

Potomac ALMANAC

Nesting Baltimore Orioles

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An oriole on the top of a tree in the C&O Canal National Historical Park at Great Falls.

Cancer Survivors Celebrate Life

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Filipino Fire Offers Homemade Scented Candles

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PEOPLE

Brothers Light Up Their Own Candle-Making Business

Filipino Fire offers homemade scented candles.

BY COLLEEN HEALY
THE ALMANAC

Inspired by a candle-making segment on the TV show “The Chew,” three local brothers decided to go into business together. Zach, Nico and Anthony De Leon started their small business to have fun and to earn some extra money. Their slogan is “Homemade scented candles by Hand of Brothers.”

Filipino Fire made its debut in May at The Girls Night Out shopping event held at St. Raphael School. Nico came up with the name of the company by using the name of his fantasy football team. They use flaked wax and wicks to make their candles in tin cans. There are several scents such as rain-water, grapefruit, lavender, beach linen, and Hawaiian breeze. Zach said, “The most popular fragrances are pink magnolia, jasmine and honeysuckle.”

Nico feels that “Being in business with my brothers works out well because we each have separate jobs. Anthony makes the candles, Zach does the accounting and

spreadsheets and I do the marketing and social media.”

Anthony crafts the candles in the kitchen. “I use a pitcher and warm water to pour the wax into the tin cans and tie the wicks to chopsticks until the wax hardens. It takes about five hours to make a candle.” The labels can also be customized with photos or logos.

“We learned a lot from working with family and different aspects of running a business,” Nico said. “We learned people skills, how to market our product and customer service.”

Zach agreed: “We learned about the financial aspects, business revenue and profits. I am a business major so running the company helps me with my studies.”

Anthony added, “In the future; we hope to market more and attend more events and venues. We also just added a twitter ac-



PHOTOS BY COLLEEN HEALY/THE ALMANAC
Zach, Anthony and Nico De Leon of Filipino Fire display their homemade candles.

count.”

Contact the brothers at filipinofire@outlook.com to order candles.

Also “Like” on Facebook or follow on Twitter <https://twitter.com/FilipinoFire>.



The candles during the hardening process.



The finished candles ready to ship.

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Cancer Survivors Celebrate Life

“A chance to meet other people who are going through similar journeys.”

BY AARON HWANG
THE ALMANAC

The crowd of almost 1,000 individuals, young and old, hummed as individuals mingled and dined. Anyone wondering what could have congregated such a multitude could find their answer in the colorful ribbons pinned to their shirts.

“Pink is breast cancer, white is lung cancer,” said Vanessa Marshall, a middle school volunteer from Waldorf, “I don’t know them all though. There’s a lot.”

There were around 30 ribbon colors, each signifying a different type of cancer. At this meeting, the ribbons were to identify survivors, and the types of cancer they’d survived. On Saturday, June 18, Kaiser Permanente’s Cancer Survivor Day celebrated these survivors at the Bethesda North Marriott Hotel.

Dr. Leon Hwang and Dr. Aloysius Pereira, chiefs of oncology at Kaiser, opened by welcoming the attendees — cancer survivors, family members, caregivers, and other guests — to the third annual Cancer Survivor Day. Hwang encouraged attendees to share their stories, so that each survivor’s experience might inform and inspire others. “Going through cancer can be an isolating experience,” Hwang said. “This event gives people a chance to meet other people who are going through similar journeys, other people who understand.”

“That’s why I come every year,” said Paulette Downs, a two-year breast cancer survivor who lost her husband to pancreatic cancer. “Networking with other people who’ve been through what you’ve been through. Talking with them about what they do, what they don’t do. How they survive. It helps me a lot.”

First attendees shared lunch in the Marriott’s Grand Ballroom, where they were invited to mingle at large round tables. Following this were an assortment of seminars scattered around the building, ranging from “What to Expect With Chemotherapy” to “Exercise and Qi Gong.” Other sessions offered massages, art therapy, and beauty tips for cancer survivors.

“You’ve got to stay mobile, and stay active,” said Tonisa Ward, an 80-year-old survivor of multiple myeloma, and mother of a lymphatic leukemia survivor. “You’ve got to have a hobby or satisfying and fulfilling work, something that you can look forward to.” Her son is an avid bird-watcher she explained, and she enjoys playing the piano. She advocated accepting what you have and making the most of the present. “In the beginning, I was too obsessive about finding a cure,” she said, “There are not cures for certain things, and at a certain age you realize that. The only way to cure life is to die, and I’m not anxious to do that.”

Breast cancer survivor Wanda Ellis cred-



Tonisa Ward, a myeloma survivor



Jenny Cossio, a cancer survivor, and Miriam Bascope, mother of a cancer survivor

“Networking with other people who’ve been through what you’ve been through. Talking with them about what they do, what they don’t do. How they survive. It helps me a lot.”

— Paulette Downs



Ken Lourie, a lung cancer survivor



Paulette Downs, a breast cancer survivor

ited her sister and best friends for being her greatest support, as well as her coworkers who donated leave so that she could continue to support herself while she was unable to work. “I have occasional lymphedema — my hands and arms swell up. I have constant pain in my chest. I have constant pain where the lymph nodes were taken out. But the worst of it was losing my sense of wholeness,” she said, referring to her mastectomy surgery. “I don’t know if I’m ever going to get over it.”

Kenneth Lourie, who works for The Almanac, recounted hearing his own diagnosis: “13 months to 2 years, I remember that. When you get a diagnosis like that it’s in English and you know the words, but the words just don’t mean enough.” Lourie is now a seven-and-a-half year survivor of stage 4 lung cancer. Currently on oral chemotherapy he avoided the long tables of food.

“You can blame anything on the cancer,” he laughed, referring to his greying hair, “So, you know, when in doubt, just say, ‘Oh can you give me a break, I’ve got cancer’ — It seems too easy.”

For the most part those in attendance of Cancer Survivor Day did not appear depressed, sickly, or resigned. They were upbeat and determined. Lourie pointed out another silver lining, concluding: “I’m up to the challenge, man, I can take it on. Before I’d never faced any real life-or-death negativity, and I always worried how I would react. But now, in a weird sort of way, facing cancer has given me confidence. I can face an epic challenge and come out smiling on the other end. I can handle anything.”



Female Baltimore oriole, worm in beak, feeding chicks on June 6. Note the four small beaks in the nest.



Male Baltimore oriole, with a morsel in his beak, feeding three apparent chicks, on June 6.



Female oriole and larger chicks on June 9.

ALL PHOTOS: © DONALD M. SWEIG

A Family Affair

Nesting Baltimore orioles at C&O Canal National Historical Park at Great Falls.

BY DONALD M. SWEIG
THE ALMANAC

Every five or 10 minutes, one or the other of the adult Baltimore Orioles returned to their pendulous, hanging, nest, with a beak full of food for their recently hatched chicks. From dawn to dusk, day after day, the oriole parents provided sustenance for their fledgling young. For those of us privileged to occasionally watch from the ground, it was a spectacle of wonder and inspiration.

As previously noted in "Colorful Spring Birds at Great Falls" (Potomac Almanac April 27 - May 3), the Great Falls national parks on both sides of the river are good places to look for nesting spring birds. And, for me, the resplendent, orange-and-black Baltimore orioles, with their sweet, melodious song, are the stars of the show. The C&O Canal National Historical Park at Great Falls on the Maryland side of the river is a particularly good place for finding and seeing these enchanting birds. I have been seeing, enjoying, and photographing Baltimore orioles there for over 20 years.

This year, 2016, I was joined several times

by my birding friend Mary Kimm (who is also the publisher of this newspaper) in looking for and enjoying the orioles. There are many pairs of Baltimore orioles nesting in or around the park. In early to mid-May, it is relatively easy to hear their melodious song and to see them flying around. A more difficult endeavor is to find a Baltimore oriole nest, especially one that is easily observable.

Orioles frequently build their nests in Sycamore trees, but the nests are often high up and well camouflaged, and therefore difficult to find. This year Mary and I were very fortunate to find a Baltimore oriole nest in a relatively-low overhanging branch of a large sycamore tree, just upriver and easily visible from the concrete Washington Aqueduct Overlook platform, just across the C&O canal from the visitor center at Great Falls.

In early and mid-May, we often saw the singing, bright-orange, male oriole perched atop this tree, declaring and protecting his territory. Occasionally, after we had located the nest, we would see the more subtly-colored female oriole fly in or out. Did she have and was she sitting on eggs, we wondered

again and again. Our curiosity and wondering carried over from late May into June. Finally, on Monday, June 6, when I stopped by to check on the nest, I saw clear and unmistakable signs of the adult Orioles feeding their chicks.

There is no way to know when the chicks actually hatched, but on the same day that I first noticed the feeding behavior, I was able to discern four small beaks sticking up out of the nest.

On Thursday and Friday of the same week, I again saw the adult Orioles feeding and tending to their rapidly growing and ever larger offspring. By the time my friend Mary joined me again on the afternoon of Saturday the 11th, the chicks were quite large and very active. By that time, they were not only aggressively competing for the food that the parents brought, but moving around and often flapping and exercising their wings in the nest; a sure sign that they were about to fledge and leave the nest. The biggest of the chicks even climbed up onto the edge of the nest, and then, losing its balance, fell back in. When we left about 5 o'clock Saturday afternoon, neither Mary or I realized that this would be the

last time that we would see the chicks in, or their parents near, the nest.

The following Monday afternoon, the nest appeared to be deserted; no chicks or adults were seen in or nearby. In all likelihood the chicks had grown big and strong enough to fledge and fly off.

If so, they are likely still nearby; the forest along the river and the canal is thick and hospitable for both the adults and the fledged young. However, now that the adults have stopped singing and coming to the nest, neither they nor the fledglings will be easy to find or see again.

The Orioles will probably remain in or near Great Falls until late August or early September, when they will begin their migratory flight south to their wintering grounds, probably in Mexico and South America. If they are strong and if they are lucky, one or more of this oriole family may return to Great Falls Park next Spring to mate and breed again. Wish them luck, and look for them again in May.

Donald Sweig, a retired professional historian, ornithological enthusiast, and birder, is an occasional contributor to the Almanac.



Male oriole with a much larger chick, June 10 or 11.



Female feeding a large and exuberant chick, which by then was developing the same plumage coloration as adult, June 10 or 11.

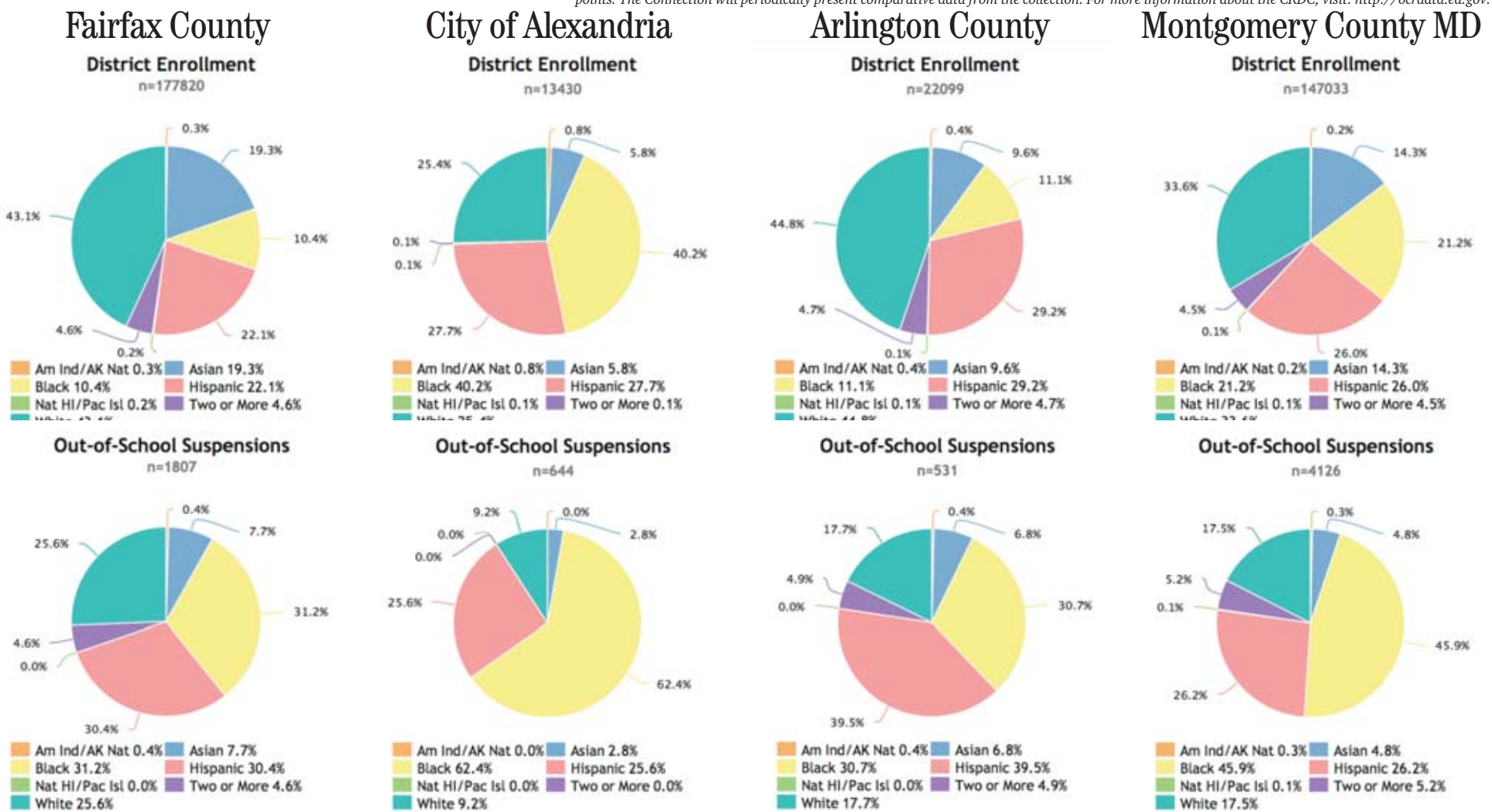


Oriole chick, now much more developed and exercise-flapping its wings. It seemed almost ready to leave nest, June 10 or 11.

District Enrollment vs. Out of School Suspensions

Compared to overall enrollment, what is the race/ethnicity of students receiving Out-of-School Suspensions?

These charts on area school systems relate to suspensions, revealing significant disparities. The data is drawn from the 2011-12 Civil Rights Data Collection of the U.S. Department of Education. The Civil Rights Data Collection includes data from every public school in the nation — approximately 16,500 school districts, 97,000 schools, and 49 million students — including data on disparities related to student discipline, and many other data points. The Connection will periodically present comparative data from the collection. For more information about the CRDC, visit: <http://ocrdata.ed.gov>.



SOURCE: CIVIL RIGHTS DATA COLLECTION, ED.GOV

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Pictures are for display purposes only.

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

Outdoor Yoga Class. Saturdays through Sept., 9-10 a.m. behind Lahinch Tavern & Grill, 7747 Tuckerman Lane, Potomac. The classes are led by instructors from Blue Heron Wellness in Silver Spring and are open to people from beginner to experienced. Free. Visit www.facebook.com/ShopCabinJohn.

Call for Submissions: GEN-Y 3.0. VisArts welcomes artists ages 17-27 in the area to submit their application for review for Gen-Y 3.0, an exhibit focusing on young, emerging artists. \$10 application fee. Email fmccauley@visartscenter.org.

Home Garden Market. Saturdays in June, 10 a.m.-2 p.m. at North Bethesda Market, 11351 Woodglen Drive, North Bethesda. North Bethesda Market will host its first Home and Garden Market, featuring plants and home goods. Free. Visit www.northbethesdamarket.com.

Bethesda Painting Awards Exhibition. Through June 25, 12-6 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E. Free. Visit www.bethesda.org for more.

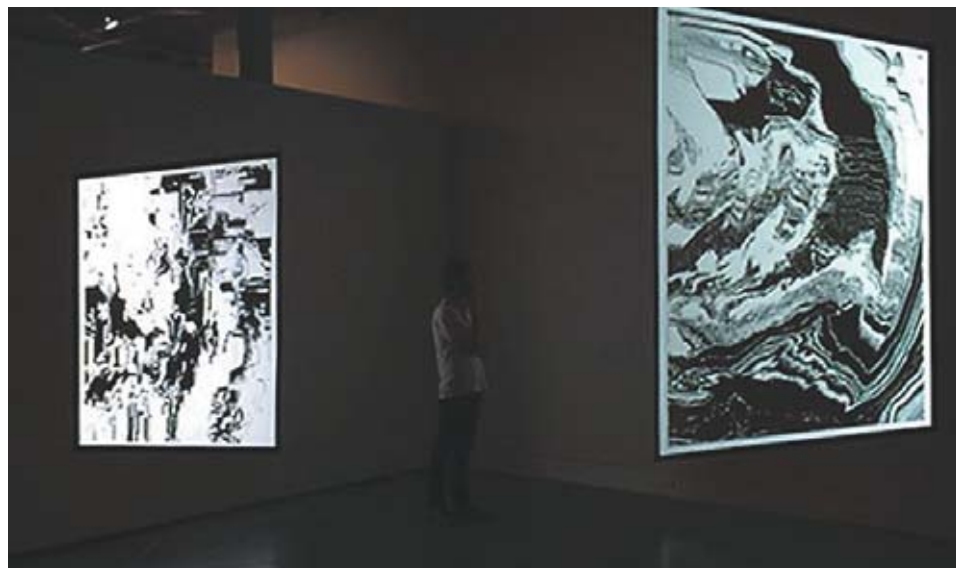
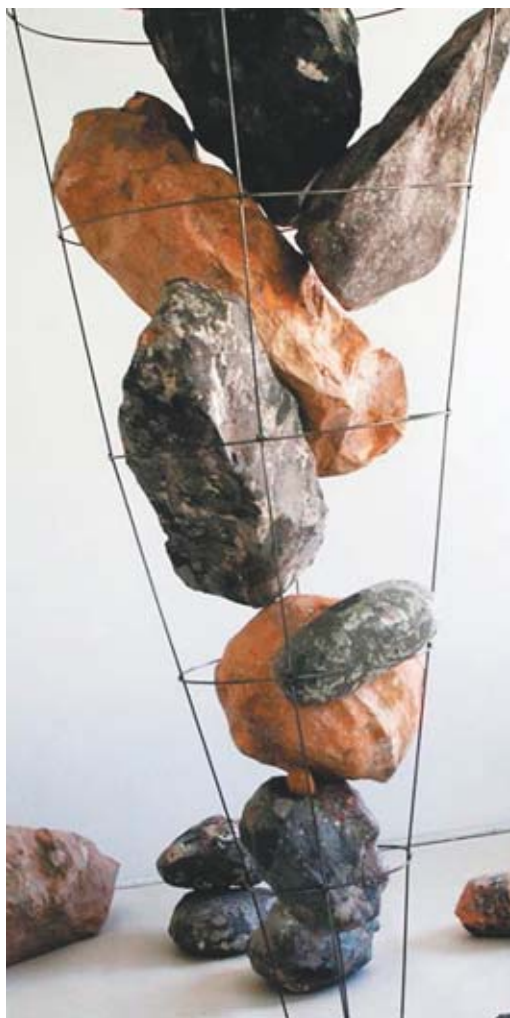
"Five: New Voices at Waverly." Through July 2, 12-6 p.m. at Waverly Street Gallery, 4600 East-West Highway, Bethesda. This exhibit features fused glass, collage, photography, metal and clay sculpture. Free. Call 301-951-9441.

Brad Blair: "Future Unknown." Through July 10, gallery hours at VisArts, 155 Gibbs St., Rockville. Brad Blair creates detailed sculptural monstrosities that allude to the issues of genetic engineering and biotechnology unfolding in today's world. Free. Visit www.visartsatrockville.org for more.

Pat Alexander: "Even the Stars." Through July 10, gallery hours at VisArts, 155 Gibbs St., Rockville. Pat Alexander creates an installation of pigmented cast-paper rocks and boulders, cast shadow, and small abstract paintings inspired by rock-laden landscapes. Free. Visit www.visartsatrockville.org for more.

Blake Carrington: "An Infinite Distance Between Two Points." Through July 17, gallery hours at VisArts, 155 Gibbs St., Rockville. Blake Carrington works within the spheres of the visual, sound, and performing arts. Free. Visit www.visartsatrockville.org for more.

Grace E. Peterson: "Explorations." Through July 17, Saturdays and Sundays, 12-6 p.m. at Park View



Left: Art featured in Pat Alexander's "Even the Stars." Above: Blake Carrington's "The Year We Make Contact," video installation, 2016

Current Exhibits at VisArts

The following exhibits are currently open at VisArts, 155 Gibbs St., Rockville:

- ❖ **Brad Blair: "Future Unknown."** Through July 10. Brad Blair creates detailed sculptural monstrosities that allude to the issues of genetic engineering and biotechnology unfolding in today's world.
- ❖ **Pat Alexander: "Even the Stars."** Through July 10. Pat Alexander creates an installation of pigmented cast-paper rocks and boulders, cast shadow, and small abstract paintings inspired by rock-laden landscapes.
- ❖ **Blake Carrington: "An Infinite Distance Between Two Points."** Through July 17. Blake Carrington works within the spheres of the visual, sound, and performing arts.

All exhibits are Free. Visit www.visartsatrockville.org for more.

Gallery – Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Peterson investigates new ways of using water-based pigments, either alone or with various mediums to provide textures that give depth to her work. Free. Visit www.glenechpark.org for more.

A Polymer Palette: Art and Craft in Polymer Clay. Through July 17, Saturdays and Sundays, 12-6 p.m. at Stone Tower Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. This show is a compilation of artists who use polymer clay in different ways, including wall hangings, jewelry, and sculptures. Selected artists present work in polymer alone, as well as in combination with other media. Free. Visit www.glenechpark.org for more.

Synesthetica: Music Inspired Wearable Art. Through July 17, Saturdays and Sundays, 12-6 p.m. at Popcorn Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The exhibition features works from

resident artist and silversmith Blair Anderson. Anderson explores the visuals triggered by works of music to create this collection. Multiple genres are tested. Hear the music that inspires each piece while viewing Blair's interpretation in a wearable result. Free. Visit www.glenechpark.org for more.

Thursday Evening Concerts. Thursdays through July, 6-8 p.m. at Veterans Park, 7800 Woodmont Ave., Bethesda. The concerts offer a diverse range of music including rock, funk, jazz, swing, and reggae. Free. Visit www.bethesda.org for more.

"Turning the Page: Children's Book Illustrations." Through July 31, gallery hours at The Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. In addition to illustrations, the exhibition explores book design, binding, and building in a true celebration of all things picture book. Free. Visit www.strathmore.org for more.

Canal Boat Excursions. April-Oct., Saturday and Sunday, 11 a.m., 1:30 p.m., and 3 p.m. at Great Falls Tavern Visitor Center of the Chesapeake and Ohio Canal National Historical Park, 11710 MacArthur Blvd., Potomac. Go on a 19th-century mule-drawn canal boat excursion. Hear tales of what life was like for the families who lived and worked on the canal. Tickets are \$8 for adults (ages 16-61), \$6 for seniors (ages 62+), and \$5 for children (ages 4-15). Call 301-767-3714 for more.

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.storelocator.barnesandnoble.com/event/4824850-21.

VisArts Cocktails and Canvas Class. at VisArts in the Painting & Drawing Studio, 155 Gibbs St., Rockville. Price \$40. Visit

www.visartsatrockville.org/cocktails-and-canvas for more.

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

Weekly 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. Admission \$16-\$18, age 17 and under \$12. Visit www.glenechpark.org for more.

JUNE 20-26

Quicken Loans National Golf Tournament. Various times at Congressional Country Club, 8500 River Road, Bethesda. The Quicken Loans National is a PGA tour golf

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ENTERTAINMENT

tournament hosted by Tiger Woods. Tickets start at 415. Visit www.qlnational.com for more.

THURSDAY/JUNE 23

Juggling Hoffmans. 2-3 p.m. at Potomac Library, 10101 Glenolden Drive. Free. Visit www.montgomerycountymd.gov/library/branches/potomac.html.

“Eating and Exercising for Vitality.” 7-9 p.m. at Potomac Community Center, 11315 Falls Road, Potomac. Bringing their combined education, expertise and experience in the fields of nutrition and exercise to Potomac residents, Jessica and David Murgueytio are the featured speakers at Potomac Community Village’s June meeting. Free. Visit www.potomaccommunityvillage.org.

FRIDAY/JUNE 24

Judith Hill. 8 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Soulful Singer-Songwriter performs. Tickets are \$40-45. Visit www.bethesdabluesjazz.com.

JUNE 24-JULY 17

“Moxie: A Happenstance Vaudeville.” Various times at Round House Theatre, 4545 East-West Highway, Bethesda. This show will feature live music and traditional vaudeville performances. Tickets are \$20 for adults, \$10 for kids. Visit www.roundhousetheatre.org.

SATURDAY/JUNE 25

“Chesapeake National Historic Trail and Weather

Preparedness on the Towpath.”

2 p.m. at Great Falls Tavern Visitor Center, 11710 MacArthur Blvd. Join Park Ranger Kate Marks for an overview of the Captain John Smith Chesapeake National Historic Trail. Marks will discuss the history of the trail, as well as trail-related programs across partner sites throughout the Chesapeake watershed. Program is free, \$10 fee per vehicle to enter the park. Visit www.nps.gov/choh for more.

Pinot on the Potomac. 6-8 p.m. at Alice Ferguson Foundation’s Hard Bargain Farm, 2001 Bryan Point Road, Accokeek. The Alice Ferguson Foundation hosts the 3rd Annual Wine Tasting and Garden Party in support of environmental education programs. Tickets are \$50. Visit www.alicefergusonfoundation.networkforgood.com/events/420-pinot-on-the-potomac.

Video Games Music: Live in

Concert. 7 p.m. at F. Scott Fitzgerald Theatre–Rockville Civic Center Park, 603 Edmonston Drive, Rockville. Celebrate video game music with WMGSO, a community orchestra and choir. Tickets are \$6 in advance, \$7 at the door. Visit www.rockvillemd.gov for more.

SATURDAY-SUNDAY/JUNE 25-26

Heritage Days Weekend. 12-4 p.m. throughout Montgomery County. Programs include live musical performances, walking and biking history tours, art exhibits, games and crafts for children, history exhibits and demonstrations. Visit www.heritagemontgomery.org for a full schedule and admission prices.

Exhibit: “Students of Walt Bartman.” 12-5 p.m. at Yellow Barn Gallery – Glen Echo Park, 7300

MacArthur Blvd., Glen Echo. The Yellow Barn Gallery presents artwork from the students of Walt Bartman. Free. Visit www.yellowbarnstudio.com.

Swains Lockhouse Open House. 1-4 p.m. at C&O Canal National Park, 1850 Dual Highway. Swains Lockhouse is undergoing a comprehensive rehabilitation and will be joining the award-winning Canal Quarters program. The June Open House will be the first opportunity for the public to look inside and see and hear first-hand about the preservation process. Free. Visit www.canaltrust.org for more.

“The Little Mermaid.” 1:30 p.m. at Imagination Stage, 4908 Auburn Ave., Bethesda. The Washington Ballet collaborates with Imagination Stage for The Hans Christian Andersen classic. Tickets are \$30. Visit www.washingtonballet.org.

JUNE 25-JULY 3

Bethesda Summer Music Festival. Various times at Bethesda Presbyterian Church, 7611 Clarendon Road, Bethesda. Musical theatre and opera take center stage. \$20 suggested donation, free for children. Visit www.aamsopera.com for more.

SUNDAY/JUNE 26

Drawing Marathon. 10 a.m.-6 p.m. at VisArts, 155 Gibbs St., Rockville. All-levels artists are invited to draw many models posing throughout the day. Registration is \$25 in advance, \$35 at the door. Visit www.visartsatrockville.org for more.

Panel Discussion: “Turning the Page.” 1:30 p.m. at The Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Learn the history of

children’s illustrations and how illustration styles have reflected their cultural milieu over the centuries. Children ages 6-9 are invited to participate in a writing and illustration workshop. Free. Visit www.strathmore.org for more.

Best of Serenade! 3-5 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, Bethesda. Attend the conclusion of the 6th Annual Serenade! Choral Festival. Tickets are \$5-10. Visit www.strathmore.org/events-and-tickets/serenade-2016.

“The Wizard of Songs.” 7 p.m. at Fort Hunt Park- Pavilion A 8999 Fort Hunt Road. Potomac Harmony Chorus presents a show sung barbershop-style. Free. Visit www.potomacharmony.org.

THURSDAY/JUNE 30

Ready, Set, GoBots! 4-5 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Build and take home a motorized machine. Open to teens 13-17. Free. Call 240-777-0690.

SUNDAY/JULY 3

Waltz Dance. 2:45-3:30 p.m. lesson, 3:30-6 p.m. dance at Spanish Ballroom – Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Let’s Play Three! plays a lively mix of folk waltzes with a few other couples dances, including Hambro, Schottische, Swing, Tango, and Polka. Tickets are \$10. Visit www.waltztimedances.org for more.

MONDAY/JULY 4

Autism Speaks Run/Walk. 8 a.m. at Potomac Library Parking Lot, 10101 Glenolden Drive, Potomac. Participate in the 5K or 1 Mile walk.

Registration is \$35 for adults, \$20 for children. Visit www.autismspeaks5k.org for more.

WEDNESDAY/JULY 6

Senior Movie at Montgomery: “The African Queen.” 10 a.m. at Montgomery Mall, 7101 Democracy Blvd., Bethesda. Free. Call 240-773-6728 for more.

FRIDAY-SUNDAY/JULY 8-10

“Cirque Italia.” Various times at Montgomery County Agricultural Fairgrounds, 16 Chestnut St., Gaithersburg. Acrobats, aerialists, contortionists and more. Tickets are \$10-50. Visit www.cirqueitalia.com.

FRIDAY-SATURDAY/JULY 15-16

URBNmarket. 3:30-8:30 p.m. Friday, 11 a.m.-5 p.m. Saturday at Park Potomac Market, 12500 Park Potomac Ave., Potomac. Shoppers will find local vendors selling home decor, pet accessories, jewelry, toys, clothes, bath and beauty products, and gourmet food. There will be a beer garden Friday and live music both days. Free. Visit www.urbanmarket.com for more.

SUNDAY/JULY 17

Waltz Dance. 2:45-3:30 p.m. lesson, 3:30-6 p.m. dance at The Bumper Car Pavilion – Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Addison Bleufonte plays a lively mix of folk waltzes with a few other couples dances, including Hambro, Schottische, Swing, Tango, and Polka. Tickets are \$10. Visit www.waltztimedances.org for more.

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SPORTS



PHOTO BY HARVEY LEVINE/THE ALMANAC

Spencer Knife, seen during the regular season, helped the Churchill boys' lacrosse program win its fourth region title in the last five years.

Top Sports Moments

Churchill Boys', Girls' Lax Teams Win Region Titles

The Churchill boys' and girls' lacrosse teams ruled the 4A/3A West region in 2016.

The boys' team won its fourth region championship in the last five years, beating Urbana 14-5 on May 18. The girls' team also beat Urbana in the region final and captured its first region title since 2012.

The boys' team suffered a season-ending 10-5 loss to Severna Park in the state semifinals on May 21 and finished the season with a 16-2 record. The Bulldogs went undefeated against Montgomery County public school competition for the second straight season.

The girls' team lost to Leonardtown 11-6 in the state semifinals and ended the year with a 12-5 record.

Whitman Girls' Basketball Wins First State Title Since 1995

Prior to the 2015-16 season, the Whitman girls' basketball program had surpassed 20 victories in three straight seasons and made two trips to the state tournament, but the Vikings wanted more.

Led by junior standout guard Abby Meyers and a group of talented seniors, Whitman returned to the state tournament for the third time in four years. This time, the Vikings wouldn't leave empty handed.

Whitman defeated North Point 64-37 in the 4A state semifinals on March 10 and two days later beat Western 71-55 in the state final at Towson University to capture the program's first state championship since 1995.

Meyers led Whitman with 21 points. Senior Hannah Niles finished with 18 points and six rebounds. Senior Marie Hatch totaled seven points and seven rebounds, and senior Betsy Knox had eight points and 10 rebounds.

Junior Olivia Meyers had 11 points and four rebounds.

Whitman finished with a 24-3 record and ended the season with 19 straight wins. The Vikings have compiled a record of 89-12 during the last four seasons with three region championships.



PHOTO BY HARVEY LEVINE/THE ALMANAC

Shaq Diboti-Lobe and the Whitman boys' basketball team beat Clarksburg in overtime to win the 4A West region championship.



Whitman Boys' Basketball Comes Up Clutch in Postseason

The Whitman boys' basketball team's path to the 2016 4A West region title involved a pair of postseason wins that went down to the final buzzer.

The Vikings held off Clarksburg 62-61 in overtime of the region championship game on May 5 at Montgomery Blair High School. Shaq Diboti-Lobe scored 29 points for Whitman, including the go-ahead 3-pointer with 1:42 remaining in OT, but the Vikings didn't have it wrapped up until the Coyotes missed a shot from the corner in the closing seconds.

On Feb. 29, 6-foot-7 junior Max Oppenheim scored on a putback at the buzzer to beat Bethesda-Chevy Chase 48-47 in the section semifinal at B-CC.

Oppenheim's putback was Whitman's third shot attempt in the paint the final six seconds.

Diboti-Lobe scored 27 points for Whitman and Oppenheim finished with eight.

Whitman lost to Meade 61-35 in the state semifinals on March 10. The Vikings finished the season with a 17-10 record and won their second region title in three years.

The Whitman girls' basketball program won its first state championship since 1995.

PHOTO BY JON ROETMAN
THE ALMANAC

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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Rooting Around



By KENNETH B. LOURIE

As rare as this beginning may sound, a funny thing happened to me at my dentist's office this past week: the apparent need for two root canals followed up by two crowns (neither of which will make me king or master of my domain) for a not-so-grand total of between 8 and 10 thousand uninsured/out-of-pocket dollars (the specific pocket yet to be determined and the timetable likewise yet to be decided).

And it's not as if the consequence of my inaction was a shock. Hardly. My dentist and my dental hygienist, Sandy, have been advising/cajoling me and attempting various preventive procedures for years hoping to avoid this eventuality, for my sake, really. Nevertheless, despite their consistently best efforts to get me to floss and/or use whatever flossing alternative exists on the market, I have unfortunately through no fault of theirs, reached my infected point, at least on the X-Rays I was shown, of no return. Not that needing root canals or any other variety of dental repair is at all unusual – or unexpected after reaching a certain middle age, it was more the manner in which the need/recommendation was suggested to me by my dentist and his hygienist – and my reaction to it, that I thought was column-worthy. I thought especially so in the light of having been diagnosed with stage IV, non-small cell lung cancer in early 2009.

Separating out the cost-anxiety for a moment and trying just to deal with the bad, inconvenient, negative, time-consuming news, the message I received, softly and clearly, was one offered up as sympathetically and presumably as empathetically as possible, given my underlying cancer diagnosis, with which the practice is well acquainted. And I appreciated the sensitivity with which the dental assessment – and cost, was discussed. However, if I had to bet a dollar, I would say their initial concern was more about yours truly finding the necessary unreimbursed dollars to solve this long-standing tooth decay than was its impact on me as a cancer patient, as evidenced by their assurances of financial assistance.

And since I was not yet in the excruciating pain that my dentist described was likely forthcoming, nor flush with cash ready to commit to this huge/not totally unexpected expense, I took their advice in stride (in the dental chair, actually) and hesitatingly authorized their first step: e-mailing the referred endodontist for price/plan/schedule, etc.

Now this is where the subject finally gets funny, and I don't mean hysterical (because I'm not crazy or laughing heartily) and I don't mean ironic (because it's not exactly a twist on reality), but it was as Jerry Seinfeld once said: "something." And the something it was I think was context. I have the ultimate weight on my shoulders: cancer – and by association I'm told, on my teeth, too. I'm already living with terrible news, the worst kind of news, a "terminal" prognosis given at age 54 and a half due to an "incurable" form of lung cancer. And what was funny to me was the serious, somber and sorrowful tones and expressions with which this root canal need was given. If I hadn't already received a cancer diagnosis seven-plus years ago, I would have thought I was receiving one right there in the dentist's office.

Root canal? Is that all you got? Hey, I may not be thrilled about the cost and I'm certainly not looking forward to the pain and inconvenience. I'll get it done when I get it done. In the interim however, to be honest, I can't worry about it too much. I have cancer: "The Emperor of all Maladies."

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

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The WashingtonFirst Bank branch is located at 9812 Falls Road.

PHOTOS BY DEBORAH STEVENS/
THE ALMANAC

Kennedy Creates Chemical-Free Skin Care Products

Business began in effort to help her mother.

BY SUSAN BELFORD
THE ALMANAC

If you asked me 10 years ago what I'd be doing today, I don't think making natural skincare products would have been on my short-list, or even on my long-list for that matter," said Potomac's Renan Kennedy. "I've found that life takes some very unexpected turns, and if we are open to the notion of following a new path, we may sometimes find that new and wonderful adventures await."

Kennedy was working as a graphic designer when her mother was diagnosed with stage four pancreatic cancer. She and her sister immediately sprung into action, searching for the best treatment, physicians and hospitals while re-vamping her diet to organic foods and eliminating those foods that feed cancer. Their mission was to save their mother and keep her as comfortable as possible during the required medical treatments. One problem that surfaced while she was in chemo and radiation was the drying of her mother's skin.

Kennedy said, "I wanted to find an all-natural lotion or cream that we could ap-

ply to her skin, but at that point, like so many people, I didn't really know what 'all natural' was. So I started researching and digging. And let me tell you, I didn't have to dig too deep when I began uncovering all sorts of things. There are so many ingredients that are not only carcinogens but chemicals that attack the central nervous system and disrupt the hormones in our bodies. A truly 'all natural' product, despite what all the labels on the products claimed was very hard to find."

And so her journey began. She was determined to eliminate the bad chemicals from the creams and lotions she used. Thus, she created Sans Skincare — skin care products without the harsh chemicals. Her products are made with essential plant oils, plant butters and other pure and natural ingredients. She said, "Every single ingredient used is beneficial for the body, nourishes with the plant's own nutrition, and every single ingredient matters."



Renan Kennedy

Kennedy and her sister were not able to save their mother. However, Renan left her graphic designer position to develop



Renan Kennedy: "Our inspiration is nature."

and launch her skin care line. For three years, she researched oils and plant butters and how they work as ingredients to impact the skin. She uses hempseed butter, coconut oil, apricot kernel oil, cherry kernel oil, cherry seed oil, argon oil, sunflower oil, safflower oil, avocado butter — and absolutely no water, because water breeds bacteria, she said.

She also researched the shelf life of her products. She couldn't use preservatives, but had to be certain they would last at least six months. She wanted to keep the final product from becoming too oily — but had to be sure it would not dry out the skin. Kennedy finally developed a line of skin care items that include cleansers, masks, moisturizers, scrubs and serums. This is the first year for marketing her skin care items.

"I'm excited because our products are now in stores and boutiques," said Kennedy. "We are sold in Varnish Lane in Friendship Heights, in Mod Cottage in Rehobeth, at the Bethesda Women's Farm Market and online. Some of our best sellers are the Afri-

can Black Shower Soap, handcrafted in small batches and made with pure and simple ingredients, including eucalyptus; the Nourish Face Serum, a very careful and well thought-out blend of natural plant ingredients that target specifically cell nourishment and cell regeneration, the Whipped Sugar Scrub, which gently exfoliates the skin and leaves behind its wonderful moisturizing benefits and the Pure Bentonite Mask, a combination of volcanic ash and montmorillonite originally found in Fort Benton, Wyoming. It is highly absorbent and powerfully draws oils and toxins from the skin. Bentonite Clay is one of the most powerful healing clays. It is unique due to its ability to produce an 'electrical charge' when hydrated."

Kennedy's prices are competitive with the lip balm selling for \$10 and the serums at \$65. Her Whipped Hand and Body Butter is \$40 and a Sans Starter Kit is \$55. "Our goal is to provide you with skincare you can love and trust," said Kennedy. "Our inspiration is nature."



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