the fastest-growing features of today's kitchen. Think about how many electronics you're using in the kitchen at any one time, maybe face timing on your tablet while you download the evening's dinner recipe on your laptop. We see homeowners incorporating charging stations into island countertops or tucking them into a cabinet drawer. There are also freestanding stations that can be kept out on the countertop, space permitting.

Appliances that cut down on guesswork. Convection steam ovens are gaining in popularity. One feature that is great about these appliances is their ability to cook dishes on their own, often more quickly than a conventional oven. Also cooking appliances with Wi-Fi capability such as wall ovens are gaining in popularity. This is helpful if you want to preheat the oven from the backyard or another part of the house.

Countertops that care for themselves. If your last countertop was made of granite, you probably had to seal it often, or else put up with staining. That's not the case with quartz, which rivals granite's popularity. Besides its sealant-free resistance to staining, quartz offers diverse design options, from bright colors to look alike natural stones.

Streamlined islands. Islands continue to benefit from design refinements and helpful accessories. In multi-cook kitchens, adding an induction cooktop to the island creates a second workstation. Induction is tops for speed and responsiveness, and these cooktops are particularly suited for island installations, since their smooth tops are relatively easy to keep clean. However, having a nice open island top can be great for entertaining and day-to-day use like doing homework.



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## OPINION

# Is Falls Road Becoming a Strip Mall?

To the Editor:

Falls Road between River Road and Glen Road is fast becoming Potomac's version of a strip mall. In large part, this is happening because the owners of property zoned residential are being granted "conditional use," formerly called special exception, which permits commercial ventures on property zoned residential. Applications for conditional use are made to the Montgomery County Office of Zoning and Administrative Hearings after receiving a recommendation from the Montgomery County Planning Board.

Business signs abound along Falls Road and offer services such as insurance, tarot reading, dog care and senior living. Anyone traveling Falls Road knows that traffic is very congested during morning and evening rush hours, with bumper-to-bumper traffic and long wait times to cross the Falls-River intersection. Additional traffic delay is generated by customers traveling to these businesses and the cross-traffic left turns made by their customers.

Now, Brandywine Senior Living in New Jersey has made yet another application for conditional use for a new three-story residential care facility which will house 140 residents at 10800 Tennis Lane. It will be located adjacent to the existing Manor Care Senior Living on a four-acre plot zoned RE-2 which only permits two residential lots of two acres each. But if the conditional use application is approved for the commercial use of this property as a residential care facility the owner of the property will realize millions of dollars more from the sale of the property.

In addition to the 140 residents, Brandywine states they will employ 110 employees in three shifts of approximately 40 employees per shift. That means up to 80 additional persons using Falls Road during morning rush hour and evening rush hour.

There are no sidewalks along Falls Road so their employees using public transportation will have to walk about 1,000 feet along the edge of Falls Road from the bus stop across from Bullis School across the front of Normandie Farms Restaurant to Brandywine which is unsafe and will slow traffic.

Brandywine states their application for conditional use is in compliance with the Potomac Subregion Master Plan. We disagree. Let's examine what the Master Plan actually says.

First, the Master Plan clearly states that a *conditional use* may be denied if the concentration of such uses is deemed to be excessive or if it is inconsistent with Master Plan recommendations. The Master Plan recommendations are in Bold below:

❖ **Avoid an excessive concentration of conditional use [formerly special exception] along major transportation corridors.** Next time you drive on Falls Road between River and Glen Road, count the business signs. There are more business uses than residential homes. Moreover, a residential care facility, Manor Care, already exists. There is no need for a second facility at this location along Falls Road. Thus, we have both an excessive concentration of residential care centers and an overall excessive concentration of *conditional uses* and the application should be denied.

❖ **Uses that might diminish safety or reduce capacity of roadways with too many access points or conflicting turn movements should be discouraged.** This section of Falls Road, where Tennis joins Falls Road at a 45 degree angle on a curve near Normandie Farm is one of the most dangerous sections of Falls Road.

It is unlikely such an intersection would be approved today by the Maryland Department of Transportation. Just recently there was another accident there.

As Tennis Lane is merely an extended driveway for Manor Care and Brandywine, Brandywine should be required to provide a study regarding the feasibility creating a single access point for Brandywine, Manor Care, and the Golf Course unto a straight section of Falls Road and eliminating the dangerous Tennis Lane intersection at Falls Road. Bullis was required to locate their athletic field access point on a straight section of Falls Road and not on a closer curved section. Why not require the same treatment for Brandywine? Since the conditional use as purposed will diminish safety

and reduce capacity due to unsafe access points and conflicting turn movements it should be denied.

❖ **Protect the . . . major transportation corridors and residential communities from incompatible design of conditional uses.** Brandywine is proposing a three-story structure, yet all of the surrounding uses are two-story structures including the adjoining Manor Care. The Brandywine application should be restricted to two stories instead of three.

❖ **Sites along these corridors are more vulnerable to over-concentration because they have high visibility. Increase the scrutiny in reviewing conditional use applications for highly visible sites.** Simply put, a higher standard for approval should apply for a conditional use application along Falls Road. Brandywine needs to provide a detailed traffic study regarding safety and traffic impacts of their proposal. Instead, Brandywine has claimed they are exempt. Along this section of Falls Road is Bullis School, Normandie Farms Restaurant, Manor Care and the Golf course — all within 1,000 feet and all large, intense operations. To allow another major conditional use application would be unwise and unsafe and will impede traffic.

Clearly, the Brandywine application does not comply with the Potomac Master Plan and thus their application for conditional use should be denied.

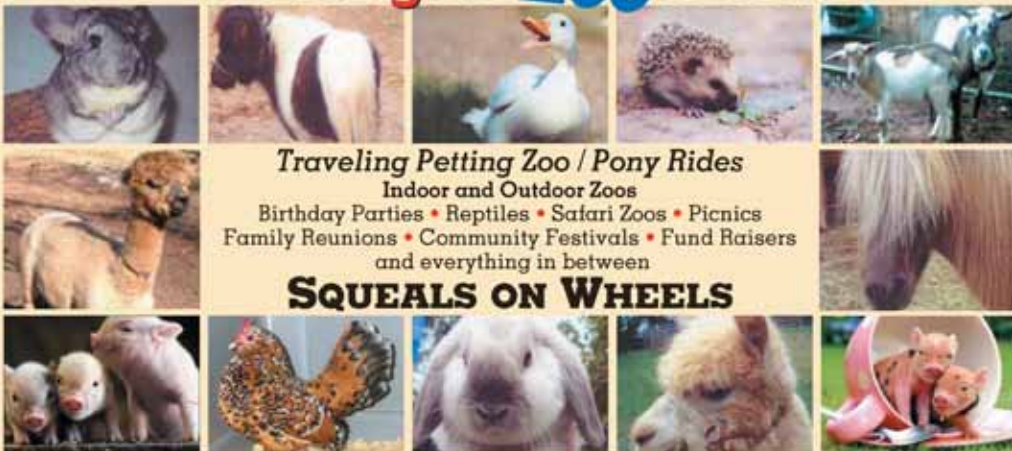
In the alternative, Brandywine should be limited to two stories and any approval conditioned on the construction of a sidewalk from the bus stop to Brandywine and relocating their access point unto a safer section of Falls Road.

If you agree, please take a moment to send your written comments to: (i) Office of Zoning and Administrative Hearings, 100 Maryland Avenue, Room 200, Rockville, MD 20850, Case No. CU 16-01 and (ii) the Montgomery County Planning Board, 8787 Georgia Avenue, Silver Spring, MD 20910, Case No. CU 16-01.

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# News



## Annual Doggie Swim

River Falls Swim Club ended its season on Sunday, Sept. 13 with the annual doggie swim.

PHOTOS BY VIRGINIA FOWLER



Lyndsey and Larry Smith with their dog Maizey.



Butters, a yellow lab mix adopted by the Eggers family from Mutts Matter rescue, enjoys the closing day swim.



Cuda is a 14-year-old Golden wearing a doggie life jacket. Cuda is a member of the Schiattareggia family.

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## OBITUARY

### Dr. Louis E. Fettig

**L**ouis E. Fettig, M.D., 98 of Charlotte, N.C., formerly of Potomac, died Sunday, Aug. 30, 2015 after a brief illness. Born June 21, 1917 in Philadelphia, PA, he was a son of the late Mr. Louis and Bertha Weiser Fettig. He was a graduate of Penn State University with a major in chemistry in 1943. Afterwards he graduated in medicine from Hahnemann Medical College in 1947 and University of Pennsylvania Post Graduate School of Medicine in 1952.

He was the OB coordinator for the National Institute of Health Cerebral Palsy project at Pennsylvania Hospital from 1959-1964 and director of the OB/GYN outpatient department. In addition, he served on the staffs at George Washington University Medical Center, Washington Hospital Center, Holy Cross Hospital, Doctor's Hospital, Shady Grove Hospital and Washington Adventist in Obstetrics and Gynecology for over 25 years.

At George Washington University, Dr. Fettig served as an Associate Clinical Professor in OBGYN in addition to working in private practice. He was drafted as a lieutenant in World War II and served in the Army Medical Corps and later obligated to service as a Captain in the USAF during the Korean War. At that time he was Chief of the OBGYN Department for the Strategic Air Command (SAC) at Ramey Air force Base, Puerto Rico. Dr. Fettig was a 32 degree Mason of the Frankford Lodge No. 292 Free and Accepted Masons of Pennsylvania, a member of the Scottish Rite of Allentown, Pa., the National Sojourners, the AMA, the Potomac-Bethesda Rotary Club, the Penn State Alumni Association and Alpha Chi Sigma- Nu Chapter.

His family writes, "We will never see the likes and shining light of Opa again but we will always remember him in our hearts. Opa's main driver was to be the 'Best of the Best.' He valued hard work and education and taught his children and grandchildren to always do



their best. Opa did not like being in retirement but he made the most of this time by reading and following the stock market. When asked what he missed most about his work he said, 'handing the baby to the mother after delivery and seeing the smile on her face.' Opa acknowledged that he would not have reached his station in life without standing on the broad shoulders of those who came before him, mainly his parents; his mother who saved the family money, so that he could go to school, his father who passed the proceeds of his father's home to him, so that he could attend medical school. He liked to reference Dr. Kimbrough's lectures from the University of Pennsylvania stating that 'No Man is an Island.' It is with this poem by John Donne that we remember our Dear Husband, Father and Grandfather known as Opa: 'No man is an island, Entire of itself, Every man is a piece of the continent, A part of the main. If a clod be washed away by the sea, Europe is the less. As well as if a promontory were. As well as if a manor of thy friend's, Or of thine own were: Any man's death diminishes me, Because I am involved in mankind, And therefore never send to know for whom the bell tolls; It tolls for thee.'"

Dr. Fettig is survived by his beloved wife of 52 years, Emma E. Fettig; son Louis E. Fettig Jr.; daughter, Elizabeth F. Tunnell; daughter-in-law; Cynthia C. Fettig and son-in-law; Wade R. Tunnell, four grandchildren, Thatcher Louis Fettig, Madelyn Clare Fettig, Emma Delaine Tunnell, Meredith Louise Tunnell, his sister Rose Edwards of Moorestown, N.J., his nephew Glen Edwards and Nancy Edwards of Southampton, Pa., and niece Dr. Linda Edwards and Dr. Jeff Lynch of Medford, N.J.

A memorial service will be held in the near future at Emmanuel Lutheran Church, 7730 Bradley Boulevard, Bethesda. In lieu of flowers, contributions may be made to Emmanuel Lutheran Church.

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### THURSDAY/SEPT. 17

**Purple Line Presentation and Informational Open House.** 7-9 p.m. at Silver Spring Civic Building, 1 Veterans Place, Silver Spring. The Purple Line is a proposed light rail

line that would run from Bethesda in Montgomery County to New Carrollton in Prince George's County. The presentation by MTA will begin promptly at 7 p.m. and will be followed by an open house, during which attendees will have an opportunity to discuss project changes. Visit [purplelinemd.com](http://purplelinemd.com).

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### PUBLISHER

Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

### EDITORIAL

**PHONE:** 703-778-9415

**E-MAIL:**

[almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com)

### EDITOR

Steven Mauren, 703-778-9415  
[smauren@connectionnewspapers.com](mailto:smauren@connectionnewspapers.com)

### SPORTS EDITOR

Jon Roetman,  
703-752-4013  
[jroetman@connectionnewspapers.com](mailto:jroetman@connectionnewspapers.com)  
@jonroetman

### CONTRIBUTING WRITERS

Susan Belford, Carole Dell,  
Cissy Finley Grant, Carole Funger,  
Colleen Healy, Kenny Lourie,  
Ken Moore

### Contributing Photographers

Harvey Levine, Deborah Stevens

### Art/Design:

Laurence Foong, John Heinly  
**Production Manager**  
Geovani Flores

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### Debbie Funk

National Sales & real Estate  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

### David Griffin

Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

### Jerry Vernon

Executive Vice President  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

### CIRCULATION: 703-778-9426

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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

**“The Oregon Trail.”** Through Sept. 20, various times at The Writer’s Center, 4508 Walsh St., Bethesda. Flying V Theatre presents the story of a girl playing a video game—and a girl being played in a video game. Tickets are \$15. Visit [www.flyingvtehatre.com](http://www.flyingvtehatre.com) for more.

**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).

**Seasonal Walk.** Through Sept. 30, 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](http://www.sugarloafers.org).

**VisArts Faculty Show.** Through Sept 27, During gallery hours at 155 Gibbs St., Rockville. A juried show of current VisArts faculty including Barbara Brower, Web Bryant, Gina Copanzz, Janet Greer, Ann Hobart, Yunjeong Hong, Elizabeth Michaels, Eric Westbrook, Jenna Wright. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org).

**“Blooming” by Wanjin Kim.** Through Oct. 3, 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).

**Christian Benefiel: “Sea of Tranquility, Ocean of Doubt.”** Through Oct. 4, Gallery hours at VisArts at Rockville, 155 Gibbs St., Rockville. Christian Benefiel fills the gallery with a site-specific installation that teeters between completed object and in-progress construction. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org).

**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).

**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](http://www.glenechopark.org) for more.

## WEDNESDAY/SEPT. 16

**Symphony of the Goddesses Concert.** 8 p.m. at The Strathmore, 5301 Tuckerman Lane, North Bethesda. Watch the Symphony of the Goddesses perform over 28 years of music from The Legend of Zelda live. Tickets \$45-100. Visit [strathmore.org](http://strathmore.org) for more information and tickets.

## THURSDAY/SEPT. 17

**Bob Stout.** 7-10:30 p.m. at Margery’s Lounge at Normandie Farm Restaurant, 10710 Falls Road,

Potomac. Pianist Bob Stout performs and sings. Admission to the lounge is free. Visit [www.popovers.com](http://www.popovers.com) for more.

**Trio Concert.** 7:30 p.m. at The Strathmore, 5301 Tuckerman Lane, North Bethesda. These Juilliard-trained, Marsalis-mentored, clarinet- and sax-playing brothers and guitarist Alex Wintz round out the trio for an evening of show tunes and favorites from the American Songbook. Tickets \$30. Visit [strathmore.org](http://strathmore.org) for tickers and more information.

**Chris Trapper Performance.** 8 p.m. at Villain & Saint, 7141 Wisconsin Ave., Bethesda. Singer Chris Trapper is most known for his song “This Time,” which was the number one selling song on the Grammy Nominated soundtrack for “August Rush.” Tickets are \$17-20. Visit [villainandsaint.com](http://villainandsaint.com).

## SEPT. 17-OCT. 7

### Latin-American Film Festival.

Various times at AFI Silver Theatre and Cultural Center, 8633 Colesville Road, Silver Spring. Watch films from Latin America, Spain, and Portugal. Tickets are \$10-13. Visit [www.afi.com/silver/laff/](http://www.afi.com/silver/laff/).

## FRIDAY/SEPT. 18

**Barry Gurley.** 7-11 p.m. at Margery’s Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Musician Barry Gurley sings and plays keyboard. Admission to the lounge is free. Visit [www.popovers.com](http://www.popovers.com) for more.

## SATURDAY/SEPT. 19

**Teddy Bear Clinic.** 10 a.m.-12 p.m. at The National Museum of Health and Medicine, 2500 Linden Lane, Silver Spring. Children are invited to bring their favorite stuffed teddy to participate in activities that teach about the body, physical fitness and healthy habits. Free. Visit [www.medicalmuseum.mil](http://www.medicalmuseum.mil).

**“Additions, Kitchens, and Baths That Inspire.”** 10:30-11:30 a.m. at Ferguson Bath, Kitchen, and Lighting Gallery, 800 E. Gude Drive, Rockville. This seminar will cover the basics of home remodeling. Free. Call 301-444-4663 for more.

**Fall Concert.** 11 a.m.-12 p.m. at the Arts Barn, 311 Kent Square Road, Gaithersburg. Cathy Fink and Marcy Marxer perform instruments including guitar, banjo, and more. Tickets are \$12. Visit [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov).

**Redwood Restaurant Crab Feast.** 1-5 p.m. at 7121 Bethesda Lane, Bethesda. Find live music from local bands, an outdoor grill serving American classics, and local beer and crabs. General admission tickets are \$39, VIP tickets are \$59 and children’s tickets are \$15. Visit [www.redwoodbethesda.com](http://www.redwoodbethesda.com) for more.

**“Between the Bullet and the Hospital: Clara Barton and the Civil War.”** 4 p.m. at Clara Barton National Historic Site, 5801 Oxford Road, Glen Echo. A talk by a park ranger will include photos from the Civil War era to explore the dangers Clara Barton faced and to highlight hers accomplishments. Free. Call 301-320-1407.

**Park After Dark.** 6 p.m. at Historic Great Falls Tavern, 11710 MacArthur Blvd. Find food, music, a bonfire and more at this outdoor educational event. Proceeds will benefit C&O Canal National Historical Park and its Canal Classroom program. Tickets go on sale July 15 for \$175 per person. Visit [www.canaltrust.org](http://www.canaltrust.org).

**“Our Town” Rockville Documentary Screening.** 8 p.m.

## Artist Exhibits Two Days Only

Kara Stanton’s “Perspicacity” is a collection of conceptual ‘plein air’ paintings. Perspicacity is defined as “the quality of having insight into a matter or matters.” In this case, the matter might be architecture. The collection, showing Sept. 19-20, will include a series of pieces of architectural details of Kara’s connections to doors and the paths that we take. 12-5 p.m. at Yellow Barn Gallery at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Free. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com) for more.



at Dawson’s Market stage, 225 N. Washington St., Rockville. An hour-long documentary chronicling the people, places and history of Rockville will be screened. Free. Visit [www.montgomerycountymd.gov](http://www.montgomerycountymd.gov).

## SATURDAY-SUNDAY/SEPT. 19-20

**Kara Stanton: “Perspicacity.”** 12-5 p.m. at Yellow Barn Gallery at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Kara Stanton is a conceptual ‘plein air’ painter. This collection will include a series of pieces of architectural details of Kara’s connections to doors and the paths that we take. Free. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com).

**National Philharmonic: West Side Story & Gershwin.** 8 p.m. Saturday and 3 p.m. Sunday at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Listen to Leonard Bernstein’s Symphonic Dances from “West Side Story,” followed by George Gershwin’s “An American in Paris” and “Concerto in F.” Free for ages 7-17. Adults must purchase a National Philharmonic subscription package to attend. Subscription prices vary. Visit [www.strathmore.org](http://www.strathmore.org).

## SUNDAY/SEPT. 20

**Montgomery County Out of the Darkness Community Walk.** 10 a.m.-12 p.m. at Rockville Town Center, 30 Maryland Ave., Rockville. This walk, in conjunction with 200 communities across the country this fall, benefits the American Foundation for Suicide Prevention. Visit [www.afsp.org](http://www.afsp.org) for more.

**Maker Faire Silver Spring.** 12-5 p.m. at Silver Spring Civic Building and Veterans Plaza, One Veterans Place, Silver Spring. The KID Museum is hosting the Maker Faire Silver Spring, featuring family activities and innovative projects created by inventors, hackers, crafters, artists, and do-it-yourselfers. Free. Visit [www.makerfaresilverspring.com](http://www.makerfaresilverspring.com).

**Panel Discussion: Women Chefs.** 2 p.m. at the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Panel members include Chef Bonnie Benwick, Chef Ruth Gresser, Joyce Zipper, artist; and Chef Nora Pouillon. Moderated by Harriet Lesser, curator. They will discuss the importance and growth of women in the food industry. Free. Visit [www.strathmore.org](http://www.strathmore.org) for more.

**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 Alexander’s Rag Tag Band’s

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](http://www.WaltzTimeDances.org) or e-mail [info@WaltzTimeDances.org](mailto:info@WaltzTimeDances.org).

**Tom Saputo.** 6:30-10 p.m. at Margery’s Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Pianist Tom Saputo performs. Admission to the lounge is free. Visit [www.popovers.com](http://www.popovers.com).

## MONDAY/SEPT. 21

**John McCutcheon with The U-Liners, Unplugged.** 7:30 p.m. at IMT Rockville: Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. Instrumentalist, singer-songwriter, storyteller, activist and author John McCutcheon will perform with his band and Jessica Lake. Tickets are \$25 in advance, \$30 at the door. Visit [www.imtfolk.org](http://www.imtfolk.org).

## TUESDAY/SEPT. 22

**Medical Museum Science Cafe.** 6-7 p.m. at The National Museum of Health and Medicine presents “Making Them Whole: Ocular Prosthetics.” Anaplastologist Louis Gilbert from the Walter Reed National Military Medical Center gives a presentation of the history of ocular prosthetics. Watch a demonstration of the seven-step process of creating prosthetic eyes. Free. Visit [www.medicalmuseum.mil](http://www.medicalmuseum.mil) for more.

## WEDNESDAY/SEPT. 23

**Tom Saputo.** 6:30-10 p.m. at Margery’s Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Pianist Tom Saputo performs. Admission to the lounge is free. Visit [www.popovers.com](http://www.popovers.com).

## THURSDAY/SEPT. 24

**Bob Stout.** 7-10:30 p.m. at Margery’s Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Pianist Bob Stout performs and sings. Admission to the lounge is free. Visit [www.popovers.com](http://www.popovers.com).

**Woody Russell Trio Performance.** 8 p.m. at Villain & Saint, 7141 Wisconsin Ave., Bethesda. Award winning vocalist, guitarist and composer, Woody Russell will be performing. Tickets are \$8-10. Visit [villainandsaint.com](http://villainandsaint.com).

## FRIDAY-SUNDAY/SEPT. 25-27 32nd Annual Middle Eastern

**Cultural Festival.** 3-10 p.m. on Friday; 11 a.m.-10 p.m. on Saturday; 12-4 p.m. at St. Peter and Paul Orthodox Church, 10620 River Road, Potomac. Find traditional Arabic food and desserts, entertainment, shopping, and more. Free. Visit [www.peterpaulpotomac.org](http://www.peterpaulpotomac.org).

## FRIDAY/SEPT. 25

**Golf Tournament.** All day at Clustered Spires Golf Course, 8415 Gas House Pike, Frederick. Proceeds from the Gaithersburg Fall Golf Classic benefit the Youth Coaches Education Program. This tournament is split into groups of four and registration is limited to the first 30 four-person groups. Admission is \$85 per person or \$340 per foursome. Visit [www.gaithersburgmd.gov/news/press-releases](http://www.gaithersburgmd.gov/news/press-releases).

**Barry Gurley.** 7-11 p.m. at Margery’s Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Musician Barry Gurley sings and plays keyboard. Admission to the lounge is free. Visit [www.popovers.com](http://www.popovers.com) for more.

**Alasdair Fraser & Natalie Haas.** 7:30 p.m. at IMT Rockville: Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. The combination of Alasdair Fraser’s fiddle and Natalie Haas’ cello evokes traditional Scottish music. Tickets are \$25 in advance, \$30 at the door. Visit [www.imtfolk.org](http://www.imtfolk.org).

**Peter Rowan Concert.** 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Well-known bluegrass singer performs. Tickets are \$30-45. Visit [www.ampbystathmore.com](http://www.ampbystathmore.com).

**Pebble to Pearl Performance.** 9 p.m. at Villain & Saint, 7141 Wisconsin Ave., Bethesda. Pebble to Pearl music is a blend of funk and rock. Tickets are \$8-10. Visit [villainandsaint.com](http://villainandsaint.com).

## SATURDAY/SEPT. 26

**Cars ‘N Kaffee.** 8-10 a.m. at 10327 Westlake Drive, Bethesda. Find free coffee and a wide variety of vehicles. Free. Visit [www.carsncoffebethesda.com](http://www.carsncoffebethesda.com).

**2015 Fare Walk for Food Allergy.** 9 a.m.-12:30 p.m. at Rockville Town Square, 200 E Middle Lane, Rockville. The FARE Walk for Food Allergy, presented by Mylan Specialty L.P., raises critical funds and awareness each year to create a safer, more inclusive world for the 15 million Americans with food allergies, including all those at risk



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# Ending Bullying

**Back to School: Local educators offer advice for parents on how to deal with bullying as school resumes.**

BY MARILYN CAMPBELL  
THE ALMANAC

When Carol Baker cried, no one heard her. She and a classmate were alone in the girls locker room, and as Baker, then an eighth grade student, tried to leave, her classmate grabbed her gym shirt and pushed her into a locker. They weren't fighting over anything in particular and Baker didn't sustain any physical injuries.

"I was awkward and easily intimidated," said Baker. "I was an easy target for someone who got pleasure out of scaring other people."

As she describes her pubescent encounter, Baker is still visibly shaken, even though the encounter happened more than 30 years ago. It could just as easily happen to her two children — a daughter in fifth grade

and son in eighth grade — today. Bullying remains a real issue in schools, and from smart phone apps to in-school programs, there are a plethora of initiatives to address and prevent it.

"Most researchers agree that bullying is an intent to cause harm," said Michele Garofalo, Ed.D., chair of the Department of Counseling and school counseling program director at Marymount University in Arlington. She is an expert in bullying, adolescent stress and character education.

Educators describe bullying as unwanted, aggressive behavior that is repeated and occurs where there is an imbalance of power, either real or perceived.

However, it's important to know the difference between teasing, exchanges between two people who simply don't like each other, and outright bullying. "Teasing can be hurtful, but the intention may not be to cause harm and an imbalance of power might not be there," said Garofalo, who also has a private therapy practice.

When offering in-the-moment strategies for addressing bullies, Garofalo says children's well-being comes first. "Most importantly, students should consider their safety," she said. "If they feel they are in danger, they should quickly leave the area and go to a safe place and tell an adult —

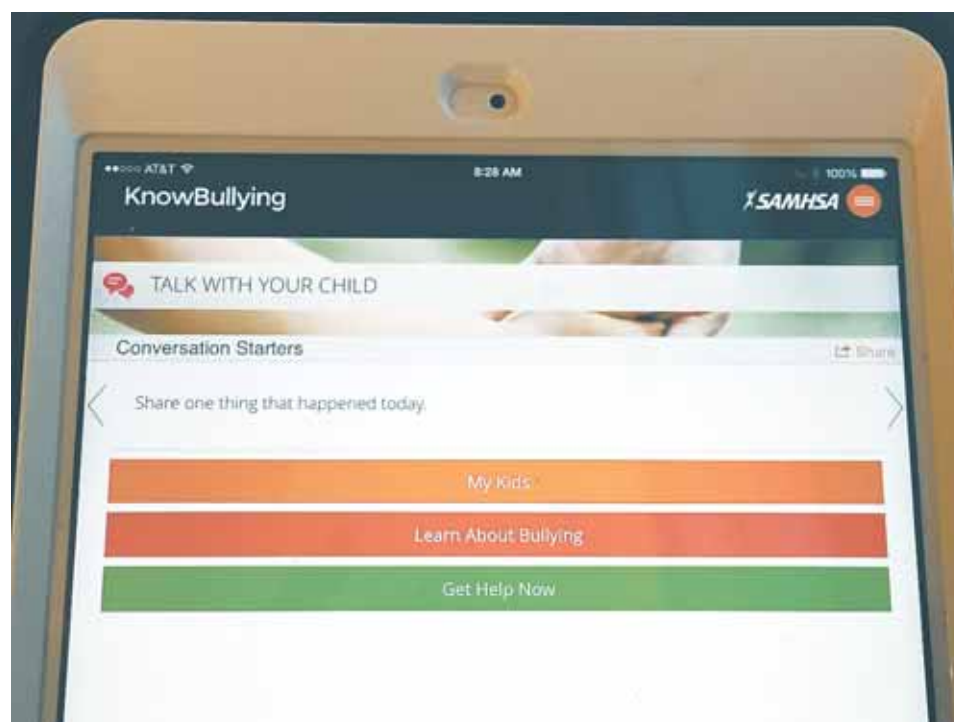


PHOTO BY MARILYN CAMPBELL/THE ALMANAC

**A new phone app called Know Bullying offers prompts for starting conversations about bullying, as well as warning signs and tips on dealing with the issue.**

school counselor, teacher, administrator, parent. Students should not stay and fight back."

Bullying is most likely to peak in sixth through ninth grades. "The early teen years is when it emerges, when there is a lot of identity development," said Amy Best,

Ph.D., chair of the Department of Sociology and Anthropology at George Mason University in Fairfax. Her research focuses on the study of youth identity formation, youth well-being and social inequalities.

SEE EDUCATORS, PAGE 11

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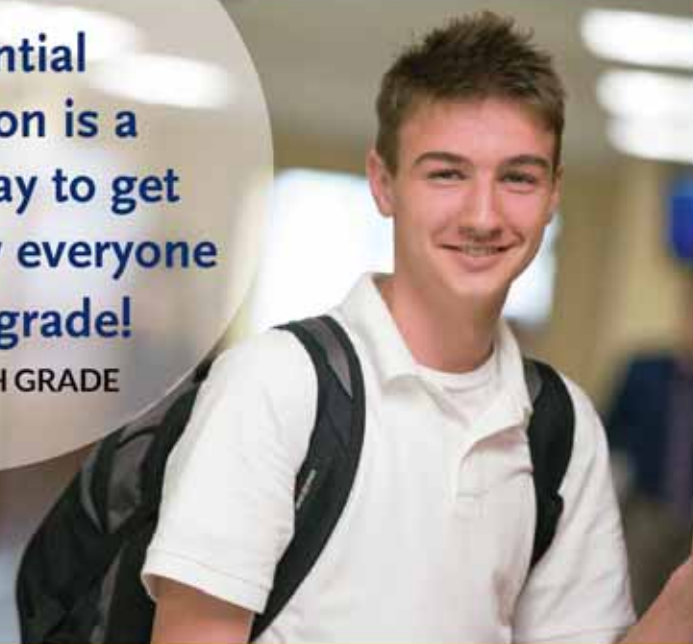


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The Great Falls Connection

## Week to Week to Week



By KENNETH B. LOURIE

As much as I'd like to write a new and different, non-cancer column this week, I'm afraid I can't. The reason being, other than the obvious (I am who I am), is that this happens to be my cyclical post-chemo week when the side-effect eating challenges that knock me off my creative balance have indeed done so again. Consequently, I am consumed – emotionally, by my own struggles and find it difficult to get out of my own way and introspect backward or forward. Unfortunately, this is the week, every third week in fact, the week immediately following my chemotherapy, when I am less in control of my actions/some of my behaviors than usual and stuck more in the present imperfect. It's not pretty nor is it resolvable, apparently.

What happens is that a few days after my Friday infusion, the thought of food, the consumption of food, the taste/aftertaste of food, anything and everything to do with food, becomes increasingly less appetizing (figuratively and literally). Nothing interests me. Nothing satiates me. Nothing pleases me. Nothing does anything for me except make me miserable, discouraged and disappointed. Moreover, since I'm not eating/eating very little, there's minimal fuel in the tank (so to speak) so my energy level, initiative, follow up/follow through suffers accordingly. This lack of drive/lack of overall satisfaction leads to a malaise/type of depression that is now familiar but unfortunately not any more manageable. Because of these circumstances I am often fatigued during the day and thus feel compelled to take a nap. Since I nap during the day, I then find it difficult to fall asleep at night. When I finally do fall asleep, it is late at night/early in the morning so when my 6:30 a.m. alarm goes off the next day (life goes on), I am tired, yet I have to get up. Then the symptoms I've previously described are complicated by this new pre-existing condition. Then I start my day already stuck in neutral. Other than going with this non-flow, and trying to not beat myself up over a condition/effect I didn't cause and one I can't control, I don't know whether to write off the week (no pun intended) or work through it in some way or another and try not be miserable.

Granted, the context is not lost on me; I am alive and reasonably well, for the moment; two-plus years since I began this particular protocol and two years as well since I was hospitalized in surgical intensive care for one week, but this is the price I must pay. Two weeks out of every three I – as well as my eating habits, are relatively normal (no comments from the peanut gallery, please?), but not the third week. If this is how I must live my life, so be it. It doesn't make me happy, but neither does it seem to be killing me; only making me hungry, tired, unhappy and unproductive. It's not ideal but it is a living. And "living" sure beats the alternative. No worries, though. I'll manage to make the best of it, somehow; even during the worst of it.

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

# Educators Offer Advice for Parents on Bullying Awareness

FROM PAGE 9

“Peer groups assume much greater importance for kids and kids are more self aware than they had been previously. There’s not a lot of cross-gender or cross-race bullying.”

If parents suspect a child has fallen victim to bullying, it helps if they already have open lines of communication and their kids feel comfortable talking to them. An effective dialogue is crucial when it comes to addressing the problem.

“The hard part is when kids don’t want to talk about it, but parents should have on-going conversations with their kids,” said Best. “It’s useful to be able to create spaces where kids feel comfortable sharing.”

## ONE ROAD-BLOCK

to assessing a potential bullying situation is when a child is reluctant to share or talk. Unfortunately, this is particularly common among the same age group most susceptible to bullying. “Yes and no questions won’t glean the best information,” said Lauren Keller, Lower and Middle School counselor at Bullis School in Potomac, Md. “Instead, parents should ask questions about relationships and times of day, such as: ‘Who did you sit with at lunch? What did you do during recess and who were you with? Is there anyone you would like to make plans with for this weekend?’”

A new phone app comes to the aid of parents who might find initiating a conversation with their children daunting. It’s called Know Bullying, and it offers conversation prompts, tips for preventing bullying and warning signs that a child might be a victim or a bully.

Local school districts and private schools have anti-bullying policies and plans in place. St. Stephen’s & St. Agnes School in Alexandria hosts groups such as Lunch Bunch and Courageous Conversations, which are forums where “students can talk candidly ... about their daily hopes and challenges,” said Linda Stratton, director of communications at the school. “These groups also take leadership in fostering a community of respect.”

Experts also urge parents to contact school counselors, administrators and classroom teachers to report bullying and to obtain more information. “If parents believe their child is a victim, they should consult

the school counselor or mental health professional who can work with the child to examine feelings and come up with strategies to help the child cope,” said Garofalo, who also advises parents to be vigilant for signs of depression, anxiety and suicidal ideation. If any of those danger signs appear, they should immediately contact a mental health professional for assessment and counseling.

If parents find it necessary to contact their child’s school, the approach is important, and experts suggest sticking with specifics. “Labels are often unhealthy in some cases.

Parents and other adults would do well to address the behavior in front of them,” said Peter Braverman, founder of the education group ARC Professional Development in Bethesda, Md. “As a teacher or administrator, if you say, ‘Josh is a bully,’ I can’t do anything about it, but if you say, ‘Every time my son walks into Spanish class, Josh dumps his notebook on the floor,’” then I can address it.”

**AVOIDING LABELS** also helps when confronting the child who is suspected of bullying. “One of the first things we hear from students is that they shut off when they hear the word ‘bully,’” said Erin O’Malley, dean of student services at Bishop O’Connell High School in Arlington. “And we want the students to listen to us.”

“Most kids don’t want to be bullies,” added Braverman. “Addressing specific actions and behaviors allows the kid to think, ‘I’m a good person and I can modify these behaviors.’ As an administrator, I have no problem calling your parents at work and

telling them to come and pick you up. I’ll help you change your behavior in any way I can, but if you do it again, you’re going home.”

**“If parents suspect a child has fallen victim to bullying, it helps if they already have open lines of communication and their kids feel comfortable talking to them.”**

— Amy Best, chair, Department of Sociology and Anthropology, George Mason University

Additionally, it is good for adults to focus on all parties involved in bullying. “There are three actors: the bully, the victim and the bystanders,” Braverman continued. “The great irony is the bystanders are the ones who hold all the power.”

Braverman knows this from experience. “The best class I ever

graduated in 8th grade was the worst class I had in 6th grade. There were two boys in the class and for years one bullied the other, and one day one it stopped when [the victim] stood up to [the bully]. He got other kids to stand with him while he did it. If a powerful bystander stands next to the victim, the problem would stop immediately.”

Garofalo is about to embark on a research project to study the role of bystanders in bullying situations.

Parents can also turn bullying situations into teaching opportunities, says Best. “Learning to deal with conflict and confronting problems are important life skills. Listen to kids first and then map out a plan of action.”

## ENTERTAINMENT

FROM PAGE 7

for life-threatening anaphylaxis. Free. Visit [www.foodallergy.org](http://www.foodallergy.org) for more.

**Just Friends Duo.** 7-11 p.m. at Margery’s Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Admission to the lounge is free. Visit [www.popovers.com](http://www.popovers.com).

**Chaise Lounge Concert.** 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. A group of the Washington, D.C. area’s top jazz musicians perform on one stage. Tickets are \$30-40. Visit [www.ampbystrathmore.com](http://www.ampbystrathmore.com).

### SUNDAY/SEPT. 27

**Cabin John Kids Run.** 9-10 a.m. at Cabin John Regional Park. A mile run, half-mile run and quarter mile young run is offered. Registration is race-day only. Free for runners 18 and under. See [www.mcrrc.org](http://www.mcrrc.org).

**Then & Wow 2015.** 11 a.m.-5 p.m. at 7300 MacArthur Blvd. Glen Echo Park’s annual celebration of the park’s past and present. Magicians, carousel rides, arcade games, face painting, mini golf, exhibits, tours and more. Free. See [www.glenechopark.org](http://www.glenechopark.org).

**F.E.A.S.T. at VisArts 2015.** 11:30 a.m.-2:30 p.m. at 155 Gibbs St., Rockville. FEAST at VisArts (Funding Emerging Art with Sustainable Tactics) is a public meal designed to use community-driven financial

support to democratically fund new and emerging art makers. The first 120 guests who pay \$30 (per person) will be eligible to enjoy a brunch on the Rooftop, review of proposals and vote on their project selection for an immediate FEAST grant. Tickets are \$30. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org).

**Naoko Wowsugi: “Taking it to the Roof.”** 11:30 a.m. and 2:30 p.m. at 155 Gibbs St., Rockville. Artist Wowsugi will perform a rooftop sound installation. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org).

**The Ragged Edge of Rockville.** 3-5 p.m. at 155 Gibbs St., Rockville. Artist Graham Coreil-Allen offers free walking tours of the area. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) for more.

**“One Man Breaking Bad.”** 6:30 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Miles Allen’s comedy compiles all episodes of “Breaking Bad” in 75 minutes. Tickets are \$30-40. Visit [www.ampbystrathmore.com](http://www.ampbystrathmore.com).

### MONDAY/SEPT. 28

**Mediaeval Baebes.** 7:30 p.m. at IMT Rockville: Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. The Mediaeval Babes sing in an array of languages ranging from Latin, Middle English, medieval French, Italian, German, Cornish and Welsh. Tickets are \$25 in advance, \$30 at the door. Visit [www.imtfolk.org](http://www.imtfolk.org).

### TUESDAY/SEPT. 29

**The Shatterproof Challenge.** 8 a.m.-5 p.m. at 3 Bethesda Metro Center. Rappel down an office building to support Shatterproof, an organization committed to protecting children from addiction to alcohol or other drugs and ending the stigma and suffering of those affected by this disease. Registration is \$55. Visit [www.rappelbethesda.org](http://www.rappelbethesda.org) for more.

**Ballet Folklórico de México de Amalia Hernández.** 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Watch a display of Mexican culture as this dancing troupe performs traditional dances in elaborate costumes. Tickets are \$38-58. Visit [www.strathmore.org](http://www.strathmore.org).

### WEDNESDAY/SEPT. 30

**Chick Corea & Béla Fleck Duet.** 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Piano and banjo combine as this pair performs songs from a variety of musical genres. Tickets are \$35-75. Visit [www.strathmore.org](http://www.strathmore.org).

### THURSDAY/OCT. 1

**“Inside Montgomery.”** 8 a.m.-7 p.m. starting at Leadership Montgomery, 5910 Executive Blvd., Rockville. Take

an all-day bus tour to learn more about Montgomery County from a leader’s perspective. The fee is \$400 for individuals and \$550 per couple. Visit [www.leadershipmontgomerymd.gov](http://www.leadershipmontgomerymd.gov) for more.

### OCT. 2-11

**“The Great Gatsby.”** Various times at F. Scott Fitzgerald Theatre, 603 Edmonston Drive. Rockville Little Theatre presents a self-made millionaire and the flapper he loves in this jazz-age tale. Tickets are \$22 for adults, \$20 for seniors and students. Visit [www.rlt-online.org](http://www.rlt-online.org) for more.

### FRIDAY/OCT. 2

**Swing Dance with ECB.** 8:30-9 p.m. beginner swing lesson; 9 p.m.-12 a.m. dance. Led by Mike Surratt, Eclectic Coalition Band plays a selection of rock and roll, rhythm and blues, and swing. Admission is \$15. Visit [www.gottaswing.com](http://www.gottaswing.com) for more.

### SATURDAY/OCT. 3

**Taste of Bethesda.** 11 a.m.-4 p.m. at Bethesda’s Woodmont Triangle. Sample food from 60 restaurants and listen to live entertainment. Admission is \$5. Visit [www.bethesda.org/bethesda/taste-bethesda](http://www.bethesda.org/bethesda/taste-bethesda).

**“The Cities We Live In: New Writings From South Asia.”** 2-4 p.m. at The Writer’s Center, 4508 Walsh St., Bethesda. Readers include Kavita Daiya, Tula Goenka, and Rashmi Sadana with moderator Leeya Mehta. A reception and signing follows. Free. Visit [www.writer.org](http://www.writer.org).

**Taste in Potomac.** 7 p.m.-1 a.m. at Julia Bindeman Suburban Center, 11810 Falls Road, Potomac. Taste in Potomac benefits Adoptions Together which works to find permanent loving families for children in foster care. Find local restaurants, auction and entertainment. Tickets start at \$150. Visit [www.adoptionstogether.org](http://www.adoptionstogether.org).

**New Orchestra of Washington Concert.** 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. This small ensemble mixes modern sound into classical pieces. Tickets are \$30-40. Visit [www.ampbystrathmore.com](http://www.ampbystrathmore.com).

### SUNDAY/OCT. 4

**Hydrocephalus Association Walk.** 9 a.m.-2 p.m. at The National Mall at Sylvan Theater Stage, 15<sup>th</sup> St. NW, Washington, D.C. Bethesda-based Hydrocephalus Association hosts a fundraiser for research for Hydrocephalus, an incurable brain condition. Registration is free, but fundraising is encouraged. Visit [www.hawalk.kintera.org/nationalcapital](http://www.hawalk.kintera.org/nationalcapital) or call 301-202-3811.



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