



Potomac ALMANAC

WELLBEING
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Running for a Cause

NEWS, PAGE 33

At the finish line, race organizer Susan Pereles greets Dannel Belay who was first place male in the Autism Speaks Run on Monday, July 4.

Preventing Concussions
This Summer

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Healthy Summer Entertaining

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CALENDAR, PAGE 7 ♦ CLASSIFIEDS, PAGE 10 ♦ REAL ESTATE 6

PHOTO BY DEBORAH STEVENS/THE CONNECTION

Want some "roadside assistance on the journey of life"?

Come on Thursday, July 7, 3 p.m., for
Afternoon Tea and Talk

Or on Thursday, July 21, 6 p.m. for a
Pot-Luck Dinner & Musical Entertainment

Details at www@PotomacCommunityVillage.org
240-221-1370

www.PotomacCommunityVillage.org



Be Part of The Pet Connection in July

Send Your Photos & Stories Now to editors@connectionnewspapers.com or complete our online form at connectionnewspapers.com/pets

Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is July 20.

HOME SALES

In May 2016, 76 Potomac homes sold between \$2,350,000-\$510,000.

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code
8501 RAPLEY PRESERVE CIR	5	6	2	POTOMAC	\$2,350,000	Detached	0.57	20854
10817 RED BARN LN	4	5	1	POTOMAC	\$2,275,000	Detached	2.32	20854
9944 POTOMAC MANORS DR	6	5	1	POTOMAC	\$2,200,000	Detached	1.04	20854
11208 RIVER VIEW DR	7	6	2	POTOMAC	\$1,735,000	Detached	2.00	20854
9735 BEMAN WOODS WAY	4	4	2	POTOMAC	\$1,490,000	Detached	0.24	20854
10403 GREY FOX RD	6	5	1	POTOMAC	\$1,462,500	Detached	0.45	20854
8800 MAYBERRY CT	6	6	0	POTOMAC	\$1,350,000	Detached	2.00	20854
11505 BROAD GREEN DR	4	4	0	POTOMAC	\$1,315,000	Detached	0.26	20854
9819 NEWHALL RD	5	3	1	POTOMAC	\$1,295,000	Detached	1.08	20854
9325 SPRINKLEWOOD LN	5	4	1	POTOMAC	\$1,276,000	Detached	0.30	20854
12904 BRUSHWOOD TER	5	4	1	POTOMAC	\$1,275,000	Detached	2.00	20854
10516 STABLE LN	6	4	1	POTOMAC	\$1,272,500	Detached	0.33	20854
10412 JOINERS LN	5	4	1	POTOMAC	\$1,260,000	Detached	0.92	20854
7820 HORSESHOE LN	4	3	1	POTOMAC	\$1,250,000	Detached	0.35	20854
13 LARKMEADE CT	4	4	1	POTOMAC	\$1,239,000	Detached	0.36	20854
10401 DEMOCRACY LN	5	4	1	POTOMAC	\$1,234,900	Detached	0.23	20854
13414 BISSEL LN	6	4	0	POTOMAC	\$1,200,000	Detached	2.00	20854
9410 TURNBERRY DR	3	3	1	POTOMAC	\$1,170,000	Townhouse	0.13	20854
8205 COACH ST	4	2	2	POTOMAC	\$1,160,000	Detached	0.35	20854
10021 ORMOND RD	5	5	1	POTOMAC	\$1,150,000	Detached	0.46	20854
9614 BEMAN WOODS WAY	4	4	1	POTOMAC	\$1,150,000	Townhouse	0.09	20854
8817 HARNESS TRL	4	4	1	POTOMAC	\$1,137,500	Detached	0.25	20854
9516 LOST TRAIL WAY	4	4	1	POTOMAC	\$1,130,000	Detached	0.23	20854
10016 CARMELITA DR	4	3	1	POTOMAC	\$1,100,000	Detached	0.48	20854
9228 FARNSWORTH DR	6	3	0	ROCKVILLE	\$1,035,000	Detached	0.76	20854
9636 BEMAN WOODS WAY	3	4	1	POTOMAC	\$1,025,000	Townhouse	0.12	20854
22 PINEY MEETINGHOUSE CT	5	3	1	POTOMAC	\$997,500	Detached	2.96	20854
8935 FALLS FARM DR	4	4	1	POTOMAC	\$989,000	Detached	0.42	20854
9813 CLYDESDALE ST	6	4	1	POTOMAC	\$960,000	Detached	0.41	20854
8513 WARDE TER	5	2	2	ROCKVILLE	\$951,000	Detached	0.48	20854
12804 LAMP POST LN	5	3	1	ROCKVILLE	\$929,000	Detached	0.29	20854
11512 GAUGUIN LN	4	4	1	POTOMAC	\$925,000	Detached	0.27	20854
7804 BRICKYARD RD	4	2	2	POTOMAC	\$923,000	Detached	0.38	20854
12640 ROLLING RD	4	4	1	POTOMAC	\$875,000	Detached	6.43	20854
12729 LINCOLNSHIRE DR	4	2	1	POTOMAC	\$869,000	Detached	0.30	20854
9834 KORMAN CT	4	3	1	POTOMAC	\$865,000	Detached	0.28	20854
9909 BARSTOW CT	4	3	1	POTOMAC	\$860,000	Detached	0.34	20854
11700 RIVER RD	4	3	1	ROCKVILLE	\$855,000	Detached	1.52	20854
7915 TURNCREST DR	3	3	1	POTOMAC	\$845,000	Townhouse	0.07	20854
9428 LOST TRAIL WAY	3	3	1	POTOMAC	\$840,000	Townhouse	0.09	20854
802 TWIN OAKS DR	5	3	1	POTOMAC	\$830,000	Detached	0.34	20854
10609 BELFAST PL	4	3	0	POTOMAC	\$820,000	Detached	0.96	20854
1493 DUNSTER LN	5	4	1	POTOMAC	\$810,000	Detached	0.23	20854
7600 GLACKENS DR	5	4	1	POTOMAC	\$809,000	Detached	0.46	20854
8600 HIDDEN HILL LN	4	2	1	POTOMAC	\$800,000	Detached	0.30	20854
11415 CEDAR RIDGE DR	3	3	1	POTOMAC	\$800,000	Townhouse	0.06	20854
1 LAKENHEATH CT	4	2	1	POTOMAC	\$785,000	Detached	0.31	20854
12900 STALLION CT	4	3	1	POTOMAC	\$784,000	Detached	0.24	20854
8708 FOX RUN	5	2	1	POTOMAC	\$780,000	Detached	0.24	20854
8441 BELLS RIDGE TER	3	3	1	POTOMAC	\$770,000	Townhouse	0.05	20854
10446 DEMOCRACY LN	4	2	1	POTOMAC	\$769,300	Detached	0.09	20854
8207 POSTOAK RD	4	2	1	POTOMAC	\$765,000	Detached	0.26	20854
2 INFIELD CT N	5	2	1	POTOMAC	\$765,000	Detached	0.33	20854
13539 FLOWERFIELD DR	3	3	1	POTOMAC	\$765,000	Townhouse	0.06	20854
11121 POWDER HORN DR	4	2	1	POTOMAC	\$756,880	Detached	0.27	20854
8016 MATTERHORN CT	3	3	1	POTOMAC	\$755,000	Semi-Detached	0.54	20854
1725 SUNRISE DR	4	3	1	POTOMAC	\$745,000	Detached	0.25	20854
9104 FALLS CHAPEL WAY	4	2	1	POTOMAC	\$739,000	Detached	0.25	20854
11716 DEVILWOOD DR	4	3	0	POTOMAC	\$733,000	Detached	0.23	20854
8015 GRAND TETON DR	2	3	1	POTOMAC	\$720,000	Patio Home	0.19	20854
12119 LITTLE CREEK DR	4	2	1	POTOMAC	\$715,000	Detached	0.44	20854
8513 WILKESBORO LN	4	3	1	ROCKVILLE	\$715,000	Detached	0.21	20854
1403 FALLSWOOD DR	5	3	1	ROCKVILLE	\$707,400	Detached	0.24	20854
12110 GATEWATER DR	4	3	1	POTOMAC	\$700,000	Townhouse	0.08	20854
12251 SAINT JAMES RD	4	2	1	POTOMAC	\$700,000	Detached	0.36	20854
11804 TIFTON DR	5	3	0	ROCKVILLE	\$690,000	Detached	0.21	20854
7817 TURNING CREEK CT	3	2	2	POTOMAC	\$657,900	Townhouse	0.07	20854
9213 GATEWATER TER	4	3	1	ROCKVILLE	\$645,000	Townhouse	0.09	20854
1515 KERSEY LN	4	3	1	POTOMAC	\$640,000	Detached	0.21	20854
11213 DEBORAH DR	4	2	1	ROCKVILLE	\$636,405	Detached	0.45	20854
8711 LIBERTY LN	4	3	0	POTOMAC	\$635,000	Detached	0.23	20854
10811 GAINSBOROUGH RD	4	2	1	POTOMAC	\$635,000	Detached	0.24	20854
8144 INVERNESS RIDGE RD	3	2	2	POTOMAC	\$590,000	Townhouse	0.08	20854
8210 JEB STUART RD	4	2	1	ROCKVILLE	\$570,000	Detached	0.28	20854
8192 INVERNESS RIDGE RD	3	2	2	POTOMAC	\$550,000	Townhouse	0.06	20854
11708 SMOKETREE RD	4	2	0	POTOMAC	\$510,000	Detached	0.22	20854

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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.

BIKE PATROL VOLUNTEERS WANTED

Help C&O Canal National Historical Park visitors enjoy the towpath safely by offering information, maps, first aid, and field bicycle repairs, then the Bike Patrol is for you. The Park provides training and uniform vests, volunteers provide their own bikes and helmets. Flexible hours and locations. Visit www.chohvip.org for more.

VOLUNTEERS NEEDED

Friends of Clara Barton

Community Center is looking for volunteers to serve on its board and to volunteer at FCBCC events. FCBCC assists the community center staff in designing and implementing the center's programs, promotes the community center's role as a meeting place for teens, adults and senior citizens in the local community, supplements the community center's budget through community-wide fundraising and promotes community-wide awareness of and participation in the center's educational, recreational and social programs. Call FCBCC at 240-777-4910.

BIRTH CERTIFICATES

Birth certificates for those born in Maryland are available from the state to any individual born in the State of Maryland. They also will be issued at

the Dennis Avenue Health Center, 200 Dennis Ave., Silver Spring to requestors born after 1939. Those born before 1940 should contact the Maryland Department of Health and Mental Hygiene's Division of Vital Records at 410-764-3063. The fee to obtain a birth certificate is \$32, payable by cash, credit card, check or money order. Applications are available online. Call 240-773-1207 or 311 for more.

THURSDAY/JULY 7

Drop-in Discussion about Grief and Healing. 1:30-2 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. For anyone mourning the death of a loved one. Free and open to any Montgomery County resident. Registration required, call 301-921-4400. Visit

SEE BULLETIN BOARD, PAGE 4

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Ari David is in his second year of chemotherapy at Children's Hospital, Washington, D.C. and he just ran three miles. With him is Dean Gould.



And they're off. The Autism Speaks Run/Walk began at 8 a.m., Monday, July 4, in the Potomac Library parking lot. The annual event raises funds for Autism research. See www.autismspeaks5k.org.



Carlos Bachrach and Mercedes Valers.

PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Autism Speaks Run/Walk Raises Funds, Awareness



Race organizer Susan Pereles and intern Chynna Golding.



Potomac Pizza serves up food at the event.



Runners gather at the finish line.

WWW.CONNECTIONNEWSPAPERS.COM



Amanda and Michael McShana with Woodie.



Carol Jarvis: Best Flower Design Award.

Top Honors at Flower Show

Three of Potomac Village Garden Club members took top honors in the late June Flower Show held at Strathmore Hall. Yankee Doodle Dandy was the theme for the standard flower show sponsored by the District IV garden clubs.

Carol Jarvis won the Best of Design Show award as well as the blue ribbon for her Dawn's Early Light, Creative category. Dianne Gregg won first

with Estelle Woodcock taking second place for their floral designs in the Rocket's Red Glare category. For information about garden club activities and flower arranging, contact Carol Jarvis, vice president of Potomac Village Garden Club at Jarvis.carol@gmail.com or 301-299-4296.

Potomac Village Garden Club also maintains the landscaping around the Potomac Village Library along with the Friends of the Library.



Estelle Woodcock: Second Place award in Rocket's Red Glare category.



Dianne Gregg: First Place award in Rocket's Red Glare category.

Submit Photos to Pet Almanac

The Pet Almanac, a twice-yearly special edition, will publish on July 27, and photos and stories of your pets with you and your family should be submitted by July 17.

We invite you to send us stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Our favorite pictures include both pets and hu-

mans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to almanac@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets. For advertising information, email sales@connectionnewspapers.com or call 703-778-9431.

BULLETIN BOARD

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www.montgomeryhospice.org for more.

TUESDAY/JULY 12

Journaling and Grief Workshop. 6:30-8 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. A two-session workshop that will focus on the use of journaling techniques as a way of addressing grief issues. Free and open to any Montgomery county resident. Visit www.montgomeryhospice.org for more.

SUNDAY/JULY 17

Rabies Vaccine Clinic. 8-10:30 a.m. at 7315 Muncaster Mill Road, Derwood. The Montgomery County Animal Services and Adoption Center will hold rabies vaccination clinics through September. The vaccinations are free with the purchase of a Montgomery County Pet License. Maryland law requires that all dogs, cats, and ferrets over the age of 4 months be continuously vaccinated against rabies. Also by law and beginning at that age, all dogs and cats must have a Montgomery County Pet License. Bring proof of previous rabies vaccinations. All dogs must be leashed and cats and ferrets must be in carriers or otherwise contained. Visit www.montgomerycountymd.gov/animalservices for more.

MONDAY/JULY 18

Call for Artists Deadline. The Bethesda Arts & Entertainment District, in partnership with Arts Brookfield, has just announced the second installment of "Paint the Town," an initiative to promote more public art murals in downtown Bethesda. In an effort to beautify the area surrounding the Bethesda Metro, the mural project will focus on the plaza area and bus bay at 3 Bethesda Metro Center. Artists 18 and older from Maryland, D.C. and Virginia may apply. The winner will be awarded a \$30,000 stipend for supplies and the artist's time to complete the project by Oct. 15, 2016. Visit www.bethesda.org/bethesda/paint-town-mural-project-0 for more.

TUESDAY/JULY 19

Drop-in Discussion about Grief and Healing. 6:30-8 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. For anyone mourning the death of a loved one. Free and open to any Montgomery County resident. Registration required, call 301-921-4400. Visit www.montgomeryhospice.org for more.

TUESDAY/AUG. 2, 9 AND 16

For Men: Getting a Handle on Grief. 6:30-8 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. A three-session workshop for men grieving the death of a loved one. Led by male facilitators. Free and open to any Montgomery County resident. Registration required, call 301-921-4400. Visit www.montgomeryhospice.org for more.

THURSDAY/AUG. 4

Drop in Discussion about Grief and Healing. 1:30-3 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. For anyone mourning the death of a loved one. Free and open to any Montgomery County resident. Registration required, call 301-921-4400. Visit www.montgomeryhospice.org for more.

POTOMAC ALMANAC

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PUBLISHER

Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

EDITORIAL

PHONE: 703-778-9415
E-MAIL:
almanac@connectionnewspapers.com

EDITOR

Steven Mauren, 703-778-9415
smauren@connectionnewspapers.com

SPORTS EDITOR

Jon Roetman
jroetman@connectionnewspapers.com
@jonroetman

CONTRIBUTING WRITERS

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

Contributing Photographers

Harvey Levine, Deborah Stevens

Art/Design:

Laurence Foong, John Heinly
Production Manager
Geovani Flores

ADVERTISING

For advertising information
sales@connectionnewspapers.com
703-778-9431

ACCOUNT EXECUTIVES

Display Advertising:
Kenny Lourie 301-325-1398
klourie@connectionnewspapers.com

Andrea Smith 703-778-9411

Classified Advertising
asmith@connectionnewspapers.com

Debbie Funk

National Sales & real Estate
703-778-9444
debfunk@connectionnewspapers.com

David Griffin

Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Jerry Vernon

Executive Vice President
703-549-0004
jverson@connectionnewspapers.com

CIRCULATION: 703-778-9427
circulation@connectionnewspapers.com

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NEWS BRIEFS

Ride On To Hold Forum On Proposed New Route

The public will have a chance to comment on a proposed new Ride On bus service at a public forum, presented by Montgomery County, to be held on Thursday, July 28 at 6:30 p.m. The hearing will take place in the All-Purpose Room at Travilah Elementary School, 13801 Dufief Mill Road, North Potomac.

If the forum is cancelled due to inclement weather, it will be rescheduled for Thursday, Aug. 11.

Ride On is expanding its services to meet the demand for smaller, isolated communities. This one-year pilot program will serve the Potomac community south of River Road, adding new stops, as well, in North Potomac and Rockville. The proposed routing encompasses River Road, Travilah Road, Piney Meetinghouse Road, Glen Road, Darnestown Road, Wootton Parkway, Great Falls Road and Middle Lane to the Rockville Metro Station. The route will provide transportation to local schools, Shady Grove Hospital, libraries, shops, eateries and other transportation services.

The route will operate seven days a week, from 6 a.m. to 7 p.m., running every 75 minutes. The regular Ride On fare for this route will be \$1.75. Residents along all of these roads and surrounding areas are invited to comment on this proposed new service.

Individuals and representatives of organizations who wish to speak at the public forum are requested to provide in writing their name, home address, telephone number, e-mail address and organization to the Division of Transit Services, Ride On Public Forum, 101 Monroe Street, 5th Floor, Rockville, MD 20850 or to mcdot.rideonpublicforums@montgomerycountymd.gov. Those wishing to speak must provide such information by July 25. Those who have signed up in advance will have three minutes to speak and must bring two printed copies of their testimony for the record. Sign language interpreter services will be provided upon request by emailing mcdot.rideonpublicforums@montgomerycountymd.gov no later than July 25.

Additionally, comments on the proposed new route may be submitted in writing, by email, or by fax no later than Aug. 11 to Division of Transit Services, Ride On Public Forum, 101 Monroe Street, 5th Floor, Rockville, MD 20850; 240-777-5800; Fax 240-777-5801; or mcdot.rideonpublicforums@montgomerycountymd.gov. See www.rideonbus.com.

Meeting Set on Proposed Submerged Channel Intake

The National Park Service is seeking public comment on an Environmental Assessment (EA) for the Washington Suburban Sanitary Commission (WSSC) to construct a proposed offshore submerged channel intake in the Potomac River for water supply at the Potomac Water Filtration Plant (WFP).

Some components of the Potomac WFP are located within the Chesapeake and Ohio Canal National Historical Park (C&O Canal NHP) so WSSC is seeking a construction Special Use Permit from the NPS.

The EA is available for review on the NPS Planning, Environment, and Public Comment (PEPC) website <http://parkplanning.nps.gov>.

Under "Choose a Park" click on "Chesapeake and Ohio Canal National Historical Park" and follow the link to Potomac Submerged Channel Intake Environmental Assessment. Comments may be submitted electronically via the website. Written comments should be mailed to Christopher J. Stubbs, Chief, Division of Resources Management, C&O Canal NHP 1850 Dual Highway, Suite 100, Hagerstown, MD 21740. Comments must be received by Aug. 14.

NPS and WSSC also will host a public meeting on Thursday, July 14, from 7-9 p.m. at Potomac Community Library (Medium Room), 10101 Glenolden Dr., Potomac. The meeting will consist of a brief presentation and an open house format to provide residents with opportunities to discuss interests and concerns with NPS staff.

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Ingleside at King Farm is expanding with the proposed building of 125 new independent living apartments, 32 private assisted living memory support suites, and a Center for Healthy Living subject to approval by the Maryland Department of Aging.

Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

April, 2016 Sales, \$785,000~\$899,000



8 10216 Colebrook Avenue — \$790,000



IN APRIL 2016,
58 POTOMAC HOMES
SOLD BETWEEN
\$3,020,000-
\$517,000.

7 8812
Tuckerman
Lane —
\$800,000



3 11100
Powder Horn
Drive —
\$847,125



2 8604 Red
Coat Lane —
\$894,000



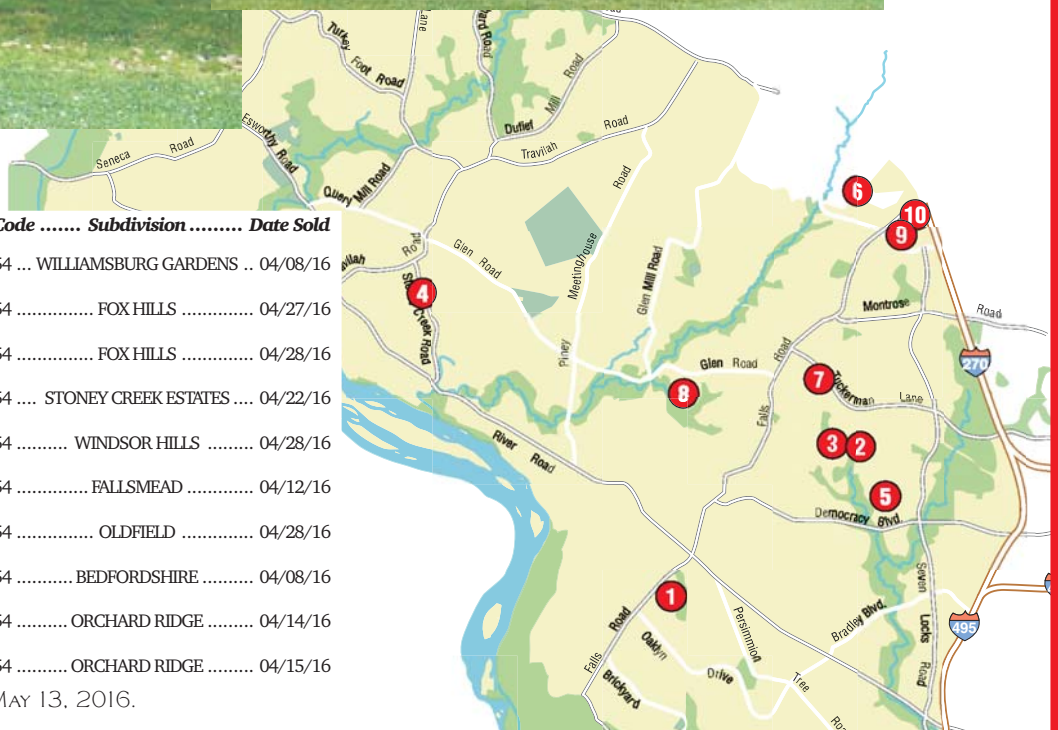
1 10404 Holbrook Drive — \$899,000



5 10501
Scarboro
Lane —
\$835,000

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 10404 HOLBROOK DR	5	2	1	POTOMAC	\$899,000	Detached	0.47	20854	WILLIAMSBURG GARDENS	04/08/16
2 8604 RED COAT LN	5	3	1	ROCKVILLE	\$894,000	Detached	0.26	20854	FOX HILLS	04/27/16
3 11100 POWDER HORN DR	4	2	1	POTOMAC	\$847,125	Detached	0.25	20854	FOX HILLS	04/28/16
4 12506 STONEY CREEK RD	5	3	1	POTOMAC	\$835,200	Detached	2.40	20854	STONEY CREEK ESTATES	04/22/16
5 10501 SCARBORO LN	4	4	1	POTOMAC	\$835,000	Detached	0.28	20854	WINDSOR HILLS	04/28/16
6 1092 PIPESTEM PL	5	3	1	ROCKVILLE	\$819,000	Detached	0.17	20854	FALLSMEAD	04/12/16
7 8812 TUCKERMAN LN	5	3	1	POTOMAC	\$800,000	Detached	0.38	20854	OLDFIELD	04/28/16
8 10216 COLEBROOK AVE	4	3	1	POTOMAC	\$790,000	Detached	0.34	20854	BEDFORDSHIRE	04/08/16
9 8 PASTURE BROOK CT	5	3	1	ROCKVILLE	\$788,000	Detached	0.22	20854	ORCHARD RIDGE	04/14/16
10 1027 WILLOWLEAF WAY	4	3	1	ROCKVILLE	\$785,000	Detached	0.22	20854	ORCHARD RIDGE	04/15/16

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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 area artists ages 17-27 to submit their application for review for Gen-Y 3.0, an exhibit focusing on young, emerging artists. \$10 application fee. Email Frank McCauley at fmccauley@visartscenter.org.

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. 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.

"Moxie: A Happenstance Vaudeville." Through July 17, 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.

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.

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.

"Jumanji." Through Aug. 28, various times at Adventure Theatre MTC, 7300 MacArthur Blvd., Glen Echo. When Judy and Peter find a mysterious old board game, they play it, hoping to alleviate their boredom. One live lion, an erupting volcano, and a dozen destructive monkeys later, the children are no longer bored. Tickets are \$19.50. Visit www.adventuretheatre-mtc.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.

CAMPS, CLASSES & WORKSHOPS
Art Explorers Open Studio. Every Saturday, 10 a.m.-12:30 p.m. at The Candy Corner Studio, 7300



The concept of "Diversions" at Waverly Street Gallery is based on artists working in alternative media. Admission to the gallery is free, and will hang through July 30. Visit www.waverlystreetgallery.com for more.

MacArthur Blvd., Glen Echo. Art activities for parents and children. Activities change weekly and there is no pre-registration; \$10 per child. Visit www.glenechopark.org/saturday-art-explorers for more.

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

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 for more.

"The Lady With the Little Dog." 8 p.m. Friday-Saturday, 2 p.m. Sunday at The Writer's Center, 4508 Walsh St., Bethesda. Two strangers in 1901 Yalta - one seeking to escape his boring Moscow routine, the other in quest of a meaningful life beyond Saratov - discover what they have been searching for in each other. Tickets are \$30, \$25 for seniors, \$15 for students. Visit qtclady.bpt.me or call 301-816-1023 for more.

JULY 8-AUG. 14

Photo Exhibit: "Vastness of Space." 12-4 p.m. Saturdays, 12-8 p.m. Sundays at Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Photographers John R. Cooper and Andrew Currie partner for this exhibit. Free. Visit www.glenechophotoworks.org.

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 vendor selling items including 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.

FRIDAY-SUNDAY/JULY 15-17

"The Lady With the Little Dog." 8 p.m. Friday-Saturday, 2 p.m. Sunday

at The Writer's Center, 4508 Walsh St., Bethesda. Two strangers in 1901 Yalta - one seeking to escape his boring Moscow routine, the other in quest of a meaningful life beyond Saratov - discover what they have been searching for in each other. Tickets are \$30, \$25 for seniors, \$15 for students. Visit qtclady.bpt.me or call 301-816-1023 for more.

SATURDAY/JULY 16

Nelson Mandela Day 2016. 12-4 p.m. at Rockville Town Square, 30 Maryland Ave., Rockville. There will be more than 10,000 free books to encourage summer reading. Also find games, music, and more. Visit www.rockvilletownsquare.com.

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 Hambo, Schottische, Swing, Tango, and Polka. Tickets are \$10. Visit www.waltztimedances.org for more.

THURSDAY/JULY 21

Shazam Magic. 11 a.m.-12 p.m. at Potomac Library, 10101 Glenolden Drive. Peter Wood's reveals artifacts and stories of his travels, feats of x-ray vision, and mysterious paper that's lighted than air. Call 240-777-0690.

FRIDAY/JULY 22

Basketball Skills Training. 5:30-7 p.m. at Scotland Neighborhood Recreation Center, 7700 Scotland Drive, Potomac. Learn basketball fundamentals and participate in basketball tournament style games. All ages welcome. Free. Call 240-777-8075.

FRIDAY-SUNDAY/JULY 22-24

"The Lady With the Little Dog." 8 p.m. Friday-Saturday, 2 p.m. Sunday at The Writer's Center, 4508 Walsh St., Bethesda. Two strangers in 1901 Yalta - one seeking to escape his boring Moscow routine, the other in quest of a meaningful life beyond Saratov - discover what they have been searching for in each other. Tickets are \$30, \$25 for seniors, \$15 for students. Visit qtclady.bpt.me or call 301-816-1023 for more.

SATURDAY/JULY 23

Music n' Motion. 11 a.m. at Bethesda

Library, 7400 Arlington Road. Join performer Tracey Eldridge for interactive musical activities including sing-alongs and story songs with puppetry. Free. Call 240-777-0970 for more.

SATURDAY-SUNDAY/JULY 23-24

Farm Tour & Harvest Sale. Various times at various locations in Montgomery County. Montgomery County celebrates its agricultural heritage by promoting local farms, and inviting patrons to partake in seasonally fresh food. Admission prices vary based on farm. Visit www.montgomerycountymd.gov/agsservices/agfarmtour.html.

JULY 23-AUG. 28

Exhibit: "Triple Vision." 12-6 p.m. Saturday and Sunday at Glen Echo Park - Popcorn Gallery, 7300 MacArthur Blvd., Glen Echo. The exhibition features works from Mimi Betz, Marylouise Roach, and Madeleine Schaller. For this show, they have prepared several paintings that are three visions of the same subject, and other paintings displaying their individual interests. Free. Visit www.glenechopark.org for more.

"Rising Scaffold."

12-6 p.m. Saturdays and Sundays at Glen Echo Park - Stone Tower Gallery, 7300 MacArthur Blvd., Glen Echo. This site-specific installation of wire sculpture emerges from the floor of the Stone Tower Gallery to make a rising tide of dimensional linework. Free. Visit www.glenechopark.org for more.

"Movement and Balance: Abstract Drawings of an Internal Life."

12-6 p.m. Monday-Saturday at Glen Echo Park - Park View Gallery, 7300 MacArthur Blvd., Glen Echo. Each piece is an expression of an internal personal challenge that is described through a multi-layered tableau. The use of rhythm, movement and balance helps to illustrate each story. A solo exhibit by Heidi Sheppard. Free. Visit www.glenechopark.org.

FRIDAY-SUNDAY/JULY 29-31

"The Lady With the Little Dog." 8 p.m. Friday-Saturday, 2 p.m. Sunday at The Writer's Center, 4508 Walsh St., Bethesda. Two strangers in 1901 Yalta - one seeking to escape his boring Moscow routine, the other in quest of a meaningful life beyond Saratov - discover what they have been searching for in each other. Tickets are \$30, \$25 for seniors, \$15 for students. Visit qtclady.bpt.me or call 301-816-1023 for more.

LET'S TALK Real Estate



by Michael Matese

Think Right to Live Right

In order to guarantee your success and satisfaction; follow the well-trodden advice rendered by thousands of successful home-owners and investors. Use these guidelines to prepare your mind for the process and outcome of buying a home.

Adjust your Headspace to find your ideal Living-space

First, you must concede that clichés are well circulated for good reason. Location, for example, is indeed of centrifugal importance when selecting and bidding on a home. Ask yourself before the process sucks you in; Do you like the area, and the schools? Does it have the important features you want? Where do you work, and how does the transportation scenario look? These things may seem secondary to aesthetics in the beginning, but in the long run they are the key factors in a happy life.

Second, consider that not all amenities are created equal. Square footage can look very different depending on layout, and a pool in Arizona reaps far more return on investment than one in Michigan. Avoid disqualifying or unnecessarily seeking property based on stringent criteria. Otherwise you may find yourself either pleasantly or unpleasantly surprised. Third, keep an open mind, and always make decisions based on the future. A home is a huge purchase that requires care and patience. Carpet can be replaced, but the essence of a home is as fixed as your mortgage payment.

Lastly, be realistic, trust your gut, and don't get discouraged. You may have to look for some time before you locate that perfect home, but it is far better to look and remain optimistic than to settle and squirm under the burden of an unwanted mortgage. If a home does not "feel" right, trust yourself, and remember that this is a real-world decision, so holding out for the "deal of the century" is as fruitless as jumping at the first opportunity that comes along.

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POTOMAC ALMANAC

Strategies for Preventing Concussions This Summer

Local physician is pioneering traumatic brain injury treatment.

BY MARILYN CAMPBELL
THE ALMANAC

Summer has been dubbed trauma season by health care professionals. Warm temperatures make swimming, biking, hiking, waterskiing and other outdoor activities irresistible during the summer, but this also means a rise in concussions and other injuries. In fact, every 19 seconds someone in the United States sustains a traumatic brain injury (TBI).

The National Institutes of Health define a concussion as a mild traumatic brain injury caused by an external force, such as a blow to the head. Symptoms can include a headache or neck pain, nausea, ringing in the ears, dizziness, or fatigue, while serious symptoms include seizures, trouble walking or sleeping, weakness, numbness, or decreased coordination, repeated vomiting or nausea, confusion, and slurred speech.

Michael Lewis, M.D. is the president of the Brain Health Education and Research Foundation in Potomac. Lewis, who retired from the U.S. Army after more than 30 years

of service, is dedicated to improving public health. He spent the last five years of his military career working on nutritional interventions to help prevent and treat brain injuries from physical and psychological trauma.

His interest in brain injury treatment was sparked by the 2006 explosion at the Sago coal mine in Sago, W.Va. The blast and collapse trapped 13 miners for nearly two days.

"Only one guy survived," said Lewis. "They used high dose omega-3 fish oil to help his brain recover from carbon monoxide poisoning. I wondered if it would help soldiers recover from traumatic brain injury. I put together a program to do that kind of research for the military. How can we improve from the inside out for any soldier or athlete who is at risk for head injury?"

Lewis' focus is on the clinical use of omega-3 fatty acids for the prevention, acute treatment, and rehabilitation of brain injuries from traumatic brain injury and concussions, stroke, PTSD, and other conditions.

On a more personal level, Lewis' 16-year-old son Isaac attends Winston Churchill High School and plays two sports often associated with concussions: football and lacrosse. Lewis says his son has never sustained a concussion, but he is working with the school's athletic staff on strategies to prevent concussions among athletes. He



COURTESY OF MICHAEL LEWIS

also makes sure his son takes fish oil every day.

"The value you get from sports far outweighs the risks, but we should mitigate the risks as much as possible," Lewis said. "I implement this with my own 16-year-old son." He also advises his patients to "take a fish oil supplement every day or eat good sourced salmon."

Symptoms of a concussion might not be immediately apparent. "The more subtle symptoms are those that appear days or weeks after an injury," said Lewis. "The personality might change, a person might become more irritable, have brain fog or have trouble thinking, or their head feels like it's stuffed with cotton."

Among the signs that one might have sustained a concussion are a "loss of consciousness, followed by marked confusion," said Robert Wade, Ph.D., dean of Nursing, Northern Virginia Community College's Medical Education Campus, "Most likely a headache too."

No two injuries are the same. "Each concussion is different, which means the same child could have different symptoms during different concussions," said Ryan Wildenhain, head of Sports Medicine at Marymount University.

When students are back in school, parents should watch for another common indicator of concussions in student athletes.

More

For more information on concussion prevention see www.cdc.gov/headsup/

"One of my warning signs are grades that are falling off," said Lewis. "A straight 'A' student whose grades drop is a warning sign. A good kid who all of a sudden becomes irritable should prompt questioning. Kids are not always good at telling, they tend to want to play through it — it's part of our culture."

Wearing proper protective equipment is recommended as a way to prevent concussions. "Minimizing the risk of a child sustaining a concussion is extremely difficult and dependent on the type of activities the child does," said Wildenhain. "Every child should be properly educated on how concussions occur, the signs and/or symptoms of a concussion, and how to avoid dangerous situations for the specific activity they intend to do."

Lewis warns that even protective equipment isn't foolproof.

"Even if you're wearing a football, hockey or motorcycle helmet, when you hit something, another helmet or another head, it causes injury," he said. "If coaches see anything that is any way questionable they should get them off the field and out of harm's way."

I think it's a parent's duty to stop the game and pull the kid out of a game if they see something that a coach doesn't see or doesn't respond to."

NEWS BRIEFS

Consumer Protection Relaunches Tip Line

Montgomery County residents can now file consumer complaints electronically. This new, online system makes it easier for consumers to request that the Office of Consumer Protection (OCP) investigate disputes regarding most consumer transactions.

At the same time, OCP is relaunching its 24-hour tip line to receive anonymous tips, suggestions, comments, and/or feedback regarding any consumer protection issues. Consumers and merchants are encouraged to call 240-777-3681 to leave a consumer-related message for OCP director Eric Friedman.

The online complaint tracking and case management system offers a way for consumers to report problems and seek assistance regarding auto repair and sales, home improvement, new home warranties, retail sales and advertising, collection practices, home services, towing, and more.

OCP is responsible for enforcing consumer protection laws prohibiting unfair and deceptive business practices to ensure a fair marketplace for consumers and businesses. OCP engages in complaint investigation and resolution, consumer education and outreach, and advocacy and legislation. OCP licenses all auto repair shops, towing firms, new home builders, appliance repair shops, and pawn/consignment stores. OCP provides expert mediation services, video



Corporate Award

Representatives from the Manna Food Center, Ahold USA and Giant Food gather at Manna Food Center's Heroes Against Hunger Awards dinner. The Food Center recognized Giant Food with the Heroes Against Hunger Corporate award for its sustaining partnership with Manna. The partnership, which dates back to Manna's inception in 1983, has ensured more than 100,000 pounds of yearly food donations through food drives at 27 of Giant's Montgomery County stores. From left are Jamie Miller, manager, Public and Community Relations, Giant; Jackie DeCarlo, executive director, Manna Food Center; Deanna Marion-Wilson, district director, Giant; Thomas Cormier, director of Government Affairs, Ahold USA and former board member, Manna Food Center. To learn more about the services and impact of Manna Food Center visit www.mannafood.org.

alerts and information on cable TV, and assistance from a dedicated team of investigators and volunteers.

For more information about the Office of

Consumer Protection, call 240 777-3636, or 311, or visit the website at www.montgomerycountymd.gov/consumer.

Bass Joins Willco

Barry Bass has joined Willco as a managing director to lead its capital markets effort. He will focus on expanding Willco's capital markets activities by sourcing new forms of capital for Willco and its various investment platforms, one of which is a new discretionary fund that will begin investment activities in late 2016. In addition to his other responsibilities, he will co-manage this new fund vehicle.

Bass was most recently with Carr Properties, where he was CFO and helped to grow the company's infrastructure and business platform, including facilitating Alony-Hetz's initial investment in the company in 2013.

Prior to Carr Properties, he was the CFO of First Potomac Realty Trust, where he helped to complete their initial public offering in 2003. Barry has also held positions at Legg Mason, the Artery Group, and Winthrop Financial in Boston.

Willco Companies is a developer, owner, investor, and manager of commercial real estate in the Washington, D.C. area, with a current portfolio of approximately three million square feet and an additional eight million square feet of potential new development.

For more information, visit www.willco.com

WELLBEING

Healthy Summer Entertaining

Tips for serving bounty of tasty, fresh produce.

BY MARILYN CAMPBELL
THE ALMANAC

While summer means weekends filled with trips to the beach, backyard grilling and al fresco dinner parties, the food that accompanies these gatherings is often laden with fat and calories (think ice cream, potato salad, hot dogs, s'mores and summer cocktails) and can wreak havoc on a healthy balanced diet.

"Summer here is by the far the best time for food in the Mid-Atlantic region and it goes all the way through September," said Nick Phelps of From the Farmer. "Unfortunately, that's when most people are out of town."

An online food delivery company, From the Farmer delivers fresh, primarily local produce, sustainable meats and artisanal pantry items to clients in Maryland and Northern Virginia, including Arlington, Alexandria and Fairfax County.

"Summer here is by the far the best time for food in the mid-Atlantic region and it goes all the way through September."

— Nick Phelps of From the Farmer

Phelps recommends serving plenty of fresh fruit when planning summer entertaining. Fruit has a high water content and is not only refreshing, it's also filling and can satisfy a craving for sweets. "The most exciting [locally grown producer] are fruits like peaches and plums, which come out mid-summer," Phelps said. "There are still some spring produce like strawberries and blueberries."

Summer ushers in fresh vegetables that are bursting with color and packed with fiber. Eating them raw or cooked minimally helps preserve the amount of fiber and vitamins.



PHOTO COURTESY OF TERRI CARR

Seasonal cherry tomatoes, basil, olives and parmesan cheese are combined to create a healthy summer salad.

"I think entertaining is easier during the summer," said Terri Carr of Terri's Table in Potomac. "There's so much available that can be cooked or prepared easily, and there's just so much that you can do with the produce and the fresh herbs that we have in season now."

The bounty even yields alternatives to ubiquitous ice cream. "You can make sorbet with fruit and beautiful berries," said Carr. "With heirloom tomatoes, it'll be a Caprese salad or gazpacho, and I have a tomato torte that's made with a lot of basil."

Carr will demonstrate her favorite summer cooking techniques and recipes in her class that teaches how to cook for hot weather. She advocates avoiding heavy dishes in favor of "healthy and beautiful combinations that can create a protein-rich and satisfying main course." Using the best of the season's bounty, Carr will use ingredients such as fish, chicken, tomatoes and a variety of greens to show others how to create delicious salads.

Her focus on healthful eating extends beyond her classroom. "I often grill salmon and vegetables," she said.

"Or I make a big bowl of pasta with heirloom tomatoes and peppers. I love entertaining in the summer. It doesn't take as much skill and it certainly doesn't take as much time."

More

From The Farmer
<https://shop.fromthefarmer.com/>

SCHOOL NOTES

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

Nicole Gottret Murillo graduated from The Georgia Institute of Technology (Atlanta, Ga.) with a Bachelor of Science in industrial engineering.

Potomac residents Emily Matthews and Nisha Parikh graduated from the University of the Sciences (Philadelphia, Pa.) on May 25.

Matthews earned a Doctor of Physical Therapy degree cum laude and Parikh earned a Doctor of Pharmacy degree with a minor in pharmaceutical and healthcare business.

Potomac residents John Andjaba, Sarafina Arthur-Williams, Victoria Barry and Tim Nardi were named to Mount St. Mary's University (Emmitsburg, Md.) dean's list for the spring 2016 semester.

The following students from Potomac graduated from the University of Vermont (Burlington, Vt.): Zachary Byers graduated with a Bachelor of Science in business administration; Aswini Cherukuri graduated with a Bachelor of Science in wildlife and fisheries biology; Alejandro Guzman-Vogele graduated with a Bachelor of Arts in economics; Hannah Klein graduated with a Bachelor of Science in film and television studies;

Katherine Silber graduated with a Bachelor of Science in animal sciences; Julie Silverberg graduated with a Bachelor of Science in exercise and movement sciences; and Jacqueline Tauberman graduated with a Bachelor of Science in animal sciences.

The following Potomac residents have been named to the dean's list at Clemson University (Clemson, S.C.) for the spring 2016 semester: Todd Michael Erickson, majoring in graphic communications; Julianna Leslie Klein, majoring in secondary education; and Brittany Renee Testa, majoring in parks, recreation and tourism management.

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7/27/2016..... Connection Families: Our Pets

AUGUST

8/3/2016..... Wellbeing

8/10/2016..... HomeLifeStyle

8/17/2016... A+ Camps & Schools – Back to School – Private Schools

8/24/2016... Newcomers & Community Guide Pullout

8/31/2016..... Connection Families: Enrichment, Care & Back to School

SEPTEMBER

Labor Day is September 5

9/7/2016..... Wellbeing

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Stop The Presses!



By KENNETH B. LOURIE

And cancel the third shift. My constant (lifelong) craving for sugar seems to have subsided since my last chemotherapy infusion. Typically, for a week to 10 days after my Friday infusion, food doesn't appeal to me. Even chocolate (in particular) and sweets in general do not affect the eating challenges I experience during this near fortnight. Usually, the pattern, going on 18 months or so now, is after 10 days, give or take, my interest in food returns and it's Katie-bar-the-door as I ravage the house looking for food that I had neglected the previous 10 days. To say I'm hungry after a week of not eating is to disrespect the obvious. There's not a word that accurately characterizes how I'm feeling when the urge to splurge finally returns. Suffice it to say, it's not safe for food to be around me. And the food which is most often around me are from Kenny's four major food groups: cake, cookies, candy and ice cream.

But not this time. Actually, let me be honest: not nearly as much as usual and way below what anyone who knows me would consider normal for me. As of Saturday, two-plus weeks out from my last infusion, in the house I have zero cookies, zero candy, zero cake and some ice cream – from approximately three weeks ago, which remains frozen and untouched in my freezer, which in and of itself is a miracle. In fact, ice cream has probably never been in my freezer longer than a week – cumulatively, in my entire life. Yet, when I open the freezer door now, to check inventory, there sits two Ben & Jerry's pints, one Breyer's quart and a half and two boxes of Dove Bars (six bars total), missing only two bars since its purchase. This kind of availability is foreign to me and speaks to the depth of my distaste and disinterest in all things sweet/chocolate. No doubt, if you believe many of the professional opinions, cancer patients need to reduce their sugar intake. Could it be that after seven-plus years of treatment, my brain has finally gotten the message and taken over – or been affected/instructed somehow, and told my receptors to stop being receptive to sugar?

If so, alert the authorities because there's going to be a bump in the unemployment rate next month. M&M Mars, Nabisco, Entenmann's, Hostess Brands, Tastykake, Little Debbie and NECCO (New England Confectionary Company) among a few other miscellaneous selections will be cutting staff. And if my lack of sugar craving continues, the drop will be precipitous. As Muhammad Ali said back in the day (about his boxing prowess): "It ain't bragging if it's true." Well, I ain't bragging, either.

Now don't get me wrong, when in the supermarket, I'm still making my usual rounds through all my familiar aisles and taking note as I walk. But for some inexplicable reason, this particular post-chemo week, I don't have – to quote a singing Tom Cruise and Val Kilmer from their 1986 movie "Top Gun," "that loving feeling." It seems/feels as if I've actually lost it. And though not consuming mass quantities of sugar would certainly be bad for the cancer cells – who do crave it (and good for my overall health), it definitely doesn't help the snack food/dessert industry. But I suppose I can't really worry about that. I have bigger problems: stage IV, non-small cell lung cancer. I don't anticipate that my current aversion to sugar will last, but in an odd way I'm enjoying my new-found freedom. Every minute of my life is now not spent thinking about eating and/or avoiding chocolate. To invoke a Moe Howard (of The Three Stooges) line from a classic two-reeler: "What an experience!" (Although, he was talking about changing his socks.) So too has this been an experience. One I hope which doesn't continue for much longer.

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

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THE CONNECTION NEWSPAPERS

Lottery for Farmer's Market Coupons

A limited number of free farmer's market coupon books worth \$30 will be distributed by lottery to low-income seniors in Montgomery County on Thursday, July 7 at 10 a.m. The coupon books are available to Montgomery County residents age 60 years and older whose income is less than \$21,978 (family of one).

The coupons may be used at farmer's markets in Montgomery County and participating markets in the District of Columbia until Nov. 1, 2016.

The lottery for the coupon books will be held at the following locations:

- ❖ Elizabeth House, 1400 Fenwick Lane, Silver Spring, MD, 20910
- ❖ Gaithersburg Senior Center, 80A Bureau Drive, Gaithersburg, MD 20878
- ❖ Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton, MD 20901
- ❖ Long Branch Community Center, 8700 Piney Branch Road, Silver Spring, MD 20901
- ❖ Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850
- ❖ Waverly House, 4521 East West Highway, Bethesda, MD 20814

For more information, call 240-777-3810.

Shopping Center Hosts Free Yoga

Cabin John Shopping Center and Mall is hosting free yoga classes each Saturday morning, 9-10 a.m. The classes are led by instructors from Blue Heron Wellness in Silver Spring and are open to people from beginner to experienced. Classes will continue through the end of September.

The classes are held in a grassy area behind Lahinch Tavern & Grill located at 7747 Tuckerman Lane, Potomac. Participants are encouraged to bring a mat and enjoy a morning of stretching and movement. Classes are weather dependent so check the center Facebook page at <https://www.facebook.com/ShopCabinJohn/>

Resources Online For Older Drivers

Montgomery County has launched "Explore Older Driver Resources," a new webpage for older residents and their families. The page includes information about driving safely as well as alternate transportation options for those who prefer to limit or cease driving.

The new webpage offers a variety of information:

- ❖ How do you feel about letting someone else do the driving? (Lists local resources to support those who decide to reduce time driving.)
- ❖ Concerned about loved ones on the road? (Suggests resources to support family conversations regarding transitioning away from driving.)

See <http://www.montgomerycountymd.gov/senior/older-driver-resources.html>.

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