

Potomac ALMANAC

Elizabeth Leca and Catie
Connolly perform during
Monday's Irish Music
and Dance Showcase at
Glen Echo Park.

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PHOTO BY DEBORAH STEVENS/THE ALMANAC

SEPTEMBER 7-13, 2016

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NEWS BRIEFS

Canal Trust Names Honorees

The C&O Canal Trust announced the honorees who will be recognized for their service to the C&O Canal National Historical Park (NHP) during the Sixth Annual Park After Dark fundraiser on Saturday, Sep. 17.

REI will receive the 2016 Centennial Award in recognition of the years of philanthropic and corporate support the specialty outdoor retailer has provided to both the C&O Canal Trust and the C&O Canal NHP. The company is the "Official Outdoor Retailer" of the National Park Service's Centennial celebration and has a multi-year, multi-million-dollar partnership with the National Park Foundation. The co-op has funded volunteer events, hosted educational opportunities in the park, teamed up with park staff on education initiatives, and donated time and money to support the park.

Mark Stover of Quality Systems and Products, LLC, will receive the 2016 William O. Douglas Award for Stewardship of the Chesapeake & Ohio Canal National Historical Park. A Rockville resident, Stover has been a long-time user, volunteer, and financial supporter of the park, and this award recognizes his commitment to the stewardship of C&O Canal. Previous winners of the award include past Trust Board of Directors Chairman Roy Sewall (2015), Chairman of the J. Willard and Alice S. Marriott Foundation Richard E. Marriott (2014), and Minkoff Development Corporation's Paul Chod and Andy Chod (2013).

William "Bud" Cline and Dell Pillers/Cline, also residents of Rockville, will be awarded the Canal Pride Award for Volunteer Service in recognition of the thousands of volunteer hours they have given in service to the C&O Canal NHP and the C&O Canal Trust. They both volunteer as Quartermasters and members of the Bike Patrol, and Bud Cline has also served as a past member of the Trust's Board of Directors and a current member of its Advisory Board.

All three awards will be presented during the Sixth Annual Park After Dark fundraiser hosted by the C&O Canal Trust on Saturday, Sept. 17 at 6 p.m. This event, which is the largest fundraising event in support of the C&O Canal National Historical Park, is held beneath the stars in the park at the Historic Great Falls Tavern in Potomac and features live music, food, libations, a live and silent auction, a campfire, and more.

The C&O Canal Trust is the official nonprofit partner of the C&O Canal NHP, and last year raised \$130,000 at this event. Funds from the event will help to sustain the historical, natural, and cultural heritage and recreational opportunities within the C&O Canal NHP.

This year's event will be emceed by Topper Shutt, chief meteorologist for WUSA9, and will feature lively music by The River Run Band, a visit from the Canal mules, a barbeque dinner, accompaniments and desserts, and a campfire with s'mores to round out the evening.

The sponsors for the event include The J. Willard and Alice S. Marriott Foundation, A. R. Landsman Foundation, The Jewell Foundation, Quality Products and Systems, LLC, The Jewell Foundation, KPMG, LLP and Minkoff Development Corporation.

Tickets for the event are on sale now for \$175 per person. \$125 of that price is a tax-deductible donation to the C&O Canal Trust. Tickets are available at www.ParkAfterDark.org. This is a rain or shine event, and attire is Canal Casual.

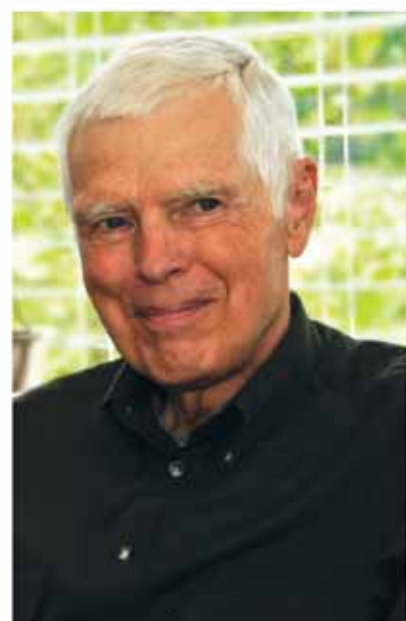
Police Investigate Fatal Collision

Detectives from the Montgomery County Police Department – Collision Reconstruction Unit are investigating a fatal collision involving a pedestrian that occurred on Aug. 31. At approximately 8:56 p.m., 1st District officers and Fire and Rescue personnel responded to Bells Mill Road at Windsor View Drive for the report of a collision involving a pedestrian.

Preliminary investigation has indicated that the pedestrian, identified as Simon Saikmon Eng, age 65, of Harness Trail in Potomac, was walking west in the area of the eastbound side of Bells Mill Road. A Lexus LS 430, operated by Guy Wassertzug, age 50, of Broad Green Terrace in Potomac, was traveling east on Bells Mill Road and struck Eng.

Eng was transported to the hospital in serious condition; his injuries were believed to be non-life-threatening. Eng later died at the hospital.

This collision remains under investigation. Anyone with information regarding this collision is asked to contact the Collision Reconstruction Unit at 240-773-6620.



An economist explains addition.

Bruce MacLaury has first-hand knowledge of Ingleside, its history and its remarkable growth. "I was privileged to serve on the Ingleside Board when Ingleside was built 7 years ago. So I know that high standards of performance and quality service are essential priorities within the organization. Now with the **Gardenside** addition, Ingleside at King Farm is expanding its amenities for current residents while anticipating the lifestyle needs of future generations."



After a career in the Federal Reserve and the US Treasury, Bruce MacLaury was asked to head the Brookings Institution, in Washington, DC. He served as its president for eighteen years. It was during this time that he began serving on the Ingleside Board, a position that enabled him to help shape the growth of the organization. He and his wife, Ginny, are now themselves enjoying life at Ingleside at King Farm.

Gardenside represents even more choices for discerning people 62 years of age or better who are looking for an exceptional, independent lifestyle with upscale offerings and the security of five-star rated on-site health services.



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Ingleside at King Farm is a CARF accredited, not-for-profit, continuing care retirement community.



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



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Irish Music and Dance Showcase

Glen Echo Park hosted an Irish Music and Dance Showcase on Monday, Sept. 5. Irish music and dance were presented by the Glen Echo Park Partnership for Arts and Culture and the Irish Inn at Glen Echo.

Katie Lauer



Tyler Young



Glen Echo Park presents performers during Monday's Irish Music and Dance Showcase.

Highlighting Changes Inside Local Schools

From 20th anniversary of Chinese Immersion to enrichment programs.

BY SUSAN BELFORD
THE ALMANAC

Potomac schools, rated among the best in Montgomery County and in the United States, have welcomed students back for another challenging year of education. Last Monday, students entered the doors of elementary, middle and high schools with excitement, enthusiasm and expectations. Teachers and staff greeted their new charges – and parents breathed a

sigh of relief that another summer was over and a routine could now be established in their homes.

What changes are in store for students this year? Here's a few of the highlights:

❖ Catherine Allie, Potomac Elementary School principal, said, "This year, Potomac Elementary will be celebrating the 20th anniversary of our Chinese Immersion Program. We will be inviting former School Board President, Alan Cheung; Diana

Conway from the community, former teachers and principals to join in the celebration on Nov. 17. We will also be inviting former students who have graduated from college. Many have attended college in Beijing and are involved in international business with China. Our school was the first public school to offer such a program.

We offer Chinese in mathematics and science at all grade levels. We are proud of our students' accomplishments and the ongoing program which has served the com-

munity for 20 years."

❖ Wayside Elementary is being renovated and staff and students will complete this school year at a holding school on Grosvenor Lane as they await the completion of their new building on Glen Road. This time next year they will be in a new school building. Even though they are not in their home school, Wayside has added 14 new staff members to the Wayside team.

SEE HIGHLIGHTING, PAGE 11

Joining in Fight Against Childhood Obesity

My Gym and Zumba offer “Free Family and Fit Party.”

By Susan Belford
The Almanac

One in three American children and teens is overweight or obese, according to the American Heart Association (AHA). Because September is National Childhood Obesity Awareness Month, My Gym Children's Fitness Center of Potomac and My Gym/Bethesda will join forces with Zumba to help fight the epidemic with a “Free Family Fit and Fun Party.” Both locations will host the fitness event on Saturday, Sept. 10 from 9:30 a.m. - 1:30 p.m. My Gym Potomac is located at 11325 Seven Locks Road (in the Cabin John Mall) and My Gym Bethesda is in the Westbard Shopping Center in Bethesda.

“My Gym Corporate has teamed up with Zumba for the Fit and Fun Party,” said Mandy Lemar, owner of My Gym Potomac and My Gym/Bethesda. “Across the country, every My Gym will host a Fun and Fit Party at the same time. It's a wonderful opportunity for families to come out and let their kids experience Zumba Kids/Kids Jr. as well as a fun-filled day of fitness for kids from 3 months to 10 years of age. All families attending this free event will also have the opportunity to take advantage of enrollment specials and discounts on fall classes and birthday parties. There will be Zumba Kids demos, Zumba dance fun and traditional My Gym sports, songs, obstacle courses, tumbling, relays — and raffles. We are hoping families will drop by for an hour or so to enjoy a fitness experience together and to learn about our programs and classes.”

Zumba and My Gym are on a mission to empower children and families to dance away disease, be active and live happy, healthy lives.



PHOTO CONTRIBUTED

This Saturday, My Gym Potomac and My Gym Bethesda join Zumba in a free family fitness party.

The partnership comes at a time with the U.S. obesity epidemic continuing to worsen. “Childhood Obesity Awareness Month is a time when the issue of children's fitness and health takes center stage,” said Cory Bertisch, CEO of My Gym Enterprises. “We are proud to serve the My Gym communities with a comprehensive fitness curriculum designed to introduce children to a healthy lifestyle while developing positive social skills. We are thrilled to welcome both our member families and all newcomers to this event spotlighting the nationally-coordinated colorful and exciting Zumba

Kids and Kids Jr demonstrations.”

Alberto Perlman, CEO of Zumba, said, “Our goal is to educate kids and their families while encouraging a healthy lifestyle that incorporates fitness as an enjoyable part of their lives. Zumba not only teaches kids choreography, but also instills teamwork, confidence, self-esteem, memory, creativity, coordination and cultural awareness.”

To learn more about My Gym, go to www.mygym.com or email Potomac@mygym.com for participation details and more information.

BULLETIN BOARD

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

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.

SATURDAY/SEPT. 10

Walking Through Grief Workshop. 10 a.m.-noon at Meadowside Nature Center, 5100 Meadowside Lane, Rockville. Montgomery Hospice offers a nature walk for anyone grieving the death of a loved one. Free and open to any Montgomery County resident. Registration required, call 301-921-4400.

SUNDAY/SEPT. 11

Service to Remember 9/11. 8:30 a.m. and 11 a.m. at Emmanuel Lutheran Church, Bradley Blvd., Bethesda. Emmanuel Lutheran Church will hold a special service on Sunday Sept. 11th to both remember 9-11 and honor first responders. Services will be held at 8:30 a.m. and 11 a.m. We invite members of the local fire and rescue squads and police departments to come and worship with us. Call 301-365-5733 for more.

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

SEE BULLETIN BOARD, PAGE 10



PHOTO BY DEBORAH STEVENS/THE ALMANAC

Its 96th Season

The carousel at Glen Echo Park was installed in 1921. From 1983 through 2003, the carousel was fully restored. The carousel is listed on the National Register of Historic Places.

POTOMAC ALMANAC

www.PotomacAlmanac.com

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NEWS

Affecting Aging-in-Place Policies

Potomac Community Village to host national expert.

The power of making an individual's voice heard will be brought home to Potomac Community Village members and guests by Louis Tenenbaum, a national expert on Aging in Place issues, in a presentation entitled, "A Grass Roots Role in Aging In Place Policy," Sept. 22 at Potomac's Bolger Center.

"Becoming informed and getting engaged in aging in place issues, and how our policies are shaped regarding those issues, can make all the difference to living options," said Tenenbaum. "Ordinary citizens, and especially Village members who communicate their needs and opinions to regulators and policy makers, can have a positive impact on outcomes that make the difference between staying and moving."

The PCV audience will hear national and local policy updates, break into small groups to focus on specific questions, and regroup to find out how to make their voices heard on these policy issues. For example,

Tenenbaum said, "A policy incentivizing lower cost for age friendly bathroom remodeling can encourage preparation so remodeling decisions are not required at emotional times."

Tenenbaum, founder of the Aging in Place Institute, champions the idea that homes are the most economical and desirable place for housing and care. His experience in innovative business models for aging in place promotes better ways to educate and motivate consumers and communities to act responsibly in their own behalf.



Louis Tenenbaum

PCV's Sept. 22 meeting takes place from 7-9 p.m. at The Bolger Center, 9600 Newbridge Drive, Potomac. Look for the directional signs for building location once on the Bolger Center property.

Potomac Community Village is a non-profit network of neighbors and friends geared to enabling older Potomac residents to age in place in their existing homes by creating social connections and providing volunteer services such as transportation, computer assistance and simple home repairs.

For more information, to volunteer or to get volunteer help, contact 240-221-1370, info@PotomacCommunityVillage.org or check out www.PotomacCommunityVillage.org, or www.facebook.com/PotomacCommunityVillage.

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LET'S TALK Real Estate



by Michael Matese

The Sky(light) Is The Limit!

Skylights serve a number of functions when living in a residence, or adding to the value of the residence when a home is on the market. A skylight—essentially any window that is titled or situated entirely on the ceiling—is a unique way of adding natural lighting to a dull or dark room. Providing natural lighting into the room below, skylights add an elegant touch with a dramatic effect in any living space, as well as making the area feel more spacious. More than simply the addition of clean lighting and graceful ambience, skylights are efficient as well, infusing substance into their style. Skylights admit more light per unit area than windows do, and distribute that light more evenly throughout a living space, making properly designed skylights significantly energy efficient design elements. It is estimated that in both commercial and residential structures, use of day lighting (such as skylights) can effectively reduce energy costs by up to one-third! Skylights consist of more than just punching a hole in the ceiling and fitting it with glass or plastic (though that's certainly one option). Design and structural soundness should be weighed and considered when installing or adding a skylight; improper insulation or construction can negate the skylight's energy-reductive assets significantly. When considering design and placement of a skylight, think of where the skylight will receive the maximum amount of light, as this will not only contribute to the beauty of the room being lit, but also to the energy-saving element of the skylight. Homeowners may also want to consider positioning of skylights when deciding on skylight design—a skylight that is designed to open allows for seasonally appropriate ventilation as well as light, which adds to the energy efficiency of the skylight. There are a variety of shapes and sizes to choose from in skylight design, and equally as many construction materials that contribute to both the aesthetics and efficiency of a skylight. New methods of glazing and sealing reduce energy loss and provide a water-tight construction. It is important to construct and install skylights properly to avoid these issues, as well as “skylight weeping” due to condensation. Traditional skylights, roof lanterns, or an oculus are the most popular types of skylight styles incorporated into a home, with a number and variety of unique designs, construction materials and modern efficiencies to each distinct style available. So before contracting an electrician to install costly and energy-hungry lighting, consider whether including day lighting options, such as a skylight, might be a better choice for your home and lighting or energy goals. Then examine your choices—the sky(light) is the limit!

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

MICHAEL MATESE
Long & Foster Realtors
301-806-6829

Mike@michaelmatese.com

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

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.

Laughter Fitness Classes. Sept. 20-Nov. 1, Tuesdays, 11:15 a.m.-12 p.m. at Potomac Community Center, 11315 Falls Road, Potomac. Class includes, laughter, breathing, chair yoga and Bollywood dance for balance. Registration is \$59 for seven lessons. Visit www.dance2health.com or call 301.299.3334 for more.

Art Exhibit: “Contrasts.” Through Oct. 8, gallery hours at Waverly Street Gallery, 4600 East-West Highway, Bethesda. “Contrasts,” featuring the work of artists Jane Callen and Janet Wittenberg, explores the role of contrasting elements in art – and life. Free. Visit www.waverlystreetgallery.com 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.storelocator.barnesandnoble.com/event/4824850-21.

VisArts Cocktails and Canvas Class. at VisArts in the Painting & Drawing Studio, 155 Gibbs St.,

Rockville. Price \$40. Visit www.visartsatrockville.org/cocktails-and-canvas for more.

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

Drop in Art Activities. Every Saturday 10 a.m.-12:30 p.m. in the Candy Corner Studio at Glen Echo Park, 7300 MacArthur Blvd., parents and children can explore a new art form or theme. \$10/child, parent combo. Drop-in only. Visit www.pgip.org for more.

Mommy & Me (& Daddy, Too). Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-alongs, prizes and more. Visit rockvilletownsquare.com/events/mommy-and-me.

Live Music & Dancing. Fridays and Saturdays, 7-11 p.m. in Margery's Lounge, Normandie Farm Restaurant 10710 Falls Road. Dance to the music of Barry Gurley. Call 301-983-8838 or visit www.popovers.com for more.

Chocolate Factory Tours. Fridays and Saturdays, 2-5:45 p.m. at SPAGnVOLA Chocolatier, 360 Main St., Gaithersburg. Take a short tour of The Truffle Factory facilities. Free. Visit www.spagnvola.com.

Glen Echo Park Films. Saturdays and Sundays. Arcade Building, 7300 MacArthur Blvd., Glen Echo. Films about the Park's history are shown on rotation in the lobby. Free. Visit www.glenechopark.org for more.

SilverWorks Studio & Gallery. Wednesdays, Thursdays, Saturdays and Sundays, 10 a.m.-6 p.m. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. SilverWorks Studio & Gallery is a working silversmith studio and includes an ongoing exhibition, as well as sales of the work of artist-in-residence Blair Anderson. Free. Visit www.silverworksglenechopark.com.

Art Glass Center at Glen Echo. All day Wednesdays; Fridays, 10 a.m.-2 p.m.; Saturdays, 10 a.m.-4 p.m.; Sundays, noon-4 p.m. Art Glass Center, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Ongoing exhibitions feature work of resident artists. Sculpture, vessels, functional art and jewelry for sale. Classes are taught year-round for beginner, intermediate and advanced students. Visit www.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



PHOTOS CONTRIBUTED

Margo Ghanem and Kate Niewenhous roll custard triangles.

Saints Peter & Paul Orthodox Church is holding its 33rd annual Middle Eastern Bazaar Sept. 23-25. The hours are Friday, 4-9 p.m.; Saturday, 11 a.m.-10 p.m.; and Sunday, 12-7 p.m. Traditional music will be performed Friday and Saturday night. Admission and parking are free.

The bazaar will feature authentic, homemade cuisine and sweets. Food demonstrations of favorite mezzos dishes will take place daily and booths will be selling international groceries, jewelry, clothes, art, local crafts and religious items. Guided tours of the church will be offered. For children there will be a Kids Zone with moon bounce and other activities.

Visit www.peterpaulpotomac.org/bazaar or call 301-765-3400. Saints Peter and Paul Orthodox Church is located at 10620 River Road, Potomac.

— COLLEEN HEALY



Hala Paskaleva brushes on orange blossom glaze to the custard triangles.

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.

CAMPS, CLASSES & WORKSHOPS

Art Explorers Open Studio. Every Saturday, 10 a.m.-12:30 p.m. at The Candy Corner Studio, 7300 MacArthur Blvd., Glen Echo. Art activities for parents and children. Activities change weekly and there is no pre-registration; \$10 per child. Visit www.glenechopark.org/saturday-art-explorers for more.

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

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ENTERTAINMENT

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.

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

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-themed canal stories. Free. Great Falls Tavern historic area has a entrance fee of \$10 per vehicle.

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.

Service for 9/11 and First

Responders. 8:30 a.m. and 11 a.m. at Emmanuel Lutheran Church, 7730 Bradley Blvd., Bethesda. Remember 9/11 and honor first responders. Free. Call 301-299-7053 for more.

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.

Potomac Presbyterian Open House. 12 p.m. at 10301 River Road, Potomac. The annual open house will include favorite activities and a few new surprises – including inflatable water slide fun for children 12 and under. Free. Visit www.potomacpresbyterian.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.

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.

FRIDAY-SUNDAY/SEPT. 16-18

Intervention. Noon-4 p.m. at Hilton Washington DC/Rockville, 1750 Rockville Pike, Rockville. An annual convention in Maryland celebrating science fiction, fantasy, pop culture, and the art that surrounds them. Meet guests from Star Trek, Doctor Who, Farscape, and more. \$65. Visit interventioncon.com/aboutcontact/

contact.

SATURDAY/SEPT. 17

Case Remodeling Seminar. 10:30-11:30 a.m. at Case Bethesda Design Studio, 4701 Sangamore Road, Bethesda. Case Design/Remodeling experts will help participants gain insight into the latest trends and different levels of kitchen and bath remodeling, as well as project timeframes and budgeting. Free. Visit www.casedesign.com for more.

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.

Perfect Pairings. 1-5 p.m. at Bethesda Row, 4950 Elm St. Take an educational wine tour at nine Bethesda Row restaurants and sample 20+ wines from around the world, all paired with signature tapas-style dishes at each stop along the way. Tickets are \$45. Visit www.bethesdarow.com 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 for more.

SATURDAY-SUNDAY/SEPT. 17-18

Brian Ganz. 8 p.m. Saturday, 3 p.m. Sunday at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. The National Philharmonic kicks off its 12th anniversary at The Music Center at Strathmore with renditions of some of Ludwig van Beethoven's most popular works, led by Music Director and Conductor Piotr Gajewski, featuring Brian Ganz on the piano. Tickets are \$28-88. Visit www.nationalphilharmonic.org for more.

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.

Waltz Dance. 2:45-3:30 p.m. workshop, 3:30-6 p.m. dance at Glen Echo Park – Spanish Ballroom, 7300 MacArthur Blvd., Glen Echo. Some Assembly will provide a lively mix of folk waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polka. The 45-minute dance lesson begins at 2:45 p.m. with a half-hour introductory Waltz workshop and a more advanced move presented the last 15 minutes. Tickets are \$10. Visit www.waltztimedances.org for more.

WEDNESDAY/SEPT. 21

Lil' Ed & The Blues Imperials. 8 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Mixing smoking slide guitar boogies and raw-boned shuffles with the deepest slow-burners, Lil' Ed Williams and his Blues Imperials – bassist (and Ed's half-brother) James "Pookie" Young, guitarist Mike Garrett and drummer Kelly Littleton – deliver emotional blues. Tickets are \$20. Visit www.bethesdabluesjazz.com.

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4 11612
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2 12008 Piney Glen Lane —
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6 9720 The Corral Drive — \$1,100,000



5 9308 Falls Bridge Lane
— \$1,100,000

1 8217 Coach Street —
\$1,150,000



3 7808 Laurel Leaf Drive — \$1,149,000



Address	BR	FB	HB	...	Postal	City ..	Sold Price	Type	Lot	AC ..	PostalCode	Subdivision	Date Sold
1 8217 COACH ST	6	..	4	.	1	POTOMAC	\$1,150,000	Detached	0.35	20854	RIVER FALLS	06/30/16
2 12008 PINEY GLEN LN	5	..	3	.	2	POTOMAC	\$1,150,000	Detached	2.34	20854	PINEY GLEN FARMS	06/01/16
3 7808 LAUREL LEAF DR	4	..	4	.	1	POTOMAC	\$1,149,000	Detached	0.38	20854	FAWSETT FARMS MANOR	06/13/16
4 11612 SPRINGRIDGE RD	5	..	6	.	3	POTOMAC	\$1,115,000	Detached	2.12	20854	DARNESTOWN OUTSIDE	06/24/16
5 9308 FALLS BRIDGE LN	5	..	3	.	1	POTOMAC	\$1,100,000	Detached	0.59	20854	HERITAGE FARM	06/30/16
6 9720 THE CORRAL DR	5	..	3	.	1	POTOMAC	\$1,100,000	Detached	2.19	20854	POTOMAC MANOR	06/20/16
7 7811 HIDDEN MEADOW TER	4	..	3	.	1	POTOMAC	\$1,100,000	Townhouse	0.11	20854	RIVER FALLS	06/28/16
8 9612 KENTSDALE DR	5	..	4	.	1	POTOMAC	\$1,080,000	Detached	0.46	20854	MCAULEY PARK	06/15/16

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Inquiring about Vaccines

Strategies for asking another parent if their children are vaccinated.

BY MARILYN CAMPBELL
THE ALMANAC

As a new parent, Joy Baatin admits to being protective of her young son. In addition to guarding her son from household hazards such as electrical outlets and chemicals, she wants to protect him from catching a contagious disease from an unvaccinated playmate. But it's not easy to talk to other parents about vaccination, since it has become a controversial topic.

"I won't be so bold as to ask another [parent]," said Baatin, of Bethesda. "I respect that it's a matter of choice. But I wouldn't knowingly let my son play with a child who hasn't been vaccinated."

Like Baatin, many parents of young children feel uncomfortable bringing up this question. However, researchers point to outbreaks of measles in recent years. The Centers of Disease Control and Prevention (CDC) reports that there were 189 cases of measles in 2015 and 52 in 2016 as of Aug. 15.

For that reason, it is a good idea for parents to become informed about which of their children's friends have been vaccinated, particularly for children with weakened immune systems or infants who are too young to be vaccinated. The importance outweighs the awkwardness of raising this question, and it need not be a difficult conversation to begin.

"I think it's important to recognize that, particularly when it comes to decisions about how to raise our children, certain issues are going to be sensitive," said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College in Alexandria, Va. "It's also important to recognize that we all have different perspectives and opinions."

Approaching this topic with genuine interest in learning another parent's point of view can help quell any discomfort about engaging in this conversation. "Asking what they think about vaccines to get their opinion is a nice way to start the conversation," said Lorente. "It allows you to begin from a point of curi-

osity rather than judgment."

In addition to withholding judgment, maintaining an open mind and keeping conversations light-hearted and straightforward is key. "If you are able to actually avoid passing judgment and respect another parent's perspective and point of view, that will come across in a conversation," said Karen Bronco, LCSW, a psychotherapist in Arlington, Va.

Lorente's personal experience in discussing vaccines with one of her friends reinforced her belief that parents should educate themselves about vaccinations before having a discussion on the topic.

"My friend said that she wasn't going to vaccinate her kids," said Lorente. "I asked her what she'd read about vaccines so that I could understand her point of view. As a professional, I like to look at authoritative sources when it comes to making decisions for my children. With social media it's getting harder and harder to determine what those sources are, but I start with well respected organizations such as the CDC (Centers for Disease Control and Prevention)."

Informed decisions can be made after educating oneself about the scientific research and debunking myths about vaccines, Lorente said. One reason that parents might choose to forgo vaccinations is the now discredited belief that there is a link between vaccines and Autism spectrum disorder. The CDC highlights multiple studies which show that there is no

link.

Researchers say that it is helpful for parents of vaccinated children to know if their child's playmates have received their vaccinations. "There is still some slight risk even if your child is vaccinated, as no vaccine is 100 percent effective," said Tony Yang, ScD., associate professor of Health Administration and Policy at George Mason University in Fairfax, Va. "Research shows vaccination reduces the probability of infection substantially, but not perfectly."

As with other difficult conversations, such as asking the parents of one's child's playmates whether they own a gun, the approach and attitude parents take can make the difference between a stressful or productive conversation.

"These are all important questions and I think if we address them with an 'it takes a village' mindset and think that we're all in this together, the conversations go a lot better," said Lorente.

care systems of North America in the 21st century."

Long-time Potomac resident Anne Berkeley, N.D., who completed her medical training at the Southwest College of Naturopathic Medicine and Health Sciences (SCNM) in Tempe, Ariz., recently returned to the East Coast, and will open her Washington D.C. practice this October. Since living abroad after completing her undergraduate degree at Penn State, she has yearned to bring specific knowledge of how botanical medicine and clinical nutrition can be used to enhance human health.

"There's a shift taking place," she said, "with more people conscious about their health than ever be-

SEE OFFERING, PAGE 11

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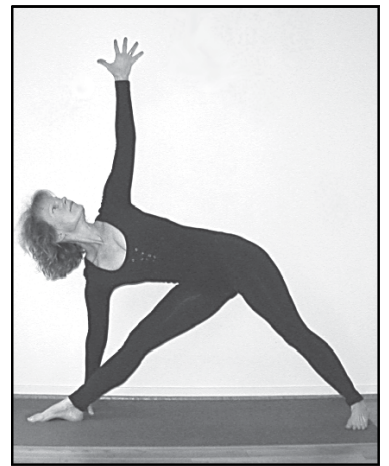
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Offering Naturopathic Medicine

Long-time Potomac resident to open area office.

BY ASHLEY CLAIRE SIMPSON
THE ALMANAC

In an age where Americans are increasingly aware of chemicals in their food and toxins in the air, naturopathic medicine has become a health route that many people are willing to explore. Naturopathic medicine, according to the American Association of Naturopathic Physicians (AANP), "offers safe, effective natural therapies as a vital part of the health-

Hardly Where

By KENNETH B. LOURIE



If there's one place where I don't belong, one place where I have limited knowledge, one place where I have minimal interest; it's a hardware store. Complicating those incontrovertible facts are the size and scope of the modern-day, box store-type monstrosity familiar even to me. I realize/have been told that size doesn't matter; apparently, that message hasn't translated to the hardware store. The height of the ceilings, the width of the aisles, the depth of the shelves, the numbers of registers, the miscellaneous service counters, the automated/sliding entry doors, the pick-up areas, the shopping carts, the "vested" staff, the interactive displays and the sheer variety of everything are totally overwhelming to me (I'm being kind to myself; now I'll be honest: intimidating to me).

The chance of me walking out with the item necessary to solve the problem I came in to address is almost impossible to calculate. However, if I were to try, I'd guess, somewhere between zero and none. And what chance I might have would likely require talking with "an associate" and being able to accurately describe the problem and the presumptive solution. That sounds simple and reasonable enough unless you're me. I likely wouldn't know the right answer if I heard it because either I had asked the wrong question or characterized the wrong set of circumstances which precipitated my visit in the first place. Moreover, knowing the eventual outcome will entail yours truly returning to the store and exchanging the item or spending hours at home on a repair that a "normal"/capable man/homeowner would spend minutes on, makes the entire process as unpleasant as any I've undertaken. Yesterday was just such a day.

I wouldn't say I'm still recovering from the effort, but neither am I basking in the glow of a job well done. Now I'm not going to humiliate myself and tell you what the attempted repair was; you can be sure it wasn't plumbing or electrical and certainly didn't involve a toilet or a trap of any kind. Nevertheless, when you're a person of extremely limited ability, instincts and experience as I am, any home repair in which you walk away uninjured and without any further adieu (follow-up service call from a professional or need for a new /replacement item because you broke the first one or made the problem worse by breaking something else) is a "Mt.-Rushmorian" success. Certainly not worthy of a mention in a magazine, but worthy I thought, of a column.

Now don't get any ideas that yesterday's success ('success' in this context is defined as 'not a disaster') emboldens me with any sort of self-confidence about future endeavors. Hardly. The fewer and farther between they remain, the happier I'll be. Yesterday's experience was nothing short of a miracle and simply moves me closer to the inevitable calamity I will cause when next I am faced with a similar set of homeowner-type circumstances.

For me, the devil is not in the details, it's in the "do-tells." The problem begins with the problem. It is then compounded by my inability to communicate the problem at the store, it is then compounded by my inability to understand the solution to the problem I am given at the store and finally, the problem is compounded by my inability to do at home what I was told at the store.

Believe it or not, I can accept my level of incompetence; I'm used to it. It's much harder on my wife, Dina, though; she has to live with me.

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

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-St. Francis de Sales

BULLETIN

FROM PAGE 4

www.theBeaconNewspapers.com/50-expos.

THURSDAY/SEPT. 15

Boot Camp for Aging. 6:30-8:30 p.m. at River Falls Clubhouse, 7915 Horseshoe Lane, Potomac. Boot camp for aging in place. Come mix and mingle with six leading experts in aging. Need help with parents? Baby Boomer? Downsizing? Find answers. Free. RSVP required at kmcguinness@assistinghands.com or 301-363-2580. Visit www.assistinghands.com/potomac for more.

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.

SUPPORT GROUPS

The Alzheimer's Association's Memory Cafes offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. The memory cafe in Rockville (4860 Boiling Brook Parkway) operates the third Wednesday of each month from 2:30-4 p.m. Pre-registration is required. Contact Lindsey Vajpeyi at 240-428-1342 or lvajpeyi@alz.org.
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.

SEE BULLETIN BOARD, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM

Highlighting Changes Inside Local Schools

FROM PAGE 3

Principal Donna Michela said, “We will continue our work using formative assessments to inform differentiated instruction so that we can effectively develop strategies/interventions to address the needs of all learners.”

❖ Potomac Elementary is also scheduled for a revitalization and expansion project with a completion date of January 2020. However, county and state funding must be provided at the levels approved in the Capital Improvements Program. Schematic Design meetings will be held at the school beginning in fall 2016 and are open to the public. The design phase will last approximately 18 months followed by 18 months of construction.

❖ Beverly Farms Elementary School PTA has been planning innovative educational programs for the 2016-2017 school year. Spencer Delisle, Beverly Farms principal, said, “The PTA is focused on providing enrichment programs and events for students

as well as offering community building activities. This year there will be a wide variety of after-school activities offered at Beverly Farms, including foreign language, sports, instrumental music, visual and performing arts, and STEM classes. We will again host our annual Science, Book, and Multicultural Fairs in addition to the Variety Show, Book Club, Movie Night, Picnics, and Club Beverly Farms. The PTA also sponsors in-school assemblies and an Artist and Author in Residence. New this year, we will introduce a community week starting with a ‘Farmraiser’ that will host our local farmers and then continue with a volunteer day on Oct. 22 in which we will construct raised beds for our newly fenced edible garden and clear a Wooden Nature Trail for our kids. Our neighbors and Beverly Farms community are welcome to participate.”

❖ Churchill High School’s Principal Joan Benz is proud that, “Churchill’s concentration will be the continuation of our Sources of Strength (SOS), an all school, peer-to-peer program which focuses on health and



PHOTO BY DEBORAH STEVENS/THE ALMANAC

Last week’s opening day at Carderock Springs Elementary School.

wellness activities for our entire community. Our annual production of Blast, our instrumental and choral concerts and Jazz Coffee Houses will highlight our year. Our aca-

demic and college-career expectations for the success of all students have been the key to planning for the 2016-17 school year.”

Offering Naturopathic Medicine

FROM PAGE 9

fore. A trend in medicine nowadays is towards personalization in health care. I see people taking a proactive interest in their health because they want to have the energy to do everything they want in life. It’s exciting to me that people are moving in this direction.”

The AANP describes naturopathic physicians (NDs) as doctors who have grasped both nature’s healing methods as well as those of modern science. They work to “help facilitate the body’s inherent ability to restore and maintain optimal health.”

Naturopathic medicine, Berkeley said, addresses the underlying conditions that may be preventing a patient from optimal health.

“We use safe and effective individualized natural treatments, while focusing on wellness and prevention,” she said. “Once we gather information, we can then come up with a treatment plan for your specific health status. This can supplement the care you receive from the other members of your health care team.”

There’s a scientific reason that naturopathic doctors don’t standardize treatment plans.

“We are all genetically and microbially different, so it makes sense that each of our bodies needs different things,” Berkeley said. “The goal for us is to get to the root cause of your symptoms. Your health could be affected by many things, some of which might be food sensitivities, infections in the gut, hormonal imbalances, environmental toxins or stress.”

To better understand what’s happening in a patient’s body, Berkeley uses specialty functional lab testing. These tests provide information for each specific patient and include, but are not limited to, salivary cortisol level testing, micronutrient status or a complete hormone analysis.

People of all ages and backgrounds can visit naturopathic doctors for maintaining wellness



Berkeley

or for help with a variety of other concerns.

“Many people come to me because they feel like something isn’t quite right, but all lab tests have come back normal,” Berkeley said. “A good number of my patients in the past have sought out naturopathic

treatment because they are seeking other options.”

While Berkeley’s practice will grow and evolve with the needs of her patients, both male and female, she will offer two programs from the start: a Vital Pregnancy Program to help women maximize health and enhance fertility; and a Vital Woman Program, which is individualized to empower women to live a healthy lifestyle.

For those exploring alternative medical treatment options, Berkeley said it is important to take the same careful, research-based approach that patients should with any doctor.

“Always ask questions and find a practitioner who is equipped to work with your condition,” Berkeley said. “It’s important to make sure any doctor you work with is licensed and board-certified.”

She also encourages readers to at least look into some naturopathic remedies to supplement their traditional regimens.

“There are effective treatments that combine natural therapies with modern medicine that can help restore your health,” she said. “When you give your body all the nutrients it needs along with the right environment and pursue individualized treatment, you give yourself the best chance of nourishing and maintaining a strong and healthy body.”

See her website at www.medicine.tothrive.com. Her office is located at 1915 I Street, NW in Washington D.C.

BULLETIN BOARD

FROM PAGE 10

Because I Love You is a nonprofit organization dedicated to supporting parents of troubled children of any age. The group helps parents deal with drugs, runaways, truancy, verbal abuse, physical abuse, curfew violations and other misbehavior, as well as help parents deal with themselves, to manage and live their own lives without obsessing over their child’s behavior. The group meets 7:30-9:30 every Thursday at Bethesda United Methodist Church Room 209, 8300 Old Georgetown Road, Bethesda. Visit www.becauseiloveyou.org, email hbrite1@netzero.com or call 301-530-3597.

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@hospicecare.org.

ONGOING

SUPPORT. Two county services can help residents find out more about services for seniors and individuals with disabilities. The Aging & Disability Resource Unit (ADRU), part of the Department of Health and Human Services, provides assistance, referrals to services and specific information to seniors, individuals with disabilities and caregivers by telephone and in-person. The Connect-A-Ride program provides information and referral for older adults and adults with disabilities about transportation options; including public, private and volunteer transportation services. In addition, the program assists callers with applications for programs such as the Escorted Transportation Program, Call-n-Ride and Metro Access. Language interpretation is available for both services. The Aging & Disability Resource Unit is open Monday and Friday 8:30 a.m. to 5 p.m. and open Tuesdays, Wednesdays and Thursdays 8:30 a.m. to 7:30 p.m. Call the ADRU at 240-777-3000. The

Connect-a-Ride program, funded by Montgomery County and operated by the Jewish Council for the Aging, is open Monday through Friday 9 a.m. to 5 p.m. Call Connect-a-Ride at 301-738-3252.

The Montgomery County Commission on Common Ownership Communities (CCOC) has launched a new online training program for common ownership community board members. Visit www2.montgomerycountymd.gov/CCOC-Training.

Montgomery Parks is launching a new registration system, ActiveMONTGOMERY. The new system replaces ParkPASS and RecWeb, the two separate registration systems currently used by Montgomery Parks and Montgomery County Recreation, respectively. ActiveMontgomery provides one location, with just one username and password, for people to register for classes from either organization. Visit www.ActiveMontgomery.org.

ChildLink is a free County service provided by the Department of Health and Human Services, Early Childhood Services, which provides information, resources and referrals to residents with young children. Visit www.montgomerycountymd.gov/childlink.

Reservations for **Carderock Picnic Pavilion and Marsden Tract Group Campsites** are now available online. Visit www.recreation.gov.

Registration for **Montgomery County Summer Recreation and Parks Programs** has opened. Register by visiting www.montgomerycountymd.gov/rec and downloading an application.

Master Gardener Plant Clinics.

Montgomery County Master Gardeners are available to answer gardening questions at walk-in plant clinics. Bring plant and insect samples, garden problems and questions. Drop off plant and insect samples, Monday-Friday, year-round, 8:30 a.m.-4:30 p.m. at 18410 Muncaster Road, lower level, Ballard Phone Room.

English Classes. The Literacy Council of Montgomery County is offering free day and evening English classes (beginning, intermediate and advanced levels) to adult county residents at several locations. Prospective students must attend a 3 1/2 hour orientation in Rockville. The Literacy Council is always looking for volunteers to help in a variety of ways. For more information email info@literacycouncilmd.org or call 301-610-0030.



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