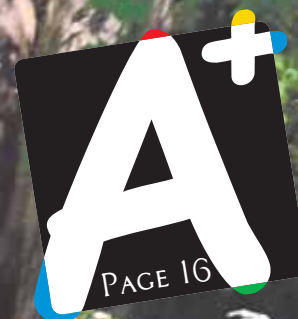


Potomac ALMANAC

Greg Kniesler, chief of maintenance
at Chesapeake & Ohio Canal
National Historical Park, inspects
a tree at Swains Lock campground.



Tree-Cutting Put on Hold

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Potomac Day,
This Saturday

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Feeding the Hungry

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Private Schools'
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Quick Reaction Places Tree-Cutting on Hold

Local residents protest loss of trees at Swains Lock campground.

On Friday, Oct. 16, Barbara Brown noticed something awry on her walk along the C&O Canal Towpath by the Swains Lock campground. Several large trees had come down, and more were marked for destruction.

A round of phone calls resulted in quick action, with Kevin Brandt, superintendent of the C&O Canal National Historical Park calling for an immediate halt to the tree cutting.

County Councilmember Roger Berliner, who responded to constituent calls on Friday morning was able to reach Brandt right away, although he was apparently not the only one calling the superintendent on the topic.

The superintendent “has agreed to halt the cutting immediately,” Berliner said on Friday. “He is not happy either.”

Next, a certified arborist will evaluate the trees, identifying any with serious defects or that might pose a danger to park visitors. Berliner said Brandt would share that report before the next steps are underway.

Several National Park Service personnel met with Becky Curtis of the C&O Canal Trust, Brown, and Silvia Diss later on Friday, and the group looked at about 50 trees, mostly silver maples, that were marked to be taken down or pruned. The Park Service employees cited camper safety as the key reason for the action.

The trees involved are towering, mature trees, and some appear to approach 100 feet tall.

“Kevin Brandt is not Pepco,” said Berliner. “He’s going about this in a very responsible way.”

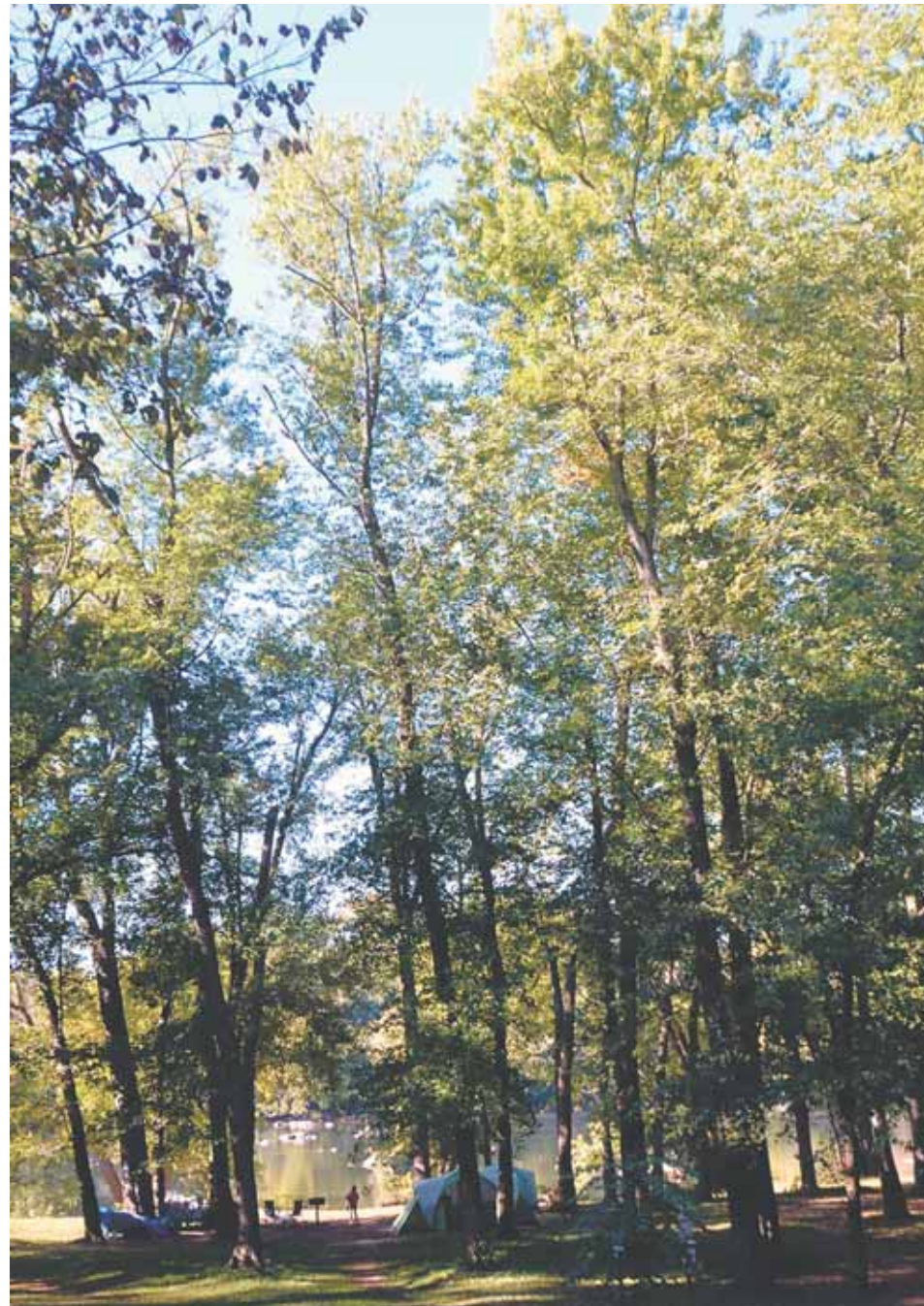
Washington Redskins owner Daniel Snyder was fined in 2005 for cutting trees between his Potomac house and the C&O Canal National Historical Park just a short distance from Swains Lock. The 100,000 square feet of clearing was in violation of the county forest conservation law, but the scenic easements held by the National Park Service along the canal failed to protect the hillsides from clearing.

“Kevin Brandt is not Dan Snyder, either,” said Berliner.

On Monday morning, Oct. 19, Brown gave this report from the scene:

“All is peaceful [at] Swains this morning. A large family was camped here. It is interesting to note that all the trees around their campsite are marked for either severe pruning or cut to the ground. I walked around and did a count. There are eight stumps (cut even to the ground) and 14 poles (trimmed of all branches in preparation to be cut to the ground). In addition 46 (a rough count) trees have pink markers.”

In response to an inquiry from Ginny Barnes, environmental chair of the West Montgomery County Citizens Association, Brandt wrote: “No final decision has been made to go forward or not. We are still



Barbara Brown noted eight stumps (cut even to the ground) and 14 poles (trimmed of all branches in preparation to be cut to the ground). In addition 46 (a rough count) trees have pink markers.



Tree cutting at Swains Lock campground has been halted pending further evaluation by park staff.



Approximately 46 trees have pink markers.

PHOTOS BY BARBARA BROWN

evaluating the campground and alternative approaches to ensure visitor safety and natural resource processes are maintained. At this time no timetable has been set to make a decision. We are working on ways to be transparent and communicative with all the interested parties. I hope to have more information soon on next steps.”

Tree cutters at the site.



PHOTO BY DEBORAH STEVENS/THE ALMANAC

— REAL STORIES FROM THE EXPRESS LANES —

"I own a small maid service and pay for all my employees to use the Express Lanes. We are like cleaning superheroes now, flying from one home to the next, no stress, staying on schedule, it's a breeze."

- Sarah P.
Owner, SparkleClean Maid Service
Alexandria, VA



Sarah, owner of SparkleClean Maid Service, says her team loves the Express Lanes. Now, instead of sitting in traffic, they drive from home to home with ease, staying on schedule throughout the day. Then, after a busy day, the maids return home quickly via the Lanes, able to meet babysitters on time and prepare healthy meals for their families. Sarah says her maids feel spoiled by the Lanes, which in turn makes them spoil their customers. All of which has helped Sarah's business become one of the area's highest-rated maid services.

See more real stories from the Lanes at ExpressLanes.com



Sarah's story was one of our winning entries in our "Express Lanes Love Story" promotion.

Feeding the Hungry Students bake bread to donate to charity event in Potomac.

BY MARILYN CAMPBELL
THE ALMANAC

Interfaith Works, a nonprofit organization with a mission to address homelessness and poverty in Montgomery County, will host an “Empty Bowls” fundraiser at the Julia Bindeman Center in Potomac on Thursday, Oct. 22.

Attendees will sample soups in hand-crafted bowls, which they will take home at the end of the event. Crafted in part by students at the center’s Hebrew School, the bowls serve as a reminder of how hunger and homelessness affect thousands of people in the county on a daily basis.

In preparation for the event, Charlotte Garvey of Interfaith Works spoke to a group of students at Mary of Nazareth School in Darnestown about homelessness in Montgomery County and what

in science, math and social justice.

“I wanted them to learn new ways they can make a difference in the lives of others, especially for children in the area,” said Jennifer Massey of Mary of Nazareth School. “I hope they use this opportunity as a springboard to doing more to help others. They can change the world by helping one person.”

Under King Arthur Flour’s “Bake for Good” program, master bakers visit schools and give students baking lessons, encouraging them to bake bread at home to donate to a charity.

“I was inspired to be a volunteer at the Empty Bowls event and help distribute the bread we make,” said Fiona O’Connell, a sixth grade student.

“I learned that baking is not as easy as it seems,” said Sebastian Aliaga, also in the sixth grade. “I also learned that homelessness is a serious problem.”

Master Baker Paula Gray of King Arthur Flour teaches students at Mary of Nazareth School how to bake bread.



PHOTO COURTESY OF INTERFAITH WORKS

“I wanted them to learn new ways they can make a difference in the lives of others, especially for children in the area.”

— Jennifer Massey, Mary of Nazareth School

students can do to help.

As part of the presentation, the students received a bread-baking lesson from Master Baker Paula Gray of King Arthur Flour. She taught around 100 students about the science of baking, and encouraged them to bake rolls at home to donate to the Empty Bowls event.

“For many years, we have been lucky enough to receive the bread the kids make,” said Garvey. “Frequently, we serve it at our shelters, and sometimes we use it in support of special events.”

Teachers and administrators say the presentation was an opportunity for students to learn lessons

For More Information

Interfaith Works’ 2015 Empty Bowls community gathering
Thursday, Oct. 22, 6:30 to 8:30 p.m.
Julia Bindeman Center in Potomac
Tickets are \$25
<http://www.iworksmc.org/>

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Food Drive To Benefit Children's Inn

Bethesda-based Case Design/Remodeling, Inc., recently held a food drive to benefit The Children's Inn at the National Institutes of Health, also in Bethesda. The Inn offers lodging to pediatric patients and families undergoing treatment or participating in research at the NIH. With a goal of keeping families together during treatment, the Inn creates a "place like home" by providing activities, meals, gifts, comfort and financial support.

The Inn makes "Help Yourself Pantries" available to residents. Stocked with food, the pantries provide families with opportunities to prepare their own meals and save money on groceries.

Food collected and donated by Case will be

used to stock the pantries. The team made three deliveries to the Inn, dropping off 11 large boxes of food.

In addition, Case Design/Remodeling and Fred and Carolyn Case donated \$5,000 to the Inn.

— MARILYN CAMPBELL

Mario Reyes of Case unloads and delivers donated food to the Children's Inn at the National Institutes of Health.



PHOTO COURTESY OF CASE DESIGN/REMODELING

The Science Behind Pesticide Restrictions

Montgomery County Councilmember Marc Elrich made the following statement after the County Council approved amended Bill 52-14 on Oct. 6 that will restrict use of pesticides on County-owned and private lawns. Councilmember Elrich was a co-sponsor of the original bill.

Today, the County Council approved legislation that restricts the use of pesticides on lawns, playgrounds and children's facilities. The legislation also puts the Parks Department on a path to pesticide-free athletic playing fields, beginning next year with a pilot program of five fields — four local and one regional.

I believe that this legislation is an important step toward protecting our public health and environment. This legislation restricts the use of, and exposure to, pesticides — and it does so based on the scientific evidence. I think as the public understands the science, they will appreciate our action.

COMMENTARY

Here are my reasons for supporting this legislation:

❖ We cannot count on the federal government to act. The actions of federal regulatory agencies do not keep pace with scientific findings. We have acted at the county level before without waiting for federal action — we banned trans fats, coal tar, smoking in certain places and menu labeling. We are leading the way on addressing the impact of fumes from idling cars on nearby individuals.

❖ The Federal Environmental Protection Agency (EPA) does not even follow its existing regulations and procedures. Just last month a federal appeals court ordered the EPA to withdraw its approval of a pesticide, sulfoxaflo, because its approval was based on "flawed and limited data." According to the court, EPA had not followed their own guidelines in approving this neonictinoid.

❖ Businesses are responding to consumer concern about chemicals. There is now a recognition that even if the Federal government allows chemicals to be used, it does not mean that they are safe. Target has a list of more than 600 substances it wants removed from its products and Walmart has a list of more than 1,000 chemicals.

❖ Inaction has its own potentially enormous costs. "Exposure to endocrine-disrupting

chemicals likely costs the European Union . . . \$209 billion a year in actual health care expenses and lost earning potential," according to a new series of studies published in the Endocrine Society's Journal of Clinical Endocrinology and Metabolism . . . In the EU, researchers found the biggest cost driver was loss of IQ and intellectual disabilities caused by prenatal exposure to pesticides containing organophosphates.

❖ Precautionary action is supported by the science. One of the most powerful research reports is the Kaiser mother-daughter study released this summer. The researchers found that elevated levels of DDT in the mother's blood were associated with almost a four-fold increase in her daughter's risk of breast cancer. Barbara A. Cohn, one of the study's authors and the director of Child Health and Development Studies at the Public Health Institute in Berkeley, Calif., said the 54-year study is 'the first to provide direct evidence that chemical exposures for pregnant women may have lifelong consequences for their daughters' breast cancer risk.' We did not ban DDT in 1972 because of human health impacts; we banned it because it was endangering our national bird, the bald eagle. If we had waited for the proof that DDT caused cancer, it would have been used for 40 additional years, and many more women would have been at increased risk for breast cancer. I voted for this legislation because I did not want to look back in 20 years and say that we could have acted.

❖ Children are particularly vulnerable. Dr. Phillip Landrigan, professor of pediatrics, chair of the Department of Preventive Medicine and Dean for Global Health at the Icahn School of Medicine at Mount Sinai, explained that children are at much greater risk from chemical exposure. '[I]nfants and children [are] at increased risk for harmful effects of pesticide exposures, which may be permanent and irreversible.'

❖ Research shows an association for the following: childhood cancers — leukemia and brain tumors, breast cancer, non-Hodgkins lymphoma, birth malformations, Parkinson's, lupus and rheumatoid arthritis, attention problems, decreased IQ, and respiratory symptoms

❖ More recent science about chemical exposure is showing that low-doses can have sig-

nificant impact and that low-doses of multiple exposures of chemicals may contribute to cancer development. Cancer does not develop all at once. It happens through a series of mutations and genetic changes that collectively transform normal cells into aggressive cancer cells — the 'multiple hits' model. Many chemicals that can interfere with individual cancer-related processes are not complete carcinogens, but exposure to combinations of these substances could interfere with multiple cancer-related processes, overwhelm the body's defense mechanisms, and result in cancer.

❖ Lower doses of pesticides are linked to antibiotic resistance. A study published earlier this year links Dicamba, 2,4-D and glyphosate to increased antibiotic resistance. The active ingredient in RoundUp, glyphosate, was classified as 'probably carcinogenic to humans' by the International Agency for Research on Cancer. The science to have it classified as 'carcinogenic to humans' (the only classification higher than probably) is not doable with this type of chemical because there is no dose data to allow scientific comparisons. Tobacco is a known carcinogen because the dose (number of cigarettes) can be measured. There is no ethical way to do this with glyphosate.

❖ The weed killer, Atrazine, has been found in drinking water. The New York Times reports that 'new research suggests that atrazine may be dangerous at lower concentrations than previously thought. Recent studies suggest that, even at concentrations meeting current federal standards, the chemical may be associated with birth defects, low birth weights and menstrual problems.'

❖ The U.S. Geological Survey (USGS) . . . conducted a groundwater-quality investigation . . . in the shallow groundwater underlying the Anacostia River and Rock Creek watersheds in Washington, D.C. . . . Twenty-seven pesticide compounds, reflecting at least 19 different types of pesticides, were detected in the groundwater samples . . . The presence of banned and restricted-use pesticides illustrates their continued persistence and resistance to complete degradation in the environment. The presence of the replacement pesticides indicates the susceptibility of the surficial aquifer to contamination irrespective of the changes in the pesticides used.

POTOMAC ALMANAC

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

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Potomac Almanac is published by Local Media Connection LLC

Five Time First Place Award-Winner Public Service
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New Principal at Potomac Elementary

Educator plans to incorporate more technology, keep parents informed.

BY MARILYN CAMPBELL
THE ALMANAC

Ever since she was an elementary school student, Catherine Allie knew that she wanted to be an educator.

"When I was 8 or 9 years old, I knew that I wanted to be a teacher," said Allie. "I get an excitement from learning something new. Along the way I had many teachers who inspired me."

At the start of this school year, she took the helm at Potomac Elementary School. Each morning, during the chaos of carpool drop off, Allie is at the center of the crowd, making it a point to greet parents and students at the start of the school day.

Getting to know students and teachers on a personal level is part of her management style, and her inclination to be visible and hands-on has been well received.

"Parents are loving that she's directing the cars at carpool," said Jill Trone, Parent Teachers Association president. "She's really engaged in what's going on in her school."

"Dr. Allie has really made an effort to get to know the students and teachers here," Trone continued. "She's very accessible and is a great problem solver. Whenever I've contacted her, she's gotten back to me right away and deals with issues quickly and efficiently."

Trone, a mother of six, has children in first and fifth grades at Potomac Elementary School. She has been a parent at the school for 13 years. "I'm really enjoying working with her," said Trone. "We have a well run school and I'm happy that she's happy. She's the whole package."

Allie hopes to increase communication between administrators, teachers and parents.

"My management style is to study where I'm at, ask questions, see if we can't improve it and figure out what we need to do to take it to the



Catherine Allie is the new principal at Potomac Elementary School.

Trone. "She's not making huge changes right now. She's making some necessary changes. She's getting the lay of the land and waiting before she does anything major."

We're looking forward to how we can make our school better and she's definitely the person for the job."

Allie plans to expand the use of technology in the classroom and integrate the use of Chromebook computers. (Chromebooks rely on apps and a cloud.) She has established a Twitter account for the school (@PotomacMustangs), which she uses to update parents on daily happenings. Postings include photos of class projects, teacher bulletin boards and school events.

Earlier in her career, Allie worked as a teacher at Seven Locks Elementary School, also in Potomac.

She has held several assistant principal and assistant superintendent positions. Most recently, she was a principal at Walden Elementary School in Prince George's County. She has also served as co-president and secretary of the Asian American Educators Association.

Allie holds a bachelor of science degree in elementary school from George Mason University in Fairfax, Va.; a master of arts degree in

next level," said Allie. "How can I help teachers be innovative and creative? I'm looking at the talent that already exists and seeing how we can take it to the next level."

Parents have noticed that Allie is methodical in her approach. "She respects that we had a good foundation," said

education administration from George Washington University in Washington, D.C., and a doctor of education degree in urban leadership from Bowie State University.

Teachers who have worked under Allie in the past say she inspires them.

"She helped me recognize and have confidence in my strengths as a teacher," said Kristin Childers of Whetstone Elementary School in Gaithersburg. "She helped me to see that I am a great teacher. ... To this day, she still encourages me."

"The one thing that I believed that she reinforced is to never lower your expectations for students," Childers said. "Keep up your expectations and no matter where the students come from or their what their background is, the kids will live up to them."

Meanwhile, Allie is settling into her new position. "It's been a wonderful welcome," she said.

"The parents and PTA have been wonderful and supportive. I've really enjoyed meeting parents in the community and getting to know families. "I really feel that Potomac Elementary School is a special place."

Library Show on Cable

Montgomery County's Office of Public Information, Division of Cable Programming and Montgomery County Public Libraries have launched a new quarterly cable program called "Check Us Out" that will showcase library services available to residents.

The inaugural show features information on the behind-the-scenes work that goes into opening a new library, how children develop pre-reading skills and the ACE Go! Kits for children.

The show will air on County Cable Montgomery (CCM). Comcast and RCN customers can watch it on channel 6 and Verizon customers can find it on channel 30. The 15-minute program is scheduled as follows: Sunday, 2:30 and 10:30 p.m.; Tuesday, 9:15 p.m.; Thursday, 9 p.m.; Friday, 1:45 p.m.; and Saturday, 4:45 p.m.

The show also will be available on demand on the County Cable website at www.montgomerycountymd.gov/ccm.

LET'S TALK Real Estate



by Michael Matese

The Luxury Home Library

A home library is a reflection of the homeowner. Here is where you keep those books that reflect who you are and tells both friends and acquaintances the kind of interests you hold. It's the place that organizes your collections, from the modern series you've only recently discovered to the classics that you can't imagine living without. The library is a perfect place to bring your guests for a quiet evening of companionship. A mutual love of books and a good bottle of wine make for a wonderful evening with friends who share your love of the smell of leather bound first editions and the stories, poems and authors who define you. When creating your library, keep these things in mind:

- For ease of use, consider floor to ceiling bookshelves with a rolling ladder.

- Dark wood shows off the precious books you've collected through the years.

- Wood or stone flooring protected by beautiful, collectible area rugs adds to any library's ambience.

- Your personal writing desk, accompanied by the perfect comfortable chair, allows your library a dual function as a working area as well as a place to relax and read.

- Choose lamps that give off just the right amount of light for reading through the night or composing that perfect letter.

- Comfortable chairs placed on either side of the perfect end table make a library a social room for nightcaps and conversation as well as for solitary reading.

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3 9920 HALL RD	4	..	3	.	1	POTOMAC	\$925,000	Detached	0.36	20854	POTOMAC VILLAGE	07/10/15
4 10341 WINDSOR VIEW DR	4	..	2	.	3	POTOMAC	\$922,200	Detached	0.32	20854	WINDSOR HILLS	07/30/15
5 8212 GAINSBOROUGH CT W .	5	..	3	.	1	POTOMAC	\$915,000	Detached	0.28	20854	EAST GATE OF POTOMAC	07/22/15
6 10621 OAKLYN DR	4	..	2	.	1	POTOMAC	\$910,500	Detached	0.46	20854	WILLIAMSBURG GARDENS	07/22/15
7 10000 SORREL AVE	4	..	3	.	1	POTOMAC	\$910,000	Detached	0.39	20854	POTOMAC VILLAGE	07/24/15
8 11523 LE HAVRE DR	5	..	2	.	1	POTOMAC	\$905,000	Detached	0.57	20854	LAKE NORMANDY ESTS	07/31/15
9 8105 BUCKSPARK LNE	4	..	3	.	1	POTOMAC	\$899,000	Detached	0.29	20854	EAST GATE OF POTOMAC	07/15/15

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POTOMAC DAY

Parade Features Chamber's Honorees

Elie Pisarra Cain to receive Lifetime Achievement Award.

BY SUSAN BELFORD
THE ALMANAC

The Potomac Chamber of Commerce has selected four citizens — who each make Potomac a better place to live — to honor on Potomac Day, Oct. 24. Not only do these honorees volunteer their time and talents to help the community, they give of themselves both professionally and personally in a multitude of ways. They will be featured in the Potomac Day parade and also recognized by the Potomac Chamber of Commerce in November at a dinner held at Normandy Farm Restaurant.

The honorees are: Dr. Susan Rich, Potomac Citizen of the Year; Steve Ornstein, Potomac Business Person of the Year; and Alexander Brown, Potomac Youth of the Year. A special Lifetime Achievement Award will be presented to Elie Pisarra Cain for her dedication to the Potomac community and to the residents of Potomac. She will also serve as Grand Marshal of the parade.

CITIZEN OF THE YEAR

Dr. Susan Rich is the Citizen of the Year for 2015. Through her work as a child psychiatrist, she has supported children and their families who are affected by prenatal alcohol exposure. For the past 22 years, her public health and clinical interest has been the prevention and treatment of neurodevelopmental disorder, a condition that affects one in 20 American children. In 2014, she founded a non-profit organization, the 7th Generation Foundation which is dedicated to raising awareness and de-



Elie Pisarra Cain



Steve Ornstein,
Potomac Business Person of the Year



Alexander Brown,
Potomac Youth of the Year

veloping housing and vocational programs for youth with cognitive disorders caused by alcohol while the baby is in the womb.

One of her programs has been a partnership with John and Jill Phillips of Squeals on Wheels. Together they have introduced children and youth to the benefits of pet therapy, the unconditional love of animals and the skills required to take care of an animal.

"Working with our docile farm animals helps children learn to love and offers them a sense of calm contact," Jill Phillips said.

Rich has also volunteered her time to support the community as well as her own children's activities since moving to Potomac in 2005. She served with the



Dr. Susan Rich, Potomac Citizen of the Year

PHOTO BY MARY KIMM/THE ALMANAC

the Year by the Chamber of Commerce," Rich said, "I feel grateful and blessed that the good people of Potomac recognize the importance of my gifts as a child psychiatrist in the Greater Washington, D.C. area. Through leadership, community collaboration and partnerships, we can all empower children and adolescents of Montgomery County to have happier, healthier, more fulfilled futures."

Rich has been voted one of "Maryland's Favorite Physicians" for the Patients' Choice Award, recognized as a "Top Doctor" by Washingtonian Magazine and acknowledged by the Consumer Research Council of America as one of America's Top Psychiatrists. She was also recently selected for inclusion in the forthcoming Top Doctors of North America 2015-16 edition of "The Who's Who Directories." She is also the author of a book, "The Silent Epidemic: A Child Psychiatrist's Journey beyond Death Row."

BUSINESS PERSON OF THE YEAR

Steve Ornstein of Edge Floral Event Designers is the Potomac Business Person of the Year for 2015. He is the second-generation involved with his family business and has more than 42 years in the floral event and plant industry. Edge Floral Event Designers is one of the leaders in this industry in the Washington D.C. metropolitan area with over 600 events per year. Some of their specialties include weddings, bar and bat mitzvahs, corporate events, charity events and beautification of many owners of homes in Potomac.

"Part of my life philosophy is to give back, not only financially but with my time," Ornstein said. He has been involved with every gala and fashion show of the Diener School and Hospice Caring since 1991 and serves as a trustee on the Hospice Caring

SEE SPOTLIGHT, PAGE 12



Some of the animals in the Squeals on Wheels petting zoo in last year's parade.



Mounted police led the Potomac Day parade last year.

PHOTOS BY ANDREA RAZAK

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POTOMAC DAY 2015



PHOTO BY ANDREA RAZAK

Two girls with matching butterfly face painting.



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Meet New Friends

A llama from Squeals on Wheels.



A variety of food attracted Potomac Day visitors.



FILE PHOTO

The parade was full of state and local candidates including Larry Hogan, then running for governor.



Friends of the Potomac Library march in last year's parade.



More rides are planned for this year's event.



FILE PHOTO

Cabin John Volunteer Fire Chief Jim Seavey.

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Students at East West Tae Kwon Do line up for the parade.

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POTOMAC DAY

Spotlight on Chamber Honorees

FROM PAGE 9

Board. His generosity also includes donations to Juvenile Diabetes, the Potomac Chamber of Commerce and Squeals on Wheels.

Ornstein has volunteered for the Montgomery County Police Department since 1997. Other volunteer positions include various organizations and serving as president of his community swim club for more than 10 years.

"It's both an honor and a privilege to be awarded the Business Person of the Year," Ornstein said. "I have provided flowers and plants to Potomac families and their events for more than 30 years and many client relationships have developed into wonderful friendships. This award really makes me feel at home in Potomac. At times my wife jokes that I spend more time with some of the organizations than I do with her. But we both realize if everyone would give just an hour or two through volunteering to help the less fortunate, the world would be a better place."

YOUTH OF THE YEAR

Bullis student Alexander Brown is the Potomac Youth of the Year 2015. Alex is an outstanding student who has always selected a rigorous curriculum. Intrigued with flight since he was 5 years old, he earned his solo pilot's license this past year — taking his mom up as his first passenger. He serves as captain of the Bullis wrestling team and also wrestles for the Maryland National Youth Team; he plays the saxophone in the Jazz Band and received the highest mark possible at the Maryland State Solo Festival, and he is a dedicated community servant. Alex has volunteered with KEEN, A Wider Circle, Manor Care and the Bullis Lower School.

About the honor of being selected as the Potomac Youth of the Year, Alex said, "It is surreal. It is incredible. It is a tremendous honor to have been selected, from amongst what I know to be an amazing group of kids in Potomac."

Alex is applying to the Air Force Academy to major in Aerospace Engineering. Lynn Kittel, co-director of College Counseling at Bullis said, "Wise beyond his years, focused in all endeavors and using his intelligence to its fullest capacity, Alex is a true gem of a student and human being. If these are the type of young people defending our country, then we are all in good hands."

I can think of no one more deserving of recognition as the Potomac Youth of the Year. He is an example for us all."

LIFETIME ACHIEVEMENT AWARD AND GRAND MARSHAL OF THE PARADE

Elie Pisarra Cain is a lifelong resident of Potomac whose face, leadership and good deeds are known throughout the Potomac community. She has always been dedicated to providing beauty, culture and making quality decisions for who reside in Potomac. She is being honored with the Potomac Lifetime Achievement Award 2015.

"All the things I do are because I love the community," she said. "It's kind of unique to live in the same place your entire life — I now live right across from where I grew up. When you live in a place forever, you need to invest back into it. It makes me happy that new people have come to live here and love it too."

Elie's mother, Margo McConihe founded The Potomac Almanac which helped to define Potomac. Cain followed her example, serving as an influential member of the Potomac Master Plan Committee which protected the environment, the Potomac River, our community from fast-food restaurants and four-



PHOTO BY DEBORAH STEVENS/THE ALMANAC

The climbing wall will be one of many activities returning for this year's Potomac Day.

lane roads, and the parklands.

"You always see Elie out there doing something for Potomac," said Potomac resident Kay Titus. "If you don't have people willing to give, it just doesn't happen."

Things happen with Elie." Things like the blooming flower pots lining Potomac Village each summer and fall. The plays and musicals presented by the Potomac Theatre Company which, until recently had found its new home at the Bullis School's new performing arts center. Cain served as president of the company for many years.

Cain has received many awards for her community service, including the chamber's Citizen of the Year. However, one weekend in December 2002 holds a special memory for her.

On Saturday, Dec. 14, 2002, she received a Conservation Medal Award from the Potomac Hundred Chapter of the DAR. Ten minutes later, she received a proclamation from the Maryland House of Delegates. And on Sunday, as president of the Friends of the Great Falls Tavern, she was honored with a gift of appreciation from the ranges of the C&O Canal National Historic Park.

"It makes me very proud to receive the Lifetime Achievement Award," Cain said. "I love this community. I am so pleased to see all the good things going on in Potomac. It is a community made up of many thoughtful residents who care about one another. The new Potomac Community Village, the walks and races for wonderful charities — every time I turn around, I hear about all the positive things going on here."

Cain has lined up the Potomac Day parade for many years and organized the parade goers.

She is usually the last person in the parade carrying a sign declaring it "The End." However, this year, as grand marshal, she may be giving up her last place for the honor of leading the 2015 Potomac Day Parade.

ENTERTAINMENT

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

ONGOING

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

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

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.

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.

"Off The Wall." Through Oct., canvas selection on Oct. 30 at 7:30 p.m. at 155 Gibbs St., Rockville. Purchase a ticket and take home a 16-inch by 20-inch painting done by one of VisArts instructors. Tickets are \$25. Everyone who purchases a ticket will receive a canvas. Visit www.visartsatrockville.org.

"When She Had Wings." Through Nov. 1 at various times at Imagination Stage, 4908 Auburn Ave, Bethesda. A 9-year-old girl fantasizes about flying in a makeshift cockpit she built in a tree. Tickets start at \$10. Visit 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 for more.

"MPT Salutes Vietnam Veterans" Traveling Exhibit. Through Nov. 9, 9 a.m.-9 p.m. Monday-Thursday, 10 a.m.-6 p.m. Friday-Saturday, 1-5 p.m. Sunday at Rockville Public Library, 21 Maryland Ave., Rockville. The exhibit is making its way around Maryland through next June to celebrate the military service of Marylanders during the Vietnam War. The exhibit features both current-day and wartime images of 10 or more men and women along with their recollections of incidents from the war, and opportunities for display visitors to craft messages to veterans. Free. Visit www.mpt.org/vietnam.

Lobsterfest. Through Nov. 10. Order live Maine lobsters at \$15 each to benefit the Potomac Kiwanis Club. Pick up lobsters on Nov. 14 at Potomac Presbyterian Church, 10301 River Road. To order, email Jackie Cronin at PotomacKiwanis@gmail.com or call 301-527-1235.

Heather Harvey Art Exhibit. Through Nov. 15, 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.

Oasis Art Gallery Exhibit. Through 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.

"Originale." Through Nov. 30, 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 for more.

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

WEDNESDAY/OCT. 21

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.

THURSDAY/OCT. 22

Empty Bowls. 6:30-8:30 p.m. at Julia Bindeman Suburban Center, 11810 Falls Road. Each fall, Empty Bowls brings the community together through art, a bowl of soup and the desire to help the vulnerable in Montgomery County move from crisis to stability. Sample soups from area restaurants and take home a handcrafted bowl. Tickets are \$25. Visit www.iworksmc.org for more.

FRIDAY/OCT. 23



Susan Eisenhower Joins Martin Kalb in Conversation

The Generation After, a Washington-area organization of children of Holocaust survivors, is holding its annual Fall Tea at Congregation Har Shalom, 11510 Falls Road, Potomac. On Sunday, Nov. 1 at 2 p.m. Susan Eisenhower, CEO and Chairman of The Eisenhower Group, Inc., a Washington, D.C.-based consulting company, will engage CBS News and NBC News reporter Martin Kalb in a discussion of the 70th anniversary of the end of World War II and the liberation of the concentration camps. The discussion will be followed by a question-and-answer session. Tickets are \$15 for members and \$20 for non-members. Visit www.genafterdc.com to make a reservation.

Compañía Flamenca José Porcel:

Flamenco Fire. 8 p.m. at The Strathmore Music Center, 10701 Rockville Pike, North Bethesda. Flamenco dancers are accompanied by a live orchestra. Tickets are \$28-68. Visit www.strathmore.org for more.

OCT. 23-NOV. 29

"Photo Slam: The Exhibition." Gallery hours at Photoworks at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The award-winning images from the Photo Slam 2014 by Prescott Moore Lassman, Pablo de Loy, Valerie Makepeace and Tanguy de Carbonnieres will be on display. Free. Visit www.glenechophotoworks.org.

SATURDAY/OCT. 24

Potomac Day. 8 a.m.-3 p.m. Arts and entertainment for all ages, ranging from rides for children to an antique show and business fair. The highlight is the Potomac Day Parade at 10:30 a.m., featuring hundreds of entrants, including bands, horses, antique cars, school groups, scouting organizations, and candidates for elected office. Free. Call the Potomac Chamber of Commerce at 301-299-2170 or visit www.potomacchamber.org.

Truck Touch. 10 a.m.-2 p.m. at 7210 Hidden Creek Road, Bethesda. Suburban Nursery School is hosting an event that invites children explore fire trucks, police cars, construction

trucks, and other service vehicles. Tickets are \$5, admission for children 2 and younger is free. Visit www.suburbannurseryschool.org.

The Artist's Guide to Professional Practices. 10 a.m. at The Strathmore Mansion, 10701 Rockville Pike, North Bethesda. This workshop focuses on gallery expectations of professionalism, how to build compelling proposals, and how to sustain professional relationships. Free for Strathmore Artists; registration required. Visit www.strathmore.org for more.

Artist Talk. 2 p.m. at The Strathmore Mansion, 10701 Rockville Pike, North Bethesda. Artist J. Thomas Wells discusses contemporary archaeology. Free. Visit www.strathmore.org for more.

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ENTERTAINMENT

Montgomery County Humane Society: A Party for Paws. 7:30-11 p.m. at The Universities at Shady Grove Conference Center, 9630 Gudelsky Drive, Rockville. a photo booth for souvenir event photos, a doggie dress-up parade, and more. Tickets are \$80. Visit www.mchumane.org.

Marco Socias. 8 p.m. at Westmoreland Congregational Church, 1 Westmoreland Circle, Bethesda. Marco Socias is a classical guitarist from Spain. Tickets are \$16.75 for age 18-22, and \$33.50 for adults, free for children. Call 301-654-6403.

Zombie Dance Party. 8 p.m. at Sligo and Georgia avenues. Walk in a parade and then attend a viewing of "Day of the Dead" at AFI Silver Theatre. Participation in the parade is free, tickets for the screening are \$7-12. Visit www.silverspringzombiewalk.com.

SUNDAY/OCT. 25

Open Door Reading. 2-4 p.m. at The Writer's Center, 4508 Walsh St., Bethesda. Poet Baron Wormser, whose most recent book is "Unidentified Sighing Objects," is joined by Susan Muaddi Darraj, who reads from her collection of short fiction, "A Curious Land: Stories from Home." Followed by a reception and book signing. Free. Visit 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 Tangerine will perform a mix of folk waltzes and other couple dance including the Polka and Hambo. Admission is \$10. Visit www.waltztimedances.org for more.

Jazz Jam Session. 3-6 p.m. at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Bring your instrument and sit in with the Conservatory Classic Jazz Band during the first set. Or just listen to classic jazz, Dixieland, and swing. Admission is free for musicians, \$10 for everybody else. Call 301-762-3323 or visit www.prjc.org for more.

Verge Ensemble Performance. 4 p.m. at Westmoreland Congregational Church, 1 Westmoreland Circle, Bethesda. Members of the Verge Ensemble will celebrate an appointment as New Music Ensemble-in-Residence at The Washington Conservatory of Music. Free. Visit www.washingtonconservatory.org

Krasnoyarsk National Dance Company of Siberia. 4 p.m. at The Strathmore Music Center, 10701 Rockville Pike, North Bethesda. Serbian dancers perform with traditional costumes and music. Tickets are \$32-72. Visit www.strathmore.org for more.

The Clara Barton Community Center Haunted House. 4-6 p.m. at 7425 MacArthur Blvd., Cabin John. All ages are welcome to a haunted house with an area for adults and a separate area for children. Free. Call 240-777-4910.

Photoworks Gallery Open House. 4-6 p.m. at Photoworks at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Attend an informal open house. Free. Visit www.glenechophotoworks.org.

OCT. 28-DEC. 13

"Project 837, Part 2." Gallery hours at VisArts, 155 Gibbs St., Rockville. "Project 837, Part 2" is an exhibition series intended to start a conversation about the definition of home and homelessness. The exhibition included a diverse group of contemporary artists, the public, activists and organizers for workshops, gallery exhibition and symposium. The exhibition

encourages interaction from the community. Free. Visit www.visartsatrockville.org.

FRIDAY/OCT. 30

Halloween on the Row. 5-7 p.m. at Bethesda Row, 7235 Woodmont Ave., Bethesda. Children are invited to trick-or-treat, enjoy live music and more. Free. Visit www.bethesdarow.com.

AuduBOO! 6-9 p.m. at Woodend Nature Sanctuary, 8940 Jones Mill Road, Chevy Chase. Audubon Naturalist Society is hosting a nature-themed Halloween event featuring animal encounters and treat stations. Inside the mansion, families will find refreshments and craft stations for making animal masks or painting pumpkins. This event is rain or shine. Tickets are \$5-15. Visit www.anshome.org/AuduBOO.

Montgomery Modern Book Launch Party. 7-9 p.m. at The Writer's Center, 4508 Walsh St., Bethesda. The publication of "Montgomery Modern: Modern Architecture in Montgomery County, Maryland, 1930-1979" and the launch party event are part of the Historic Preservation Office's Montgomery Modern initiative to educate the public about the architectural heritage of Montgomery County. This book provides the historic context for modern architecture in Montgomery County, from the 1930s through the 1970s. Free. Visit www.montgomeryplanning.org.

"Project 837, Part 2" Opening Reception. 7-9 p.m. at VisArts, 155 Gibbs St., Rockville. Celebrate "Project 837, Part 2," a series focused on home and homelessness. Free. Visit www.visartsatrockville.org.

FRIDAY-SUNDAY/OCT. 30-NOV. 1

Israeli Art Show. 10 a.m.-4 p.m. at Congregation Har Shalom, 11510 Falls Road. Potomac. Attend an art show featuring works from the Sfrai Gallery in Jerusalem. Free. Visit www.harshalom.org for more.

SATURDAY/OCT. 31

Croydon Creek Nature Center Walk. 9 a.m.-3 p.m. at Rock Creek Village Shopping Center, 5550 Norbeck Road, Rockville. There are three trails: 11km, 7km, and 5km. The 11km trail has both paved and natural surface sections. The walk is free unless Volksmarchers want to register for IVV credit for \$3. Visit www.sugarloafers.org for more.

"In Search of Ghosts: Montgomery County." 1 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Explore haunted places of Montgomery County and surrounding areas. Free. Visit www.montgomerycountymd.gov.

Fall Frolic. 1-4 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Attend a day of pumpkin decorating, trick-or-treating, and a costume parade around the park. Free. Visit www.glenechopark.org for more.

National Philharmonic Performs Bach. 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. This concert will feature Bach's more memorable music. Tickets are \$29 for adults and free for children. Visit www.nationalphilharmonic.org for more.

Monster Bash Costume Party. 9 p.m.-2 a.m. at Doubletree by Hilton Bethesda, 8120 Wisconsin Ave., Bethesda. Compete in the costume contest, partake in the dessert station, watch Halloween movies, and more. General admission tickets are \$15, VIP tickets are \$50. Must be 21+. Visit www.bethesdamonsterbash2015.eventbrite.com.

SUNDAY/NOV. 1

Crab Feast Fundraiser. 1-5 p.m. at 5020 Battery Lane, Bethesda. The Bethesda-Chevy Chase Rescue Squad Alumni Association will hold a crab feast fundraiser. All-you-can-eat steamed crabs, fried chicken, potato salad, baked beans, applesauce, and rolls, along with beer and soda. Tickets are \$50 in advance and \$55 at the door. Visit www.bccrs.org.

The Generation After Fall Tea. 2 p.m. at Congregation Har Shalom, 11510 Fall Road, Potomac. The Generation After, the Washington-area organization of children of Holocaust survivors, is holding its annual Fall Tea featuring Susan Eisenhower in conversation with Martin Kalb, discussing the 70th anniversary of the end of World War II and the liberation of the concentration camps. Eisenhower is the CEO and Chairman of The Eisenhower Group, Inc., a Washington, D.C.-based consulting company. Kalb is a reporter for CBS News and NBC News. There is a fee of \$15 for members and \$20 for nonmembers. Reservations are required and can be made at www.genafterdc.com.

Open Door Reading. 2-4 p.m. at The Writer's Center, 4508 Walsh St., Bethesda. Raoul Wientzen, winner of the 2014 McLaughlin-Esstman-Stearns First Novel Prize, reads from "The Assembler of Parts." A reception and book signing follows. Free. Visit www.writer.org.

Vladimir Feltsman. 7:30-9:30 p.m. at Jewish Community Center of Greater Washington, 6125 Montrose Road, Rockville. Pianist Feltsman will perform. Tickets are \$30-40. Visit www.jccgw.org for more.

FRIDAY/NOV. 6

The Weight Concert. 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. A tribute group for "The Band" performs. Tickets are \$35-45. Visit www.amphystrathmore.com.

Submission Deadline-Songwriting Contest. 12 a.m. This competition is seeking local songwriters. The adjudicated contest will award one songwriter a Grand Prize of \$10,000. The award also includes a young songwriter category for which a songwriter younger than 18 will have the chance to win \$2,500. Applicants are invited to submit three original songs. Each song must have lyrics. Instrumental compositions are not accepted. Maximum song length is 4:30 min. Visit www.bethesda.org for more.

FRIDAY-SUNDAY/NOV. 6-8

St. Mark Orthodox Church Ethnic Food Festival and Bazaar. 11 a.m.-6 p.m. on Friday and Saturday, 12-4 p.m. on Sunday at 7124 River Road, Bethesda. Find Russian and Eastern European foods such as piroghi, piroshki, and halupki. Also peruse baked goods, jewelry, pottery, handcrafted items, icons, religious books & gifts, and more. Free. Visit www.stmarkoca.org.

SATURDAY/NOV. 7

Potomac Fiber Arts Gallery Sale. 9:30 a.m.-4 p.m. at St. Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. Members of the Potomac Fiber Arts Gallery offer handcrafted, one-of-a-kind wearable art, jewelry, yarn, fabrics, notions and gift items. Bargain tables include gallery-quality items and artists' overstock of equipment, materials and supplies, books, and more. Free. Email FallFiberArtSale@gmail.com.

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Potomac Presbyterian Church on River Road hosted the Metropolitan Community Club Craft Show on Friday-Saturday, Oct. 16-17.



Joanne Simeone



Tony Alexiou with Nicoletta's.



Tomeka Gianduson and Tristan Templeton



Tulay Akin Ozerol with One of a Kind Designs.

The Metropolitan Community Club Craft Show was held at the Potomac Presbyterian Church.

PHOTOS BY
DEBORAH STEVENS
THE ALMANAC



Getting In: The Private Schools Admissions Process

Navigating the application and increasing the chance of getting an acceptance letter.

BY MARILYN CAMPBELL
THE ALMANAC

Although the school year just started, the application process for the 2016-2017 school year is underway at more than 80 local independent schools. From open houses, school tours and applicant interviews to transcripts, essays and teacher recommendations, the process can be arduous, say parents, especially with application fees that can soar higher than \$100 a piece.

Making sure a child's abilities and interests are in line with a school's offerings and requirements can narrow down the list.

"Parents need to be realistic about their child's strengths and weaknesses and learning style," said Mimi Mulligan, assistant head and director of admission and enrollment management, Norwood School in Potomac. "Have an open and honest conversation with schools during the application process. Schools will tell you whether they can or cannot meet any special needs your child might have."

ADMISSIONS DIRECTORS say that practical considerations of all sorts should help parents whittle down their list of

schools. "Do they want a big or small school? How far are they willing to travel each day? Does the school offer academic support if their child needs it? Can they afford they tuition?" asks Mary Herridge, director of enrollment management, The Madeira School in McLean, Va.

Getting to know a school's culture and paying attention to the school's mission can also help families choose a school.

"School structure, single sex versus co-ed, dress code, religious affiliation, teaching pedagogy and parent involvement all influence school culture," said Mulligan. "Each school has a distinct and intentional mission statement. Sometimes that distinctiveness may be subtle so parents should also look at school mottos, belief or promise statements and portraits of a graduate, too."

An example, says Herridge, is a parent who values being deeply involved in helping a child with their homework. "As a school we value the student doing their own homework, managing their homework and coming to the teacher and self advocating if they need help," she said. "We encourage parental participation, but in high school we wouldn't expect a parent

to sit and help with every single aspect of their homework. We can have that conversation early on and decide that this is not a good fit.

"If they come to a school with a rigorous academic program, are [parents] going to be OK with their student being really challenged in class and having that reflected on their transcripts?" she continued.

A tour, Herridge said, is crucial for students and parents. "When they see other

worth the investment," added Benita Cathey, director of admissions, Grace Episcopal School in Alexandria, Va.

Patti Culbreth, head of school, Grace Episcopal School, said, "A look at the curriculum to include the 'specials' offered will give you an overview of the opportunities for your child."

Delve deeper than a tour organized by the school, however. "Talk to parents [of students] who already attend the school,"

Mulligan. "If you don't know anyone, ask the admissions office to provide a few families you can contact."

"Parents need to be realistic about their child's strengths and weaknesses and learning style."

— Mimi Mulligan, director of admission and enrollment management, Norwood School, Potomac

EVEN AFTER A FAMILY has whittled down their list of potential schools, the road to admission can still be long. Competition can be fierce, with many schools receiving 10 applications for every available slot. Most require not only an application, but test scores, essays, interviews and letters of recommendation, a process that can baffle many parents.

In preparation for the interview, admissions officials suggest applicants think about their own interests and attitudes toward academics.

SEE ADMISSIONS, PAGE 17

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Admissions Process

FROM PAGE 16

“It’s a good idea for a student to reflect on what they love about school, what they like to do outside of the classroom and how they see themselves as part of the school community,” said Jon Kunz, director of middle and upper school admission, St. Stephen’s & St. Agnes School in Alexandria, Va. “We don’t approach it as an interview. It’s more of a one-on-one conversation. We want them to be themselves and to be comfortable.”

“We’re looking for students who are intellectually curious and excited about taking advantage of the opportunities here,” Kunz added. “We’re looking for students who demonstrate a strong sense of character who are respectful and ... who care about the world around them.”

Admissions officials also want to evaluate whether applicants have the potential to meet the school’s expectations, and scrutinize scores on tests such as the SSAT (Secondary School Admissions Test) and ISEE (Independent School Entrance Examination) and transcripts, looking for strong and consistent academic achievement.

In the face of such a confusing and competitive process, many parents have turned to educational consultants for advice and assistance.

Getting to know the child helps educational consultants identify schools that are a good match. “Does the student do better in a hands-on environment or sitting at desk and the teacher writes on a blackboard?” said Leigh Ann Cahill of Independent School Options, an educational consulting firm in Alexandria, Va. “We have so many wonderful schools in the area. We come up with five to seven schools that are

the best fit for the family.”

AFTER HELPING families decide where to apply, education consultants sit down with families to review test scores, transcripts, teacher evaluations and other application requirements.

“It’s important to have an open and honest conversation with the parent,” said Cahill, a former teacher. She stressed that educational consultants cannot sway admissions decisions. Instead, “we look at the areas of strength. Rarely do you have a child who doesn’t have any areas of strength.”

She stressed that low test scores or blemishes on an academic transcript don’t mean automatic rejection by independent schools. “Maybe the art teacher or science teacher says really great things about the child. We try to build a realistic profile of who the child is as a learner and where they have a spark. If you’re a great photographer, let’s link up your website if you’ve been posing photographs or bring your portfolio.”

The essays are sometimes a bit daunting for parent and child, she added. “What do we say here? What do they mean when they ask this question? We don’t write essays, but talk through ideas with parents and student and help them figure out what the admissions offices are looking for.”

In the end, everyone’s goal is to find the best matches for both the students and the schools. “It’s something that the parents don’t have any control over,” said Cahill. “One thing we really try hard to work with the parent is seeing this as a learning adventure. ... Their child will end up in a school somewhere.”



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I'm Fine Until I'm Not



By KENNETH B. LOURIE

I title this column within the context of yours truly waiting for the results from my most recent diagnostic scan, a PET Scan in fact, a scan which offers more detail and clarity than the usual and customary CT Scan – without contrast (for those of you in the diagnostic loop) – that I have scheduled every three months going on nearly seven years now. I'm not stressing about it particularly, even though a post-scan (Wednesday appointment)/pre-weekend e-mail notification providing the results (especially the good kind) might have de-bumped the weekend road, but we've been down this dusty trail before so we (Team Lourie) will manage. Ergo the title.

My philosophy with respect to life in general and being a cancer patient in specific has been: "It's nothing until it's something." And if a follow-up explanation has been required, I've usually added something like: "It will be bad enough when it's actually bad, so I don't see the need to make it bad when so far as we know, it might be good." (Sounds like a mnemonic device trying to explain the difference between its and it's.) And continuing to be relatively/comparatively (speaking of grammatical/word usage; both apply here, I think) asymptomatic has certainly been a good/make-that-great thing; nevertheless, I can't help but remember that my original emergency room visit on January 1st, 2009 was precipitated by pain in my rib cage which had migrated from right to left and the associated shortness of breath. Three days later however, after being prescribed six pills to be taken over three days – for a possible pneumonia, my symptoms disappeared and remained so until I began chemotherapy a week after my diagnosis was confirmed on February 27th by my new best friend, my oncologist. That's when the fun really began: side effects of chemotherapy. But that's a whole 'nother series of stories, past and presumably future.

And since there's no guaranteeing one's future, all I can do, especially as a non-small cell lung cancer patient originally characterized as "terminal," with late/the latest stage – stage IV – is to minimize the complications I can control: diet, exercise, nutrition and stress, and accept the ones I can't. Stress is our four-letter word and maybe even a killer, too. And it serves no real purpose other than to create pain and suffering, when the complete opposite is what's needed and much preferred. Fortunately, my personality enables me to live life – emotionally – as if I'm not living on the precipice and about to be robbed of a reasonably normal senior circuit, given the fact that both my parents lived beyond their mid-eighties. (My limited knowledge and presumption of such lineage-related subjects was that as the son, I would likely have the same or better life expectancy.) Being told instead, at age 54 and a half, that I had "13 months to two years to live" was disappointing to say the least and downright dehumanizing to say the most.

It certainly becomes a not-merry-go-round existence on your date of diagnosis/prognosis and for the seconds, minutes, hours, days, weeks, months and even years ahead (if you're lucky?); but eventually one, at least this one, finds a level on which one can live, love and laugh and not be constantly overwhelmed by less-than-ideal medical circumstances. Am I pretending? Am I presuming? Am I hoping and praying? Am I fighting back my internal demons? Am I compartmentalizing? Yes! Yes! Yes! Yes! and Yes! Every chance I get. But as the doctor treating Capt. Augustus McRae in Miles City, near the end of part three of "Lonesome Dove" advised Gus to let the doctor amputate his remaining leg, Gus replied: "Sawbones, you can't have that other leg. Now how would I kick a pig?" To which the doctor responded: "I assure, sir, the alternative is gloomy."

Well, I don't want to be a gloomy Gus – which Augustus wasn't, any more that I want to be a dismal Jimmy, which I rarely am. However, this cancer diagnosis presents all sorts of challenges – some I can overcome, some I can't. Most of all though, I'm trying to stay in the present, and deal with my future one day/result at a time.

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

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SPORTS

Churchill's Zuckerman Has Big Night in Defeat

Running back Andrew Zuckerman carried 24 times for 348 yards and three touchdowns against Bethesda-Chevy Chase on Oct. 15, but it wasn't enough to earn the Bulldogs a win as the Churchill football team lost 48-28, dropping its record to 1-6.

Zuckerman's touchdown runs included a 99-yard effort. He also caught three passes for 17 yards.

Zuckerman now has 195 carries for 1,229 yards and nine touchdowns in seven games.

Quarterback Colin Smyth completed 9 of 18 passes for 85 yards and a touchdown, and was intercepted once. Jimmy Rubino caught three passes for 43 yards and a score, and totaled a team-high 11 tackles.

Churchill will host Northwest at 6:30 p.m. on Friday, Oct. 23.

Whitman Struggles Against Damascus

The Whitman football team fell to 2-5 with a 63-7 loss against undefeated Damascus on Oct. 15.

Vikings quarterback Matthew Clayton completed 11 of 23 passes for 133 yards, with one touchdown and one interception.

Whitman will host Walter Johnson at 6:30 p.m. on Friday, Oct. 23.

Wootton Shut Out by Linganore

The Wootton football team lost to Linganore 50-0

on Oct. 16, dropping the Patriots' record to 2-5.

Wootton will travel to face Gaithersburg at 6:30 p.m. on Friday, Oct. 23.

Bullis Football Falls to Episcopal

The Bullis football team fell to 1-4 with a 34-12 loss to Episcopal on Oct. 17.

The Bulldogs will St. Albans at 7 p.m. on Friday, Oct. 23.

Churchill Volleyball Suffers First Loss

The Churchill volleyball team suffered its first loss of the season on Oct. 15, dropping a five-set match to Damascus.

The Bulldogs responded with a 3-1 win over Rockville on Oct. 19, improving their record to 16-1.

Churchill will finish the regular season with road matches against Wheaton (Oct. 22) and Kennedy (Oct. 29).

Wootton Field Hockey's Win Streak Snapped

The Wootton field hockey team lost to Archbishop Spalding 5-0 on Oct. 15, snapping a seven-game win streak for the Patriots.

Wootton (11-2) will conclude the regular season with a road game against Quince Orchard at 6 p.m. on Wednesday, Oct. 21.



PHOTO BY HARVEY LEVINE/THE ALMANAC

Andrew Zuckerman, seen earlier this season, rushed for 348 yards and three touchdowns against B-CC on Oct. 15.

BULLETIN BOARD

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

THROUGH JAN. 8, 2016

Deadline for Entries. The Bethesda Arts & Entertainment District is accepting entries from Maryland, Virginia and the District of Columbia filmmakers for the annual Bethesda Film Fest. Visit www.bethesda.org for more.

WEDNESDAY/OCT. 21

Call for Exhibit Proposals

Deadline. Submit a proposal for a group or solo photography exhibition in 2016 at Photoworks Gallery in historic Glen Echo Park. Visit www.glenechophotoworks.org for guidelines.

"Love Shouldn't Hurt: A Public Conversation about Domestic Violence." 7-8:30 p.m. at Eastern Montgomery Regional Center, 3300 Briggs Chaney Road, Silver Spring. The event will provide information about services that are available and how to help friends and family in relationships affected by abuse. Free. Call 240-777-8333.

THURSDAY/OCT. 22

"Making Your Community Livable for All Ages." 7-9 p.m. at the Bolger Center, 9600 Newbridge Drive, Potomac. Speaker Stephanie Firestone, Program Director of the Livable Communities Collaborative of the National Association of Area Agencies on Aging, will discuss how

to make the Potomac community more livable for all ages, from children to seniors. Free. Visit www.PotomacCommunityVillage.org.

FRIDAY/OCT. 23

"Just Girls." 6-8 p.m. at Suburban Hospital, 8600 Old Georgetown Road, Bethesda. Kaiser Permanente specialists Shana Gage, M.D., child psychiatrist, and Elizabeth Valois, M.D., pediatrician, will share the most common issues facing pre-teen girls ages 9-12. Free. Visit events.suburbanhospital.org to register.

MONDAY/ OCT. 26

Montgomery Councilmember Roger Berliner Meeting. 7 p.m. at Carderock Springs Elementary School, 7401 Persimmon Tree Lane, Bethesda. Montgomery County District 1 Councilmember Roger Berliner invites residents to ask questions and discuss issues in an informal setting. Call 240-777-7828 for more.

WEDNESDAY/OCT. 28

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 or call 301-962-0820 for more.

SATURDAY/OCT. 31

Free Halloween Cab Rides. 10 p.m.-4 a.m. During this six-hour period, area residents ages 21 and older

celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI and be afforded a no-cost (up to a \$30 fare), safe way home. AT&T wireless customers can dial #WRAP for the same service. Visit www.soberride.com for more.

SUNDAY/NOV. 1

18th Annual Preschool Fair. 3-5 p.m. at Potomac United Methodist Church, 9908 S. Glen Road, Potomac. More than preschools from the Potomac, Rockville, Bethesda, Kensington, Chevy Chase and surrounding areas will be represented. Activities will also be available for children. Visit www.momspotomac.org for more.

THURSDAY/NOV. 5

Great Decisions: Human Trafficking in the 21st Century. 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.

TUESDAY/NOV. 10

Parent University Workshop: Be Social. 7:15-8:30 p.m. at Har Shalom ECEC 11510 Falls Road, Potomac. Dr. Clawson will address of issues regarding your child and the

role of psychiatry in his/her care. He will discuss when to seek a psychiatric opinion and what role can and should your child's psychiatrist play in his/her care. He will also entertain your questions regarding psychiatric care of children. Prices vary based on how many future workshops you plan to attend. Visit www.ccl-md.com.

SUNDAY/NOV. 15

Jewish Community Day. 10 a.m.-5 p.m. at University of Maryland Hillel, 7612 Mowatt Lane, College Park. The Jewish Federation of North Bethesda will host "Routes: A Day of Jewish Learning 2015." Find more than 70 sessions of informative seminars and events. Visit www.shalomdc.org.

SUNDAY/NOV. 22

Great Names Community Lecture Series. 3-5 p.m. at Bethesda Jewish Congregation, 6601 Bradley Blvd., Bethesda. Bethesda Jewish Congregation presents Cokie and Steve Roberts, syndicated columnists. Open to all. Free, but RSVP to secure a seat. Call 301-469-8636 or visit www.bethesdajewish.org/registration/.

PUBLIC INPUT WANTED

Planners to Present Concepts on Downtown Bethesda. On Thursday, Dec. 11, county planners will present their concepts to the Montgomery County planning board on the future of downtown Bethesda. Will be available online. The feedback loop will be up Dec. 8-19 and accessible 24/7 via computer, mobile device or laptop. Visit www.montgomeryplanning.org.

SCHOOL NOTES

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

The following students have graduated from Salisbury University (Salisbury, Md.): **Maryam Aboul-Enein**, B.S., nursing, magna cum laude; **Patrick Cole**, B.S., exercise science; **Kaitlyn Dottermusch**, B.S., nursing; and **Jade Lebrock**, B.A., communication arts, cum laude.

Rumya Ravi has enrolled at Carleton College (Northfield, Minn.) as a member of the Class of 2019.

Patrick Newcombe, a 7th grade student was one of 29 students nationwide recently selected as a Caroline D. Bradley Scholar. This scholarship will provide him with a full-tuition scholarship to the high school that best meets his needs.

Allison Cola, daughter of Anthony and Kristi Cola, has been accepted into Phi Eta Sigma, the national freshman honor society, at Salisbury University (Salisbury, Md.)

Louise (Kittel) Plumb, retired director of The Primary Day School (Bethesda), has been named a 2015 SUNY Oneonta (Oneonta, N.Y.) Alumni of Distinction honoree.



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PLEASE JOIN US FOR THE
POTOMAC, BETHESDA,
CHEVY CHASE & DARNESTOWN
OPEN HOUSE EVENT

SUNDAY, OCTOBER 25TH, 2 - 4
FOR A LIST OF ALL OPEN HOUSES VISIT: WFP.COM



POTOMAC, MARYLAND

Custom built contemporary home. Oversized windows, high ceilings, skylights, hardwoods, open floorplan. 11840 Beekman Place. \$1,449,500
Marsha Schuman 301-299-9598
Betsy Schuman Dodek 301-996-8700



DARNESTOWN, MARYLAND

Elegant stone & brick colonial in sought after neighborhood. 6BR/6.5BA, finished 3rd floor, over 7,100 finished square feet on two acre lot and 3 car garage. 14913 Finegan Farm Drive. \$1,250,000
Dan Corr 202-494-3530



POTOMAC, MARYLAND

Brendan O'Neill cape with renovated kitchen & baths on 1.7 acre lot, open kitchen & family room & walk out LL. 10413 Joiners Lane. \$1,149,000
Meg Percesepe 240-441-8434
Alison Shutt 301-219-7671



POTOMAC, MARYLAND

Private setting & meticulously maintained. 4BR/4BA, 1st floor office, family room with high ceilings. Great for entertaining & comfortable living. 2 Laurel Leaf Court. \$1,100,000
Traudel Lange 301-765-8334



BETHESDA, MARYLAND

Updated brick Colonial. Beautiful gardens, front porch; beamed & vaulted ceiling FR with brick wall FP; all glass solarium & finished top floor bedroom. Near 495. 7700 Savannah Dr. \$1,060,000
Anne Killeen 301-706-0067



POTOMAC, MARYLAND

Colonial on a cul-de-sac! Large lot, open floor plan, kitchen w/ maple cabinets & granite, master bath w/ Jacuzzi tub, walkout LL. Backyard w/ deck, backs to park. 10216 Colebrook Avenue. \$849,000
Alexa Kempel 240-678-4561

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