

Potomac ALMANAC

Paddling through Nature

NEWCOMERS & COMMUNITY GUIDE, INSIDE

Two people paddling in a kayak and canoe are framed by the locks of the C & O Canal Historical Park.

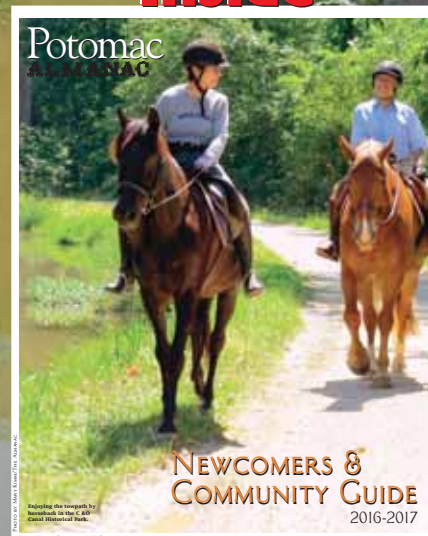
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**NEWCOMERS
& COMMUNITY GUIDE**

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.

Detectives Investigate Drowning

Detectives from the Montgomery County Police Major Crimes Division continue to investigate a drowning in the Potomac River that occurred on Aug. 16.

At approximately 6:10 p.m., 2nd District officers along with Montgomery County Fire and Rescue personnel responded for the possible drowning of an adult male in the Potomac River near Great Falls.

Witnesses told investigators that the victim waded into the water when he slipped and was taken under the water by the strong current and undertow. Officers were told that the victim did not know how to swim.

Montgomery County Police search and rescue officers along with Montgomery County Fire and Rescue personnel began a search and rescue operation but could not locate the victim that evening. Search operations continued on Aug. 17 but the victim was not located.

On Aug. 18 at approximately 11:30 a.m., a kayaker called 9-1-1 reporting a body in the water. MCP along with Montgomery County Fire Rescue responded to the Potomac River between Offutt island and the Maryland shoreline and located the victim. The victim was pronounced deceased at the scene.

The victim is identified as Abdul Qadir, age 28, of the 6200 block of Fernwood Terrace in Riverdale.

THROUGH AUG. 30

Pop-up Rabbi. Dates, times and locations vary. Interested in chatting with a rabbi, or have a question? Rabbi Adam Raskin of Congregation Har Shalom invites community members to join him for a cup of coffee. Free. Contact Carly Litwok at carly@harshalom.org or 301-299-7087. Visit www.harshalom.org for more.

❖ Thursday, Aug. 25, 2:30-4:30 p.m. Aroma Espresso Bar, Westfield Mall, 7101 Democracy Blvd.

❖ Tuesday, Aug. 30, 2:30-4:30 p.m. Starbucks at Barnes & Noble, Montrose Crossing, 12089 Rockville Pike.

THURSDAY/SEPT. 1

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.

THURSDAY/SEPT. 8

Morning Coffee. 10-11:30 a.m. at Corner Bakery, Westlake Drive, near Montgomery Mall, Bethesda. Potomac Community Village hosts, open to all, to meet, chat with other Potomac neighbors about ideas, plans to age in place in our own Potomac homes. Free to attend, pay for own beverages and food. Contact Nelly Urbach at info@PotomacCommunityVillage.org or 240-221-1370, or visit www.PotomacCommunityVillage.org.

SUNDAY/SEPT. 11

50+Expo. Noon-4 p.m. at Silver Spring Civic Center, 1 Veterans Place, Silver Spring. Expo features expert speakers, health screenings, informative resources, technology education, and entertainment for older adults and their families. Free. Call 301-949-9766 or visit www.theBeaconNewspapers.com/50-expos.

SUNDAY/SEPT. 18

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.

THURSDAY/SEPT. 22

Aging in Place. 7-9 p.m. Potomac Community Village hosts an open-to-all program on "National Policies to Promote Aging in Place," a look at new federal legislation, with aging-in-place expert and Potomac resident Louis Tenenbaum. Free. Contact Joan Kahn at info@PotomacCommunityVillage.org or 240-221-1370. Visit www.PotomacCommunityVillage.org for more.

JULY-SEPTEMBER

Plant Clinic. 10 a.m.-1 p.m. at Davis Library, 6400 Democracy Blvd., Bethesda. During the 2016 growing season Montgomery County Master Gardeners will answer gardening questions at walk-in Plant Clinics located around the County. Bring full and intact plant and insect samples, garden problems and questions and get free answers.

THURSDAY/OCT. 20

The Mediterranean Diet. 7-9 p.m. Potomac Community village hosts open-to-all program on "The Mediterranean Diet and its Benefits," with cookbook author Amy

Riolo. Free. Contact Joan Kahn at info@PotomacCommunityVillage.org or 240-221-1370. Visit www.PotomacCommunityVillage.org for more.

FRIDAY-SUNDAY/OCT. 28-30

Camp Erin is one of the largest national bereavement programs for youth grieving the death of a significant person in their lives. Hospice Caring is joining a network of 46 Camp Erin locations enabling the organization to serve a larger number of campers in a wider age-range. This session is exclusive to teens (ages 13-17). The program is free and the application is available at www.hospicecaring.org/camp-erin.html.

GUIDE DOG FOSTERS NEEDED

Guiding Eyes for the Blind - Montgomery Region is looking for volunteers to foster and train future guide dogs. Volunteers will foster a specially bred guide dog for 14 months, attend bi-monthly training classes, and teach the pup house manners, people skills and socialization within the community. Dog crates, training equipment and monthly medications are provided. Contact Margie Coccodrilli at 301-869-2216 or gebraiser@comcast.net or visit www.guidingeyes-md.org.

SUPPORT GROUPS

Suicide Grief Support Group. At JSSA, 6123 Montrose Road, Rockville. This ongoing bereavement support group is for those who have lost a loved one to suicide. This group meets every first and third Monday. No charge. Pre-registration is required to attend. Call 301-816-2708.

Adult Bereavement Groups. Dates and times vary depending on group members. Hospice Care, 518 S. Fredrick Ave., Gaithersburg. Peer driven support groups in those in need of support. Free. Contact Penny Gladhill at 301-990-8904, or Pennyg@hospicecaring.org.


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Biking 192 Miles for Cancer Research

Potomac resident completes Pan Mass Challenge.

BY ASHLEY CLAIRE SIMPSON
THE ALMANAC

During the first weekend of the month, in some of the hottest weather that the East Coast has experienced in recent memory, Potomac's Christopher Deraleau cycled 192 miles to raise money for the Dana-Farber Cancer Institute in Boston. While Olympic athletes racked up medals this August, Deraleau raised nearly \$5,000 and cycled across the Massachusetts as part of the Pan Mass Challenge (PMC), a 26-year-old bike-a-thon.

"I biked 192 miles over 12 hours riding time and about 14 hours total including stops and lunches," Deraleau said. "I initially decided to do the Pan-Mass because I grew up in Massachusetts and Connecticut and I have family still there. My grandmother is a three-time cancer survivor and her last treatment was at Dana-Farber. It's a great cause in general. Dana-Farber has a lot of pull up there."

Since starting in 1980, this event has raised approximately \$500 million for Dana-Farber, according to its website, which also states that every "rider-earned" dollar goes toward the Jimmy Fund, for adult and pediatric patient care and cancer research. Altogether, this year's 37th PMC set out to raise \$46 million. So far, the event has raised about \$36 million.

Fundraising began at the beginning of the year, when cyclists signed up for the event, and will go through October. Deraleau has surpassed his own initial goal, but he will continue to collect money for Dana-Farber's Jimmy Fund through the fall.

"At this point, I've exceed my fundraising goal through the generous donations of family and friends," Deraleau said. "That doesn't mean I've stopped trying to raise

more. Every penny goes direct to the Jimmy Fund, and as such to cancer research and treatment via the Dana Farber Cancer Institute in Boston."

The PMC designates 12 different bicycle routes that cyclists can choose from, ranging from 25 miles to 192 miles. Depending on the chosen route, cyclists either ride for one day or two days. Deraleau pursued the PMC's hallmark and longest route, which went through 46 towns — starting in the eastern Massachusetts town of Sturbridge and ending in Provincetown, at the tip Cape Cod. Saturday and Sunday both started at 5:30 a.m. and it all finished by Sunday, Aug. 7 at 5 p.m.

"Every year, we are blown away by the commitment the riders and volunteers make to the PMC in the hopes of one day eradicating cancer."

— Billy Starr, Founder and Executive Director, Pan Mass Challenge

"A lot of the ride is on two-lane rural state highways," Deraleau said. "You get pretty close to Rhode Island at one point, but you never cross into it. As for finishing, there are no prizes, no podiums, no losers or winners in the PMC. It's not as much a race as it is a rolling tribute, to those who battle cancer, by those who are willing to push themselves to their own limits to support those fighters."

There were 6,000 riders in this year's PMC, hailing from 39 states plus the District of Columbia, as well as from six total countries, according to statistics that Deraleau received from Billy Starr, PMC founder and executive director.

As part of the Maryland faction, Deraleau rode with a team from Baltimore County



TONY ESTRADA PHOTO/COURTESY OF CHRISTOPHER DERALEAU
Christopher Deraleau participates in the Pan Mass Challenge to raise money for the Dana-Farber Cancer Institute in Boston.

called the Whistle Blowers, named after a London police whistle that the team members would blow during the ride for identification purposes.

"My father has volunteered for years for PMC, and set me up with the Whistle Blowers," Deraleau said. "I met quite a few people I will stay in touch with. I didn't really know them personally prior to the challenge, but after spending two days riding across Massachusetts with them, we ended up as friends."

Starr said that the type of friendships forged at this event is part of the reason that PMC is so special and so successful in the quest to raise life-saving funds for

Dana-Farber.

"Every year, we are blown away by the commitment the riders and volunteers make to the PMC in the hopes of one day eradicating cancer," Starr said. "New faces become familiar ones, strangers become family, and it's this special and unique camaraderie that makes the PMC such an emotional and unforgettable experience year after year. Here's to another year in the books, to reaching another fundraising milestone, and to another step taken toward helping Dana-Farber find a cure."

While Deraleau may have been one of the new faces at this year's PMC, this was not his first charity ride of considerable distance. He said there was nothing fancy about his training, though it was clearly effective when it came time to jump in the saddle on Aug. 6 and 7.

"After two years of training for other long distance charity rides, I've found my training entirely consists of just riding," he said. "There's really no substitute for riding miles and spending time on your bike. I personally tried to get out and ride 50-100 miles every weekend with various organized cycling groups in the area from around April up until the PMC. Toss in a few evening rides of 20-30 miles by myself through Potomac, and that's about it."

Deraleau said PMC was an incredible experience, and he hopes to be back in 2017.

"It's an absolutely ginormous ride," he said. "It's a very surreal experience. There are people in all these towns you ride through, handing out water and many of them have benefitted from Dana-Farber. In one town, every resident was out celebrating us. The high school marching band was even out. It was also amazing to meet volunteers who were cancer survivors, as well as other riders. Every element of this experience was just amazing."

Celebrate National Park Service's Centennial

Great Falls Tavern Visitor Center hosts birthday party.

Thursday, Aug. 25, will kick off a Centennial celebration for the Chesapeake and Ohio Canal National Historical Park (C&O) at Great Falls Tavern Visitor Center at 11710 MacArthur Blvd., Potomac. To celebrate the Centennial, all National Park entrance fees are waived from Aug. 25-28.

Thursday, Aug. 25 NPS 100th Birthday Celebration

11 a.m.-noon: Free mule-drawn Canal boat ride. This hour-long ride is limited to the first 60 people.

12:15 p.m.: Ranger Talk will highlight the first 100 years of the National Park Service

12:30 p.m.: Blow out the candles on the NPS birthday cake and share in a piece of cake.

1-1:30 p.m.: Seasonal staff and volunteers will present a Canal-era fashion show.

The celebration will also include a photo booth for visitors to remember their visit and a giant birthday card to commemorate the event.

Saturday, Aug. 27, rain date Aug. 28 Dog Days of Summer Celebration

9-11 a.m.: Guided nature hike exploring area near Great Falls led by author of the book "Potomac Pathways," Napier Shelton.

11:45 a.m. and 2:15 p.m.: The Washington Revels Maritime Voices will perform. The Revels will present traditional songs of the C&O Canal and other canal waterways of America, as well as some songs of the sea and shore.

12-4 p.m.: Book signing at the Visitor Center by Napier Shelton, author of the book Potomac Pathways.

Sunday, Aug. 28 Dog Days Celebration

12:15 p.m.: Ranger program will feature stories of the ice houses along the Canal.

1-3 p.m.: Historic ice cream-making demonstrations.

4-4:30 p.m. Seasonal staff and volunteers will present a Canal-era fashion show.

All events will take place at the Great Falls Tavern Visitor Center.

These events and all ranger programs are free and open to the public. mule-drawn canal boat rides are also offered at 11 a.m., 1:30 p.m. and 3 p.m., Friday, Saturday and Sunday. Prices are \$8 for adults (ages 16-61), \$6 for seniors (ages 62-plus), and \$5 for children (ages 4-15). Children aged three and under ride free.

Visit www.nps.gov/choh or www.facebook.com/chesapeakeandohiocanal/

Join in the conversation this summer with #CandOcanal #great falls #towpath #mules #potomac #NPSCentennial. Call 301-767-3714 for more information.

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.

For professional advice on all aspects of buying and selling real estate, call:

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Mike@michaelmatese.com

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

"Peter and the Wolf." Through Aug. 28, various times at The Puppet Company – Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Staged with half life-sized marionettes, Peter and the Wolf is a one-man show based on Prokofiev's popular tale of good versus evil. Tickets are \$12. Visit www.thepuppetco.org for more.

"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.

Exhibit: "Triple Vision." Through Aug. 28, 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." Through Aug. 28, 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." Through Aug. 28, 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 for more.

Exhibit: "Words Symphony I." Through Aug. 31 at E9 Gallery, 10116 Lloyd Road, Potomac. View a collection of Persian calligraphy by artist Bahman Panahi. Free. Visit www.exhibit9gallery.com for more.

Call for Project Proposals. Through Sept. 6, midnight. F.E.A.S.T. at

VisArts 2016 (Funding Emerging Art with Sustainable Tactics) is a bridge between artists and the community. Artists, thinkers, and organizations are invited to submit proposals for funding up to \$1,000. Project proposals will address the theme of "Future Framers: Envisioning Rockville in 2040." Visit www.visartsatrockville.org for more.

Photoworks: "Earth, Water, and Air." Through Sept. 25, 1-4 p.m. Saturday, 1-8 p.m. Sunday at Photoworks Gallery – Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Three artists, Leslie Kiefer, Rebecca Clews, and Caroline Minchew, explore the elements via photography. Free. Visit www.glenechophotoworks.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.

Accepting Submissions: Bethesda Songwriting Contest. Through Nov. 4. The Bethesda Arts & Entertainment District announces the third annual Bernard/Ebb Songwriting Awards. The adjudicated competition is seeking the best, up-and-coming, local songwriters and will award one talented songwriter a Grand Prize of \$10,000. Visit www.bethesda.org to apply.

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

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

Weekly Swing Dance. Saturdays, 8 p.m.-midnight. The DC Lindy



Exhibit9 Gallery will showcase the work of Persian calligrapher Bahman Panahi through Aug. 31. Attend the reception and view a short film on Friday, Aug. 26. Visit www.exhibit9gallery.com for more.

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.glenechopark.org for more.

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

Contra and Square Dance. Fridays

and Sundays 7-10:30 p.m. in the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. The evening can include square dances, mixers, waltzes and other couple dances. All Contra and Square dances are taught, no partner necessary. Lessons at 7 p.m., followed by the called dance with live music at 7:30. \$13 for nonmembers, \$10 for FSGW members, \$5 ages 17 and under. Visit www.glenechopark.org or call 301-634-2222 for more.

Late Night Comedy. Fridays (open mic night) and Saturdays (established comedians) at Benny's Bar & Grill, 7747 Tuckerman Lane, Potomac. Benny's is open 8 a.m.-1 a.m. Fridays and Saturdays. Visit www.BennysBarGrill.com.

Drop in Art Activities. Every Saturday 10 a.m.-12:30 p.m. in the Candy Corner Studio at Glen Echo

Want to age in place, in your Potomac home, independently?



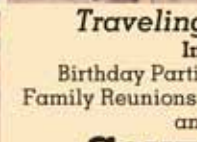
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ENTERTAINMENT

Park, 7300 MacArthur Blvd., parents and children can explore a new art form or theme. \$10/child, parent combo. Drop-in only. Visit www.pgip.org for more.

Art Glass Center. Ongoing exhibitions feature work of resident artists. Sculpture, vessels, functional art and jewelry for sale. Classes are taught year-round for beginner, intermediate and advanced students at Glen Echo Park. Visit www.artglasscenteratglenecho.org for more.

Yellow Barn Studio & Gallery. Saturdays and Sundays, 12-5 p.m. The Yellow Barn Studio & Gallery presents free exhibitions of emerging artists' work. Each weekend features the work of a different artist. Most artwork is also for sale. Visit www.yellowbarnstudio.com for more.

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

Potomac Games Group. Wednesdays, 6:30 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. The world is in the midst of a Golden Age of new board and card games for players of all ages. Free. Contact event host Randy Hoffman at 412-983-5411 or wrandyhoffman@gmail.com for more.

THURSDAY/AUG. 25

100th Birthday Celebration at Historic Great Falls Tavern. 12:15 p.m. at Great Falls Tavern, 11710 MacArthur Blvd., Potomac. Join the Centennial Celebration as

the National Park Service turns 100 years old. Listen to a Ranger-led talk and eat cake and ice cream. Free, plus parking fee. Call 301-767-3714 for more.

FRIDAY/AUG. 26

Paper Source: "Incredibly Awesome Card Crafting." 6-8 p.m. at Paper Source Bethesda, 4805 Bethesda Ave., Bethesda. Learn to stencil, stamp, heat emboss, paint, line envelopes. Visit www.papersource.com for more.

Reception: "Words Symphony I." Through Aug. 31 at E9 Gallery, 10116 Lloyd Road, Potomac. View a collection of Persian calligraphy by artist Bahman Panahi. Tickets are \$15. Visit www.exhibit9gallery.com for more.

SATURDAY/AUG. 27

Dog Training by Imitation. 2-4 p.m. at Your Dog's Friend, 6030 Grosvenor Lane, Bethesda. Learn about the training method called "Do As I Do" created by Italian PhD ethologist Claudia Fugassa. Expert trainer Lisa Marino and her dog Spumoni will demonstrate this training technique. Free. Visit www.yourdogsfriend.org/free-workshops/ or call 301-93-5913.

Reception & Gallery Talk: "Earth Water Air." 4-6 p.m. at Glen Echo Park - Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Three local photographers work to capture the mystery and movement of the natural world. Free. Visit www.glenechophotoworks.org for more.

SATURDAY-SUNDAY/AUG. 27-28

Dog Days of Summer on the

Canal. 10 a.m.-4 p.m. at Great Falls Tavern, 11710 MacArthur Blvd., Potomac. Musical entertainment and interpretation about the ice house near Historic Great Falls Tavern. Free, plus parking fee. Call 301-767-3714 for more.

SUNDAY/AUG. 28

Eye Run for POB. 8-11 a.m. at Westfield Montgomery Mall, 7101 Democracy Blvd., Bethesda. The Prevention of Blindness Society of Metropolitan Washington® (POB) will host the 3rd annual Eye Run for POB 5K and fun run, featuring a Vision Health Fair and Kids Camp activities for the whole family. Attendees can visit the Vision Health Fair for free vision screenings, resources for individuals with impaired sight, and information about eye health and safety. Children are invited to join beloved author Valerie Tripp of the American Girl book series in celebration of her new literary project, Boys Camp Books. Kids Camp will feature camp-themed crafts and activities, as well as opportunities for photos with the authors. Registration for the 5K and fun run is \$40. Visit www.youreyes.org for more.

Dixieland Jazz Jam Session. 3-6 p.m. at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Bring an instrument and sit in with the Conservatory Classic Jazz Band during the first set. Or just drop in to listen to classic jazz, Dixieland, and swing. Tickets are \$10, free for students and musicians. Contact 301-762-3323, or prjc.org.

THURSDAY/SEPT. 1

Great Decisions. 12:30-2 p.m. at

Potomac Library, 10101 Glenolden Drive, Potomac. On the eve of the international organization's 70th birthday, the United Nations stands at a crossroads. This year marks a halfway point in the organization's global effort to eradicate poverty, hunger and discrimination, as well as ensure justice and dignity for all peoples. But as the UN's 193 member states look back at the success of the millennium development goals, they also must assess their needs for its sustainable development goals — a new series of benchmarks, which are set to expire in 2030. With the appointment of the ninth secretary-general in the near future as well, the next U.S. president is bound to have quite a lot on his or her plate going into office. Free. Email potomacfol@gmail.com with "Great Decisions" in the subject line.

SATURDAY/SEPT. 3

Labor Day Open House. 12-4 p.m. at Glen Echo Park - Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Meet Photoworks faculty as they present "Signature Images" from their portfolio of work. Free. Visit www.glenechophotoworks.org for more.

SATURDAY-MONDAY/SEPT. 3-5

Labor Day Art Show. 12-6 p.m. at Spanish Ballroom - Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Find art of various media as well as some children's work. Free. Visit www.glenechopark.org for more.

SATURDAY/SEPT. 10

My Gym Open House. 9:30 a.m.-1:30 p.m. at My Gym, 11325 Seven Locks

Road, Potomac. Learn about classes available for children age 3 months-10 years. Free. Visit www.mygym.com/potomac for more.

Tomato Festival. 12-5 p.m. at North Bethesda Market, 20 Paseo Drive, North Bethesda. Cooking competitions, tomato-themed promotions, displays, live music, spaghetti eating contest and more. Free. Visit www.nobetomatofestival.com for more.

Centennial Campfire. 7:30-8:30 p.m. at C&O Canal's Great Falls Tavern Visitor Center, 11710 MacArthur Blvd., Potomac. Sing songs and listen to stories from across America's National Parks as well as night-time-themed canal stories. Free. Great Falls Tavern historic area has an entrance fee of \$10 per vehicle.

SUNDAY/SEPT. 11

Carnival of Chocolates. 11 a.m.-3 p.m. at Rockville Town Square. This year's event will include chocolate tastings from local chocolatiers, a children's fun run (100 yard dash), live music, games, and two children's story times. Proceeds benefit The Dwelling Place, a non-profit dedicated to homeless families. Free to attend. Visit www.tdp-inc.org for more.

All-You-Can-Eat Crab Feast Fundraiser. 1-5 p.m. at 5020 Battery Lane. The Bethesda-Chevy Chase Rescue Squad Alumni Association will hold a crab feast fundraiser - all-you-can-eat steamed crabs, fried chicken, potato salad, baked beans, applesauce, and rolls, along with beer and soda. Tickets cost \$45 per person in advance (or \$50 after Sept. 5). Call 301-442-4136.

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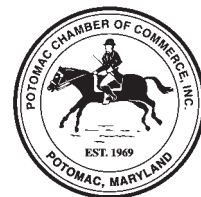


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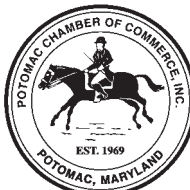
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Obituary

Legendary storyteller **Robert Jung**, 80, has left us for grander pastures. Diagnosed in 2001 with non-Hodgkin's lymphoma, Bob ultimately succumbed to heart failure on Friday, August 19, 2016. A celebration of his life will begin at 10AM Saturday, August 27, 2016 at Saint Francis Episcopal Church, located at 10033 River Road, Potomac, Maryland, with services at 11AM. Internment will follow at Parklawn Memorial Cemetery, 12800 Veirs Mill Road, Rockville, Maryland 20853.

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The Weak That Just Was



By KENNETH B. LOURIE

One of my cancer-patient survivorship goals has been to, whenever possible, not look the part, act the part or live the part. This past week, the eating challenges I endured and the emotional and psychological havoc it wrecked upon me stopped me from "not" doing any of the three: I looked, acted and lived the part. And aside from the unpleasantness (some of which was detailed in last week's column), looking, feeling and being the way I was, were such negative reinforcers that it has further prevented me from regaining my equilibrium, both emotionally and physically.

Not that I'm ever unaware of my circumstances or not mindful of my mortality/abbreviated life expectancy, but the less obvious it is, and the less impact the treatment has on me, the more I am able to live like I'm not dying. However, when symptoms manifest themselves and compromise some of my activities of daily living, the more difficult it is for me to delude myself into thinking that my stage IV, non-small cell lung cancer is chronic/treatable rather than "incurable/treatable," as my oncologist quite clearly characterized it seven and a half years ago.

Believe me, the last thing I need are reminders. The first thing I need are pretenders (which is really just another word for hope). And though I have absolutely nothing to complain about 90 months into a "13-month to two-year prognosis," my reality is, every day is precious and days lost to side effects are days I can't afford to lose. Moreover, when you consider the lack of control I experienced over this last week and the associated feelings of helplessness – along with the fear that this not eating was morphing from temporary to permanent, you have a recipe for emotional disaster. And "emotional disaster" does not help yours truly or any other cancer/seriously ill patient fend off the demons and level the playing field. In fact, it tips it in the complete wrong direction. And tipping it in the wrong direction is all it's cracked up to be.

So much of what I am going through is psychological. I am constantly telling myself (not aloud but in print, I would admit) to persevere, not overreact, balance the bad with the good, forget your prognosis, forget your "terminal" diagnosis, forget the extremely discouraging mortality statistics, believe all the non-Western stuff I'm doing is helping, don't slack, don't abuse the privilege of life I've been given and finally, be grateful for every day.

Still, five days of not eating seemed to compromise my emotional wherewithal. It's as if I didn't have the mental capacity necessary to talk myself out of the dark hole I had fallen into. It was a struggle to be sure and one I've experienced many times before, but for some reason, and this is the scary part, this post-chemo week was the worst. Now moving forward, my next chemotherapy infusion is not for four weeks as we've extended the interval to five weeks (from four), alternating my future intervals to four weeks, five weeks, four weeks, etc., through my next quarterly scan in mid October. If the results of that next scan continue to be encouraging, I'll be an extremely happy man. But as I am well aware, there are no guarantees in cancer and success is measured scan to scan. In the interim though, I have to coexist with my reality. It's not ideal, but "ideal" left the building in February, 2009.

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

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NEWCOMERS & COMMUNITY GUIDE



PHOTO BY WILLIAM CAINE, SR.

Bill Caine, Brian Caine and Colleen Caine get ready to ride the Cabin John train circa 1979.



PHOTO BY COLLEEN HEALY

Sean, John and Declan Healy play in Cabin John Park.

Visit Cabin John Regional Park

BY COLLEEN HEALY

For me, Cabin John Park is full of memories of my childhood and my sons'. I loved riding the miniature train, feeding trash to Porky the Pig and ice skating at the rink. Now, I bring my sons to the park to ride on the same train, play on the playground and have picnics. Newcomers to Potomac will find Cabin John Park a place to meet new friends and create memories with their family.

The playground has many climbing structures, a swing set, slides and even a totem pole. There are also several picnic areas where families can enjoy lunch in the park. After eating kids can "feed" the trash to Porky the Pig who will "eat" the paper and wrappers but never glass!

The newest addition to the park is a dog park where pets can run and play in an enclosed space. There is an exercise area, rocks to climb and fresh water available for the dogs.

The ice rink offers lessons, open skating, hockey and birthday parties. It is open year

round and there are summer and winter camps.

For the adventurous, there are seven walk-in campsites and several miles of hiking trails. Camping at Cabin John is a chance to spend the night in the woods under the stars without leaving town. The Locust Nature Center has year-round activities and birthday parties.

For sports fans there are several athletic fields and in the summer the Big Train team, made up of college baseball players, plays at Shirley Povich Field. The most popular attraction in the park is the mini-train ride. Perfect at the end of a long day in the park, the route takes you through the woods and past the playground area. There is also a party room for birthday parties next to the station. Every autumn there is an "eye spy" Halloween train ride where children can spot figures in the woods and check them off on their card.

Cabin John Park is a must-do for newcomers to the area.

Cabin John Park is located at 7400 Tuckerman Lane, Bethesda.

Visit www.montgomeryparks.org or call 301-495-2595.

VIEWPOINTS

Living in Potomac

THOMAS ATKINSON (age 17)

I have lived in Potomac for 10 years. Newcomers should know that the Potomac area is very nice and has a diverse amount of not only restaurants and shops but also people. Living here will expose you to cultures of all types. Also I would recommend attending Potomac Day in the fall. It is a very fun day where the residents get to celebrate living in the Area and there is lots of great food. The area has a lot to offer and there are so many opportunities for students to take part in activities they may enjoy whether it is sports or the arts.

DANIEL ESPINOZA (age 19)

I have been living in Potomac since I was born which was 19 years ago. There are obviously a lot of pros and cons to moving to a new area but I say the pros out-

weigh the cons by a long shot when it comes to Potomac. The schools are excellent and the proximity to D.C. is extremely convenient. It is a very safe environment with a lot family activities. The cons are that the area is very materialistic. Potomac is one of the richest towns in America so of course the area can get pretty high maintenance and "intense" for some people.

MAIU ROMANO (age 18)

I lived most of my life in Potomac, I was mostly into arts. I found that it was pretty good. I liked the education, I felt that it was pretty good. Also, I enjoy Rio and Bethesda but there isn't a lot to do if you can't drive. There are a lot of opportunities for internships.

— COMPILED BY AARON HWANG



PHOTO BY WILLIAM CAINE, SR.

Colleen Caine and brother Bill Caine practice ice skating at Cabin John ice rink in 1977.



PHOTO BY MARY KIMM

A Great Egret at the Potomac River

Birders Flock Together

The Montgomery Bird Club is a local group of birders whose members range from new birders to serious bird enthusiasts. It has regular bird walks at local and regional sites and meet every third Wednesday at the Potomac Presbyterian Church, 10301 River Road for a talk on birding and related topics.

People of all ages and experience levels are welcome to join the club and its meetings and field trips. Visit its website to find out more information: www.montgomerybirdclub.org/

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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

CONTRIBUTING WRITERS

Susan Belford, Carole Dell,
Cissy Finley Grant, Carole Funger,
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
jvernon@connectionnewspapers.com

CIRCULATION: 703-778-9427

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2016-2017

Enjoying the towpath by
horseback in the C & O
Canal Historical Park.

PHOTO BY MARY KIMM/THE ALMANAC

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History of PANC

Potomac Area Neighbors Club will be celebrating its 50th anniversary in October.

BY KATHY KURGAN
CO-PRESIDENT, POTOMAC AREA NEWCOMERS' CLUB

The Potomac Area Newcomers' Club (PANC) originated in February, 1966 when a group of women started the Potomac Welcome Wagon Club. Their first activity was an invitational open house in March, attended by 39 women. At the second meeting, officers were elected and dues were established at \$2 per year. Based on member interest, they formed three activity groups: antiquing, bridge, and bowling. The first luncheon was held in May at the Washingtonian Country Club with a cost of \$2.75 per person.

The club grew steadily and by April of 1973, the membership numbered 320. At that time, the club decided to limit membership in Welcome Wagon to three years, and to form another club for members who exceeded the three-year limit. More than half the members left to join the new club "Echoes."

Between 1979 and 1983, the name of the club changed several times. The by-laws were changed to allow members to continue their membership indefinitely. With this change, members could participate, contribute, and maintain their friendships over a longer period of time.



PHOTO CONTRIBUTED

The 2016-2017 board and some new members of the Potomac Area Neighbors Club.

In 2016, the club adopted its name as Potomac Area Neighbors' Club as many of its members are no longer newcomers to Potomac. The object of the club has always been the development of fellowship and acquaintance among all residents and their assimilation into the civic life and social activities of their community.

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About the Almanac

As your local, weekly newspaper, the Potomac Almanac, a Connection newspaper, seeks to deliver the local news you need, to try to make sense of what is happening in your community, to gather information about the best things in and around your community, to advocate for community good, to provide a forum for dialogue on local concerns, and to celebrate and record achievements, milestones and events in the community and people's lives.

Here in our Newcomers and Community Guide, we've included an updated version of our award-winning Insider's Guide to the Parks, plus details of how to vote in the upcoming elections, information on local government, nonprofits and business organizations, plus tips and tidbits from the community.

We invite newcomers and long-time residents alike to let us know how we're doing and let us know what is going on in your part of the community. If you have questions or ideas, send us an email or call us, contact us on Facebook or send us a tweet. We invite you to send letters to the editor or to send an email with feedback about our coverage.

We want to know if someone in your family or your community published a book, started a business, became an Eagle Scout, raised money for a good cause, accomplished some feat like running a marathon, supporting a cause or having art included in an art show. We publish photos and notes about personal milestones and community events, including births, engagements, weddings, anniversaries, awards

and obituaries.

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. Email us a note about the event, being sure to include when and where the photo was taken and the names of all the people who are in a photo.

We also publish notes about news and events from local businesses. Notes about openings, new employees and anniversaries are welcome. It is especially important to us to let people know about events ahead of time in our calendar of events. We appreciate getting notice at least two weeks ahead of the event, and we encourage photos.

The Almanac is one of 15 papers published by the independent, locally owned Local Media Connection LLC, serving the suburbs of Metropolitan Washington in Northern Virginia and Potomac, Md.

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Eastern Kingbird in the C & O Canal Historical Park.

PHOTO BY MARY KIMM/THE ALMANAC

NEWCOMERS & COMMUNITY GUIDE



A view of the Potomac River from the C & O Canal Historical Park.

PHOTOS BY MARY KIMM/THE ALMANAC

Protecting Soil, Air, Water

WMCCA's emphasis on environmental protection.

BY SUSANNE LEE
PRESIDENT, WEST MONTGOMERY COUNTY
CITIZENS ASSOCIATION

Welcome to the amazing Potomac Subregion — our “Green Wedge” containing extensive stream valley parks, wetlands, meadows, tree canopy, rich biodiversity, and the crown jewels: the Potomac River and the C & O Canal Historical Park. These environmental treasures enhance our personal lives with their beauty and protect the area's soil, the air we breathe, and especially the water we drink. However, they are constantly under threat.

Established by concerned citizens in 1947, the West Montgomery County Citizens Association (WMCCA) works tirelessly to protect, preserve, and promote the very best of the Potomac Subregion. Designated by Montgomery County as a “low density residential wedge area, which would complement the developed 1-270 corridor” and protect the public water supply and the agricultural reserve, the Potomac Subregion Master Plan reaffirms the “Green Wedge” functions of our Potomac neighborhoods. It maintains the area's semi-rural character through low density zoning, limited sewer capacity, the two-lane road network, and a confined commercial core. WMCCA's primary focus remains grounded in the principles enunciated in the Master Plan.

WMCCA pursues its goals in a collaborative fashion working with citizens, scientific experts, and local, state, and national officials. A major emphasis is placed on the dissemination and consideration of information critical to the development of environmentally sound, practical approaches to decision making. Citizen involvement is strengthened by providing individuals with the information and tools they need to address their particular concerns. As a result, WMCCA is often the “go to” organization when individuals are faced with unexpected, unwarranted threats to their neighborhoods. WMCCA members meet frequently with government officials, testify, and, if needed, initiate legal action to ensure citizen concerns are heard and that actions taken are consistent with the Master Plan and the relevant statutes and regulations.

Membership is open to all who live in the Potomac

Subregion. If you haven't already, we encourage you to join and participate in our efforts. WMCCA holds monthly meetings open to all, not just WMCCA members, on the second Wednesday of the month from October through May at the Potomac Community Center, 11315 Falls Road beginning at 7:15 p.m. Programs feature a wide range of speakers, citizen concerns, development proposals, and environmental issues relevant to our community. Additional information concerning WMCCA, including membership information, is available at www.wmcca.org. Check the Potomac Almanac and the WMCCA website for details on upcoming meetings.

WMCCA is currently following these important issues:

- ❖ The Washington Suburban Sanitary Commission's proposed construction of a new mid-river intake for drinking water at their River Road filtration plant within the C & O Canal National Historical Park. If approved, this project would have multiple long term adverse impacts including the destruction of acres of forested park land containing rare plant and animal species and an archaeological site and negative impacts on visitor use of the Canal while failing to address the underlying problem of pollution caused by the Watts Branch stream;

- ❖ Maryland Catering Company's conditional use application to construct a wedding/banquet/business meeting venue and motel units on land north of Old Angler's Inn at 10801 MacArthur Blvd.;

- ❖ Update of Montgomery County's Comprehensive Water Supply and Sewerage Systems Plan – a document that will have profound impacts on the type, location and density of development.

- ❖ Brandywine Senior Living, LLC's conditional use application for an assisted living facility at the former site of the Potomac Tennis Club next to the Falls Road Golf Course on Falls Road. WMCCA has joined with the abutting property owners and the Brickyard Coalition to appeal the County Hearing Examiner's decision to approve the application. The appeal raises important issues regarding the standards to be applied to conditional use applications under the county's new zoning code.

NEWCOMERS & COMMUNITY GUIDE

**Ginny Barnes
at a Shumard
Oak on the
Canal.**



PHOTO
CONTRIBUTED

**A double-crested
Cormorant at the
Potomac River.**

PHOTO BY MARY KIMM/THE ALMANAC

Why I Live in Potomac

BY GINNY BARNES

It was love of my husband that brought me here nearly 40 years ago but in so many ways, trees are what make me stay. First of all, I live in a log cabin in the Glen on a slope above the Watts Branch. A house made of trees, surrounded by trees. When I look out my windows or sit on the back porch, I'm up in the trees. Big trees. old trees, a kingdom of trees. It is the presence or absence of trees that most affects the water quality of our many streams leading to the Potomac River and ultimately the water we drink.

The last few years, I've been visiting individual trees, reading about them, learning what distinguishes them one from another. When I go on hikes now, it is often in search of a particular big tree within a forest. There is something about being with large trees that inspires and uplifts weary souls like me. I've wondered why? Turns out, breathing deeply of a forest may have measurable healing benefits. The Japanese recognize it and have a name, shinrin-yoku — wood air bathing. Japanese researchers have found when diabetic patients walk through woodlands, their blood sugar drops. Famed Irish biochemist Diana Beresford-Kroeger writes that trees, like elephants and whales register and may communicate through a sound spectrum inaudible to us called infrasound. We humans may feel these long stretched out sound waves of 20 hertz and below even if we can't hear them.

What I know is that nothing lifts my spirits more or makes me feel like a walk in the woods. In Potomac we have a good many forested areas to hike. Blockhouse Point Conservation Park is a 600-plus treasure adjoining the C&O Canal National Historic Park and an exceptional mature Piedmont forest. From its bluffs above the Potomac on a clear day you can see the Blue Ridge. On the towpath you could walk to Georgetown or all the way to Cumberland if so inclined. These deeply wooded tracts and the narrow river corridor of green are the real and enduring luxuries of living in Potomac.

A Special Place

Just upstream of the overlook at Great Falls Park is a path that winds along the Potomac for about a mile called the River Trail. Here, the understory is dominated by a leafy canopy of Paw Paw trees and at intervals the tunnel of green opens to wide views of the river where Cormorants sit on flat rocks and hold out their wings to dry. Along this path and sometimes right in the middle of it are exceptional large trees to visit, walk around, lean against and even hug if you are so inclined. Here lives a tall, straight Shagbark Hickory, some beautiful old Oaks and Sycamores that twist their way to the skies as you stand beneath and marvel. This path is one more place of wonder and delight in Potomac. Maps of the surrounding trails are available at the Great Falls Tavern Visitor Center.

Advice for Newcomers

Congrats on choosing a great place to live. Life is easy here. You get great service from Montgomery County government.

Dial 311.

You will speak to a very knowledgeable real person who will actually listen, contact the correct department, ie. "Highway services," etc., and give you a tracking number. You will get a response. Even without it, call back 311.

We have other great services.

"Recycling" and "yard trim" pick up every week helps us clean up. The yard trim goes for compost which county uses, and I think sells.

You could pick up "yard trim" stickers at the library. I use three trash cans every week — sometimes, like in Fall and Spring, often much more.

We have a wonderful Post Office too — use it.

We had no library when we moved here. Enjoy it. It's great.

— GRACE KIMM

'A Genuine Sense of Place'

BY ROGER BERLINER
COUNTY COUNCIL (DISTRICT 1)

If you are a newcomer to Potomac, you are in for a real treat — as living there for 20-plus years was for me everyday. But if you are looking for the land of "Housewives of Potomac," you will be sorely disappointed. That we are not. Instead, you will find a caring community, whose day to day life is much like everywhere else ... but for the fact that you live in a beautiful neighborhood.

Each of us has different aspects of a community that we are passionate about. Mine is the environment. To this day, I marvel at the elemental wildness of the Potomac River so close to the heart of the free world. I take my black lab to the river on a regular basis, fly fish on it, and simply find a nice spot and let the rest of the day's concerns float away like the current before me.

Access to this beauty isn't limited to the hardy. The C&O Canal, one of the National Park Services' most popular parks, affords all of us an equal opportunity to appreciate the splendor of nature. With over 700,000 visits per year, the C&O Canal offers wonderful hiking trails and beautiful views of the Potomac River. I have been a big supporter of this park, and was honored to be have been recently appointed by our United States Secretary of the Interior to serve

on the C&O Canal advisory commission.

Potomac is more than beautiful of course. It has some of the finest residential neighborhoods anywhere; it has some of the finest schools anywhere; and it has one of the finest privately owned museums in the world in Glenstone. It has great golf courses; fine restaurants; and an active citizenry that works hard to protect what is truly special about Potomac.

Ask anyone you meet on a crisp autumn morning at the Potomac Day Parade. Ask the person you pass hiking the Billie Goat Trail. Ask any of your new neighbors that moved to Potomac "for the schools" but have lingered long after their children donned graduation caps. They will tell you that beyond the beautiful parks, the outstanding schools, the top-notch golf courses, in Potomac you will find a genuine sense of place. A strong and vibrant community nestled just outside the nation's capitol.

It has been my privilege to represent Potomac on the Montgomery County Council since 2006. Now it is my privilege to welcome you to Potomac — and to welcome you home. If you ever need assistance with a county government issue, please don't hesitate to contact my office. You can reach me at 240-777-7828 or councilmember.berliner@montgomerycountymd.gov.

VIEWPOINTS

Living in Potomac

**ANTHONY
RATINOV
(age 18)**

I've lived in Potomac my whole life. Newcomers should know that Potomac is kind of in its own bubble — it's very different from the rest of the country. People here have some unique customs and differ greatly from the average American, in my experience. Potomac is very nice, and similar to a resort in some respects, but I am really looking forward to exploring the rest of the world and seeing different ways of life. Potomac has some of the best school systems in America — Montgomery county is filled with great schools. Also, there are many great restaurants here and close by — such as in Bethesda, D.C., or any other place that can be easily reached. Potomac is conveniently located close to these various other cities so it facilitates travel and



being able to connect with and explore these other locations — such as through the Metro.

3. Some community Extracurriculars that I've done here include performing for some retirement and community centers here for some of the older folk. In addition, I've helped pick up trash around the community.

Thanks!

**LUCY BEDEWI
(age 17)**

It's a very small town; you can always see a familiar face in a local mall or plaza. The schools are exquisite as is the general safety. The only issue in the school system could be the extreme pressure that is placed on students to perform.



— COMPILED BY
AARON HWANG

NEWCOMERS & COMMUNITY GUIDE

Aging in Place

Potomac Community Village (PCV) is a non-profit network of neighbors and friends geared to enhancing the quality of life for older Potomac residents, enabling them to age in place in their current Potomac-area homes and remain vibrant, contributing members of our community. PCV, which thinks of itself as “your roadside assistance on the journey of life,” creates social connections, offers educational, wellness and safety programs, provides neighbor-suggested referrals to contractors and other vendors, and arranges for volunteer services, such as transportation, computer help, simple home repairs, and friendly phone calls and visits. PCV is part of a nationwide movement of more than 500 Villages, of neighbor helping neighbor. Volunteers of all ages are welcome to help as they have time. For information on volunteering, joining, or getting volunteer help, contact info@PotomacCommunityVillage.org, 240-221-1370 or visit www.PotomacCommunityVillage.org.

PCV's Fall 2016 events include morning coffees, afternoon teas, book group meetings, a walk on the C&O Canal, theater parties, a booth at Potomac Day, and monthly meetings that are free and open to all.

PCV's Thursday, Sept 22 monthly meeting features universal design expert Louis Tenenbaum on “Na-



PHOTO CONTRIBUTED

Potomac Community Village members Richard and Joan Gorman getting advice on enhancing their use of an assortment of communication devices at a PCV-hosted Tech Tutorial with student volunteers from Bullis School's Summer Program. The program, for PCV members, was held on July 18, at the Potomac Community Center.

tional Policies to Promote Aging in Place,” with a look at newly proposed federal legislation. The Thursday, Oct. 20 monthly meeting features cookbook author Amy Riolo on the Mediterranean Diet and health. The Thursday, Nov. 17 meeting features author David Hoffman, on his book, “The Billion Dollar Spy.”

Details on all events will be found at www.PotomacCommunityVillage.org.

Helping Children Manage the Challenges of Separation and Divorce:

An evening with Barbara Fairfield, M.Ed., LCMFT

Thursday, October 13

Suburban Hospital Auditorium
8600 Old Georgetown Rd., Bethesda, MD 20814

6:30 - 7 pm Registration & Refreshments
7 - 9 pm Program

Registration Required: yfsparenting.eventbrite.com

This interactive seminar, geared towards both children & parents, will explore the child's perspective on divorce and help parents develop a healthy alternative to fighting after divorce.

\$20/person | Children under 18 are free
Fee waivers available.

All proceeds fund the prevention programming of YMCA Youth & Family Services.
Reasonable disability accommodations available upon request. Please contact Rob Guttenberg at 301-576-6300 by September 13.

www.PotomacHorse.com

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On-Site and Streaming Game Design & Programming Courses for Ages 8 to Adult

Fall/Spring Weekend Classes and Summer Programs

Intro and 3D Game Design (w/ Unity and Unreal4) • Multi Platform Mobile App Development • iOS App Development (Swift and Xcode) • Art & Animation • Concept Art to 3D • Digital Art • Sound & Music for Games • Minecraft Modding • Writing for Games • Programming (Java, C++, C#, Python, Javascript, Ruby on Rails) • Cyber Security • Augmented Reality • Drone Programming • Wearable Tech

One of the fastest growing and most transformational community programs in the region today, the **Mason Game & Technology Academy** integrates all of the STEM core competencies in a challenging, fun, and engaging way. This program combines both the sciences and the arts, with creative & critical thinking and problem solving skills.

Experience **On-Site** courses in the Computer Game Design Labs at Mason in Fairfax, Loudoun, Arlington, and Prince William. Plus, we offer a **pre-college residential option!** Or, enroll in our **Virtual Academy** and take Virtual (streaming) classes from anywhere with our revolutionary new cloud-based mobile education platform **SCRIBYB** - engaging in real-time learning and peer-to-peer interaction.

Please direct all questions to the MGTA Program Director:
Vera Lichtenberg
vlichten@gmu.edu
<http://mgta.masongamedesign.org>

POTOMAC ALMANAC GUIDE TO POTOMAC RIVER

Enjoy the Potomac River &

COMPILED BY KEN MOORE
AND MARY KIMM
THE ALMANAC

Potomac is bordered by more than 12 miles of the C&O Canal National Historical Park, including the towpath and the Potomac River. Living in Potomac provides opportunities to enjoy the sights and sounds of the river with outdoor activities ranging from an easy stroll to a challenging hike; a flat bike ride of a few miles to multi-day bike trip; rock climbing, world-class whitewater kayaking or a gentle paddle on flatwater. Wildlife is abundant and birders flock to area. All outdoor areas of the C&O Canal National Historical Park are open daylight hours year round. Visitors pay an entrance fee at the entrance to Great Falls Tavern Visitors Center at Falls Road and MacArthur Boulevard, but access everywhere else is free. Three-day pass for a vehicle is \$10; a person on foot is \$5; annual pass is \$30. See www.nps.gov/choh

Great Falls Tavern Visitor Center and Olmsted Overlook

11710 MacArthur Blvd.
301-767-3714



If you haven't seen Great Falls, it's time. Enter the C&O Canal National Historical Park here for up close views of Great Falls by walking 0.2 miles over the Olmsted Island Bridges to the overlook at the end. Bridges and boardwalks traverse

a rare floodplain terrace environment, ending with an observation deck over the spectacular views of the Falls and the head of Mather Gorge.

Accessible for wheelchairs and strollers. The tavern is open year round, seven days per week from 9 a.m. to 4:45 p.m. <http://www.nps.gov/archive/choh/Visitor/Centers/GreatFalls.html>

ABOUT THE FALLS, from The Geologic Story of Great Falls and the Potomac River Gorge published by the U.S. Geological Survey in 1980:

"In its seaward course, the Potomac River crosses many small rapids and cascades, but these are insignificant in comparison with the foaming fury of Great Falls, where the river drops 12 meters in about 180 meters and is channeled into a narrow rock-walled gorge less than 25 meters wide in places. In the summer the flow may be less than 38,000 liters a second, but during floods the flow commonly reaches 40 million liters a second. The average flow pouring over the falls is 349,000 liters of water every second and in a year, more than 9.5 trillion liters, enough water to flood the entire District of Columbia to a depth of 55 meters, converting the Washington Monument into a tall lighthouse."

Great Falls Mule Drawn Boat Rides:

Take a trip back in time to the 1870s Ride along the historic C&O Canal in a boat pulled by mules. Experience rising 8 feet in a lock. Hear park interpreters in period clothing describe what life was like for the families that lived and worked on the

canal. \$8 for adults, \$6 for seniors and \$5 for children 4-15. Children under three ride free. The boat runs May to October, with a typical schedule on Saturday & Sunday - 11 a.m., 1:30 p.m., 3 p.m. Call ahead to confirm. 301-767-3714

INSIDER'S TIP: The Gold Mine Trail can be accessed at the top of the entrance to Great Falls, at the intersection of Falls Road and MacArthur Boulevard, or near the Great Falls Tavern Visitor's center. Trails, which can be used for running with some steep inclines, pass the remains of an old building that was used from 1900-1939 to mine gold.

BILLY GOAT TRAIL

Thousands hike the Billy Goat Trail every year, with access from the Old Angler's site or from the Great Falls Tavern Visitors Center or Carderock. The loop between the C&O Canal and Potomac River is less than five miles long but has steep and rocky sections. Bring water and wear good walking shoes. No flip flops or ballet slippers. Allow plenty of time to stop and enjoy spectacular views of the cliffs, Potomac River passing through the gorge and sensitive vegetation and rare plants. This hike that is marked by light blue trail blazes to keep visitors from trampling on Bear Island's many rare plants and sensitive vegetation. The trail can be rough and rocky with steep climbs. But the trail is one of the most popular hikes in all of the metropolitan area, which can be done by people of all ages.

INSIDER'S TIP: The park service seeks volunteer trail stewards willing to hike parts of the trail, educate visitors at the trailheads, protect the natural resources of Bear Island, ensure visitors are prepared for the strenuous hike, share stories about the sensitive vegetation, and reduce trampling of the Bear Island's many rare plants. Active trail stewards carry park radios for emergency communication and receive basic first aid training to help with minor injuries. www.chohvip.org/billy_goats/

Carderock Recreation Area

301-767-3731

Reach this 200-acre part of the park from the Clara Barton Parkway at the Naval Surface Warfare exit. Rock climbers visit Carderock daily for its famous for



C&O Canal National Park

cliffs. The recreation area includes playing fields, a large picnic pavilion available by reservation and access to the Potomac River and the Billy Goat Trail.

INSIDER'S TIP: Get involved on the river by joining the Bike Patrol, becoming a Billy Goat Trail Steward, or volunteering to help run the Canal Boat, or serving as a docent at the River Center at Lockhouse 8. www.chohvip.org

Old Angler's Inn Access

Across from 10801 MacArthur Blvd. Between Carderock and Great Falls, you can also get across the canal to the towpath and the River across from Old Angler's Inn on MacArthur Boulevard. A popular spot for kayakers and stand-up paddleboarders, and a great spot to find outdoor adventure companies teaching beginning to advanced paddleboarding, kayaking and canoeing. Hiking enthusiasts have quick access to the Billy Goat Trail from here, or those who simply want to take an evening stroll or bike ride along the Berma Road or around Widewater, the area of the canal used for turning large boats around..

Swain's Lock

Swain's Lock Road (off River Road)
Campsites are available at Swain's Lock, one of the largest of the canal lockhouses. The lockhouse is named for Jess Swain, a lock-keeper in the early 1900s whose father helped in the excavation and construction of the canal. After running a boat rental and refreshment stand at Swain's Lock for almost a century, the family ceased operations in 2006.

Pennyfield Lock

Pennyfield Road (off River Road)
The three-mile walk from Pennyfield Lock to Violette's Lock takes you through many kinds of bird habitat and around Blockhouse Point. Pennyfield Lock was President Grover Cleveland's favorite destination when he went on fishing excursions, according to the Potomac Master Plan. The Pennyfield Lockhouse, built in 1879 inland from the lock house, was the home of lock-keeper Charles W. Pennyfield.

INSIDER'S TIP: Pennyfield Lock is also home to a lockhouse built in 1830 that you can rent by the night. The Canal Quarters Interpretive Program invites visitors to stay in a historic lockhouse for a day and night to learn about the living conditions of a lockkeeper's family. www.canalquarters.org/

Blockhouse Point Conservation Park

14750 River Road,
Darnestown, MD 20854



(301) 670-8080
www.blockhousepoint.org

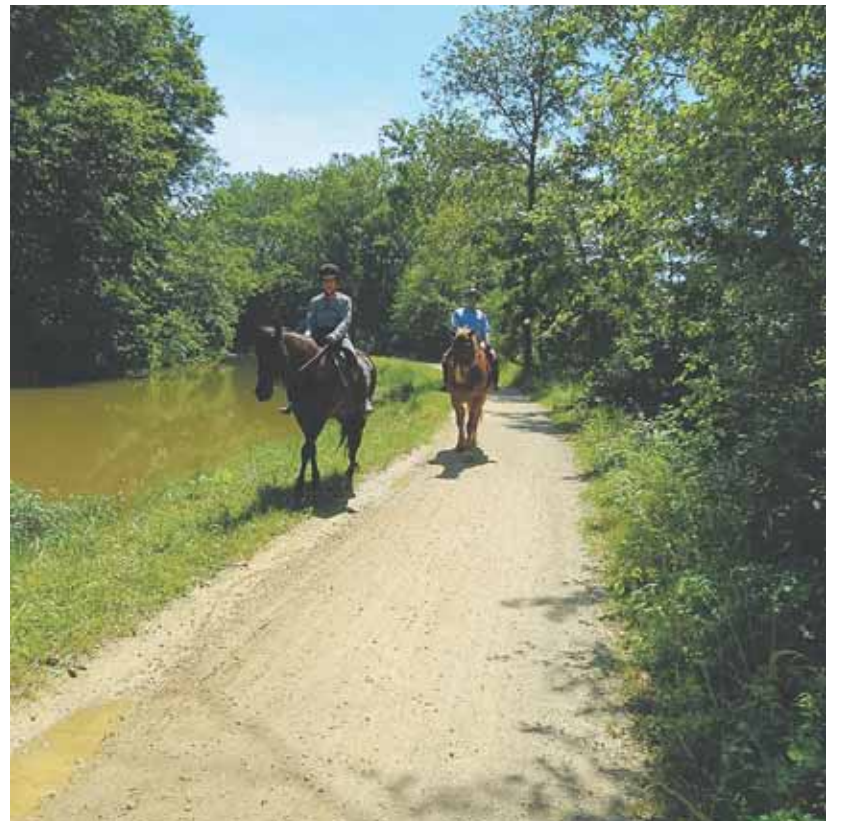
Those who know the 630 acres of land that straddles River Road between Tobytown and Callithea Farm call Blockhouse Point the jewel of Potomac. The natural and cultural resources at Blockhouse Point are amongst the most valuable in the country.

The park contains a variety of exceptional and rare habitat, including mature upland forest, floodplain forest, wetlands, streams and river-rock outcrops. Nine species of threatened, endangered or watchlist species of plants have been identified in the park, along with 25 species of fish, nine species of amphibians, four species of reptiles, 39 species of nesting birds and 10 species of mammals.

Blockhouse Point also tells of Potomac's history. During the Civil War, the 19th Regiment Massachusetts Voluntary Infantry built three blockhouses in 1862 to guard Violette's Lock and Pennyfield Lock, taking advantage of panoramic views from Blockhouse Point. Union sentries kept watch for Confederate movements across the river and at area fords.



POTOMAC NEWCOMERS & COMMUNITY GUIDE



Potomac Insider's Guide to Parks

33 Potomac Community Center

11315 Falls Road
240-777-6960
www.montgomerycounty.gov/rec

This is Montgomery County's busiest community center, providing a variety of recreation activities for all ages such as open gym, arts and crafts, exercise/leisure classes, group support meetings and socials, senior adult activities through the Potomac neighborhood, Senior program, area and county-wide sports programs, summer camps, programs for individuals with special needs, children and adult holiday parties, volunteer opportunities and more. Facilities include a gymnasium, exercise room, meeting rooms, art room, lounge area, community room and social hall. The outdoor area includes two baseball fields, lighted basketball and tennis courts, and a former in-line hockey rink. The Center offers table tennis, billiards and foosball, a gymnasium, weight room, social room, meeting rooms, and hundreds of classes through the Montgomery County Recreation Department. The Montgomery County Recreation Dept., along with the Friends of the PCC, Inc. is working to renovate and reopen the outside inline rink for children and adults with special needs, with opening day on Sept. 10 at 11:30 a.m.

The Friends of the PCC, Inc. is a non-profit organization which works in conjunction with the Montgomery County Recreation Department to support the wide array of activities offered by the PCC as well as raise monies for the Center.

INSIDER'S TIP: You're invited to the Potomac Adaptive Sports Court Dedication Ceremony is Sept. 10, 2015 at 11:30 a.m.

Parents with children in grades three to six can register them now for Club Friday. Club Friday which began in 1991 is a fun-filled supervised evening of different activities. Club Friday will meet at PCC beginning Oct. 9 into March, 7-9 pm.

34 Bette Carol Thompson Scotland Community Center

7700 Scotland Drive
301-983-4455

Now named the Bette Carol Thompson Scotland Community Center, the rebuilt facility opened in November 2014. A larger gymnasium and modern interiors are a focal point. Upgrades to the site include improved landscaping and parking, meeting green building and sustainability goals; energy guidelines, and the Americans with Disabilities Act.

35 Glen Echo Park

7300 MacArthur Blvd.,
Glen Echo
www.glenechopark.org

Originally a Chautauqua retreat, then an amusement park, Glen Echo National

Park now hosts a variety of arts, environmental and history programs.

Classes are offered in pottery, painting, photography, glass art, silversmithing, textiles and other arts, as well as in dance, writing and music.

The famous 1921 Dentzel Carousel in the center of the park has been giving rides to the public for 90 years.

The restored carousel is open for rides in August, Wednesday, Thursday, and Friday, 10 a.m. - 2 p.m. and Saturday and Sunday, 12 - 6 p.m. In September, Saturday and Sunday, 12 to 6 p.m.

Adventure Theatre (www.adventuretheater.org, 301-634-2270) is one of the area's longest running children's theater companies, and the Puppet Co. Playhouse (www.puppetco.org) offers shows as well as was for children to be involved.

36 McKee Beshers Wildlife



Management Area

Located on River Road in Western Montgomery County, McKee-Beshers WMA is a 2,000-acre tract in a mixture of woodlands, fields, wooded bottomland and managed wetland impoundments (green-tree reservoirs). The wildlife management area shares a common boundary with the National Park Service Chesapeake and Ohio Canal to the south and borders Seneca Creek State Park, a 1,200-acre public hunting area, on the east.

McKee-Beshers WMA provides habitat for a great diversity of wildlife species including deer, wild turkey, waterfowl, over 200 species of songbirds, and numerous reptiles and amphibians. Biologists deliberately flood forests during the fall and winter in "greentree reservoirs." These attract colorful wood ducks as well as other waterfowl which migrate through or spend the winter here.

Hikers will find trails for miles and miles, meandering through the forests, fields and wetlands. Hunters enjoy the pursuit of white-tailed deer, wild turkey, woodcock, squirrels, waterfowl and many other species.

Roads are maintained and suitable for hiking, nature photography, birding, hunting and other recreational activities. Visitors to the management area should be aware of biting insects, mosquitoes and ticks from April-December. Area is wet most of the year, wear appropriate footwear.

37 Serpentine Barrens Conservation Park North

12860 Piney Meeting House Road

38 Serpentine Barrens Conservation Park South

11825 Glen Road

The Serpentine Barrens Natural Area is considered one of the most important natural areas in the county because of its unique geology and plant community.

Serpentine ecosystems are globally rare and occur intermittently in an arc east of the Appalachian Mountains from Alabama to Maine. The trees are unusually small relative to their age because of the challenging growing conditions of serpentine soils. Therefore, forests appear to be early successional, but in reality are in a climax condition. Oaks as old as 175 years old will have a diameter of trees you would expect to be one or two decades old.

The large contiguous forest of the Serpentine Barrens Conservation Park provides critical habitat for forest interior dwelling species, particularly birds. These species require large unbroken tracts of forest to successfully breed. Large contiguous forest habitat is becoming increasingly scarce in Montgomery County as development continually fragments woodlands into smaller isolated tracts.

More than 60 species of birds have been detected in the park, including a significant number of forest interior dwelling species such as Louisiana waterthrush, scarlet tanager, ovenbird, pileated woodpecker, and barred owl.

Mammals include common species such as red fox, white-tailed deer and gray squirrel, as well as less common species such as eastern coyote.

Reptiles include most of the common species of the County as well as the less common eastern hognose snake, five lined skink, spotted turtle and a curiously abundant population of box turtles.

Wetlands and vernal pools provide breeding habitat for spotted salamanders, marbled salamanders, wood frogs, spring peepers and other amphibians.

39 Callithea Farm Special Park

15000 River Road

Callithea Farm Park is a 97 acre property located adjacent to the M-NCPPC equestrian trails at Blockhouse Point Conservation Park and the C&O Canal. Horse boarding is available. Contact the farm manager at 301-977-7682.

POTOMAC COMMUNITY GUIDE

Enjoy the Potomac

FROM PAGE 7

http://www.montgomeryparks.org/PPSD/ParkTrails/trails_MAPS/trailmap_pdfs/blockhouse_trails.pdf

INSIDER'S TIP: Montgomery County developed a brochure so people can walk

the footsteps of Union Soldiers. Blockhouse Point, often referred to as the jewel of Potomac, is an area to enjoy peace, solitude, and an example of the natural and cultural resources of Potomac that rival the most valuable in the country.

http://www.montgomeryparks.org/PPSD/Cultural_Resources_Stewardship/

[heritage/documents/blockhouse_broch_web.pdf](http://www.montgomeryparks.org/heritage/documents/blockhouse_broch_web.pdf)

Violette's Lock

Violette's Lock Road (off River Road)
Violette's Lock offers one of the more beautiful views of the sunset over the Potomac River.

Riley's Lock

Riley's Lock Road (off River Road)
Riley's Lock features a boat ramp on Seneca Creek, the busiest in Montgomery County, that allows easy access to a quiet and inviting part of the Potomac River for canoes, kayaks, stand-up paddleboards and small motorboats. The Seneca Creek Aqueduct, opened in 1833 and made of red sandstone, allowed thousands of canal boats to move across Seneca Creek from 1833 to 1924, the year of the canal's closing. The aqueduct was protected by Union garrisons during the Civil War.

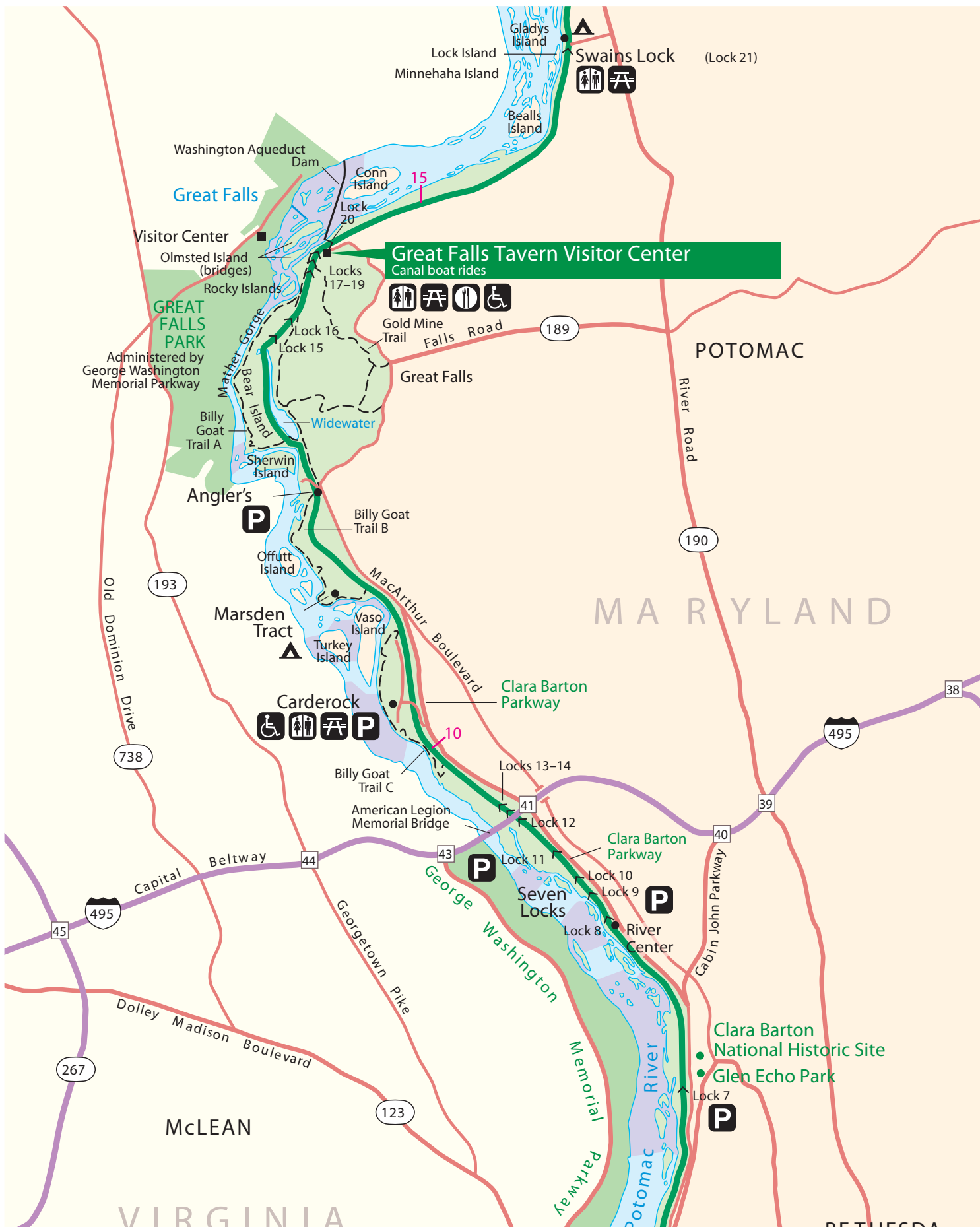
Riley's Lockhouse is open for tours on Saturday and Sunday, 1-4 p.m. in May and June, and September and October. Volunteers in period costume guide you through one of the C&O Canal's original lockhouses to explore the life of a lock-keeper.

Call the Great Falls Tavern Visitor Center to confirm, 301-767-3714.

INSIDER'S TIP: You can borrow a bike and helmet for free at the Great Falls Tavern, courtesy of the volunteer-run C&O Canal Bike Loaner program. The group reports lending bikes to nearly on a week-end of good weather.

The River Center (Lockhouse 8)

7906 Riverside Drive, Cabin John
potomac.org/river-center
The River Center at Lockhouse 8, reached from the Clara Barton Parkway between Carderock and Cabin John, is open Saturdays and Sundays from May through October, 10 a.m. - 2 p.m., operated by volunteers from Potomac Conservancy. Stop in for a tour, to browse educational exhibits, and meet volunteer guides. Visit the River Center on select Sundays for Voices of the River to learn more about the history, ecology, and diversity of the Potomac River, as told by storytellers, musicians, and scientists. Throughout the season, the Conservancy also hosts a variety of hands-on appreciation and restoration activities at the River Center. Canoes and lifejackets available. All activities are free and open to the public. Housed in an historic lockhouse along the C&O Canal, the River Center at Lock 8 offers visitors a glimpse into the history of the Canal and the future of the Potomac River. The next cleanup day is Sept. 19, 10 a.m.-2 p.m. If you are interested in volunteering contact Katie Blackman at blackman@potomac.org or 301-608-1188 x213.



ENTERTAINMENT

A SAMPLING OF ANNUAL
COMMUNITY EVENTS

August 2016

Great Falls Tavern, Mule-Drawn Canal Boat Rides. Friday-Sundays, through Sept. 5, 11 a.m., 1:30 p.m., and 3 p.m. at Great Falls Tavern Visitors Center, 11710 MacArthur Blvd. Take a boat ride along the historic C&O Canal. Tickets are \$8 for adults, \$6 for seniors, \$5 for children, and children 3 and under ride for free. Visit www.nps.gov/choh/planyourvisit/great-falls-canal-boat-rides.htm.

WEDNESDAYS-SUNDAYS IN AUGUST

Carousel Rides. Wednesday-Friday, 10 a.m.-2 p.m.; Saturday-Sunday 12-6 p.m. Take a ride on the historic 1921 Dentzel Carousel at Glen Echo Park. Tickets are \$1.25 per ride. Visit www.glenechopark.org/carousel.

AUG. 31-SEPT.24

The Trawick Prize Exhibition. Wednesday-Saturday, 12-6 p.m. at Gallery B, 7700 Wisconsin Ave., Bethesda. This exhibition features The Trawick Prize finalists for the Bethesda Contemporary Art Awards. Visit www.bethesda.org for more.

September 2016

SATURDAY-MONDAY/SEPT. 3-5

Labor Day Art Show. 12-6 p.m. at Spanish Ballroom – Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Find art of various media as well as some children's work. Free. Visit www.glenechopark.org for more.

FRIDAY/SEPT. 2

Art Walk in the Park. First Fridays through Sept. 6-8 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Enjoy pottery, calligraphy, glass work, and much more. Visit www.glenechopark.org for more.

SATURDAY-MONDAY/SEPT. 3-5

Annual Yellow Barn Studio and Gallery Drawing Exhibition. 12-5 p.m. at 7300 MacArthur Blvd. In cooperation with the Friends of the Yellow Barn, an exhibition open to all members of the Yellow Barn. A closing reception will be held on Monday, Sept. 7, 5-6:30 p.m. Visit

www.yellowbarnstudio.com
Labor Day Art Show. 12-6 p.m. at Spanish Ballroom – Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Find art of various media as well as some children's work. Free. Visit www.glenechopark.org for more.

SATURDAY/SEPT. 3

Labor Day Open House. 12-4 p.m. at Glen Echo Park – Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Meet Photoworks faculty as they present "Signature Images" from their portfolio of work. Free. Visit www.glenechophotoworks.org.

MONDAY/SEPT. 5

Irish Music and Dance Showcase. 1-6 p.m. at 7300 MacArthur Blvd. Attend two days of Irish music and dance presented by the Glen Echo Park Partnership for Arts and Culture and the Irish Inn at Glen Echo. Free. Visit www.glenechopark.org for more.

Labor Day Parade. 1 p.m. in the streets of Olde Towne Gaithersburg. Celebrate Labor Day with performances, antique cars, marching bands, and more. Free. Visit www.gaithersburgmd.gov/leisure/labor-day-parade.

SATURDAY-SUNDAY/SEPT. 10-OCT. 30

Great Falls Tavern, Mule-Drawn Canal Boat Rides. 11 a.m., 1:30 p.m., and 3 p.m. at Great Falls Tavern Visitors Center, 11710 MacArthur Blvd. Take a boat ride along the historic C&O Canal. Tickets are \$8 for adults, \$6 for seniors, \$5 for children, and children 3 and under ride for free. Visit www.nps.gov/choh/planyourvisit/great-falls-canal-boat-rides.htm.

SATURDAY/SEPT. 10

Potomac Library Book Sale. 10 a.m.-1 p.m. at 10101 Glenolden Drive. Sponsored by the Friends of the Library, Potomac Chapter. Runs most months. Most hardbacks are \$1 and paperbacks are \$.50. Visit www.montgomerycountymd.gov/library/branches/potomac.html.

Tomato Festival. 12-5 p.m. at North Bethesda Market, 20 Paseo Drive, North Bethesda. Cooking competitions, tomato-themed promotions, displays, live music,



The Annual Potomac Day is Saturday, Oct. 22. Arts and entertainment for all ages, ranging from rides for children to an antique show and business fair. The highlight is the Potomac Day Parade at 10:30 a.m., featuring hundreds of entrants, including bands, horses, antique cars, school groups, scouting organizations, and candidates for elected office.

spaghetti eating contest and more. Free. Visit www.nobetomatofestival.com.

SUNDAY/SEPT. 11

Parks Half Marathon. 7-10 a.m. Run from Rockville to Bethesda. Showcases Montgomery County's park system. Sponsored by Montgomery County Road Runners Club. Registration is \$67 until Aug. and \$73 Sept. 1-9. Visit www.mcrrc.org.

Carnival of Chocolates. 11 a.m.-3 p.m. at Rockville Town Square. This year's event will include chocolate tastings from local chocolatiers, a children's fun run (100 yard dash), live music, games, and two children's story times. Proceeds benefit The Dwelling Place, a non-profit dedicated to homeless families. Free to attend. Visit www.tdp-inc.org for more.

All-You-Can-Eat Crab Feast Fundraiser. 1-5 p.m. at 5020 Battery Lane. The Bethesda-Chevy Chase Rescue Squad Alumni Association will hold a crab feast fundraiser – all-you-can-eat steamed crabs, fried chicken, potato salad, baked beans, applesauce, and rolls, along with beer and soda. Tickets cost \$45 per person in advance (or \$50 after Sept.5). Call 301-442-4136.

SATURDAY/SEPT. 17

Days End Farm Horse Rescue Fall Festival. 11 a.m.-4 p.m. at 1372 Woodbine Road, Woodbine. Find DEFHR alumni horses returning to compete in the Rescue Makeover competition, food, music, vendors, and more. Admission is \$2 for adults and \$1 for children. Visit www.defhr.org for more.

Park After Dark. 6 p.m. at C&O Canal National Historical Park – Great Falls Tavern, 11710 MacArthur Blvd., Potomac. Attendees enjoy live music, food, libations, live and silent auction items, a campfire and more. This year is the National Park Service's 100th year. Take a look back at the past 100 years, and a look forward towards the Park's future. Tickets are \$175. Visit www.parkafterdark.org.

SUNDAY/SEPT. 18

Montgomery County Out of the Darkness Community Walk. 8 a.m.-12 p.m. at Rockville Town Center, 30 Maryland Ave., Rockville. This walk, in conjunction with 200 communities across the country this fall, benefits the American Foundation for Suicide Prevention. Visit www.afsp.org for more.

SUNDAY/SEPT. 25

Cabin John Kids Run. 9-10 a.m. at Cabin John Regional Park. Sunday, Sept. 15. A mile run, half-mile run and quarter mile young run is offered. Registration is race-day only. Free for runners 18 and under. See www.mcrrc.org.

Then & Wow 2016. 11 a.m.-4 p.m. at 7300 MacArthur Blvd. Glen Echo Park's annual celebration of the park's past and present. Magicians, carousel rides, arcade games, face painting, mini golf, exhibits, tours and more. Free. See www.glenechopark.org.

F.E.A.S.T. at VisArts 2016. 11:30 a.m.-3 p.m. at VisArts at Rockville, 155 Gibbs St., Rockville. Continuing in the spirit of sustainable creative practices that define, reflect on, and stimulate action in the community, F.E.A.S.T. at VisArts 2016 (Funding Emerging Artists with Sustainable Tactics) features proposals on the theme "Future Framers: Envisioning Rockville in 2040." Tickets are \$30, \$15 for students. Visit www.visartsatrockville.org for more.

October 2016

SATURDAY/OCT. 1

Taste of Bethesda. 11 a.m.-4 p.m. along Norfolk, St. Elmo, Cordell, Del Ray, and Auburn avenues. Local restaurants and entertainment come together for the 26th Annual Taste of Bethesda. Admission to the festival is free, taste tickets are sold in bundles of 4 for \$5. Visit www.bethesda.org for more.

Taste in Potomac. 6:30-11:30 p.m. at Bolger Center, 9600 Newbridge Drive, Potomac. The Taste in Potomac is a community event that raises funds to help children in foster care find adoptive families. Tickets are \$175. Visit www.adoptionstogether.org.

SATURDAY/OCT. 8

Potomac Library Book Sale. 10 a.m.-1 p.m. at 10101 Glenolden Drive, Potomac. Sponsored by the Friends of the Library, Potomac Chapter. Runs most months. Most hardbacks are \$1 and paperbacks are \$.50. Visit www.montgomerycountymd.gov/library/branches/potomac.html.

SATURDAY/OCT. 17

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

SATURDAY/OCT. 22

Potomac Day. 8 a.m.-3 p.m. at 9812 Falls Road, Potomac. Arts and entertainment for all ages, ranging from rides for children to an antique show and business fair. The highlight is the Potomac Day Parade at 10:30 a.m., featuring hundreds of entrants, including bands, horses, antique cars, school groups, scouting organizations, and candidates for elected office. Free. Call the Potomac Chamber of Commerce at 301-299-2170 or visit www.potomacchamber.org.

November 2016

SUNDAY/NOV. 6

Rockville 10K/5K. 8:15-10 a.m. at King Farm Village Center, King Farm Boulevard. and Pleasant Drive, Rockville. Annual race. Race registration is \$34 until Oct. 29 and \$40 until of the event. Visit www.rockville10k5k.com for more.

THURSDAYS THROUGH NOVEMBER

Potomac Village Farmers Market. 2-6:30 p.m. at Potomac United Methodist Church, 9908 S. Glen Road. Visit www.potomacvillagefarmersmarket.net
Potomac Community Center Open Flea Market. Potomac Community

SEE ENTERTAINMENT, PAGE 14

WWW.CONNECTIONNEWSPAPERS.COM



A peek through the window of the Glen Echo working Denzel carousel about to open to the public. Then & Wow, Glen Echo Park's annual celebration of the park's past and present, is held in September offering magicians, carousel rides, arcade games, face painting, mini golf and more.

NEWCOMERS & COMMUNITY GUIDE

On the Ballot in Montgomery County

Voters in Potomac will choose candidates for President and Vice President, for U.S. Senate, for U.S. House of Representatives, several judicial elections and Board of Education.

The ballot in Maryland will not be certified until Sept. 14. Two County Charter Amendments, and possibly a third, plus a State Constitutional Amendment are expected, but detailed language has not yet been published.

Potomac is split between Congressional districts 6 and 8.

U.S. Congress, District 8

Race to replace U.S. Rep. Chris Van Hollen, who won the Democratic nomination for U.S. Senate to replace retiring Sen. Barbara Mikulski.

http://www.elections.maryland.gov/elections/2016/general_candidates/gen_cand_lists_2016_4_00808.html

Jamie Raskin (D)

Website www.jamieraskin.com

Facebook [facebook.com/raskin.jamie](https://www.facebook.com/raskin.jamie)

Twitter @jamie_raskin

Dan Cox (R)

Website www.coxforcongress.org

Facebook [facebook.com/coxforscongress](https://www.facebook.com/coxforscongress)

Twitter @dancox4congress

U.S. Congress, District 6

http://www.elections.maryland.gov/elections/2016/general_candidates/gen_cand_lists_2016_4_00806.html

John Delaney (D) (incumbent)

Website www.delaneyforcongress.com

Facebook [facebook.com/johndelaneyforcongress](https://www.facebook.com/johndelaneyforcongress)

Twitter @jdelaneyformd

Amie Hoebner (R)

Website amieforcongress.com

Facebook [facebook.com/amieforcongress](https://www.facebook.com/amieforcongress)

Twitter @amieforcongress

U.S. SENATE

http://www.elections.maryland.gov/elections/2016/general_candidates/gen_cand_lists_2016_4_007-.html

Chris Van Hollen (D)

Website www.vanhollen.org

Facebook [facebook.com/vanhollenformd](https://www.facebook.com/vanhollenformd)

Twitter @vanhollenformd

Other [instagram.com/vanhollenmd](https://www.instagram.com/vanhollenmd)

Upcoming Election Dates

Register by Oct. 18 to vote on Election Day, Nov. 8.

Montgomery Board of Elections

18753-210 N. Frederick Ave.

Gaithersburg MD 20879-3121

Mailing Addresses:

P.O. Box 4333 - Rockville MD 20849-4333

For Absentee Ballot Applications Only:

P.O. Box 10159 - Rockville MD 20849-0159

For Absentee Ballots Only:

P.O. Box 10369 - Rockville MD 20849-0369

Margaret A. Jurgensen, Election Director

240-777-8500

240-777-8505 (Fax)

www.777vote.org/

Email Address:

elections@montgomerycountymd.gov

Absentee Voting:

absentee@montgomerycountymd.gov

Early Voting for the General Election will occur from Oct. 27 to Nov. 3, 2016 (8 a.m. - 8 p.m.), including at the Potomac Community Center, 11315 Falls Road, Potomac.

Visit for more information and other early voting sites:

<http://www.montgomerycountymd.gov/Elections/EarlyVoting/2015EarlyVotingfor2016/EarlyVotingSitesfor2016.html>

Voter lookup

<https://voterservices.elections.maryland.gov/VoterSearch>

Voter Registration

<https://voterservices.elections.maryland.gov/OnlineVoterRegistration/InstructionsStep1>

Kathy Szeliga (R)

Website kathyformaryland.com

Facebook [facebook.com/kathy.szeliga](https://www.facebook.com/kathy.szeliga)

Twitter @kathyformd

Montgomery County Board of Education

The Board of Education consists of seven county residents elected by voters for a four-year term and a student elected by secondary school students for a one-year term. Board members are elected countywide but run at large, or from the Board district in which they reside. One At Large race plus races for District 2 and 4 will appear on all county ballots in November.

At Large:

Jeanette Dixon

www.Jeanettedixon.org

Phil Kauffman (Incumbent)

www.philkauffman.com

District 2

Brandon Orman Rippeon

Rebecca Smodrowski (Incumbent)

www.rebeccaonboard.org

District 4

Shebra Evans

www.shebraevans.com

Anjali Reed

Anjali4md.weebly.com

http://www.elections.maryland.gov/elections/2016/general_candidates/gen_cand_lists_2016_4_by_county_16.html

YOGA CLASSES IN POTOMAC

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11815 Seven Locks Road

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Wednesday: 7:30 P.M.

For more information, please contact:

Nancy Steinberg

240-994-5092

nancy@kulayogaclass.com

www.kulayogaclass.com





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POTOMAC ALMANAC

NEWCOMERS & COMMUNITY GUIDE

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Potomac, MD 20854



Kathy Grace, Au.D.

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301-339-8583

www.auditoryservices.com

ENTERTAINMENT

FROM PAGE 12

Center, 11315 Falls Road, has been regularly scheduled on a biannual basis in November and May. Call the community center, 240-777-6960.

NOV. 3-13

Lessans Family Annual Book Festival. Jewish Community Center of Greater Washington, 6125 Montrose Road, Rockville. Now in its 46th year, this 10-day festival boasts more than 20 author events, book signings and children's programs. Call 301-881-0100. See www.jccgw.org.

SATURDAY/NOV. 12

Potomac Library Book Sale. 10 a.m.-1 p.m. at 10101 Glenolden Drive. Sponsored by the Friends of the Library, Potomac Chapter. Runs most months. Most hardbacks are \$1 and paperbacks are \$.50. Visit www.montgomerycountymd.gov/library/branches/potomac.html.

SATURDAY/NOV. 19

Dinner of Champions. 7 p.m. at JCC of Greater Washington, 6125 Montrose Road, Rockville. The annual event honors those who have achieved success in the world of sports, and those who have made extraordinary contributions to the community. The dinner benefits the Jewish Community inclusion programs for individuals with special needs. Individual tickets are \$275. Visit www.jccgw.org for more.

THURSDAY/NOV. 24

Turkey Chase. 8:30 a.m. at 9401 Old Georgetown Road at Spruce Street. The Turkey Chase 10K Run benefits the YMCA Bethesda-Chevy Chase, YMCA's Youth and Family Services and the Bethesda-Chevy Chase Rotary Club Foundation. Includes a two-mile walk/run; wheelchairs welcome. Registration is \$10 for the Kid's Run, \$20 for the 2 mile race, and \$35 for the 10K. See www.turkeychase.com.

NOV. 25-DEC. 31

Winter Lights Festival. Sunday-Thursday, 6-9 p.m.; Friday-Saturday, 6-10 p.m. at Seneca Creek Park, 11950 Clopper Road, Gaithersburg. Winter Lights is a 3.5-mile drive through a holiday light show at Seneca Creek Park with more than 360 illuminated displays. Additional events include Wine Under the Lights, Run Under the Lights, Leashes 'n' Lights, and, S'More Lights & Trolley Rides. Visit www.gaithersburgmd.gov/leisure/special-events/winter-lights-festival.

December 2016

Christmas Tree Sale. Cabin John Park Volunteer Fire Department, Station 10, 8001 River Road. Call 301-365-2255 or visit www.cjpvfd.org.

Santa on Fire Engines Toy Collection. A procession of fire engines run by the Cabin John Park Volunteer Fire Department, carry Santa on a tour of Potomac neighborhoods over the course of several evenings in December, collecting unwrapped new toys for needy children. Call 301-365-2255 or visit www.cjpvfd.org.

DEC. 1-23

Friends of the Yellow Barn. The Yellow Barn Studio gives annual members show. Visit www.glenechopark.org or

www.yellowbarnstudio.com. Call 301-634-2222.

SATURDAY/DEC. 3

Bethesda's Winter Wonderland. This seasonal event takes place in multiple locations, including concerts at Imagination Stage and in Bethesda's Woodmont Triangle. The event features caroling, ice sculpting, storytelling, holiday performances and hands-on craft activities for children. Call 301-215-6660 or visit www.bethesda.org.

SATURDAY/DEC. 10

Potomac Library Book Sale. 10 a.m.-1 p.m. at 10101 Glenolden Drive. Sponsored by the Friends of the Library, Potomac Chapter. Runs most months. Most hardbacks are \$1 and paperbacks are \$.50. Visit www.montgomerycountymd.gov/library/branches/potomac.html.

SUNDAY/DEC. 11

Jingle Bell Jog. 9-10:30 a.m. at the Rockville Senior Center, 1150 Carnation Drive. Registration is free for Montgomery County Road Runners Club, \$10 for non-members and \$5 for non-members under 18. See www.mcrrc.org.

January 2017

The Maryland General Assembly meets in Annapolis each year for 90 days to act on more than 2,500 bills including the state's annual budget. Potomac falls into two districts, District 15 and District 16, each one with one senator and three delegates. Visit www.mlis.state.md.us.

West Montgomery County Citizens Association. Second Wednesday, 7:15-9 p.m. at Potomac Community Center, 11315 Falls Road. Attend the general meeting. See www.wmcca.org.

February 2017

THURSDAY-SATURDAY/FEB. 16-18

Mid-Atlantic Jazz Festival. 1750 Rockville Pike, Rockville. The festival provides live musical performances, workshops and seminars. See www.midatlanticjazzfestival.org.

West Montgomery County Citizens Association. Second Wednesday, 7:15-9 p.m. at Potomac Community Center, 11315 Falls Road. Attend the general meeting. See www.wmcca.org.

April 2017

APRIL-AUG.

Mule-Drawn Canal Boat Rides, Great Falls Tavern. Call the C&O Canal National Historical Park at Great Falls visitor center, 301-767-3714 or visit www.nps.gov.

The Bethesda Literary Festival is held annually in April. Features poets, authors, journalists, novelists, poetry slams, essay contests and youth book parties. Literary events take place in downtown Bethesda's bookstores, galleries and retail businesses, as well as the library and elementary school. Visit www.bethesda.org.

Pike's Peek 10K. 7:50 a.m. at the Shady Grove Metro Station. See www.pikespeek10k.org.

LATE APRIL, EARLY MAY

"Blast from the Past." Winston Churchill High School, 11300



FILE PHOTO BY KEN MOORE

The mule-drawn canal boat at Great Falls normally launches with scheduled rides through the lock beginning in May. Call the C&O Canal National Historical Park at Great Falls visitor center, 301-767-3714.

Gainsborough Road, Potomac. Attend an annual musical revue featuring student cast members, musicians and stage crew. Call 301-469-1200 or visit www.mcps.k12.md.us/schools/churchillhs for dates and more information.

The Annual C&O Canal Pride Days.

This is a joint effort between the park and C&O Canal Trust that brings hundreds of volunteers into the park to conduct maintenance projects. Work at C&O Canal National Historical Park at Great Falls (Maryland) and other sites along the Potomac River and C&O Canal towpath. Call the Canal Trust at 301-714-2233, www.canaltrust.org, or see the park website at www.nps.gov/choh

Potomac Watershed Cleanup. This volunteer event is sponsored annually by Alice Ferguson Foundation. Last year, more than 23,898 volunteers picked up 1,203,543 pounds of trash including 1,328 tires, 13,214 cigarette butts, 17,594 plastic bags, and 251,100 beverage containers. Volunteers helped at many sites along the Potomac River in Potomac. See www.fergusonfoundation.org.

West Montgomery County Citizens Association. Second Wednesday, 7:15-9 p.m. at Potomac Community Center, 11315 Falls Road. Attend the general meeting. See www.wmcca.org.

May 2017

Potomac Horse Center Annual Spring Open House. See www.PotomacHorse.com.

Run Aware 5K. Race through woods, trails, and, if lucky, mud. Along with the 5K (Cross Country Series) race, there will be a 1K (Junior Participation Series) race. See www.mcrrc.org.

Potomac Village Farmers Market.

Through October (and sometimes into November), Thursdays, 2-6:30 p.m. Potomac United Methodist

Church, 9908 S. Glen Road at corner of Falls Road and Democracy Boulevard. Visit www.potomacvillagefarmersmarket.net.

Spring Festival. Greek Orthodox Church of St. George, 7701 Bradley Blvd., Bethesda. The annual festival includes traditional Greek cuisine, outdoor/indoor dining, Greek dancing, church tours and Greek pastries. Call 301-469-7990 or visit www.stgeorge.org.

The Potomac Hunt Races.

10 a.m.-7 p.m. at 14401B Partnership Road, Poolesville. This annual May tradition celebrates the sport of steeplechase racing and benefiting local charities. Race day festivities include steeplechase racing, thoroughbreds and festival tailgate parties, a car show, pony rides and more. General admission is \$40 per vehicle and Patron tickets are \$225. See www.potomachuntraces.com.

Strawberry Festival. Potomac United Methodist Church, 9908 S. Glen Road, Potomac. This festival dedicated to all things strawberry is traditionally held the weekend before Memorial Day. Call the church at 301-299-9383 or visit www.potomac-umc.org.

FRIDAY-SUNDAY/MAY 5-7

The Landon Azalea Garden Festival. Perkins Garden and the Landon campus, 6101 Wilson Lane, Bethesda. The annual festival dates back to the mid-1950s when Landon's founders, Paul and Mary Lee Banfield opened the newly acquired azalea garden to the public. Call 301-320-3200 or visit www.landon.net.

SUNDAY/MAY 7

Mark's Run. 8-10 a.m. at Triplett Field, Bordley Stadium. a 5-K race and one-mile run also takes place during the Landon Azalea Garden festival. Mark's Run is held each year in memory of alumnus Mark Ferris '94, who lost his battle with juvenile diabetes. The run raises more than \$50,000 for the Mark Ferris

A SAMPLING OF ANNUAL COMMUNITY EVENTS

Scholarship Fund and \$75,000 to the Joslin Diabetes Center. Call 301-320-3200 or visit www.landon.net.

SATURDAY-MONDAY/MAY 27-29

Hometown Holidays is a Memorial Day festival and parade in the City of Rockville with concerts, children's crafts and games. Call 240-314-5022 or visit www.rockvillemd.gov.

MAY-JULY

Bethesda Summer Concert Series. Free. Last year's Thursday concerts took place at Veterans Park, at the corner of Norfolk and Woodmont avenues. See www.bethesda.org.

West Montgomery County Citizens Association, general meeting, second Wednesday, Potomac Community Center, 7:15-9 p.m. Public is welcome. See www.wmcca.org.

June 2017

Attend **Imagination Bethesda**, 22nd annual children's street festival celebrating the arts. The festival features costume characters, face painters, international dance troupes, theater performances, a moon bounce and a variety of hands-on arts activities. Call 301-215-6660 or see www.bethesda.org.

JUNE 26-JULY 2

Quicken Loans National. This event features 120 PGA Tour professionals at Congressional Country Club in Bethesda who will compete for millions. The event raises funds and awareness for the Tiger Woods Foundation while paying tribute to U.S. armed forces. See www.tigerwoodsfoundation.org.

Glen Echo Park's Summer Concert Series begins in June on Thursday evenings. Free. See www.glenechopark.org. 301-634-2222.

July 2017

Autism Speaks Annual 5K run and one-mile walk benefits research on autism. Last year's event raised more than \$230,000. See www.autismspeaks.org or email autismspeaks5K@autismspeaks.org.

Montgomery County Fairgrounds 4th of July Fireworks activities include live music, games and food. Call 301-258-6350. See www.gaithersburgmd.gov

Montgomery College Rockville Campus 4th of July Fireworks, Rockville. Activities include live music and food. Call 240-314-5022. See www.rockvillemd.gov.

The **Potomac Whitewater Festival** in late June or early July is an annual fundraising event that celebrates kayaking in the Potomac River. Offers races for kayakers and clinics and activities for the public. See www.potomacfest.com or anadventures.com.

Bethesda Outdoor Movies. Annual outdoor movie series at corner of Norfolk and Auburn avenues. Contact 301-215-6660 or visit www.bethesda.org.

August 2017

Riley's Rumble Half-Marathon. See www.mcrrc.org.

Montgomery County Agricultural Fair is a favorite destination each August. See www.mcagfair.com.

WWW.CONNECTIONNEWSPAPERS.COM

Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

January~June, 2016 Top Sales

322 POTOMAC HOMES SOLD BETWEEN \$4,275,000-\$360,000 FROM JANUARY TO JUNE, 2016.

10 10817 Red Barn Lane — \$2,275,000

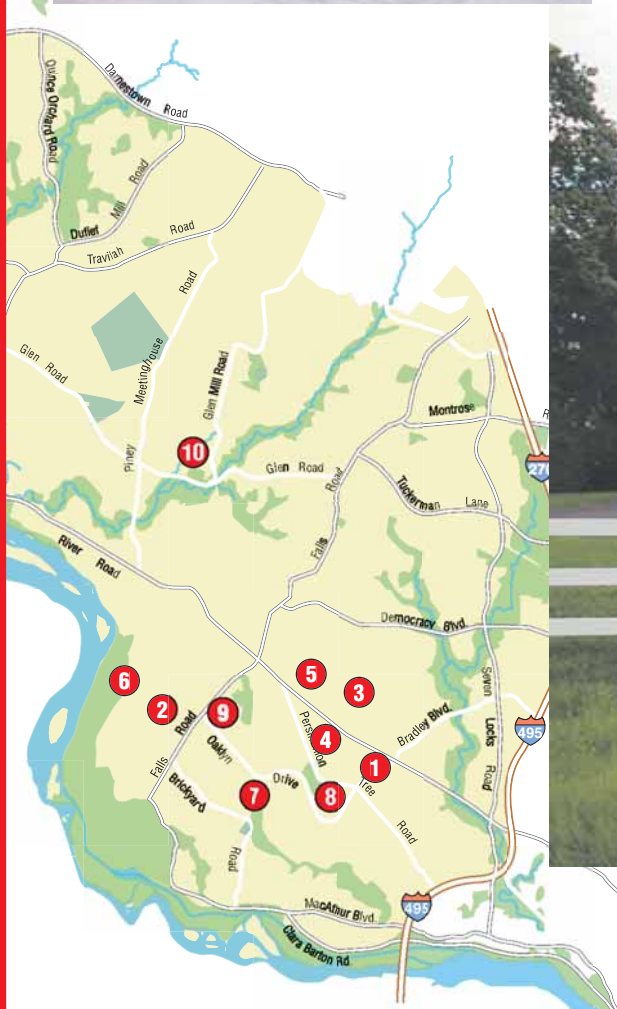


3 9704 Spicewood Lane — \$3,020,000

6 23 Stanmore Court — \$2,494,988



5 9912 Bencross Drive — \$2,800,000



1 9001 Congressional Court — \$4,275,000



7 10020 Avenel Farm Drive — \$2,350,000

| Address | BR | FB | HB | ... | Postal | City .. | Sold Price | Type | Lot | AC .. | PostalCode | Subdivision | Date Sold | | | |
|----------------------------|----|----|----|-------|---------|---------|------------------|------------|----------|-------|------------------|-------------------|-----------|----------------------|-------|----------|
| 1 9001 CONGRESSIONAL CT | 7 | 7 | 2 | | POTOMAC | ... | \$4,275,000 | | Detached | 2.03 | | 20854 | | BRADLEY FARMS | | 06/08/16 |
| 2 10807 PLEASANT HILL DR | 9 | 9 | 2 | | POTOMAC | ... | \$3,500,000 | | Detached | 5.13 | | 20854 | | POTOMAC FALLS | | 01/20/16 |
| 3 9704 SPICEWOOD LN | 6 | 6 | 2 | | POTOMAC | ... | \$3,020,000 | | Detached | 2.59 | | 20854 | | FALCONHURST | | 04/15/16 |
| 4 9036 BRONSON DR | 6 | 8 | 2 | | POTOMAC | ... | \$3,000,000 | | Detached | 2.19 | | 20854 | | BRADLEY FARMS | | 02/19/16 |
| 5 9912 BENCROSS DR | 5 | 6 | 2 | | POTOMAC | ... | \$2,800,000 | | Detached | 2.15 | | 20854 | | FALCONHURST | | 04/08/16 |
| 6 23 STANMORE CT | 5 | 6 | 3 | | POTOMAC | ... | \$2,494,988 | | Detached | 2.00 | | 20854 | | GREAT FALLS ESTATES | | 04/11/16 |
| 7 10020 AVENEL FARM DR | 6 | 5 | 2 | | POTOMAC | ... | \$2,350,000 | | Detached | 0.47 | | 20854 | | AVENEL | | 04/15/16 |
| 8 8501 RAPLEY PRESERVE CIR | 5 | 6 | 2 | | POTOMAC | ... | \$2,350,000 | | Detached | 0.57 | | 20854 | | AVENEL | | 05/31/16 |
| 9 9418 THRUSH LN | 9 | 7 | 4 | | POTOMAC | ... | \$2,275,000 | | Detached | 0.77 | | 20854 | .. | WILLIAMSBURG GARDENS | .. | 03/10/16 |
| 10 10817 RED BARN LN | 4 | 5 | 1 | | POTOMAC | ... | \$2,275,000 | | Detached | 2.32 | | 20854 | | POTOMAC OUTSIDE | | 05/11/16 |

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October 6, 2016

8:30am-10:30am

Pre-K to 8th grade



Our Lady of Mercy School was recognized as a National Blue Ribbon School for Excellence in 1998, and for the second time in 2009 by the United States Department of Education.

NEWCOMERS & COMMUNITY GUIDE

Getting To Know ...

Churchill Sports

School: Winston Churchill High School

Mascot: Bulldogs.

School Colors: Blue and green.

Athletic Director: Jesse Smith

Football Coach: Albert Song (second year).

The Bulldogs finished the 2015 season 2-8 and failed to qualify for postseason play.

Boys' Soccer Coach: Arnold Tarzy.

Girls' Soccer Coach: Haroot Hakopian.

Boys' Basketball Coach: Robert Bean.

Girls' Basketball Coach: Kate McMahon.

Baseball Coach: Scott Blackwood.

Boys' Lacrosse Coach: Jeff Fritz.

Girls' Lacrosse Coach: Jamie Frank.

Rival School: Wootton.

What happened last year: 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 Sports

School: Walt Whitman High School.

Mascot: Vikings.

School Colors: Black, white and Columbia blue.

Athletic Director: Andy Wetzel

Football Coach: Jim Kuhn (10th year).

The Vikings won their final game of the season over Bethesda Chevy-Chase 26-20, but finished with a 4-6 record and missed the postseason.

Boys' Soccer Coach: Dave Greene.

Girls' Soccer Coach: Greg Herbert.

Boys' Basketball Coach: Chris Lun.

Girls' Basketball Coach: Pete Kenah.

Baseball coach: Joe Cassidy.

Boys' lacrosse coach: Thomas Rothert.

Girls' lacrosse coach: Katie Bitonti.

What happened last year: 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.

Wootton Sports

School: Thomas S. Wootton High School.

Mascot: Patriots.

School Colors: Red, white and blue.

Athletic Director: Christopher Thompson

Football Coach: Eddie Tolliver (fifth year).

The Patriots won their final two games of the season and finished the season at 4-6, but failed to qualify for postseason play.

Field hockey coach: Kearney Blandamer and Lesley Stroot.

Boys' Soccer Coach: Doug Schuessler.

Boys' Basketball Coach: Erick Graves.

Girls' Basketball Coach: Maggie Dyer.

Baseball Coach: JD Marchand.

Boys' Lacrosse Coach: Colin Thomson.

Rival School: Churchill.

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11510 FALLS ROAD • POTOMAC • MD • 20854

Ph. 301.299.7087

Web. www.HarShalom.org

Em. office@HarShalom.org