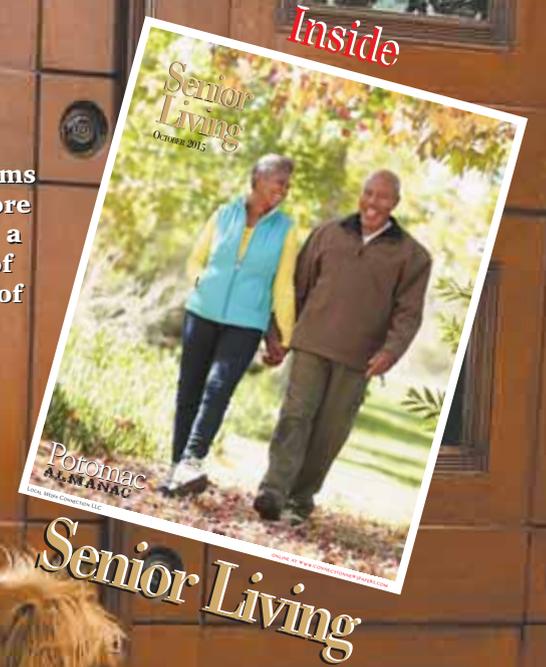


# Potomac ALMANAC

Father Bill Byrne, pastor of Our Lady of Mercy Church, with Laretta Stewart and Tony Williams and their four-legged friends. More than 40 dogs plus a few cats and a snake turned out for a blessing of the animals honoring St Francis of Assisi on Sunday Oct. 4.



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Of Serbian Culture

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Wootton Field Hockey  
Blanks Churchill

SPORTS, PAGE 12

# Blessing of The Animals

PHOTO CONTRIBUTED

OCTOBER 7-13, 2015

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## Potomac Youngsters Find Way To Help Homeless

Collecting donations to buy essentials.

By Susan Belford  
The Almanac

**B**rady and Jordan Cohen, son and daughter of Amy and Michael Cohen of Potomac, often asked their parents why there are homeless people on street corners begging for money from people in cars stopped at traffic lights. Their parents explained to them that these people are often homeless, without a safe place to live or enough food to eat — and sometimes, as their signs say, they are chronically ill and have no way to pay for medical treatment.

After considering these answers, 9-year-old Brady and 8-year-old Jordan, students at Potomac Elementary School, decided to take action and find a solution to helping these homeless people. After brainstorming ways they could make a difference, the young entrepreneurs created a sign and set up on Bethesda Avenue, asking passers-by to purchase bottles of water and donate whatever they could to their cause. Their plan was to raise money to buy useful products and healthy food that the homeless would appreciate. “Buy water, help the homeless,” was their sales pitch.

“We saw someone selling water to help disabled people, so we thought we could do the same thing to help the homeless,” said Jordan. “We were really excited because the first weekend we raised \$73 and the second weekend we raised \$125.” The youngsters have sold water or assembled and distributed bags for the past eight week-



Jordan and Brady Cohen with their sign.

Photo by Susan Belford/The Almanac

ends — and want to keep going with their benevolent mission. They are happy giving up playtime to make someone else’s life better.

Brady explained that after gathering the money, they went to the store to purchase items for the bags. “We bought soap, granola bars, cheese and crackers, water, toothbrushes and toothpaste, deodorant, raisins, apple sauce, Ziplock bags and more,” he said. “Our budget was \$10 per bag and we needed to make certain that we bought things that were not perishable.”

After creating the bags, they drove to Potomac to give their first bag to the homeless man who is at the crossroads every morning with his sign which reads, “Type 1



Brady and Jordan Cohen with the bags they prepared for the homeless.

Diabetic. Need money. Live in motel.” Jordan said, “When I gave it to him, he looked really happy and called me Angel Cake. He also said, ‘God Bless You.’”

They keep the bags in the back of the car and hand them out whenever they see the homeless on the streets. Brady said, “One man said to me, ‘Looks like there are a lot of goodies in here.’” A woman said, ‘I hope you get everything you ever wanted.’” This family spends hours every weekend driving around neighborhoods in Montgomery County looking for people in need. They have also supplemented the bags with personal family donations — and Jordan and Brady even dug into their piggy banks to contribute to the fund to buy items for the



Jordan and Brady Cohen sell water bottles to collect money for the homeless.

bags.

These dedicated children are hoping to have enough money to add a pair of gloves or mittens to the bags during the winter. Their mom, Amy Glaser Cohen said, “This has been a wonderful experience for them. Not only have they learned the joy in giving back, but they have become skilled at shopping within a budget. They have created 50 bags and have given out 25.”

When asked why they would like to continue collecting and giving out the bags, Jordan said, “It feels really good to help other people,” and Brady said, “The first time we did this, I was amazed at how good I felt. Then I felt like I had a big explosion in my heart.”

## Country House Tour Benefits Local Charities

**F**our Potomac homes opened to the public last weekend for the 59th Potomac Country House Tour. The homes included the Hye Land House, Villa dei Leoni, an English Country Manor House, and the Holiday Carriage House. Also, a silent auction and boutiques were set up at St. Francis with free admission to the church events.

Weekend events included a Friday night preview party for parishioners at St. Francis, a silent auction and a shopping extravaganza with boutiques featuring gifts, accessories, home décor, jewelry and art.

The tour was sponsored by St. Francis Episcopal Church and all proceeds will be distributed to help fund more than 24 mostly local programs addressing homelessness, hunger, children and women’s issues, and elderly care, including SOME, Stepping Stones Shelter, Interfaith Works, The Children’s Inn at NIH, Special Love for Children with Cancer Summer Camp, and Montgomery County Coalition for the Homeless.

— Marilyn Campbell



Women of St. Francis President Barbara Heywood, Potomac Country House Tour Webmaster Jim Moore, Potomac Country House Tour House Selection Chair Susan Dolan and Potomac Country House Tour Chair Kathy Barker were on hand for the weekend event.

Photos contributed



Potomac Country House Tour Silent Auction Committee Member Grace Rood and Silent Auction Chair Karen Schneider helped coordinate the weekend event.



Photo Contributed

### Blessing of the Animals

Blessing of the Animals service will be held on Sunday, Oct. 4, at 3 p.m. at Emmanuel Lutheran Church, 7730 Bradley Boulevard, Bethesda. All pets are welcome.

# News

**Want to stay in your home as you get older?**

Come have coffee and talk with others about how they plan to age in place

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Corner Bakery on Westlake Dr., near the Mall

See our website for details about our Oct. 22 meeting

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Photos Contributed

SerbFest DC included traditional Serbian music and dancing.

## A Taste of Serbian Culture

Saint Luke Serbian Orthodox Church offered the community a bit of Serbian hospitality last weekend when parishioners hosted the First Annual SerbFest DC. The standing-room-only event included Serbian food and drinks as well as traditional Serbian dance and music performances. Jagnjetina (spit-roasted lamb), svinjetina (spit-roasted pig) and krofna (deep-fried donuts) were among the Serbian dishes available to festival-goers. Parishioners consider the church the epicenter for Serbian culture in the Washington, D.C., area and welcomed an opportunity to share ethnic cuisine, customs and culture with the community. "I grew up in the Midwest and all the different churches and ethnic groups have some type of festival each year, said Desanka Elwell, a first generation Serbian-American and director of Sunday School program. "It was fun going to the different Serbian churches to see friends from summer camp and to try all the food that the churches prepared .... These were also the times when you could show your non-Serbian friends from school all about Serbian culture and food."

— Marilyn Campbell



Ana Lojanica, a SerbFest DC volunteer, helped prepare food for the event, including gibanica (baked cheese in phyllo dough) and zeljanica (baked spinach and cheese in phyllo dough).

Alzheimer's disease — the nation's sixth-leading cause of death — is destroying our families, our finances and our future. But you can do something to stop it. Register for the Alzheimer's Association Walk to End Alzheimer's and lead the way to a world without Alzheimer's.

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# Opinion

## Glen Hills on the Brink

By Susanne Lee  
WMCCA President

The Montgomery County Council is close to deciding the future of Glen Hills, an environmentally sensitive large lot, low density RE-1 zone crisscrossed with ponds, wetlands, seeps, ephemeral streams, steep stream valleys, and flood plains. It has these features because it contains headwater tributaries of both the Watts Branch and Piney Branch streams. Extending sewers to such an area will not only increase overall density, but sewers tend to change the hydrology and alter the function and the very existence of such features, further undermining their critical role as “recharge” areas. Montgomery County Executive Isiah Leggett has proposed an amendment to the County Comprehensive Water Supply and Sewerage Systems Plan that will help to preserve the area by limiting sewer extensions and confirming reliance upon onsite septic systems.

WMCCA urges its approval by the council. The amendment is consistent with sound science, reflects the actual conditions in Glen Hills, and further implements the Potomac Subregion Master Plan, the county’s Sewer Systems Plan and Policy, the Piney Branch Sewer Restricted Access Policy, and state statutes, including its designation as Tier III — large lots on septic — under the Maryland Sustainable Growth and Agricultural Preservation Act.

There are no current documented septic failures in Glen Hills. There has never been evidence ever of groundwater contamination. The county has determined there are no public health problem areas. Any past issues have been resolved and the homes sold and resold with fully functioning septic systems. Given these facts, the amendment is reasonable, logical, practical, and sustainable. It provides relief in the form of approval of sewer for homeowners in the unlikely event that a septic system fails and cannot be repaired or replaced on site.

The amendment expands the current availability of public sewer by providing that if there are ever any public health problems, the council can step in and immediately approve community service for those affected. It also expands the use of sewer by allowing for hook ups for houses already abutting an existing main. It confirms that properties in the Piney Branch watershed will continue to be subject to the Piney Branch Sewer Limited Access Policy as are other properties in the watershed.

It also stops the illogical, astronomically costly, environmentally destructive extension of unnecessary public infrastructure into a neighborhood with a hilly, rolling character with extensive stream valley and flood plain areas.

This is an area requiring extremely long extensions that is so ill suited for sewer that the Glen Hills sewer study consultants were forced to propose 13 separate new lines, five to the Piney Branch, eight to the Watts Branch and even they would provide service to just 50 per-

### Next Meeting

The West Montgomery County Citizens Association will meet at the Potomac Community Center on Wednesday, Oct. 14, at 7:15 p.m. If schools are closed because of inclement weather, the meeting will be cancelled.

Alan Soukup, senior planner, and David Lake, special assistant, in the Office of the Director, Water and Wastewater Policy, Montgomery County Department of Environmental Protection will be the guest speakers.

These experts on wastewater policy in Montgomery County will be focusing specifically on the Glen Hills amendment proposed by County Executive Isiah Leggett. The public is invited to attend and learn about the amendment and sewer/septic issues in general such as:

- ❖ Will I be forced to hook up to sewer if I don’t want to?
- ❖ What if a line will be or is installed near my property?
- ❖ How much do lines cost and who pays for them?
- ❖ Can I use different types of systems if I want to replace my current system?
- ❖ What qualifies as a failure?
- ❖ What qualifies as a public health problem area?
- ❖ What kinds of renovations and expansions can I do on my property with and without changing my septic system?

cent of the homes currently on septic. Costs to homeowners for these long extensions could be as much as \$100,000 or more per household in front foot benefit charges.

An alternative amendment was recently submitted to the council that would force all of Glen Hills to be converted to public sewer. This proposal is based on a totally unsubstantiated, false allegation that the area is in violation of a regulation governing defective sewage systems.

Its proponents seek sewer so they can greatly increase the density of existing development and build on undevelopable lots or portions of lots that do not perc and/or are located in wetlands, stream valleys, flood plains, and on steep and rocky wooded slopes. This sewer expansion would be outrageously expensive and inevitably result in increased overall density and construction in environmentally sensitive areas — the antithesis of the goals of Master Plan and County and State provisions governing RE-1 low density zones.

The Montgomery County Planning Board recently recommended that the council approve the amendment proposed by the County Executive. The council’s Transportation, Infrastructure, Energy, and Environment Committee will consider the County Executive’s amendment further at a work session on Oct. 26 before its consideration by the full council. The council’s decision will have an impact not just on Glen Hills, but potentially on all other low density areas on septic throughout the county, including the Agricultural Reserve

### ARTIFICIAL TURF PLAYING FIELDS

By Carol Van Dam Falk

The Safe, Healthy, Playing Fields Coalition ([www.safehealthyplayingfields.org](http://www.safehealthyplayingfields.org)) continues to gain new members from across the country who are deeply concerned about the health risks associated with artificial turf fields, even though local officials and public high schools from coast to coast continue to replace natural grass fields with artificial turf at an alarming pace. Last week, NBC Nightly News aired a two-part series as a follow-up to their investigative story last year delving into growing early evidence that links the basic ingredient of artificial turf, which the industry calls crumb rubber, to various forms of cancer in young

soccer players, especially goalies. The Federal government no longer stands behind its statement that crumb rubber is safe. The U.S. Consumer Product Safety Commission (CPSC) Chairman Elliot Kaye stated recently that “safe to play on means something very different to parents that I don’t think was intended to convey, and I don’t think we should have conveyed.” As U.S. Rep. Frank Pallone put it, “In the absence of definitive information on crumb rubber, our children cannot be the guinea pigs.”

Communities here and around the country are responding by writing their locally elected lawmakers to encourage them to contact the CPSC and the EPA and order them to do their job and conduct the research they both have been saying are necessary to determine if crumb rubber is safe or not. Montgomery County has recently decided to use a mixture of a different base for artificial turf fields involving coconut shells, but we believe sticking with natural grass fields and maintaining those fields is the best alternative, money-wise, and health-wise.

We encourage you to write U.S. Rep. Chris Van Hollen, members of the Montgomery County Council, and other lawmakers, requesting they:

- 1) call on the CPSC to determine that artificial turf is a product marketed to children, and
- 2) have the EPA conduct unbiased, thorough tests and research analysis on the safety and efficacy of crumb rubber, and on the safety of allowing our children to play on artificial turf fields that can register a surface temperature of 150 degrees or higher on hot days. The link to the NBC reports on Artificial Turf are:

❖ [www.nbcnews.com/news/us-news/epa-n435731](http://www.nbcnews.com/news/us-news/epa-n435731)

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### GROWING LEGACY

WMCCA has joined other local civic associations to encourage our members to attend the screening of Growing Legacy, the Montgomery Countryside Alliance (MCA) feature film about the Ag Reserve. The screening is on Oct. 25, 6-8 p.m. at the Kentlands Arts Barn. For more information go to the movie’s website: [www.growinglegacymovie.com](http://www.growinglegacymovie.com).

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Potomac Almanac is published by Local Media Connection LLC

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# Coalition Hosts District 16 Delegation

Organization's officers and directors are elected.

Approximately 45 citizens attended the annual meeting of the Brickyard Coalition Inc. held at the River Falls Clubhouse, 7915 Horseshoe Lane, in Potomac, on Thursday, Oct. 1. New officers and directors were elected and heard an update on the status of the "County Inn" proposed to be located adjacent to Old Anglers Inn.

The featured event of the evening was a presentation by the District 16 legislators. Present were state Sen. Susan Lee and Delegates Bill Frick and Marc Korman and Holly Vandergrift, staff member for Ariana Kelly. They help decide how the \$40 billion state budget is spent.

Lee spoke of her effort supporting legislation to stop sex trafficking and making more identity theft and home invasions punishable as crimes. She also discussed Maryland cyber-security.

Frick discussed legislation to allow ex-felons the right to vote and his work with the Augustine Commission which is studying ways for the state to attract and work better with business.

Korman, a member of the Appropriations Committee, discussed how the state budget works. He explained it was driven by the Governor and delegates could not increase spending over the Governor's request.

Vandergrift spoke of Delegate Kelly's work with Health and Government Operations. She discussed her work with women's issues, mental health and legislation to aide government workers with autistic children.

A question and answer followed. Several asked questions about legislation to allow "Death with Dignity." Delegates all cautioned that citizen support would be needed.

How to increase renewable energy targets was discussed as well as mental health care and aid for those leaving prison. The members did not feel the five-year phase out period of the Maryland Estate Tax



From left are Holly Vandergrift, staff assistant to Del. Ariana Kelly; Del. Marc Korman; state Sen. Susan Lee; and Del. Bill Frick.

could be speeded up. There was a brief discussion regarding the impact of illegal immigrants' effect on school budgets but it was explained courts have stated everyone is entitled to a public education.

Brickyard Coalition directors and officers were elected to serve for a one-year term at the meeting. Elected as directors were Ted Duncan, Keith Williams, Maria Fusco, Curt Uhre, Charles Doran, John Phillips and Susan Shallcross Rufkar. Duncan was elected president; Uhre, chairman; Williams, treasurer; and Fusco, secretary.

Duncan and Steve Lehrman provided an update on the application for a county inn adjacent to Old Anglers. Five civic associations as well as a number of individuals have joined forces to oppose this project.

Montgomery County Catering has filed a Conditional Use Application to develop the 6.5 acres behind the existing restaurant into a 9,000-plus square foot wedding pavilion with full kitchen and four hotel suites. It would be built to seat 240 guests for weddings/banquets, have unrestricted use for business meetings, conventions, trade shows or any other use.

This site is zoned for half-acre residential Lots. Opponents believe that the application does not conform to the Potomac Master Plan, would cause an traffic/safety impact, and would increase noise and congestion on the C & O Canal.

Photo Contributed

## LET'S TALK Real Estate



by Michael Matese

### The Nuts and Bolts of Professionally Staged Homes® for Sale

In professionally Staged Homes®, it's important to stay away from themes—remember, the potential buyer needs to be able to envision their furniture and home accessories in the space, not yours. By staying away from themes, you keep the focus where it needs to be: on the house, not the things inside it. The key principle to keep in mind when professionally Staging® a home is that this is house's chance to make a first impression. A theme that a potential buyer doesn't like can leave them with a negative impression of the space, whereas keeping the room design neutral and open to interpretation invites buyers to day-dream, mentally "moving into" the space and forming an emotional connection to the space. Color and art are two important considerations in staging technique—choose relaxing colors and a fresh coat of paint to evoke a feeling of peace and tranquility. After all, you want the buyers to envision your home as their place to relax and enjoy life. Pieces of art, likewise, should be neutral and picked with the intent of accenting the room—not being the room's focal point—because the art isn't what you're selling! Subtle pieces or mirrors, arranged tastefully around the rooms of your home, should draw attention to the features of the space—a painting over the fireplace, an accent piece flanking a bay window, a window dressing that highlights French doors, and so on. Likewise, sellers (and buyers!) may also want to invest in cabinetry or home design that allows the television to be concealed from view. By simply hiding the television set from view, it makes the features of any room its focal point and promotes the space as an oasis of calm. Does your house have a room that seems to be a catch-all for clutter? By engaging the services of an ASP®, you've got a competitive edge on other sellers in your area. A keen eye for detail, creative panache and problem-solving attitude can help you re-purpose that room from an unfocused area that collects "stuff" into a specialty room that adds value to your home that you didn't even know was there! Home libraries, attic closets, personal gyms, luggage rooms, rumpus rooms, butler's pantries, conservatories and porte cocheres are all stylish ideas for re-purposing space in rooms that seem to collect clutter that add both dollar value and a unique feature to your home, making it stand out to buyers and helping it sell quickly for its maximum value.

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## What is Design for Independent Living?



What is design for independent living or aging-in-place exactly? If you are like the majority of Americans you want to continue living at home in a familiar environment throughout your maturing years. Aging-in-place means living in your home safely, independently and comfortably, regardless of age or ability level. It addresses the need to remodel existing homes and design new homes, so that people can age in place and not have to move to assisted-living facilities. In addition to the economics that generally favor remodeling vs. moving into an assisted-living facility, there is also the psychological impact of being uprooted from your community, familiar rituals, independence and privacy.

Since the vast majority of homes we live in are not well designed for this, a movement in residential construction has sprung up to meet this new consumer demand.

Too early to think this applies to you? Consider how many folks struggle with bouts of arthritis at an early age. If you fell and broke a leg, how easy would it be to get up and down stairs in your house? Perhaps you have an aging parent or relative who is facing these challenges who may need to move in with you.

The good news is that aging-in-place home renovations have become the norm and the possibilities are virtually endless. And, not only are they functional, but they can be beautiful as well.



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# Potomac REAL ESTATE

Photos by Deb Stevens/The Almanac

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## July, 2015 Sales, \$1,000,000~\$1,160,000



**4** 10609 Tanager Lane —\$1,052,000



**2** 10532 Democracy Boulevard — \$1,150,000



**3** 11908 Gregerscroft Road —\$1,060,000

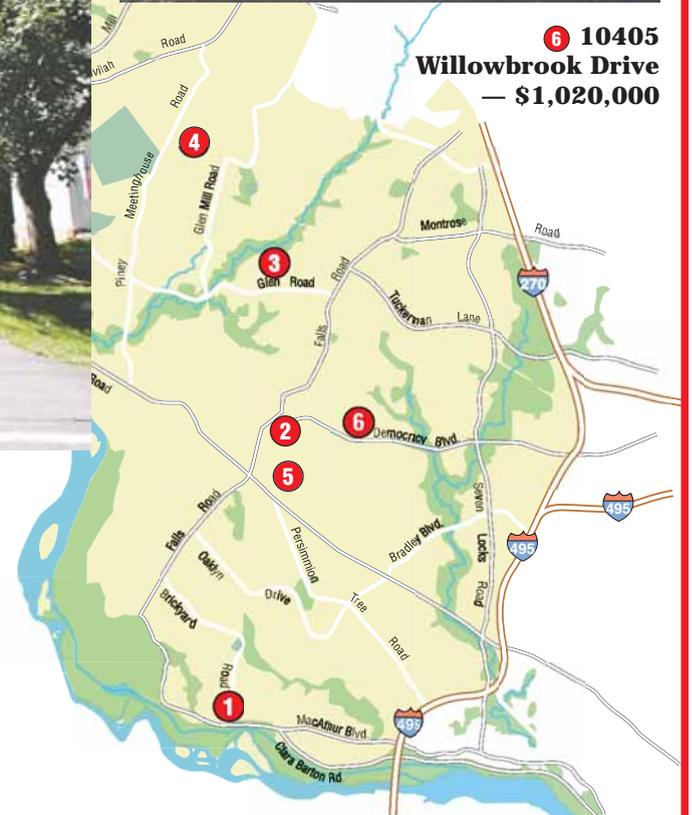


**5** 9808 Clydesdale Street —\$1,040,000



**6** 10405 Willowbrook Drive — \$1,020,000

**1** 7408 Brickyard Road — \$1,160,000



Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
<b>1</b> 7408 BRICKYARD RD	6	4	1	POTOMAC	\$1,160,000	Detached	0.36	20854	RIVER FALLS	07/30/15
<b>2</b> 10532 DEMOCRACY BLVD	5	4	1	POTOMAC	\$1,150,000	Detached	0.82	20854	BLENHEIM	07/07/15
<b>3</b> 11908 GREGERSCROFT RD	5	3	1	POTOMAC	\$1,060,000	Detached	0.35	20854	GLEN OAKS	07/15/15
<b>4</b> 10609 TANAGER LN	5	4	1	POTOMAC	\$1,052,000	Detached	2.00	20854	PT ROCKVILLE OUT RES. 3	07/07/15
<b>5</b> 9808 CLYDESDALE ST	4	3	1	ROCKVILLE	\$1,040,000	Detached	0.40	20854	POTOMAC VILLAGE	07/20/15
<b>6</b> 10405 WILLOWBROOK DR	4	3	2	POTOMAC	\$1,020,000	Detached	2.00	20854	KENTSDALE ESTATES	07/13/15

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# People

## Local Artists To Display Their Work

At gallery inside interior design store.

By Colleen Healy  
The Almanac

This month Persiano Gallery, an interior design store in The Kentlands, has opened its space for local artists to display their work along with the various collections of furniture from around the world.

Owner John Hashempour began working for his father at his clothing factory designing clothes. “Elegance and sophistication are part of our culture. We would make dresses and design them with very interesting colors. Then I was in the jewelry business for 15 years and now I am the only designer that owns his own furniture store. I work hard to have a variety of styles and to do things right the first time. What makes me successful is my wife. I am so in love it brings me success.”

His wife Laura said they “are always helpful and friendly. Our customers become like family.” The Hashempours look forward to hosting local and international artists at their “gallery within a gallery” and hope to have a new exhibit each month.

One group of artists has met once a week for the past four years in a class called Right-



Photo by Colleen Healy/The Almanac

**John and Laura Hashempour, owners of Persiano Gallery.**

Brained Drawing, given by Yolanda Prinsloo at the Potomac Community Center. “Exhibiting our work is a celebration of the art we create and enjoy. Putting it together with interior design brings art to another dimension, taking the artists’ self-expression to art within a living space and the Art of Living. We are glad to have found another home for our artistic outlet,” she said.

See Local Artists, Page 10

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## People

# Local Artists To Display Their Work

From Page 9

The group has also exhibited at the Art Gallery of Potomac and in the Banks for Potomac Days. Members also participate in juried shows and a member has won Best in Show for the professional level at the Montgomery County Art Fair.

The styles represented by this group of artists varies from Fine Hyper-Realism to Romanticism.

As the title of the show suggests, some of the work is in pencil and the rest in oil.

In this exhibit, Potomac artist Swati Gupta is featuring a graphite drawing of a lion which she made for her father whose zodiac sign is Leo. She rediscovered her love of art four years ago when she left a high pressure IT job and discovered her drawing pad from high school.

"I remembered how much I loved art," she said. "I signed up for Yolanda's class and it was great to get back to my creative side. She teaches you to look at things with a different perspective by drawing upside down and has you think about things in a different way. With each class I take I'm building a skill set. People often say they can't do art but they may be surprised at what they can do if they try. Just try drawing what appeals to you."

Paint and Graphite exhibit will be held Oct. 10 through Nov. 14. Opening reception is on Oct. 10, 2-4 p.m. at Persiano Gallery in The Kentlands, 188 Kentlands Blvd., Gaithersburg. Its phone number is 240-683-1022.



Photo by Colleen Healy/The Almanac

Art teacher Yolanda Prinsloo and artist Swati Gupta with her lion drawing.

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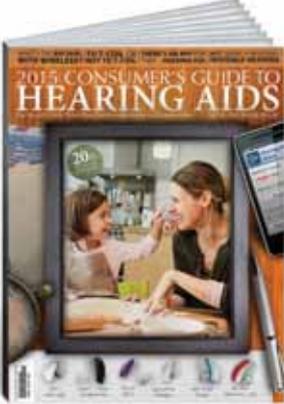


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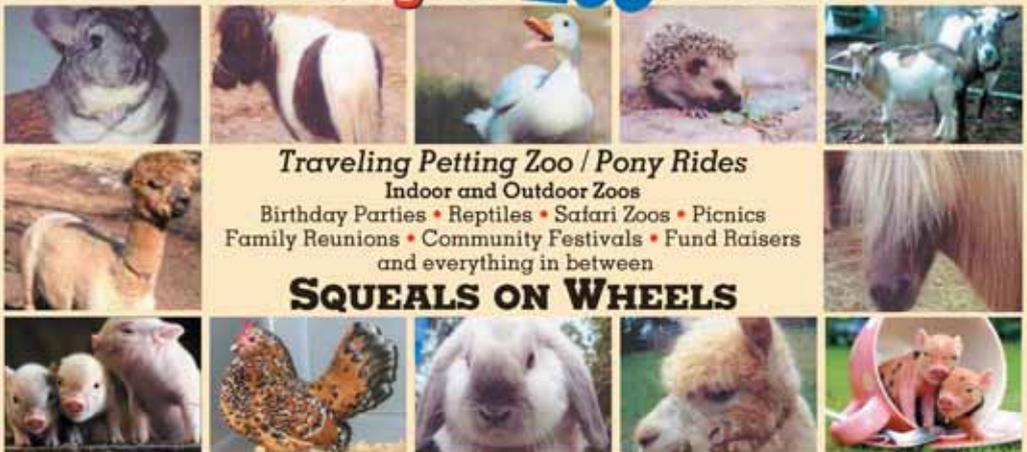


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# Entertainment

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 Benny's Bar & Grill, 7747 Tuckerman Lane, Potomac. Find a DJ, open dance floor, and other singles. No cover charge. Visit [www.bennysbargrill.com](http://www.bennysbargrill.com).

**"The Great Gatsby."** Through Oct. 11 at 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.

**(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.

**"When She Had Wings."** Through Nov. 1 at various times at Imagination Stage, 4908 Auburn Ave, Bethesda. A 9-year-old girl named B fantasizes about flying in a makeshift cockpit she has built in a tree. Tickets start at \$10. Visit [www.imaginationstag.org](http://www.imaginationstag.org).

**"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. 30 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 [www.capitalblues.org](http://www.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-alongs, 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.silverworksglencopark.com](http://www.silverworksglencopark.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.artglasscenter.atglenecho.org](http://www.artglasscenter.atglenecho.org).

## 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](http://www.bethesdagreengala2015).

[brownpapertickets.com](http://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 Evisgenides. 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.

**Korn.** 7:30 p.m. at The Fillmore Silver Spring, 8656 Colesville Road, Silver Spring. American metal band Korn is joined by Suicide Silence and Islander. Tickets are \$49.50. Visit [www.fillmoresilver.com](http://www.fillmoresilver.com) for more.

## OCT. 9-NOV. 8

**Annie Farrar: "Vanitas."** Gallery hours at VisArts at Rockville, 155 Gibbs St., Rockville. Artist Annie Farrar created this exhibit with found objects with the intention of the works inviting viewers to construct their own narratives and reconsider the materiality that surrounds daily life. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org).

## 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.

See Entertainment, Page 15

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## Wootton Blanks Churchill in Battle for First Place

**Rubin, Morakis, Maizel score goals in Patriots' victory over rival Bulldogs.**

By Jon Roetman  
The Almanac

**W**ootton field hockey coach Kearney Blandamer addressed her team following Wednesday's home game before sharing her displeasure with a reporter.

Blandamer wasn't satisfied with the Patriots' performance. She praised the opponent, saying they "worked harder than we did." She said the Patriots are "struggling to find our intensity level."

"I didn't think this was our best effort," Blandamer said. "... The season is a long season and it's about learning. We learned today, I think, that we just have to work hard to make good things happen ..."

By the way, Wootton won by three goals. Against its rival. In a battle for first place in the 4A South division.

The Patriots moved into sole possession of first place in the division by blanking Churchill 3-0 on Wednesday at Wootton High School. The Patriots improved to 8-1 overall, including 5-0 in 4A South. The Bulldogs dropped to 4-3, including 4-1 in the division.

Despite the lopsided victory, Blandamer and senior captain Marisa Morakis each said the Patriots have room for improvement. From 2012-2014, Wootton produced a 43-4-1 record and made a trio of deep postseason runs, advancing to the region championship game or further each season. In 2012, Wootton lost to Walter Johnson in double overtime in the region final. In 2013, the Patriots won the region championship and finished state runner-up. Last year, Wootton lost to Bethesda-Chevy Chase in overtime of the region title game.

The Patriots once again have high expectations.

"I think we could have worked harder," Morakis said. "We need to make sure we don't have the mentality of a winning team — we need to know there's always stuff we



Photos by Jon Roetman/The Almanac

**Wootton senior Marisa Morakis finished with a goal and an assist against Churchill on Sept. 30.**

can work on."

On Wednesday, Morakis assisted a goal by senior attacker Lacey Rubin during a corner with 13:22 remaining in the first half, giving Wootton a lead it wouldn't relinquish. Morakis extended the Patriots' lead to 2-0 with 17:23 left in the second half, scoring during a corner with an assist from fellow senior captain Rachel Maizel.

Morakis is committed to play field hockey at Bucknell University.

"One of the most exciting things about Marisa is she has this turbo gear that when

**"Our expectation is to go as far as we can go, but I expect to be at Washington College in November" for the state championship game.**

— Wootton field hockey coach Kearney Blandamer

a player is even with her or even a step or two ahead, it's not very long — maybe five-to-10 yards — where Marisa just kind of finds this extra gear and overtakes that player," Blandamer said. "She's very determined and she really expects more from herself than she does from anybody else. ... She's one of the best players I've ever coached, and this is my 20th season."

Maizel, who will play for James Madison University, scored a goal with 8:10 remaining, giving Wootton a 3-0 lead.

Wootton's only loss of the season came against private school McDonogh, 5-4, during a tournament on Sept. 19. Later in the

day, the Patriots responded with a 3-0 win over Chantilly, a Northern Virginia program that reached the state playoffs in 2014.

"If we're going to win states, if we're going to get to states, we need to be able to win those kind of games," Morakis said, "not games just in our county."

Churchill entered Wednesday's contest on a four-game win streak, including victories against B-CC (2-1 on Sept. 18) and Whitman (2-1 in OT on Sept. 28).

"We had some really hard games prior to this game," Churchill head coach Cay Miller said. "... We've had a string of tough games [where] we've come up on top, so the momentum [was] building ... toward this game."

Wootton ended Churchill's momentum, handing the Bulldogs their most lopsided loss of the season. A bright spot for the Bulldogs, however, was the performance of senior goalkeeper Jennie Robinson, who finished with 12 saves.

"She stopped a lot of really solid opportunities that Wootton had," Miller said, "and I think the score would have been higher if she hadn't had such an outstanding game."

Churchill reached the region semifinals each of the last three seasons and finished region runner-up in 2011, but Miller said this year's team is inexperienced. Miller said midfielders Jocelyn Kelley, Madison Kanstoroom, Jenny Langerman and Regan Solomon have played well of late.

Churchill faced Walter Johnson on Tuesday, after The Almanac's deadline. The Bulldogs will travel to face Richard Montgomery at 7:15 p.m. on Thursday, Oct. 8.

Wootton defeated B-CC 3-0 on Monday, improving its record to 9-1. The Patriots will travel to face Blair at 7:15 p.m. on Thursday.

While Wootton's performance on Sept. 30 left room for improvement, Morakis said she enjoyed beating rival Churchill.

"We didn't really know what to expect," she said.

"I was kind of nervous for this game, but it ended up being fine. We beat them every time. It feels good."

Not too much positivity, though. Wootton has work to do.

"Our expectation is to go as far as we can go," Blandamer said, "but I expect to be at Washington College in November" for the state championship game.

### Sports Briefs

#### Whitman Football Beats Churchill

Whitman quarterback Matthew Clayton threw two touchdown passes and ran for two scores as the Vikings defeated Churchill 44-14 on Oct. 3 at Wootton High School. Clayton completed 10 of 17 passes for 160 yards, and carried 16 times for 119 yards.

The victory improved Whitman's record to 2-3. Churchill dropped to 1-4. Mason Robinson carried 15 times for 74 yards and a touchdown for Whitman. Austin DeRamus caught three passes for 30 yards and two touchdowns.

For Churchill, running back Andrew Zuckerman carried 33 times for 147 yards and two touchdowns.

Churchill will host Quince Orchard at 6:30 p.m. on Friday, Oct. 9. Whitman will travel to face Gaithersburg at 1 p.m. on Saturday, Oct. 10.

#### DeGroot Wins HJGT Event

Potomac resident Christian DeGroot finished first in the 15-18 division of a Hurricane Junior Golf Tour event Oct. 3-4 in Laytonsville.

DeGroot was in a four-way tie for first after Saturday, but shot one over par on Sunday to secure the victory.

Bethesda's Kayla Perkins finished first in the girls' 15-18 division. She was tied for first after Saturday and shot 78 on Sunday.

**Churchill's Faith Kean, left, defends Wootton's Rachel Maizel during their Sept. 30 matchup.**



# Opinion

## Program Bridges Cultures

By Rachel Silverman

The two Japanese characters are pronounced “wa.” In English, they translate to cooperation and harmony. Harmony defines the High School Diplomats program that brings together 40 American and 40 Japanese youth at Princeton University every summer for an intensive cultural exchange program. These 89 youth come together and learn how to form bonds with peers from differing cultures. I was one of the American students in the summer 2015 program. Each American participant is paired with a Japanese roommate. My roommate, Yusako, an ebullient girl from Mie prefecture, and I were not sure how to interact with each other at first. However, over the course of 10 days, through conversations ranging from track and field (we are both runners) to international affairs to favorite movies to Japanese cultural traits, we became incredibly close. Even now, we still talk with each other almost every day to continue our long discussions.

At Princeton, students take language and cultural classes, ranging from beginners courses to advanced seminars. I did not know the Japanese language before the program, and consequently was placed in the beginner Japanese course. I was so inspired to learn Japanese that I am enrolled in a Japanese course at Montgomery County College. The program was very effective in integrating cultural experience into every activity. Every single day had a special theme, often involving elaborate costumes. One day

I wore a yukata, a summer version of a kimono, and learned how to act in a traditional Japanese tea ceremony. The next day Yusako was decked out in red, white, and blue as we had a typical American picnic. Some other themed days included Thanksgiving, sports day, and Halloween.

The application for this stimulating experience is available right now and due Jan. 8. All that is required is an online application, including three brief essays, a teacher recommendation, and an interview. If you are interested in applying, you can contact Celine Zapolski at [celinezapolski@highschooldiplomats.com](mailto:celinezapolski@highschooldiplomats.com) or go online to the program’s website [www.highschooldiplomats.com](http://www.highschooldiplomats.com). From running around the Princeton campus on a scavenger hunt to learning how to read Katakana to creating bonds with Japanese teens, this program was truly a once in a lifetime experience that I hope more from our community can enjoy.

*The writer attends Winston Churchill High School.*

### Bulletin Board

Email announcements to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com).

#### 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).

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## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### OCTOBER

10/21/2015.....A+ Camps & Schools

Halloween is October 31

10/28/2015..... Election Preview

### NOVEMBER

11/4/2015..... Wellbeing

11/11/2015.....HomeLifeStyle

11/18/2015.....A+ Camps & Schools

11/19/2015.....Holiday Entertainment & Gift Guide I

Thanksgiving is November 26

11/25/2015.....Celebrating Gratitude, Thanksgiving

### DECEMBER

12/2/2015.....Wellbeing

12/9/2015.....Holiday Entertainment & Gift Guide II

12/9/2015.....HomeLifeStyle; Home for the Holidays

12/16/2015.....A+ Camps & Schools; Holiday Entertainment & Gifts Pages

12/23/2015.....Special Issue – Safe for the Holidays

12/30/2015.....Children’s Connection

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.

-Werner Heisenberg

## "One Less Thing"



By **KENNETH B. LOURIE**

Forrest Gump knew. Although not having to worry about money anymore because Lt. Dan invested their Bubba Gump Shrimp money into "some kind of fruit company" (Apple) is hardly akin to having cancer and awaiting the results of one's brain MRI, still: worry is worry. And the less of it, and the fewer reasons for it, the better. And a cancer patient, yours truly in fact, receiving an e-mail from his oncologist, saying succinctly: "brain MRI looked good" means I have less to worry about - for now.

Not that I feel (not usually, anyway) as if my life is hanging in the balance. I don't, really, but it's hanging somewhere, and that somewhere is rarely in any kind of balance. More of a cycle. The reason being: your life (at least mine) is a series of lab visits/lab work, urine collections, chemotherapy infusions/targeted treatments, diagnostic scans, face-to-face and/or phone appointments with your oncologist; phase 1, 2 or 3 Study and/or Clinical Trial considerations, and on and on and on; and none of that has anything to do with the many remedies I employ at home. As a consequence, cancer becomes the dominant and recurring theme in your life. You'd rather it wasn't, but a diagnosis of stage IV cancer has a tendency to focus and preoccupy your mind. A mind that, six and half years post-diagnosis, is still finding its way through the cancer labyrinth, and a mind which is not being wasted and one that, at least until my first PET Scan in six and a half years in two weeks, is semi at ease.

It is these intervals that you cherish; when you can sort of sit back and relax, and pretend that all is right with your world and that cancer is not a part of it. But then you wake up and realize that it was only a dream. Still, any dream though, day or night; or moment in time, when you can delude yourself, manipulate your circumstances, alter your ego and/or find respite from the daily grind, is a day to treasure. And it is these post-scan and pre-scan days/weeks when results have indicated (confirmed is a bit too presumptuous; I never want to poke the bear) that for the moment one's status is quo; more specifically, one's brain and/or in my case, lungs, have not succumbed to the resident evil that is cancer, that are my favorites.

So life goes on. Thank God! And thank modern medicine and my oncologist as well; thank Rebecca Nenner, my Certified Holistic Health and Fitness Coach; thanks to friends and family and readers for all their support and encouragement; thank my DNA/genetic code for tolerating and responding to all the various treatments, supplements, alternatives, etc., which have been a part of my survival for these past six and half years, and thank my lucky stars for everything. It's not the most fun I've ever had, but I have to admit, beating the odds and being called a "miracle" by one's oncologist is pretty damn satisfying; and one more "thing" for which I can be extremely grateful.

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

# Entertainment

## From Page 11

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.com](http://www.bethesdarow.com) for more.

**Slim Stevens.** 2:30-4 p.m. at Montgomery Community Television, Inc., 7548 Standish Place, Rockville. Musician Slim Stevens makes his premiere performance for his "Are You My Manager?" Tour. Free. Email [mayb2morrow@gmail.com](mailto:mayb2morrow@gmail.com).

**Joey Bada\$\$.** 8 p.m. at The Fillmore Silver Spring, 8656 Colesville Road, Silver Spring. Rapper Joey Bada\$\$ headlines a show also featuring Denzel Curry, Bishop Nehru, and Nyck Caution. Tickets are \$30. Visit [www.fillmoresilverpring.com](http://www.fillmoresilverpring.com).



## Sugarloaf Crafts Festival Welcomes Hundreds

At the Sugarloaf Crafts Festival, more than 250 artisans will be on hand at Montgomery County Fairgrounds, 16 Chestnut St., Gaithersburg. Find sculpture, glass, jewelry, fashion, wood, leather, metal, furniture, home accessories, photography and fine art. Tickets are \$8 in advance and \$10 at the door. Visit [www.sugarloafcrafter.com](http://www.sugarloafcrafter.com) for more.

## OCT. 10-NOV. 30

**"Originale."** 10 a.m.-8 p.m. Monday-Saturday, 12-6 p.m. on Sunday at Persiano Gallery and Design Center, 188 Market St., Potomac. Artist Yolanda Prinsloo presents artwork in graphite and paint. Free. Visit [www.persianogallery.com](http://www.persianogallery.com).

## SUNDAY/OCT. 11

**Cabin John Park Volunteer Fire Department Open House.** 10 a.m.-3 p.m. at Cabin John Park Volunteer Fire Department, 8001 River Road, Cabin John. Children may learn more about the fire department with rescue demonstrations, fire hose experiences and other fire prevention activities in addition to a moon bounce and petting zoo. Free. Visit [www.facebook.com/CJPVFD](http://www.facebook.com/CJPVFD).

**Oktoberfest.** 12-5 p.m. at Kentlands Market Square, 821 Center Point Way. Taste wine, food, and participate in performances and activities of the German tradition. Free admission. Visit [www.gaithersburgmd.gov/leisure/special-events](http://www.gaithersburgmd.gov/leisure/special-events)

**Piano Benefit Concert.** 3 p.m. at Unitarian Universalist Congregation of Rockville, 100 Welsh Park Drive, Rockville. Bradley Hull and Carol Ann Aicher perform solo and duo piano works. Free, but donations accepted. Visit [www.montgomeryhospice.org](http://www.montgomeryhospice.org) for more.

**Lisa Fischer & Grand Baton.** 7 p.m. at Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Lisa Fischer, a central figure in documentary "20 Feet from Stardom," will debut with her band at the Strathmore. Tickets are \$28-58. Visit [www.strathmore.org](http://www.strathmore.org).

**The Ying Quartet.** 7:30-9:30 p.m. at Jewish Community Center of Greater Washington, 6125 Montrose Road, Rockville. Listen to chamber music. Tickets are \$30-40. Visit [www.jccgw.org](http://www.jccgw.org) for more.

**"Just the Right Kind of Crazy" Tour.** 8 p.m. at The Fillmore Silver Spring, 8656 Colesville Road, Silver Spring. Duo Dan + Shay perform. Tickets are \$39.50. Visit [www.fillmoresilverpring.com](http://www.fillmoresilverpring.com).

## TUESDAY/OCT. 13

**"See Where You Started" Tour.** 8

p.m. at The Fillmore Silver Spring, 8656 Colesville Road, Silver Spring. Band Collective Soul performs. Tickets are \$37.50. Visit [www.fillmoresilverpring.com](http://www.fillmoresilverpring.com).

## WEDNESDAY/OCT. 14

**Chris Cornell with Hemmings.** 7 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, Bethesda. 9:30 Club will sponsor an event headlined by '90s grunge musician Chris Cornell. Tickets are \$76. Visit [www.930.com](http://www.930.com).

## OCT. 14-NOV. 15

**Heather Harvey Art Exhibit.** Gallery hours at VisArts at Rockville, 155 Gibbs St., Rockville. Heather Harvey presents a site-specific work and a paper-based series. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org).

## THURSDAY/OCT. 15

**Concert.** 7:30 p.m. at The Mansion at Strathmore, 10701 Rockville Pike. Listen to "The Moon & Seven Stars," a duo of a flute and a lute that plays music from Renaissance to Celtic folk melodies. Tickets are \$30 each. Visit [www.strathmore.org/](http://www.strathmore.org/).

## FRIDAY/OCT. 16

**Annie Farrar: "Vanitas" Opening Reception.** 7-9 p.m. at VisArts at Rockville, 155 Gibbs St., Rockville. Artist Annie Farrar created this exhibit with found objects with the intention of the works inviting viewers to construct their own narratives and reconsider the materiality that surrounds daily life. Meet the artist at the exhibit. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org).

**"Aladdin Junior."** 7:30- 8:30 p.m. at Arts Barn, 311 Kent Barn Square Road, Gaithersburg. Watch this one-hour adaptation of the Disney movie, "Aladdin." Tickets are \$12 for 14 and under, and \$15 for everyone else. Visit [www.gaithersburgmd.gov/calendars](http://www.gaithersburgmd.gov/calendars).

**Pigpen Theater Co. Concert.** 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Pigpen Theatre Co. combines folk music with storytelling. Tickets are \$20-30. Visit

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

## FRIDAY-SATURDAY/OCT. 16-17

**Metropolitan Community Club Craft Show.** 5-8 p.m. on Friday and 10 a.m.-4 p.m. on Saturday at Potomac Presbyterian Church, 10301 River Road, Potomac. Find handmade crafts of all varieties. Free. Visit [www.gfwcmd.org](http://www.gfwcmd.org) for more.

## FRIDAY-SUNDAY/OCT. 16-18

**The Sugarloaf Crafts Festival.** 10 a.m.-6 p.m. on Friday and Saturday, 10 a.m.-5 p.m. on Sunday at Montgomery County Fairgrounds, 16 Chestnut St., Gaithersburg. More than 250 artisans will be on hand with their work. Tickets are \$8 in advance and \$10 at the door. Visit [www.sugarloafcrafter.com](http://www.sugarloafcrafter.com).

## SATURDAY/OCT. 17

**Antique and Classic Car Show.** 11 a.m.-3:30 p.m. at Rockville Civic Center Park, 603 Edmonston Drive, Rockville. Find more than 500 antique and classic cars. Free. Visit [www.rockvillemd.gov](http://www.rockvillemd.gov) for more.

**Seasoned Spellers Senior Spelling Bee.** 11 a.m. at Rockville Memorial Library, 21 Maryland Ave., Rockville. Montgomery County residents 55 and older compete in a spelling bee. Free. Visit [www.folmc.org](http://www.folmc.org) for more.

**Artist Visit: "World in the Mirror of Metaphor."** 1-3 p.m. at Wentworth Gallery, 7101 Democracy Blvd., Bethesda. Artist Vladimir Kush will be present. Free. Visit [www.wentworthgallery.com](http://www.wentworthgallery.com).

**The Ragged Edge of Rockville.** 4 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.

**"(come back TO) Rockville!" Closing Reception.** 6-8 p.m. at VisArts at Rockville, 155 Gibbs St., Rockville. Celebrate the exhibit with a rooftop party. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) for more.

**"Strathmore Cabaret."** 7 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Attend a jazz concert with a Parisian theme. Tickets are \$150-500. Visit [www.ampbystrathmore.com](http://www.ampbystrathmore.com).

## SATURDAY-SUNDAY/OCT. 17-18

**Bethesda Row Arts Festival.** 11 a.m.-6 p.m. at Bethesda Row, 4841 Bethesda Ave., Bethesda. The Bethesda Row Arts Festival will feature 190 juried artists. Guests will find ceramics, drawing, pastels, fiber, decorative, fiber, wearables, glass, graphics/printmaking, jewelry, metalwork, mixed media 2D, mixed media 3D, oil/acrylic painting, photography, digital art, sculpture, watercolor, and wood. Free. Visit [www.bethesdarowarts.org](http://www.bethesdarowarts.org) for more.

**"The Seriously Whimsical Paintings of Rebecca Grace Jones."** 12-8 p.m. on Saturday, 12-5 p.m. on Sunday. Mixed media artist Rebecca Grace Jones will display her work, a blend of abstraction and representation. Free. Visit [www.rebeccagracedjones.com](http://www.rebeccagracedjones.com).

**"OINK! A Pigsical."** 3 and 7 p.m. on Saturday, 4 p.m. on Sunday at Black Box Silver Spring, 8641 Colesville Road, Silver Spring. "OINK! A Pigsical" is a new musical work by local composer Clif Hardin (nationally known for his choral works) and by author/lyricist Deborah Hollander, who passed away before the play could be staged. "OINK" is a modern take on the classic tale of the three little pigs. Free, but donations accepted. Visit [www.oinkappigsical.com](http://www.oinkappigsical.com) for more.

## SUNDAY/OCT. 18

**Author Talk.** 11 a.m. at Beth Shalom Congregation, 11825 Seven Locks Road, Potomac. Dr. Lee Mandel will speak about his new book "Unlikely Warrior: A Pacifist Rabbi's Journey From the Pulpit to Iwo Jima." Free. Email [library@bethsholom.org](mailto:library@bethsholom.org).

**The World of Montgomery Festival.** 12-5 p.m. at Montgomery College, 51 Mannakee Drive, Rockville. Organized by KID Museum, the festival includes an international village, a global kitchen with chef demonstrations of traditional ethnic food, a craft market, a parade of cultures, two performance stages of traditional dance and music, traditional arts and interactive activities. Free. Visit [www.worldofmontgomery.com](http://www.worldofmontgomery.com).

## Waltz Dance.

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

**"1001 Grams" Screening.** 10 a.m. at Landmark Bethesda Row Cinema, 7235 Woodmont Ave., Bethesda. Minister Counsellor Communication and Culture of the Royal Norwegian Embassy Jon-Åge Øyslebø will be a special guest at the screening of Norwegian film "1001 Grams." Single tickets are \$15. Visit [www.cinemaartbethesda.org](http://www.cinemaartbethesda.org).

## MONDAY/OCT. 20

**Serenity in the Garden: Simplicity, Sanctuary & Delight.** 8 p.m. at Montgomery College Takoma Park/Silver Spring Campus, Health Sciences Center Building, 7977 Georgia Ave., Silver Spring. Professional landscape designer Jan Johnsen shares her passion for creating peaceful, enticing gardens and reveals the three features of a serene outdoor setting: simplicity, sanctuary, and delight. Free. Visit [www.washingtongardener.com](http://www.washingtongardener.com).

## WEDNESDAY/OCT. 21

**Book and Author Luncheon.** 9 a.m. at The Radisson Hotel, 3 Research Court, Rockville. The Brandeis National Committee Greater Washington Chapter will host five authors: "Spring Chicken: Stay Young Forever" author Bill Gifford; "Paper Love: Searching for the Girl My Grandfather Left Behind" author Sarah Wildman; and "The Partisan Divide: Congress in Crisis" co-authors Martin Frost, Tom Davis and Richard Cohen. \$70 for members, \$80 for non members. Registration required by Oct. 6. Call 301-598-4367 for more.

**John Kocur & Herb and Hanson.** 7:30 p.m. at the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Kocur plays saxophone; Herb & Hanson play mandolin and guitar. Tickets are \$17. Visit [www.strathmore.org](http://www.strathmore.org).

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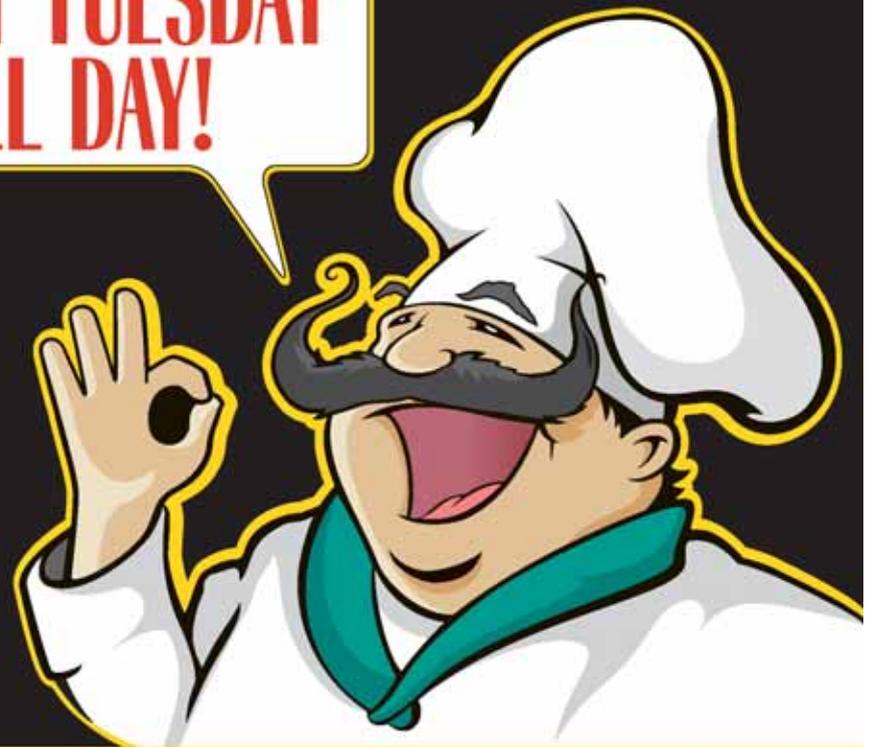
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# Senior Living

OCTOBER 2015



Potomac  
ALMANAC

# Senior Living

## It Takes a Village

By Marilyn Campbell  
The Connection

When Penelope Roberts, 73, of Alexandria, Virginia, had knee replacement surgery last month, she knew she would be out of commission for several weeks. Although Roberts is divorced and doesn't have any children, she had a network of support in place to drive her to medical and physical therapy appointments, pick up prescriptions and even return a library book.

Several years ago Roberts joined At Home In Alexandria (AHA), a local not-for-profit group, built on the "village" model of community-based aging. Villages are membership-based, nonprofit organizations, run by both volunteers and paid staff, that offer access to services from a network of volunteers like technical support, household maintenance and repairs, social activities and educational opportunities.

Need a new light bulb in your dining room chandelier? Want to see a play or discuss Jane Austen? A village volunteer can help.

"I bought patio furniture and after I struggled for an hour-and-a-half putting together one chair, a volunteer came out and put together all of my patio furniture in almost no time," said Roberts. "These are small things, but if you can't do them for yourself, you want to feel that you can call upon somebody and not feel embarrassed about it."

AHA is one of more than 48 villages around the Washington, D.C., area, according to the Washington Area Villages Exchange (WAVE). The movement, which began in Boston in 2002 with Beacon Hill Village, is on the rise as more seniors express desires to remain in their homes and communities as long as possible.

Volunteers offer services like home repairs and maintenance, transportation, social health and wellness programs, social and educational activities, and fulfill other day-to-day needs, enabling individuals to remain connected to their communities throughout the aging process.

"We can work on a leaky faucet or short-term pet care, we can take care of short-term plant watering needs," said Cele Garrett, executive director of AHA. "If they need IT support or if they're trying to get their DVR set up ... we can help with that." Garrett says the Washington-area has the highest concentration of villages in the country.

**SOCIAL CONNECTIONS** are one of the most vital aspects of village communities. "It's really important for people not become isolated if you want to maintain a healthy outlook on life," said Sheila Moldover, communications chair, Potomac Community Village in Potomac, Maryland. "Social connections add flavor to your life."

In fact, village officials name the social



Photo courtesy of Potomac Community Village

**Steve Lorberbaum, the owner of Assisting Hands of Potomac, speaks to members of the Potomac Community Village about aging in place.**

**"It's really important for people not become isolated if you want to maintain a healthy outlook on life."**

— Sheila Moldover

component as one of the most important aspects of their programs. "Our members want to get out and meet people and enjoy themselves," said Roberts. "That is a critically important role that we play."

Activities include trips to local museums, performances, concerts, and lunch and dinner engagements. For example, the Lake Barcroft Village in Fairfax County, Virginia, hosted an author talk with Pulitzer Prize-winning journalist Pat Sloyan, who discussed his book, "The Politics of Deception: JFK's Secret Decisions on Vietnam, Civil Rights and Cuba." Later this month, the Arlington (Virginia) Neighborhood Villages Opera Buffs group is hosting a happy hour and discussion of Verdi's "Othello." The Potomac Community Village is hosting a theater party at the Round House Theater in Bethesda, Maryland.

"Our social events are a great way to stay engaged and active because it's easy to get out if we've already made arrangements for

you," said Garrett. "All you have to do is sign on. You don't have to find an activity or someone to go with."

**THE SERVICES OFFERED** vary from village to village and are tailored to meet the specific needs of the local community. For example, in Mount Vernon, Virginia, transportation is a concern. Barbara Sullivan, executive director of Mount Vernon at Home says that her volunteer drivers provide an average of 100 rides to seniors each month.

"There are virtually no sidewalks and there are hills," said Sullivan. "Transportation is a huge issue for seniors who want to stay in their homes and remain active."

Roberts is in charge of the volunteer committee for AHA. As both a volunteer and a recipient of village services, she recognizes what a difference those who receive training and offer their services free of charge can make. For example, she assisted a fellow member with small tasks that were a big help. "I was able to put clothes in the washing machine for her, take a book to the library and change bedding that she couldn't change," said Roberts.

"One day soon we'll be making requests for the same help that we provide," said Steve Nelson of Del Ray, Alexandria, an AHA volunteer. "We've met such incredibly terrific and fascinating people that we never would have met otherwise. That's a great motivator."

"We have volunteers who can help with organizing, decluttering or cleaning out a closet," said Garrett. "What would a neighbor or good friend help with? They'd help you with these things, but you wouldn't ask a neighbor to help you to the bathroom."

### Coming Up in Potomac

**Next General Meeting:** Thur. Oct. 22, 2015, 7 p.m.

Free and open to all

"Making Your Community Livable for All Ages" with Stephanie Firestone, Program Director of the Livable Communities Project, National Association of Area Agencies on Aging

Almost 20 percent of Potomac residents are now age 65 and up, and most of them want to age in place in their own homes.

How to help make this happen and make our Potomac community more livable for all ages, from children to seniors, is the focus of a free program on Oct. 22, at 7 p.m. presented by Potomac Community Village. The topic is "Making Your Community Livable for All Ages," and the speaker is Stephanie Firestone, Program Director of the Livable Communities Collaborative of the National Association of Area

Agencies on Aging.

Key to this is taking a hard look at transportation, since Potomac is very much a car-centric community.

The program, which is free and open to all, is part of Potomac Community Village's series of monthly meetings.

Bolger Center, 9600 Newbridge Dr., Potomac, Room 111, Osgood Building. Use Parking Lot #3; and enter the Osgood Building's side door directly from the parking lot.

Information:  
info@PotomacCommunityVillage.org  
Telephone: 240-221-1370

**PCV's Appraisal Roadshow** Sunday, Nov. 1, 2:30 - 5 p.m., Potomac Community Center Free and open to all.

Do you own an inherited piece of jewelry, a silver tea service, an antique clock, piece of art, or some other heirloom you're curious about? On Sunday, November 1st at 2:30 p.m., you'll have an opportunity to get a professional appraisal of its value and expert advice on what you can do with it.

Presented by Potomac Community Village, the Appraisal Roadshow will take place at the Potomac Community Center, 11315 Falls Road, Potomac. During the show, a gemologist from Paradigm Experts and a guest generalist appraiser will educate the audience about the market for these personal valuables while they assess the age and value of the items brought in. No more than one item per person appraised. Those wanting an appraisal must send a description and photo of the item to Roadshow@PotomacCommunityVillage.org no later than Wednesday, Oct. 28, in order to allow time for the appraisers to research items in advance.

Admission to the Roadshow is free, and is open to all, but it will help us if you reserve in advance so we have enough seating and refreshments. For more information about this exciting event and to reserve your seat, please contact Roadshow@PotomacCommunityVillage.org or 240-221-1370.

www.PotomacCommunityVillage.org

## Senior Living

# Exactly What You Want in Retirement

**Kill the living room, maximize the kitchen.**

By John Byrd

There's no doubt that the concept of a family kitchen has been radically altered in the past few decades. Homeowners are comfortable with less enclosure; more visual continuum. They are also embracing zoning ideas that make it easier for a hostess to move between food preparation tasks and entertaining guests.

But suppose the proposed solution for more kitchen space is to "lose the living room?" Unthinkable at first, but then — "really innovative, clever... a huge breakthrough."

Such were the revelations of Joy Green, owner of a 3,000-square-foot residence in Oak Hill, Va. as she contemplated a plan to introduce a gourmet kitchen into the rear of traditional-style three level home.

Joy and husband Helmut, both in their mid-60s, had purchased the house new in 1983; raised three boys in it and, like most homeowners of the period, had happily adapted to what the home had to offer.

Fast forward 15 years, and the Greens have finally removed a wall between the



**A former family room and tiny kitchen came together to create a gourmet kitchen nearly three times the size of the original for seniors Helmut and Joy Green of Oak Hill.**

family room and the kitchen. There's now more light. But the wall separating the kitchen from south-facing dining room still blocks out the morning sun, and the space remains quite restricted.

"Storage was really a problem. I had to keep certain cooking implements in the basement or other closets. Just keeping

track of what was where was really inconvenient."

But as the Greens gradually became empty-nesters and then retirees, thoughts of retrofitting the first floor to better satisfy emerging entertainment and culinary pursuits prevailed. Joy began to research kitchen design ideas in magazines and

online. She came across kitchen design pro Marcelo Dobrauchi of Terranova Construction K&B and set up meeting in her home.

"I had been experimenting with new space plan ideas for months," Joy said.

"I was kind of stumped. But Marcelo put everything into perspective almost immediately. In the end, he drafted eight floorplan variations. He was very thorough on every issue — and there were many."

"I thought an open plan might be better suited to what Joy and Helmut were looking for," Dobrauchi said, "so I sketched out a concept showing how they could convert the living room to a formal dining room while reconfiguring the adjacent kitchen/family room space as a large open kitchen revolving around a food prep island and dining counter."

At 16-feet-by-3-feet, the handsome food prep island and five stool dining counter is the kitchen's focal point. A pair of state-of-the-art baking ovens are within easy reach of the white quartz counter surface — which parallels a black quartz surface that includes a wine refrigerator and a glass-facing stemware cabinet.

Completing the transitional-style interior design statement, walnut flooring and crown molding create a visual unity. Natural light floods in from all directions.

*John Byrd (byrdmatx@comcast.net) has been writing about home improvement topics for 30 years. See more stories at www.HomeFrontsNews.com.*

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# Senior Living

## A Perfect Fit

By Marilyn Campbell  
The Connection

**D**ressed in a baggy t-shirt and jeans, a middle-aged woman opens the door of a lingerie boutique in Chevy Chase and take a few steps inside before come to an abrupt halt. She appeared bewildered; her eyes widened and she absorbed the vast sea of lacy bras and panties, satin nightgowns and smoothing shape wear.

"Come in. I think we've been expecting you," a warm voice called and two well-manicured hands extend to welcome her into the store. "Your doctor called and said you were coming over."

It is this warm spirit, finely tuned knowledge of the industry and personalized service that characterize upscale lingerie boutique Sylene of Washington. The owner, Cyla Weiner of Potomac, recently celebrated 40 years of business.

Among Weiner's specialties are fitting women who have undergone breast surgery. She was the first in the area to do mastectomy fashion shows, using as models real customers undergoing cancer treatment. In fact, she made a trek to the White House in the 1980s to fit then-first lady, Nancy Reagan after her mastectomy.

Weiner, who was born in Germany to Holocaust survivors, opened the boutique after stints as a French teacher and an assistant buyer at the now-defunct department store Woodward & Lothrop. Five years after opening her store, she hired her younger sister, Helen Kestler, as her business partner. The women, who grew up in New Jersey working in their parents' lingerie business, say the business is in their DNA.

"We were brought up working together," said Kestler. "As children, we worked with our parents and we were all part of the team. We did everything together as a family and everybody's input mattered, even when I was eight years old."

Weiner, who has been married for 43 years and has two adult children, says she's managed to stay ahead of trends while remaining true to her core values.

"I'm always honest with customers and I try to give customers what they want," said Weiner. "We can kind of look at a customer and know what will fit and what will look great on them."

From beaded Badgley Mischka swimwear to lacy La Perla thongs and nightgowns, Sylene is stocked with foundation pieces by a list of designers that reads like a New York Fashion week schedule. Weiner prides herself in being able to serve a clientele of all shapes sizes and ages that runs the gamut from transgender shoppers to movie stars, politicians and news journalists.

"There's no reason for a woman to be wearing a bra with straps that are falling down or a back that is riding up," she said. "That's not necessary. It doesn't matter what size you are, there is something that can accommodate your figure."



**Cyla Weiner (right), owner of Sylene of Washington, and her sister Helen Kestler worked in their parents' lingerie business as children.**

Photos by Marilyn Campbell



**Cyla Weiner, owner of Sylene of Washington, restocks lingerie in her upscale boutique.**

Beneath her well-coiffed, chestnut hair and cupid's-bow red lips, Weiner appears warm, sincere and hard-working. Polished and petite and wearing black slacks and a fitted top she flitters around the store, simultaneously bringing bras to a client in fitting room and hanging night gowns on a

rack, with an energy that belies her age.

"Cyla is driven, motivated and on target as far as knowing what clients want," said Kestler. "She knows which things are going to sell and what is going to work. Vendors come to her to ask her opinion on what new merchandise should be coming to market."

Potomac resident celebrates 40 years in the upscale lingerie business.

Throughout her four-decade career, as she has doled out lingerie advice to her clients, she has learned from them as well.

"I've learned never to judge anybody by what they look like and to never anticipate how somebody will see herself," she said. "I think I've taught my clients that underwear is really important because it makes a huge difference in how you look and how you feel. When you're self confident and you have on flirty and sexy underwear that fits well, you feel really good underneath and that comes through."

Weiner says eight of ten women wear the wrong bra size, and women should be fitted periodically for new bras. "Your bra size changes just like you change," she said. "Weight gain or loss, birth control pills, pregnancy, nursing - all those things change your bra size. What fit you when you were 20 doesn't fit you when you're 50."

**"I'm always honest with customers and I try to give customers what they want."**

— Cyla Weiner,  
Sylene of Washington

There are six bra types that she recommends every woman own: seamless bras that can be worn under sheer tops; a sexy bra; a sports bra; a strapless bra; specialty bra, such as a backless or low cut bra, and a spa bra for comfort.

Weiner believes in giving back to the community and has supported such causes at Interfaith Works and the cancer centers of local hospitals. Later this month, she is hosting a bra trade-in and encouraging women to bring in their old lingerie to be donated to women in need. For more information: <http://www.sylenedc.com/>

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Local Media Connection LLC

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