

Park Rangers Kevin Patti and David Dyre at the Clara Barton National Historic Site in Glen Echo. A presentation on "Between the Bullet and the Hospital: Clara Barton and the Civil War" was held Saturday, Sept. 19.

# Clara Barton House To Be Renovated

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## Potomac ALMANAC

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PHOTO BY DEBORAH STEVENS/THE ALMANAC

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## Taste in Potomac To Celebrate Adoptions Together

### Nonprofit reaches 25th anniversary.

BY SUSAN BELFORD  
THE ALMANAC

**T**wenty-five years ago, Janice Goldwater had a vision. As a social worker in Montgomery County, Goldwater saw the need for an organization to find adoptive families for hard-to-place children. She founded Adoptions Together (AT) to conquer the challenge of finding permanent homes for children regardless of their age, race or health issues. The motto of her organization is “Every child, every family, and every step of the way.”

Goldwater will be recognized on Saturday, Oct. 3 at the 8<sup>th</sup> annual Taste in Potomac for her dedication to making her dream a reality that has changed the lives of more than 6,000 children and their families. This tasting event features dining samples from scores of restaurants in Potomac and Montgomery County, fine wines donated by Total Wine, silent and live auctions, music by Exclusively Entertainment and the opportunity to support Adoptions Together. The evening will held at the Julia Bindeman Suburban Center in Potomac from 7 p.m. to midnight.

Emcee for the evening will be Larry Smith, morning news anchor at WJLA-ABC. Atlantic Valet will provide valet services, Booz-Alan and Zori Studios have teamed up to create an informative video and the Heart Gallery will be featured. The Heart Gallery displays photos of older children who are hoping to be adopted. The gallery is shown in public facilities, such as libraries, Children’s National Medical Center and high-traffic buildings and many of the same children are featured on Wednesday’s Child. Sponsors for the evening include the Collins Investment Group, M&T Bank, Yasmin



**The Heart Gallery displays photos of older children who are hoping to be adopted.**

Abadian Real Estate Group and many more.

Some of the restaurants that will be in attendance are Old Angler’s Inn, Hunter’s Inn, Tally Ho, Season’s 52, The Market at River Falls, The Tavern at River Falls, Potomac Grocer, Cava Restaurant Group, Stella Barra Pizzeria, Gregorio’s Trattoria, Summer House, The Grilled Oyster and more. Restaurant certificates from each of these restaurants will be featured in the Silent Auction along with theatre and sports tickets, opportunities for travel, wine tastings and even tickets to the Dr. Phil and Wheel of Fortune TV shows. The Live Auction will be diverse –



PHOTO BY SUSAN BELFORD

**Janice Goldwater**

from designer earrings by Anthony Camargo, to travel, to a family oil painting.

When asked how she founded AT, Goldwater said, “When I was in graduate school, we were taught, ‘don’t sit back and complain — take action. When I began working as a social worker in the adoption community, I saw huge gaps in the system and the large num-

### Details

To attend this event, register for tickets at [www.adoptionstogether.org/TasteinPotomac.aspx](http://www.adoptionstogether.org/TasteinPotomac.aspx) or email [mdevine@adoptionstogether.org](mailto:mdevine@adoptionstogether.org) or call 301-439-2900. Donations are also accepted through its website.

bers of children who were difficult to place in a forever family. The message from grad school resonated so clearly in my mind and my body and I was annoyed and angry. My third child was just a baby, but I worked in my kitchen to get a license to start AT. I am so proud that, 25 years later, we have lots of well-supported community members, parent with full hearts as they love and nurture their adopted children and birth parents who know their child is growing up in a loving and caring family.”

Goldwater serves as executive director of AT. The non-profit has changed from its early beginnings to a provider of the many services that make an adoption successful, including counseling and support services before, during and after adoption, training for mental health and education professionals, crisis intervention, support groups and more.

One of their goals for this year will be to focus on older youth who are currently in foster care. “Even though they have not been formally adopted,” Goldwater said, “we are working to connect youths to a permanent family. They exit the foster care program at 21, and we are trying to give them a safety net — a concerned family who will advise when there are problems and celebrate their achievements; someone to invite them to holidays and celebrate their birthday.”

She continued: “Turning 25 is an incredible gift. And to know that we have helped create real families is so meaningful. An adoption was just completed for an 18-year-old who will be graduating in June. He was so thrilled to know that now he has a family who will be cheering him at his graduation.”



**The Grilled Oyster Company samples at Taste in Potomac 2013.**



**Rocklands Bar-b-que serves up its pulled pork and ribs at Taste in Potomac 2013.**



**Food from Old Angler’s Inn at Taste in Potomac 2013.**

PHOTOS BY SUSAN BELFORD/THE ALMANAC

# OPINION

## Closer Look Needed for Artificial Turf

To the Editor:

The following letter was addressed to Dr. Gerald Boarman, Dr. Michael Reidy, and Bullis athletics leaders:

I am 20-plus year resident of Potomac living within a few miles of Bullis, and I have long admired your campus. I have many friends whose children have been enrolled in your school and were very pleased with your program. [Full disclosure: our three kids went to Montgomery County Public Schools, Potomac Elementary School through Churchill High School.]

**LETTER** I am writing to make sure you and your school leadership are aware of the issues associated with the artificial turf (AT) within your track along Falls Road. Given the importance of community and service to the Bullis philosophy, I hope you will take a closer look.

On one hand the greatest promoters of AT are the understandably eager coaches, athletes and parents who want playability, and the for-profit industry. On the other hand, critics of AT are not financially motivated. Rather we are an unpaid coalition of activists, scientists, grass field facility managers, athletes, coaches and parents. We are concerned about the financial and environmental sustainability of AT, and about the litany of health concerns for athletes of all ages, from toxicity and carcinogenicity, to turf toe, MRSA and heat exhaustion.

AT fields are plastic shag rugs fill shredded used tires for infill. By itself, that shag rug is significantly hotter than asphalt. Once 'infilled' with tens of thousands of shredded used tires (dubbed "crumb rubber" by the industry) heat factors climb higher. In addition, the heavy metals and carbon black found in the shredded tire are known carcinogens and toxins. Once shredded, then exposed to weather and to friction from use and grooming, these carcinogens aerosolize and become available in the surface and air of the fields. They are present in combinations referred never before studied — much less on children. The same is

true of their impact on our environment with every warm day and every rainstorm washing the tire pellets into our waterways. Finally the failure rate of AT fields plus the often-undisclosed costs of maintenance, disposal and replacement, when extended out, belie the industry claims that their product is durable, long-lasting and maintenance free. Failure to maintain will void a contract, and maintenance according to contract is not free.

I urge you to do your own research and hope you will take a look at the following resources, ❖ not-profit [www.ehhi.org](http://www.ehhi.org) composed of independent scientists,

❖ non-profit [www.synturf.org](http://www.synturf.org) tracking reports from around the country on AT,

❖ our nascent website [www.safehealthyplayingfields.org](http://www.safehealthyplayingfields.org) composed of volunteer activists, athletes and scientists concerned about AT.

... as well as these published and credible reports:

❖ University of Arkansas comparing AT and real grass: <http://turf.uark.edu/turfhelp/archives/021109.html> specifically with temperature readings on a 94 degree day showing AT at 165 degrees.

❖ Forbes Magazine on AT's financial shell-game: <http://www.forbes.com/sites/mikeozanian/2014/09/28/how-taxpayers-get-fooled-on-the-cost-of-an-artificial-turf-field/> and AT failure rates, easily found with a google search as well.

❖ WA State soccer coach compiling list of soccer goalies with cancers (of types that are quite unusual in young people): <http://www.prnewswire.com/news-releases/the-cancer-list-keeps-growing-among-athletes-on-synthetic-turf-300099336.html>. There are many reports about this list, all acknowledging that the evidence is anecdotal but the incidence among the population is wildly out of expected ranges.

❖ EPA and CPSC have withdrawn their 2008 "safe-to-play" statements after they were challenged on the scientific rigor of their "study:"

❖ EPA: <http://www.peer.org/news/news-releases/2013/12/23/epa-retracts-synthetic-turf-safety-assurances/> and more recently <http://www.sfchronicle.com/bayarea/article/Critics-say-EPA-played-dual-role-in-recycled-tire-6094382.php>

❖ CPSC: <http://www.synturf.org/cpsc.html> and <http://pallone.house.gov/press-release/pallone-questions-cpsc-dangers-crumb-rubber-gets-commitment-federal-efforts> with sworn testimony of CPSC chair Kaye before a House committee hearing, that the 2008 statement was not in accordance with the findings of CPSC technical staff.

❖ Rachel Maddow on the FIFA Women's Cup in Canada which forced women to play on AT despite their lawsuit, and with photos of players' legs after a single match on this pristine AT field: <http://www.msnbc.com/msnbc/us-soccer-star-abby-wambach-playing-turf-nightmare>. Other Maddow interviews with players from Canada's cup are easily found on Google.

❖ Mt. Sinai Children's Environmental Health Center: [http://www.mountsinai.org/static\\_files/MSMC/Files/Patient%20Care/Children%20Environmental%20Health%20Center/ArtTurf\\_Fact%20Sheet\\_final\\_2011.pdf](http://www.mountsinai.org/static_files/MSMC/Files/Patient%20Care/Children%20Environmental%20Health%20Center/ArtTurf_Fact%20Sheet_final_2011.pdf) urging caution with AT for children, and with multiple footnotes to other scientifically credible, peer-reviewed published studies.

❖ And just last week: LA fields melting, with discussion that the fields were supposed to be OK to 180 degrees but failed at 140. What temperature do kids fail at? <http://www.latimes.com/sports/highschool/la-sp-city-turf-fields-20150901-column.html>.

❖ In addition to the links above, facebook has a world of activity on the issue across the U.S., for example

<https://www.facebook.com/groups/turfgrassforum/?fref=nf> or <https://www.facebook.com/laura.robsonjohnson?fref=nf>

**Diana E. Conway**  
Potomac



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

### Inside Clara Barton House

Park Ranger David Dyre leads a tour of the Clara Barton House on Saturday, Sept. 19. The house will be closing Oct. 1 for a two-year renovation project.



The renovation project will help preserve the historic house and museum collections by replacing the failing metal roof and improving the fire suppression system.

## POTOMAC ALMANAC

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Iman Award, an administrative director from Gov. Larry Hogan's office presents a citation to Geneva Day School Director Suzanne Funk. Seated (from left) are Assistant Director Amanda White (rear), the Rev. Anne Benefield, Geneva Presbyterian Church, and Renee Moloznik, president of the Geneva Day School board of directors.

PHOTO CONTRIBUTED

## School Celebrates 50th Anniversary

Geneva Day School recently held a 50<sup>th</sup> birthday celebration in conjunction with its annual Welcome Back Social, which is traditionally held on the first Friday of September after Labor Day. More than 400 guests, comprised of current families and staff, and many alumni, including Kayleigh Hepburn whose band Neon Rain provided entertainment. Several guests from local, county and state government offices also attended Geneva Day School's golden anniversary event.

In September 1965, the school opened as Geneva Nursery School with just two classes of 3- and 4-

year-olds. Renamed Geneva Day School in 1991, the school currently has 17 classes for more than 250 children ages two through Kindergarten, and offers lunch, extended care, a variety of enrichment classes, as well as summer camp. Geneva Day School is licensed by the Maryland State Department of Education with an age-appropriate and diverse curriculum. Geneva Day School is also a certified Maryland Green School.

Geneva Day School is located at 11931 Seven Locks Road. For more information, contact the school at 301-340-7704.



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# ENTERTAINMENT

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

## ONGOING

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

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

**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 Copanzzi, Janet Greer, Ann Hobart, Yunjeong Hong, Elizabeth Michaels, Eric Westbrook, Jenna Wright. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) for more.

**Dane Winkler: "Gusset."** Through Oct. 4, Gallery hours at VisArts at Rockville, 155 Gibbs St., Rockville. Sculptor Dane Winkler uses industrial and natural materials, installation, kinetics, performance, sound and video to explore life and nostalgic

**"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) for more.

**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).

**(Come Back TO) Rockville!** Through Oct. 18, gallery hours at VisArts at Rockville, 155 Gibbs St., Rockville. Artists Naoko Wowsugi and Graham Coreil-Allen are commissioned to create original projects investigating and initiating social networks, invisible communities and hidden public places. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org).

**"HomeLands."** Through Oct. 18, 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](http://www.glenechophotoworks.org) for more.

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

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

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

**"Women Chefs: Artists in the Kitchen."** Through Nov. 8, during gallery hours at the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Twenty-one visual artists create portraits of 22 female chefs, who will also give cooking demos. Admission to the exhibit is free. Visit [www.strathmore.org](http://www.strathmore.org) for more.

**Oasis Art Gallery Exhibit.** Oct. 5-Nov. 27 at The Oasis Art Gallery inside Macy's Home Store at Westfield Montgomery Mall, 7125 Democracy Blvd., Bethesda. Artists Lieta Gerson and Lindan Silvers will display their work. Free. Visit [www.oasisnet.org/washington](http://www.oasisnet.org/washington).

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

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

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

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

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

**Argentine Tango with Lessons.** Most Sundays, 6:30-11 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Argentine Tango lessons followed by a Milonga most Sunday evenings. Beginner lesson 6:30-7:30 p.m. and intermediate lesson 7:30-8:30 p.m. Cost is \$15/lesson and includes the Milonga. For just the Milonga, cost is \$10 and the open dance with DJ runs 8:30-11 p.m. No partner required. Visit [www.glenechopark.org](http://www.glenechopark.org) or call 301-634-2222 for more.

**Contra and Square Dance.** Fridays and Sundays 7-10:30 p.m. in the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. The evening can include square dances, mixers, waltzes and other couple dances. All Contra and Square dances are taught, no partner necessary. Lessons at 7

p.m., followed by the called dance with live music at 7:30. \$13 for nonmembers, \$10 for FSGW members, \$5 ages 17 and under. Visit [www.glenechopark.org](http://www.glenechopark.org) 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](http://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](http://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-a-longs, prizes and more. Visit [rockvilletownsquare.com/events/mommy-and-me](http://rockvilletownsquare.com/events/mommy-and-me).

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

**Chocolate Factory Tours.** Fridays and Saturdays, 2-5:45 p.m. at SPAGNVOLA Chocolatier, 360 Main St., Gaithersburg. Take a short tour of The Truffle Factory facilities. Free. Visit [www.spagnvola.com](http://www.spagnvola.com).

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

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

**Art Glass Center at Glen Echo.** All day Wednesdays; Fridays, 10 a.m.-2 p.m.; Saturdays, 10 a.m.-4 p.m.; Sundays, noon-4 p.m. Art Glass Center, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Ongoing exhibitions feature work of Resident Artists. Sculpture, vessels, functional art and jewelry for sale. Classes are taught year-round for beginner, intermediate and advanced students. Visit [www.artglasscenteratglenccho.org](http://www.artglasscenteratglenccho.org) for more.

**Glen Echo Pottery.** Through December, Saturdays and Sundays, 12-5 p.m. Glen Echo Pottery, 7300 MacArthur Blvd., Glen Echo. The Gallery shows the work of 29 individual potters and instructors at Glen Echo Pottery. Wheel-throwing demonstrations are offered most Saturdays and Sundays, noon-2 p.m. Children are welcome. Visit [www.glenechopottery.com/gallery](http://www.glenechopottery.com/gallery) for more.

**Yellow Barn Studio & Gallery.** Saturdays and Sundays, 12-5 p.m. The Yellow Barn Studio & Gallery presents free exhibitions of emerging



**This year's Harvest Festival at Agricultural History Farm Park centers on the theme "Horse Power," showcasing the important role of horses in everyday farm life. Find draft horse plowing demonstrations, carriage rides, 4-H riding demonstrations, and stick horse races 11 a.m.-4 p.m, 18400 Muncaster Road, Derwood. There is a \$15 per car fee for admission to the festival. Visit [www.aghistoryfarmpark.org](http://www.aghistoryfarmpark.org).**

artists' work. Each weekend features the work of a different artist. Most artwork is also for sale. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com) for more.

**Acoustic Open Mic.** Wednesdays, 7-11 p.m. at Benny's Bar & Grill, 7747 Tuckerman Lane. Everyone welcome to perform. Wine bottles are 50 percent off. Visit [www.bennysbargrill.com](http://www.bennysbargrill.com).

## CAMPS, CLASSES & WORKSHOPS

**Art Explorers Open Studio.** Every Saturday, 10 a.m.-12:30 p.m. at The Candy Corner Studio, 7300 MacArthur Blvd., Glen Echo. Art activities for parents and children. Activities change weekly and there is no pre-registration; \$10 per child. Visit [www.visartsatrockville.org/saturday-art-explorers](http://www.visartsatrockville.org/saturday-art-explorers) for more.

**Ceramic Classes.** Various dates and times. VisArts, 155 Gibbs St, Rockville. An opportunity to try the new ceramic workshops. Visit [www.visartsatrockville.org/ceramics](http://www.visartsatrockville.org/ceramics) for a list of class dates, times.

## THROUGH 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/).

## 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) for more.

## 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) for more.

**Woody Russell Trio Performance.** 8 p.m. at Villain & Saint, 7141 Wisconsin Ave., Bethesda. Vocalist, guitarist and composer, Woody Russell will perform. 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 Ss. 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) for more.

## 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, providing training and support for the dozens of coaches who work with City of Gaithersburg youth throughout the year. 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 as well as subtle jazz rhythms and string interactions. 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. Bluegrass singer performs. Tickets are \$30-45. Visit [www.ampbystrathmore.com](http://www.ampbystrathmore.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).

# ENTERTAINMENT

## 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 funds and awareness to create a safer world for the 15 million Americans with food allergies, including those at risk 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) for more.

**Chaise Lounge Concert.** 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. A group of Washington, D.C. area jazz musicians perform on one stage. Tickets are \$30-40. Visit [www.ampbystathmore.com](http://www.ampbystathmore.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 fund new and emerging art makers. The first 120 guests 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) for more.

**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.ampbystathmore.com](http://www.ampbystathmore.com).

## MONDAY/SEPT. 28

**Mediaeval Babes.** 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.-5p.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 Folklorico 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).

## 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).

**Harvest Festival.** 11 a.m.-4 p.m. at Agricultural History Farm Park, 18400 Muncaster Road, Derwood. This year’s festival centers on the theme “Horse Power,” showcasing the important role of horses in everyday farm life. Find draft horse plowing demonstrations, carriage rides, 4-H riding demonstrations, and stick horse races. There is a \$15 per car fee for admission to the festival. Visit [www.aghistoryfarmpark.org](http://www.aghistoryfarmpark.org).

**“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) for more.

**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.adoptionsitogether.org](http://www.adoptionsitogether.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.ampbystathmore.com](http://www.ampbystathmore.com).

## SUNDAY/OCTOBER 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.

**Open Door Reading: Tanya Olson and Nancy Carlson.** 2-4 p.m. at 4508 Walsh St., Bethesda. Emerging Writer Fellowship recipient Tanya Olson reads from her collection of poems, “Boyishly.” She is joined by Nancy Carlson, who will read from several works. Free. Visit [www.writer.org](http://www.writer.org) for more.

**Waltz Dance.** 2:45-3:30 p.m. workshop, 3:30-6 p.m. dancing at The Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Band Notorious Folk will perform a mix of folk waltzes and other couple dance including the Polka and Hambo. Admission is \$10. Visit [www.waltztimedances.org](http://www.waltztimedances.org).

**Blue Highway Concert.** 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. This Grammy-nominated bluegrass group has been performing for more than two decades. Tickets are \$20-30. Visit [www.ampbystathmore.com](http://www.ampbystathmore.com).

## THURSDAY/OCT. 8

**Bethesda Green Gala.** 6:30-9 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. The 6th Annual Green Gala will honor local green champions. Guest will find a seasonal menu with local fare, open bar, and more. Tickets are \$100. Visit [www.bethesdagreengala2015.brownpapertickets.com](http://www.bethesdagreengala2015.brownpapertickets.com) to purchase tickets.

## FRIDAY/OCT. 9

**40th Anniversary Event: Tribute to Richard Ford.** 7-9:30 p.m. at 4508 Walsh St., Bethesda. Readers include Howard Norman, Susan Shreve, and Jeffrey Eugenides. The program includes a reception and book signing. Tickets are \$10 for members and \$15 for nonmembers. Visit [www.witer.org](http://www.witer.org) for more.

## FRIDAY-SUNDAY/OCT. 9-11

**“Fine Arts in its Natural Setting.”** 10 a.m.-5 p.m. at the Countryside Artisans Gallery, 19215 Beallsville Road, Beallsville. The Countryside Artisans Gallery and Studio Tour features the work of artists in the settings that inspired them — Maryland’s Agricultural Reserve. Choose from 15 art galleries and studios on this self-guided, driving tour in historic, rural Montgomery, Frederick, and Howard counties in Maryland. Free. Visit [www.countrysideartisans.com](http://www.countrysideartisans.com).

## SATURDAY/OCT. 10

**Perfect Pairings.** 1-5 p.m. at Bethesda Row, 4950 Elm St. Take a wine tour through some of Bethesda Row’s restaurants: American Tap Room, Cork & Fork, Lebanese Taverna, Mamma Lucia, Mon Ami Gabi, Mussel Bar & Grille, Raku, Redwood Restaurant, and Vino Volo. Find 20+ wines and tapas-style dishes along the way. Tickets are \$44 in advance, \$39 for Upstairs at Bethesda Row Residents, and \$40 for Equinox Gym members. Visit [www.bethesdarow](http://www.bethesdarow)

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**September 25, 26 & 27, 2015**

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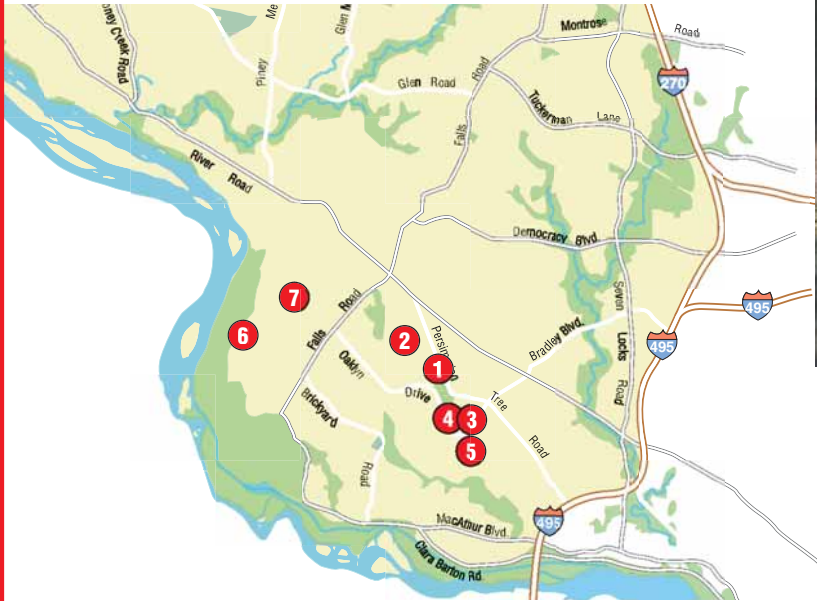
2 9821 Avenel Farm Drive — \$2,220,000



6 11109 Cripplegate Road — \$1,550,000



1 9727 Avenel Farm Drive — \$2,300,000



5 9408 Wing Foot Court — \$2,000,000

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1 9727 AVENEL FARM DR .....	5	..	6	.	1	POTOMAC	..	\$2,300,000	....	Detached	...	2.00	.....	20854	.....	AVENEL	.....	07/01/15
2 9821 AVENEL FARM DR .....	4	..	4	.	1	POTOMAC	..	\$2,220,000	....	Detached	...	2.00	.....	20854	.....	AVENEL	.....	07/06/15
3 8529 RAPLEY PRESERVE CIR .	4	..	5	.	2	POTOMAC	..	\$2,050,000	....	Detached	...	0.46	.....	20854	.....	AVENEL	.....	07/06/15
4 8525 RAPLEY PRESERVE CIR .	6	..	6	.	2	POTOMAC	..	\$2,025,000	....	Detached	...	0.56	.....	20854	.....	AVENEL	.....	07/28/15
5 9408 WING FOOT CT .....	5	..	4	.	1	POTOMAC	..	\$2,000,000	....	Detached	...	0.37	.....	20854	.....	AVENEL	.....	07/03/15
6 11109 CRIPPLEGATE RD .....	5	..	4	.	1	POTOMAC	..	\$1,550,000	....	Detached	...	2.36	.....	20854	.....	GREAT FALLS ESTATES	...	07/22/15
7 10820 STANMORE DR .....	4	..	3	.	2	POTOMAC	..	\$1,525,000	....	Detached	...	2.67	.....	20854	.....	GREAT FALLS ESTATES	...	07/17/15

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## No Longer Living in 1957

**Remodeling yields transformation.**

BY MARILYN CAMPBELL  
THE ALMANAC

**W**hen Christine Gerbstadt purchased her home, the space was cramped and dated, and she knew that she wanted to make major changes.

"It was an old-fashioned floor plan with a closed look," she said. "There was laminate flooring and older ceramic tile that was dirty. My vision was to open it up to make a family-friendly house to reflect the way we live now, rather than the way people lived in 1957."

Gerbstadt decided to live in the home, which she shares with her 12-year-old son and a nanny, for a year before embarking on a remodeling project, however.

"I knew that I wanted to make changes, but I didn't know how," she said.

Gerbstadt enlisted the help of architect Kai Tong of Hopkins & Porter Construction Inc., in Potomac. She approached the firm with the idea of updating the kitchen to cre-



ate better views of the backyard. She also entertains regularly, so she wanted a free-flowing design, and for all of the rooms to feel connected to each other.

"[She] felt the kitchen lacked a fluid connection to either the dining area or the backyard, and the kitchen's alcove arrangement and location felt disengaged from the adjoining spaces," said Tong.

The plan that Tong drafted, however, was even more dramatic than Gerbstadt had envisioned. The final design relocated the kitchen, which now includes white cabinetry, appliances and Carrera marble counters, to the opposite end of the home.

Relocating the kitchen required "extensive utility work ... and gas lines had to be threaded to the new location, most of it

[through] very constricted crawlspaces," said Tong. "The owner was able to use this project as an opportunity to upgrade the well and septic system in a manner that will benefit the environment for years to come."

To create continuity from the kitchen to the backyard, Tong's design included a wall



PHOTOS COURTESY OF PAIRED IMAGES

**A Carrera marble fireplace surround and hearth are part of the home's free-flowing design.**

**Large kitchen windows offer serene views of the backyard. White marble countertops and white cabinetry create an airy, light-filled atmosphere.**

SEE REMODEL, PAGE 11

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### Blue Cheese

Stilton / Roquefort / Gorgonzola Wine - Dessert  
or Fortified Wines Sauterne / Port.



# Handcrafted Wine Cellar Exemplifies Old World Traditions

**Danish builder's Soren Jensen completes new phase to lower level upgrade started 10 years ago.**

BY JOHN BYRD

One doesn't typically think of a home remodeler as an artisan, but there are exceptions. As a rule, home remodeling entails the application of standard building techniques for purposes of enlarging or upgrading a dwelling's useable space and curb appeal. Artisan practice, but contrast, pursues outcomes meant to be distinctive, enduring, memorable.

Such has been the professional calling of Soren Jensen, president of Danish Builders in Rockville and a national award-winning builder/craftsman steeped in European traditions few local remodelers even attempt to emulate.

One indicator of Jensen's perceived worth to those who hire him is how frequently he is called back to a house to execute the second or third enhancement to a home he had originally improved a decade or more in the past. The return visit often occurs even when the original owner has sold his house to a new buyer.

Case in point, last year Jensen was summoned to meet with the new owners of a 30-year old 10,000 square foot Tudor-style house situated on 10 leafy acres in Potomac.

Nine years ago, Jensen had designed and built a vintage mahogany bar in the home's spacious lower level. The plan featured custom-sized glass-facing cabinets, delicately fluted mahogany trim and an English-style

coffered ceiling.

On seeing the work, the home's new owners made an introduction to Jensen a condition for the closing the sales agreement.

Now under their new roof, the new owners wanted to talk with Jensen about re-working the home's 2,000-square-foot lower level. There would be a 1,000 square foot fitness center; a 560-square-foot home theater. But foremost, there would be a place that would allow the owner to pursue a favored hobby: collecting vintage wines.

Naturally, this would require a temperature- and humidity- controlled cellar with storage for 3,000 bottles, plus several magnum sized collectibles — as well as an exceptionally presented "old world" tasting room.

Jensen would be asked to design all the bottle storage racks, fabricating them in his wood working shop. To do this, he would have to carefully coordinate the rack installation with a stone mason (who was hired to construct stone pillars) and refrigerant contractors, who needed to install and test critical cooling units in a precise, easy-to-access location.

Alas, after some re-consideration to the floor plan, the owner belatedly decided to switch the space designed for the wine cellar with square footage originally intended for the eight-seat movie theater. This meant



**The tasting table was created by Soren Jensen in collaboration with the homeowner. In the end, the table surface was formed by conjoining the three exotic woods into a single laminate 3.5" thick. The storage racks — totalling 14,000 linear feet — were fabricated in Jensen's woodworking shop and assembled on site. The cellar stores 3,800 bottles including several rare magnum-sized collectibles. Flagstone flooring, natural stone columns, custom-milled crown molding and a pair of chandeliers seemingly borrowed from a medieval Abbey provide the atmospherics appropriate for sampling great wines.**



**The pub features glass-facing cabinets, fluted mahogany trim and an English-style coffered ceiling.**

14,000 linear feet of precisely-sized shelving units would have to be revised on-site. All the slats — which were made of mahogany — were stained to achieve a color tone precisely matched to the interior design concept. Also, the new location (it was discovered) was 26 inches lower than the floor converging from the entrance way — a problem that would need to be addressed as the build-out got underway.

Off site, Jensen was to create a signature tasting table — one suited to the cellar's rustic ambiance, yet also designed to hold several treasured magnum-size bottles.

"The table entailed collaborating closely with the owner," Jensen said. "We needed to talk out his ideas, discuss processes. Early-on, I suggested that we meet at a lumber yard that specializes in exotic woods and explore ideas."

After nearly four hours of perusing some of the world's most distinctive woods, the owner narrowed his choices for the table top surface down to three options — which Jensen had cut into slabs and shipped back to his shop.

"We thought the Combretum Imberbe from from the southern Afrotropics was especially striking as a surface," Jensen said. "But we were also looking for a sculptural effect. Wood that also seems fluid, yet wouldn't appear spindly on flagstone floors amid stone walls and mahogany shelves."

In the end, Jensen and client decided to conjoin the three slabs into a single laminate surface 3.5 inches thick. The wood's weight and density made the assembly es-

## Details

Soren Jensen periodically offers tours of his Rockville woodworking facility. Call 301-279-0255 or visit [www.danishbuildersinc.com](http://www.danishbuildersinc.com).

pecially daunting. Slabs were maneuvered to form a sympathetic perimeter, then glued together.

Since traditional sanding tools were ineffective in smoothing-down the unusually tough heartwood, Jensen used hardwood flooring equipment to even-out rough grain, then applied a natural oil base solvent.

It took eight men to carry the table top to the tasting room where further adjustments were required.

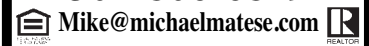
Curiously, it was the designer's close collaboration with the stone mason that inadvertently yielded a solution to the flooring problem. With shelving optimally installed under Jensen close supervision, the process of shaping the alternating natural stones columns generated enough "stone debris" to raise the cellar's sub floor by 26 inches. Topped with a top layer of Pennsylvania flagstone the tasting room floor is now exactly flush with the hall floor at the entrance.

Graced by Jensen's custom-milled crown molding and a pair of chandeliers seemingly borrowed from a medieval abbey, the completed tasting room is warm, yet offers just the right touch of gravitas — a perfect place to take wines seriously, and to seriously enjoy them.

John Byrd ([byrdmatx@comcast.net](mailto:byrdmatx@comcast.net)) has been writing about home improvement topics for 30 years.

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# Runners, Walkers, Wheelers Cross Finish Line

## 5K Raises funds for Adaptive Sports Program.

BY ABIGAIL CONSTANTINO  
THE ALMANAC

Whether they wheeled, biked, walked, or ran to the finish line, participants of the Super H 5K all agreed on one thing — that last hill was hell.

More than 200 people gathered at Tysons Sport and Health in McLean, Va., on Sunday morning, Sept. 20, for the 12th year of the race. Founder Harry Freedman, the H in Super H, opened the event.

Proceeds go to the adaptive sports program of MedStar National Rehabilitation Network, where Freedman spent some time after his accident 12 years ago. A front-end loader backed up on him and cost him his leg.

"The money from the race helps teams travel and compete," said Freedman. A runner even before his accident, it was at the national rehab hospital that he got the idea for the race. "It's a wonderful place," he said.

"The event really is a great example of what we do ... returning people to maximum level of function and independence no matter what your injury is," said the network's president John Rockwood.

"It's really important for us to be able to showcase people getting back to the communities and back to what they enjoy," said



**Larry Chloupek, of Potomac, crosses the finish line.**

Rockwood. Many of the race participants are people who have gone through MedStar's program.

Jesse Graham, of Bristow, Va., broke his neck in a snowboarding accident 18 months ago, and he is racing today. "It's learning how to adjust your life," he said.

MedStar's adaptive sports program includes archery, basketball, bocchia ball, cycling, quad rugby, rowing, sled hockey and tennis.

Joan Joyce, director of network's adaptive sports and fitness program, said that there has been a rise in adaptive sports in the last few years with the veterans coming back. "A lot of young soldiers, you get a lot more of them coming into the sports," she said.

Anthony Caparella, of Silver Spring, was the first to cross the finish line in his wheelchair, followed by runner Andrew Merritt, of Culpepper, Va. Runner Andrea Meuser, of Vienna, Va., was the first woman to cross the finish line. Chanelle Houston, of Fort Washington, was the first woman to cross on a handcycle.



**English Harper, of Brandywine, warms up at the start line of the 12th Annual Super H 5K Run, Walk and Wheel.**



**Anthony Caparella, of Silver Spring, is the first to cross the finish line of the 12th Annual Super H 5K Run, Walk and Wheel on Sunday, Sept. 20 in McLean.**



**Anne Hilliard, of Silver Spring, in her second year participating in the Super H 5K Run, Walk and Wheel. Hilliard lost her leg to cancer.**

PHOTOS BY ABIGAIL CONSTANTINO/THE ALMANAC

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The Vienna/Oakton Connection  
The McLean Connection  
The Great Falls Connection

## The Week After The Week Before



By KENNETH B. LOURIE

It's not what it was, but it is what it is: not perfect. But neither is it worse. It's a familiar pattern, to be sure, so nothing really has changed, which is a good thing; and the kind of "good thing" which I need to acknowledge, because cancer is a bad thing and one needs to counterbalance that negative with any and all positives.

And for yours truly, many of those good things involve food (you'll note I didn't say revolve). I don't eat much (variety), but I do relish (which I don't eat) the redundancy. As I like to joke: I eat about 10 things – repeatedly, so if circumstances, lack of availability or medication/side effects, prevent me from eating normally – for me, then the consequences are as I described them last week: unpleasant. And believe me, "unpleasant" is all it's cracked up to be. Not that deriving pleasure from food is mature, advisable, good for controlling weight and/or any other prudent course of action, according to health-conscious weight-watchers; nevertheless, for the rest of us down here in the eating trenches, a satisfying meal is hard to beat and even harder to resist. It's not exactly "The Borg," but when food has your name on it – so to speak – resistance might not be futile, but it's certainly near impossible.

Ergo my depression, when the week immediately after chemotherapy, the only thing that's futile is my attempts to find/taste any food that does anything other than disappoint. Add in the associated fatigue, difficulty sleeping and lack of initiative, and the week becomes a total drag, literally and figuratively. Ah, but the next week, this week in fact, the worm turns (no, I've not resorted to drinking Tequila), there's less drag and more coefficient. In effect, but not in actuality, my taste buds are thrown a bone. And once that "bone" begins to taste like something instead of nothing, my mood (but not my clothes) improve immeasurably. (If only the latter could improve as much as the former, how happy my wife would be). Then I have about 10 days of my atypical "foodish" behavior before the side effects from my every-three-week chemotherapy infusion begin to take their toll.

Now the challenge becomes not gorging myself in the interim. I have to be honest, it's difficult. To me, it's akin to coming up for air after being submersed too long under water; those first few breaths after reaching the surface are hardly measured. Quite the opposite, in fact. That's how I feel, and how I struggle to not overindulge during this next week or so. It's almost as if I've been shot out of a cannon; I'm going fast and furious, ravaging and rampaging innocent food victims along my way. I realize it's not any way for a grown man to behave, but this growing man is a cancer survivor who gets extremely hungry after a week of not-eating and even less oral-fixating.

Despite these food issues, this is a more enjoyable week, with an even better, more normal (eating-wise) one to follow leading up to Friday's infusion. And I look forward to it, mindful however of the eating/taste challenges inevitably to occur. It's not exactly how I'd draw it up in the huddle, but as I've said many times before: I'm just happy to still be in the game.

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

## Churchill Football Falls to 1-2

One week after earning its first win of the season, a 30-24 victory over Einstein, the Churchill football team ran into undefeated Seneca Valley on Sept. 18 and came out on the short end.

Seneca Valley blanked Churchill 50-0 on Friday, dropping the Bulldogs' record to 1-2. Churchill produced just 53 yards of offense, including five through the air.

**SPORTS BRIEFS** Running back Andrew Zuckerman carried 15 times for 53 yards, and one reception for five yards.

Defensively, Jimmy Rubino and Jake Wheatley each had seven tackles for the Bulldogs. Zawadi Bryant intercepted a pass.

Thanks to Zuckerman, things ended on a better note for Churchill on Sept. 11, when the Bulldogs defeated Einstein. Zuckerman carried 36 times for 279 yards and three touchdowns, helping the Churchill overcome a 24-16 fourth-quarter deficit.

Churchill completed just one pass for one yard during the game, but the Bulldogs made it count. Nino Tranquill connected with Jon-Michael Dennis for a 1-yard touchdown.

Rubino led the Bulldogs with 11 tackles and Dylan Whittaker had nine tackles and two sacks. Phil Spencer and Kyle Ho each had one sack.

Churchill will host Blair at 6:30 p.m. on Friday, Sept. 25.

## Whitman Football Beats Einstein

After starting 0-2, the Whitman football team responded with a 54-41 victory over Einstein on Friday.

Junior running back Gunnar Morton and junior quarterback Matthew Clayton each had a big night

for the Vikings. Morton carried 24 times for 232 yards and four touchdowns, and caught five passes for 49 yards and a score. Clayton completed 12 of 24 passes for 180 yards, with one touchdown and two interceptions. He also carried 14 times for 100 yards and three touchdowns.

The 54 points were the most points scored by Whitman in at least 10 years.

Whitman will travel to face Northwest at 6:30 p.m. on Friday, Sept. 25.

## Wootton Football Blanked by QO

The Wootton football team fell to 1-2 with a 41-0 loss to Quince Orchard on Friday.

The Patriots will travel to face Richard Montgomery at 6:30 p.m. on Friday, Sept. 25.

## Bullis Football Drops to 0-2

The Bullis football team fell to 0-2 with a 66-65 loss to Woodberry Forest on Friday. The Bulldogs return to action at 7 p.m. on Friday, Sept. 25 with a home game against Avalon.

## Whitman Girls' XC Wins Outlands Invitational

The Whitman girls' cross country team finished atop the standings at the Oatlands Invitational on Sept. 19 in Leesburg, Va.

The Vikings posted a score of 183, finishing ahead of Heritage (195), Albemarle (238) and Bishop O'Connell (286).

Senior harrier Sami King was Whitman's top finisher, placing 10<sup>th</sup> with a time of 19:28. Junior Olivia Woods finished 19<sup>th</sup> with a time of 20:11.



PHOTO BY HARVEY LEVINE/THE ALMANAC

**Churchill running back Andrew Zuckerman, seen earlier this season, rushed for 279 yards and three touchdowns during a win over Einstein on Sept. 11.**

## BULLETIN BOARD

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

### THROUGH OCT. 11

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

### THURSDAY/SEPT. 24

**Library of the Future Summit.** 9 a.m.- 4 p.m. at the Silver Spring Civic Building, 1 Veterans Place, Silver Spring. The public can help

determine the shape, tone, function, look, contents, programs and services of libraries in Montgomery County for years to come by participating in the County Executive's Library of the Future Summit. The summit will also be broadcast at the Gaithersburg Library, 18330 Montgomery Village Ave. 9 a.m.-12 p.m. via Google Hangout. Free to attend, but registration is required. Visit [www.montgomerycountymd.libguides.com/summit](http://www.montgomerycountymd.libguides.com/summit).

### SATURDAY/SEPT. 26

be followed by an open house, during which attendees will have an opportunity to discuss project changes with staff. Visit [www.purplelinemd.com](http://www.purplelinemd.com) for more. **“Is Aging in Place Right for You?”** 7 p.m. at Bolger Center's Osgood Building, 9600 Newbridge Drive, Potomac. Join Potomac Community Village to learn more about aging in place from Steve Lorerbaum of Assisting Hands. Free. Visit

[www.potomaccommunityvillage.org](http://www.potomaccommunityvillage.org) or call 240-221-1370.

**Bikes For The World.** 9 a.m.-12 p.m. at Potomac United Methodist Church, 9908 S. Glen Road. Drop off old bikes, sewing machines, eyeglasses, and cell phones. Call 301-299-9383 for more.

### TUESDAY/SEPT. 29

**Montgomery Cares Advisory Board Public Hearing.** 1:30 p.m. at Third Floor Hearing Room of the Council Office Building, 100 Maryland Ave., Rockville. The Expedited Bill 36-15 regarding the Montgomery Cares Advisory Board would extend the life of the Advisory Board for the Montgomery Cares Program; modify its mission and duties; modify its membership; and generally amend the law creating the Advisory Board for the Montgomery Cares Program. Visit [www.montgomerycountymd.gov/council/phsignup.html](http://www.montgomerycountymd.gov/council/phsignup.html).

### WEDNESDAY/SEPT. 30

**The Montgomery County Executive's Transit Task Force Public Forum.** 6 p.m. at Council Office Building, Third Floor Hearing Room, 100 Maryland Ave., Rockville. Members of the public are invited to attend and provide comment on the Public Draft of the Report of the Task Force. Call 240-777-7165.

### THURSDAY/OCT. 1

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

### SUNDAY/OCT. 4

**Great Names Community Lecture Series.** 3-5 p.m. at Bethesda Jewish Congregation, 6601 Bradley Blvd., Bethesda. Bethesda Jewish Congregation presents Jeff Malka, Jewish genealogist. Open to all. Free, but RSVP to secure a seat. Visit [www.bethesdajewish.org/registration](http://www.bethesdajewish.org/registration) or call 301-469-8636.

### WEDNESDAY/OCT. 7

**“How to Publish and Market Your Book.”** 7 p.m. at Potomac Library, 10101 Glenolden Drive. In 2006, Craig Schenning retired and wrote “A Century of Indiana Glass.” His experience lead him to start Maple Creek Media, a publishing business. His seminar, which is sponsored by

the FOL Potomac Chapter, is designed for anyone who is interested in finding out how to become a published author. Free. Visit [www.oldlinepublishing.com](http://www.oldlinepublishing.com).

### MONDAY/OCT. 12

**Registration Deadline For Senior Spelling Bee.** Interested parties aged 55 and older may register for the annual Seasoned Spellers Senior Spelling Bee. The fee is \$25. Visit [www.folmc.org](http://www.folmc.org).

### WEDNESDAY/OCT. 14

**Senior Connection Volunteer Training.** 7 p.m. at Holiday Park Senior Center, 3950 Ferrara Drive, Silver Spring. The Senior Connection needs volunteer drivers to escort seniors to doctor appointments and help with grocery shopping. Email [volunteer@seniorconnectionmc.org](mailto:volunteer@seniorconnectionmc.org) or call 301-962-0820 for more.

### TUESDAY/OCT. 20

**“Supporting Our Community's Most Vulnerable Youth.”** 1-3 p.m. at Holiday Park Senior Center, 3950 Ferrara Drive, Silver Spring. Dr. Hedieh Mirahmadi, Laura Newton, and Diego Uriburu will discuss unaccompanied minors and combating violent extremism. Admission is free for Leadership Montgomery members and \$15 for nonmembers. Visit [www.leadermont.org](http://www.leadermont.org) for more.

## SCHOOL NOTES

Email announcements to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon.

**Andrew Albert and Joshua Berman** have enrolled at Rensselaer Polytechnic Institute (Troy, N.Y.) for the fall 2015-2016 school year.

**Max Bernstein** has enrolled at Champlain College (Burlington, Vt.) for the fall 2015 semester.

**Leah Alyssa Jacobs** has been named to the dean's list at James Madison University (Harrisonburg, Va.) for the spring 2015 semester.

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