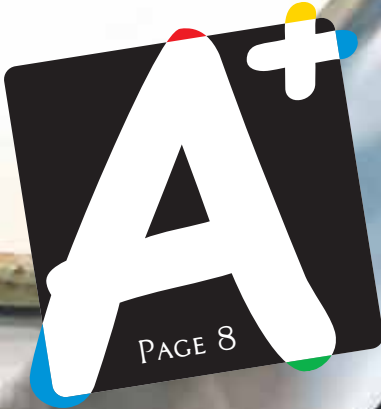


Bullis Discovery
Center on Schedule
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Potomac ALMANAC



Hala Paskaleva and baby Raya bake
together for Saints Peter and Paul
Orthodox Church's 33rd annual
Middle Eastern Bazaar.

Preparing for Annual Bazaar

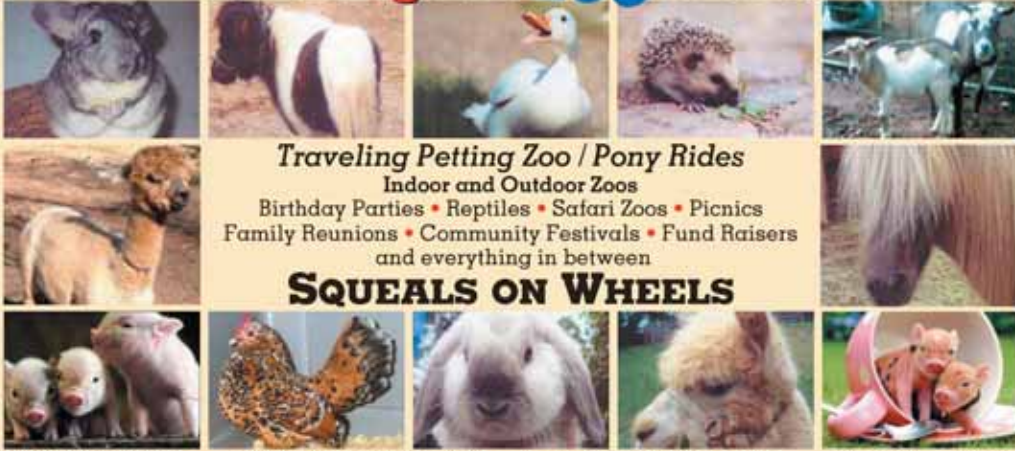
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Coalition Supports
Domestic Abuse Victims
NEWS, PAGE 3

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BULLETIN BOARD

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

VOLUNTEERS WANTED

AARP Foundation Tax-Aide is seeking volunteers to participate in a free, non-profit program, offered in conjunction with the IRS, that provides tax filing assistance to people of low- and middle-income, with special attention paid to those aged 60-plus. Training will be available in December and January to help taxpayers Feb. 1-April 18, 2017. Visit www.aarp.org/taxaide.

p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. A six-week group led by Montgomery Hospice professional counselors for children kindergarten through 12th grade who have experienced the death of a parent or sibling. Parent/Guardian group meets at the same time. Group will not meet the week of Oct. 12. Registration required, call 301-921-4400.

THURSDAY/SEPT. 29

MD SPCA Fundraiser. 11 a.m.-10 p.m. at any Chipotle location in Maryland. Come in to any Maryland Chipotle location and tell the cashier you're supporting the Maryland SPCA's cause 50 percent of the proceeds will be donated to the Maryland SPCA. Visit www.mdspca.org/updates/detail/chipotle-fundraiser-sept-29 for more.

WEDNESDAY/OCT. 5

Helping Your Child with Eating Problems. 9:30-11 a.m. at Geneva Day School, 11931 Seven Locks Road, Potomac. Dr. Dan Shapiro, a developmental and behavioral pediatrician, will present this interactive parent training program for parents of children with challenging temperaments or developmental differences. Background concepts and specific strategies will be shared, followed by group discussion. Pay what you can; suggested range \$15-30 per family. To register, go to www.raisingyourchallengingchild.com or contact drdanschapiro@gmail.com.

THURSDAY/OCT. 6

Secondary School Fair. 6-8 p.m. at Norwood School, 8821 River Road, Bethesda. The 18th annual Secondary School Fair offer the opportunity for families to learn more about independent high schools. Representatives from 120 day and boarding schools will be available to provide both on-site and take-home information. Contact Cathy Russo at 301-841-2101 or crusso@norwoodschool.org.
Parent Loss Support Group. Thursdays, 6:30-8 p.m. at Hughes United Methodist Church, 10700 Georgia Ave., Wheaton. A six-week group led by Montgomery Hospice professional counselors for adults who have experienced the death of one or both parents. Registration required, call 301-921-4400.

FRIDAY/OCT. 7

Toddler and Caregiver Class. 12:15-1 p.m. Mondays and Fridays through Dec. 12 at Geneva Day

SEE BULLETIN, PAGE 9

THURSDAY/SEPT. 22

JCADA's Legal Access Program. 5:30-7:30 p.m. at McMillan Metro, P.C., 7811 Montrose Road, Suite 400, Potomac. Jewish Coalition Against Domestic Abuse hosts a night of networking and the opportunity to learn more about their Legal Access Program. Light refreshments will be served. Kosher dietary laws observed. No cost to attend. We will be accepting in-kind donations of gift cards (Giant, Safeway, Target) for clients in need. Visit www.jcada.org/.
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.

TUESDAY/SEPT. 27

Highly Selective College Admissions. 6:30-7:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. First in a series of college application seminars presented by Collegewise, a professional college counseling company. An expert will lead a seminar on what highly selective colleges are looking for from prospective students. Intended for high school students. Free. No registration required, but space is limited. Call 240-777-0690.

WEDNESDAY/SEPT. 28

Child, Adolescent and Teen Grief Support Group. Wednesdays, 6-7

Local Office, Associate Leads Sales Region

The Potomac office of Weichert, Realtors was recognized for exceptional industry success in August. The office led its sales region, which is comprised of locations throughout Montgomery and Prince George's counties as well as surrounding areas in the District of Columbia, for new home dollar volume.

In addition, sales associate Samia Gouda was individually recognized for her success in August. A top producer, Gouda led the sales region for new home dollar volume.

Gouda can be reached in Weichert's Potomac office at 7821 Tuckerman Lane, or call 301-718-4100 for more information.



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."

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.



Artist's rendering. Projected opening date 2019/2020

Reservations now being accepted for Gardenside!

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www.inglesidekingfarm.org

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.



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.



Grace White, Ann Marie Moses, Hala Paskaleva at work.



Fred Zacharia, Grace White and Ann Marie Moses stretch and roll dough for custard triangles.



Wayne Parr and Renee Milkie man the outside grill.

PHOTOS CONTRIBUTED

Preparing for 33rd Annual Middle Eastern Bazaar

Saints Peter and Paul Orthodox Church members gather to bake.

BY COLLEEN HEALY
THE ALMANAC

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

On baking day, parishioner Mary Misleh supervised the assembly of the custard triangles which is a traditional celebratory dessert. The custard will be filled the day before the bazaar.

"The bazaar is the church's biggest

fundraiser and it will raise money for the church, families, children and charities," she said. "I think it is awesome this is our 33rd year holding the bazaar. People look forward to the bazaar each year. We have many repeat orders."

Rida Boulos added, "The recipes are handed down from generation to generation. We tweaked the custard triangle recipe today. It is a very popular dessert in the Middle East. We make it fresh here for the bazaar."

Barbara Abraham said, "The bazaar is a service to the community. We are inviting the community to have a good time with us in our home."

The bazaar will feature authentic, home-

made cuisine and sweets such as grape leaves, kibbi, spinach pies, falafel, gyros, shawarma, leg of lamb, chicken kabobs, vegetarian dishes, ma'amoul cookies, and custard triangles with orange blossom glaze. 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 is a Kids Zone with moon bounce and other activities.

"We will have tours of our church during the festival," Ann Marie Moses said. "All nationalities are represented at our church — almost every country. Our masses are in English. Our church used to be in downtown Washington, D.C. Now we are in Potomac."

For more information go to www.peterpaulpotomac.org/bazaar or call 301-765-3400. Saints Peter and Paul Orthodox Church is located at 10620 River Road.



The Very Rev. Fr. George Rados rolls out a custard triangle.

Coalition Supports Domestic Abuse Victims

Fundraiser to benefit Jewish Coalition Against Domestic Abuse.

BY SUSAN BELFORD
THE ALMANAC

Have a friend or family member who cancels and changes plans often, has unexplained injuries, apologizes and makes excuses for her or his partner's behavior, is excessive in calling and texting their partner or has sudden changes in mood or personality? Perhaps the friend is overly anxious, guilty, defensive, depressed and feeling helpless and hopeless. Perhaps she or he is intentionally seeking isolation from friends, family or activities.

These behaviors may indicate he or she is living in a situation of domestic abuse. These are just a few of the warning signs.

One place to turn for help or to refer them to is the Jewish Coalition Against Domestic Abuse (JCADA). This organization provides services to all residents

of the Greater Washington D.C. community and a hotline to call for answers to questions and places where they can get help and support. Located in Rockville, JCADA supports the victims of domestic abuse and their children, educates community professionals about domestic abuse and appropriate responses to it and works to prevent future domestic abuse by raising awareness.

"Our organization has been supporting those who are in domestic violence situations for more than 15 years," said JCADA Legal Access Program Director Spencer Cantrell. "We provide free services, including crisis counseling, specialized counseling for teens and young adults, safety planning, group therapy, alternative therapy groups such as art or yoga, a confidential hotline, assistance with basic necessities, financial planning, emergency cell phones and a legal access program. We try to be as holistic as possible. We are currently work-



ing with middle, high school and college youth on the Prevention piece. We lead Healthy Friendships training with the emphasis on 'It's Not Love,' anti-bullying and dating awareness."

He continued, "The most dangerous time is when someone chooses to leave the home. We work with our clients to empower them to make their own choices about what's best for themselves and their families. Ninety percent who choose to leave have not returned because they are supported and

given whatever they need to move themselves to a safer environment. Our goal is to be a safety net and make certain the family has what they need. We do not provide shelter, but we assist them to locate affordable housing. We are also careful not to duplicate services among the other area service agencies. We work together as a unit to provide the best assistance for our clients."

JCADA has three full-time clinicians, two full-time volunteers, interns and a staff which has doubled in the past year. The organization is funded mostly from private donations, grants and Montgomery County support. Cantrell said that "People can donate any amount and their donations will all be put to good use. People donate \$20-\$1000 and with that and our other funding, we are able to serve our community. Donations are a substantial part of our budget."

Cantrell added, "For the first 10 years,

SEE COALITION, PAGE 5

**Want to know more about aging
in place in your Potomac home?**

Potomac Farmers Market
Thursdays, Sept 22 & Sept 29, 2 – 4:30
South Glen and Falls Roads

A Grass Roots Role in Aging-in-Place Policy
Free, open to all, Sept 22, 7 p.m.
Bolger Center, 9600 Newbridge Drive, Potomac

Questions? 240-221-1370

www.PotomacCommunityVillage.org

LET'S TALK Real Estate



by Michael Matese

Tips for Modern Luxury Home Trends

Go Green

Luxury home construction firms have taken note of the market's trend towards sustainable housing that incorporates green living into the architecture and home's features. Non-toxic building materials, sustainable construction, alternative energies and solar paneling are just a few of the ways modern luxury homes are going green.

Security

Safety and security are primary concerns for all homeowners; in luxury homes, safety and security when coupled with modern technology are an unbeatable combination that is attractive to the buyer, comforting to the owner and invaluable to the seller—privacy measures, secure wireless home networks, state of the art security systems and whole-house backup generators are some of the most in-demand amenities in the current market of luxury homes.

Technology

When designing or re-designing luxury homes, a few new considerations to make are to allow for a greater access to technology throughout the whole house, not simply relegating access to dens, offices and living room suites. Today's luxury homeowner places a greater emphasis on telecommuting, home media rooms and whole-house wireless networks—these days, technology is both for business and for entertainment and the modern luxury home should reflect that.

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

MICHAEL MATESE
Long & Foster Realtors
301-806-6829

Mike@michaelmatese.com

A Quick Look At Popular "Green" Home Products



Incorporating "green" features into today's remodels is as popular as ever. So what are some of the go-to products?

Reclaimed Wood Floors

Reclaimed wood is recycled — no new trees are chopped down for your floors. For a truly green floor, make sure any adhesive backing is free of formaldehyde and other harmful VOCs.

Concrete Floors and Walls

Concrete floors and thick interior walls made of concrete, brick, or plaster soak up heat during the day and release it at night when sunlight goes away or your cozy fire goes out.

Concrete Countertops

Chips of recycled glass cast into a concrete slab make up terrazzo, a green countertop choice known for its durability and nearly limitless color options.

Direct-Vent Fireplaces

A more eco-friendly choice than a wood-burning fireplace: a direct-vent gas fireplace. Direct-vent fireplaces use outside air for combustion and convert up to 80% of the fuel they burn into usable heat.



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications.

Visit GlickmanDesignBuild.com or call 301.444.4663 to learn more.

News



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

The Rieger's backyard backs to a conservation area with a mature forest of trees.

Creating a Conservation Garden

Backyard tour offers suggestions.

Linda Rieger of River Falls Drive gave a tour of her conservation garden on Monday, Sept. 12. Run-off difficulties were solved with terracing, rocks, grasses, ground cover and ferns.

Since it is located in a high-density deer area, she experimented with different plants to finally find a way to live with the deer and still have an interesting garden with a succession of blooms.

In the sunny area she has an herb garden. In a front garden she had her husband fence in a small sunny area which to save for purposes of reminding them of their childhood. The rest of the yard is open to the wildlife including the deer.

The plants in the Rieger garden:

- ❖ Provide for sequential bloom in the garden,
- ❖ Manage the deer in a high density area,
- ❖ Encourage wildlife with water, food, cover, and places to raise their young,
- ❖ Blend with the conservation area,
- ❖ Provide privacy,
- ❖ Incorporate perennial natives when possible, given the deer population,
- ❖ Contain run-off and help the water quality in the Potomac,
- ❖ Protect plants that are nostalgic to the Riegers,
- ❖ Maintain small amount of



Carol Embrey, Chuck Rieger, Kathleen Zetscher, Eileen Smith, Babs Margolies, Henry Morton, Linda Rieger, and Norma Krupenie

grassy area for games,

- ❖ Provide an area for naturalistic outdoor entertaining,

- ❖ Prevent the invasive plants in the conservation area from spreading.

Support Coalition

FROM PAGE 3

the majority of our referrals came from JCADA signs placed in women's restrooms, from the Jewish Community Center and from rabbis and ministers. Now the referrals come from school counselors, rabbis, ministers, family members, friends — from a caring person in the community or when the victim learns about JCADA and makes their own call to the hotline. Our services are free and we serve all religions, same-sex relationships and anyone who is concerned about their loved one or friend. Call us — each situation is different and we want to connect the individual with services and to educate them that they do not deserve abusive treatment and can make changes in their life."

What can be done to support a friend who is in an abusive relationship? Listen with patience, but not judgment, share concerns for their safety and well-being, acknowledge their feelings, but do not blame, judge or pressure them to leave — it could put them in

more danger. Encourage them to make their own decisions. Offer to help them find a counselor, teacher or parent they can trust and volunteer to accompany them. Urge them to call the JCADA's helpline — or call it for additional suggestions. Often it takes months or years before a victim decides to leave, so the victim may remain in the situation longer than advisable. However until she or he is prepared and confident that leaving is the best decision, his or her friend must maintain the relationship and give them love and friendship.

The JCADA needs help with funding and donations are encouraged. JCADA is holding an Attorney-Network Friendraiser on Thursday, Sept. 22 at McMillan Metro PC, 7811 Montrose Road, Suite 400 in Potomac. If able to attend, respond to jcada.org/RSVP. Light refreshments will be served. There is no charge to attend the event, but in-kind donations of Gift Cards from Target, Safeway, Giant, etc for the clients will be accepted.

SEPT. 24TH

Are You & Your Family Comfortable in Your Home?

We Hope You Will Join Us!

Saturday, Sept. 24th, 2016- 10am-2pm

Where: Sun Design McLean Office
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*Seminars run from 10am-12pm. Lunch to follow.
Please arrive at 9:45am for check-in.*

Seating is limited!

RSVP: info@sundesigninc.com or call Erin
at 703.425.5588



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Bullis Discovery Center on Schedule

Building to add 10 classrooms and 11 science laboratories.

BY SUSAN BELFORD
THE ALMANAC

Driving down Falls Road past the Bullis School, one can notice the construction on the Bullis Campus. This is the Gerald L. Boarman Discovery Center — a state-of-the-art building which will not only increase the number of classrooms on campus by almost 50 percent, but will also provide gathering and performance spaces, more room for hands-on learning experiences and a setting for Bullis Signature programs. The building is slated for delivery in May or June 2017, depending on Potomac's winter weather.

According to Tim Simpson, assistant head of school and director of admission and financial aid, "The new building will house 10 new classrooms and 11 science laboratories — including two exclusively for our Lower School. Other features include a state-of-the-art Fabrication Lab, an Entrepreneurship Center, a multi-use studio theater with retractable seating, a student center, book store and café, a telepresence classroom and a rooftop terrace. With the additional classroom space at Bullis, the school is able to maintain small class sizes while expanding the size of the student body. Currently, the school has 600 students and plans are to grow the student body population to 835 students."

The state-of-the-art building was designed by Duda|Paine Architects of North Carolina and is being built by Coakley & Williams

Construction, Inc. The building is LEED certified, making use of bio-retention ponds and other design elements to conserve energy and increase water efficiency. According to John Pouncy, construction superintendent, "We are on-time with the construction and looking forward to the completion of a truly spectacular building. It will be constructed with lots of natural light, the use of local building materials, rain gardens and an innovative architectural design. This building will become a focal point of the campus. Its location forms a quad for the Bullis students and completes the classroom areas of the campus."

Head of School Dr. Gerald L. Boarman said, "From STEM to entrepreneurship, global studies to the arts, technology use and hands-on learning, and so much more, Bullis is already at the cutting-edge of education to prepare our children for a rapidly evolving future. Now we are ready to build the campus of tomorrow with a state-of-the-art Discovery Center as our centerpiece. Labs, flexible performance areas, more classrooms, a Maker Space and Fabrication Lab and more so our students cannot just learn, but do ... and make ... and create ... and bring their studies and their creativity to life." The center is being named for Boarman for his leadership and vision.

Another new addition to the Bullis Campus is the construction of a new turf field near the existing softball field. The additional field was a necessity since the athletic programs at Bullis are con-



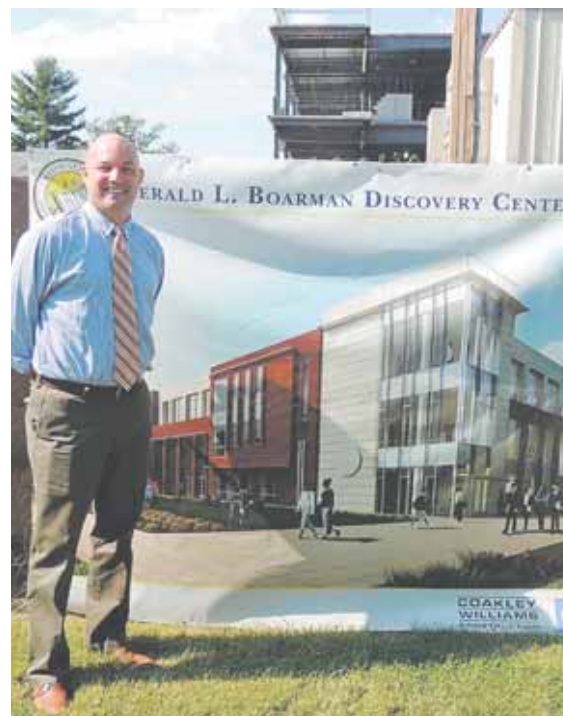
PHOTOS CONTRIBUTED

Construction continues on the new Bullis Discovery Center

tinuing to grow. The artificial turf field replaced an existing grass field used for lacrosse, field

hockey and soccer. New score

SEE TURF, PAGE 9



Bullis Vice Principal Tim Simpson displays architectural renderings of the new Gerald L. Boarman Discovery Center.



Bullis students form the outline of the new Discovery Center at the Groundbreaking Ceremony.

POTOMAC ALMANAC

www.PotomacAlmanac.com

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ENTERTAINMENT

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

ONGOING

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.

WEDNESDAY/SEPT. 21

Lil’ Ed & The Blues Imperials. 8 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. 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.

FRIDAY/SEPT. 23

“A Great Gatsby Party.” 4 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Celebrating F. Scott Fitzgerald’s 120th birthday, jazz vocalist Christiana Drapkin and her quintet play jazz and show tunes of the Roaring 20s. Free. Visit www.montgomerycountymd.gov.

Back to School Bash. 4-6 p.m. at Scotland Neighborhood Community Center, 7700 Scotland Drive, Potomac. Games, prizes, music and food. Free. Call 301-983-4455.

FRIDAY-SUNDAY/SEPT. 23-25

Saints Peter & Paul Annual Bazaar. 4-9 p.m. Friday, 11 a.m.-10 p.m. Saturday, and 12-7 p.m. Sunday at Saints Peter & Paul Antiochian Orthodox Christian Church, 10620 River Road, Potomac. Free to attend. Visit www.peterpaulpotomac.org.

SATURDAY/SEPT. 24

Workshop: Listening to Your Dog’s Body Language. 1:30-3:30 p.m. at St. Luke’s Episcopal Church, 6030 Grosvenor Lane, Bethesda. Dogs talk to each other and to us all the time, but most of us don’t

understand what they’re saying. Dogs or people can get hurt, we can create or prolong behavior issues, or increase our dog’s stress when we can’t recognize when dogs are anxious, ready to snap, or just playful. Think of it as learning a second language, and like any language, this one has its own gestures and nuances. Please leave your dog at home. Free. Visit yourdogsfriend.org/free-workshops.

Great Gatsby Viewing Party. 2 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Celebrate F. Scott Fitzgerald’s birthday. Free. www.montgomerycountymd.gov/library/branches/potomac.html.

How’d You Do That? 2-4 p.m. at Waverly Street Gallery, 4600 East-West Highway, Bethesda. In this artist’s talk, Grace E. Peterson will show examples and explain some of the techniques that she has used over the years. Free. Visit www.waverlystreetgallery.com.

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.mcrcr.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. Artists and thinkers will present their project proposals to the gathering of ticket holders who will vote for a winning project. An immediate grant from a portion of the ticket price will be awarded to the winner. Tickets are \$30, \$15 for students. Visit www.visartsatrockville.org for more.

Poplar Spring Animal Sanctuary Open House. 1-5 p.m. at 15200 Mount Nebo Road, Poolesville. An educational and entertaining afternoon with a live band, silent auction, vegan food and drinks, speakers, clowns and face painting for the kids, and an opportunity to visit with the Sanctuary’s many rescued residents. Free. Visit www.facebook.com/PoplarSpringAnimal/ for more.

THURSDAY/SEPT. 29

Hispanic Festival. 11 a.m.-1:30 p.m. at Rockville Senior Center, 1150 Carnation Drive, Rockville. Hispanic Festival is an annual celebration which includes entertainment and food. Tickets are \$15 for seniors. Visit www.rockvillemd.gov for more.

FRIDAY/SEPT. 30

Rusted Root. 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. This band paints with a global palette that features rhythms from Africa and Latin America and just about every instrument under the sun. Tickets are \$35-45. Visit www.ampbystrathmore.com.

FRIDAY-SATURDAY/SEPT. 30-OCT. 1

Fall Rummage Sale. 9 a.m.-6 p.m. Friday and 9 a.m.-3 p.m. Saturday at St. James’ Episcopal Church, 11815 Seven Locks Road, Potomac. Find antiques, collectibles, art, bicycles, books, clothing, jewelry, electronics, furniture, household items, kitchenware, sports equipment, and tools. Free to attend. Visit www.stjamespotomac.org.

SATURDAY/OCT. 1

Rescue Day 2016. 11 a.m.-4 p.m. at Bethesda-Chevy Chase Rescue Squad, 5020 Battery Lane, Bethesda. Fire and rescue activities and displays for all ages. Free. Visit www.bccrs.org for more.

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 four 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 for more.

Pressenda Chamber Players. 8 p.m. at Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. This new ensemble of strings and piano - named for Giovanni Francesco Pressenda (1777-1854) maker of the instruments played by two members - makes its Washington-area debut performing works by Arthur Foote and Ludwig van Beethoven, including the Piano Trio in E-flat Major, Op. 97 (Archduke.) Sonya Chung, violin; Amadi Azikiwe, viola; Tobias Werner, cello; Victor Asuncion, piano. This is the first of four concerts by the ensemble as Ensemble-in-Residence for the 2016-17 Washington Conservatory concert season. Free. Visit www.washingtonconservatory.org.

SUNDAY/OCT. 2

2016 DC Metro Myasthenia Gravis Walk. 9 a.m. at 11710 MacArthur Blvd., Potomac. 2016 marks the sixth year of hosting the MG Walks to benefit the mission of the Myasthenia Gravis Foundation of America and the MG Community. Registration is free. Visit www.mgwalk.org/DCMetro for more.

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.

Matthew Robertson and Friends. 7:30 p.m. at Bradley Hills Presbyterian Church, 6601 Bradley Blvd., Bethesda. Bradley Hills Presents, the concert arm of Bradley Hills Church, will host Matthew Robertson, Director of Music at Bradley Hills, along with local vocalists and instrumentalists, leading an Organ Dedication Concert on BHPC’s new Positive Continuo organ from the world-renowned firm of Taylor & Boody. Tickets are \$25/\$20 for general/students at the door; \$20/\$15 in advance. Visit www.bradleyhillschurch.org for more.

Roomful of Blues. 9 p.m. at Glen Echo Park – Spanish Ballroom, 7300 MacArthur Blvd. Tickets are \$20. Visit www.gottaswing.com for more.

FRIDAY/OCT. 14-MARCH 17

Club Friday. 7-9 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. Children grades 3-6 are invited to participate in games, crafts, movies, sports and more. Membership fee is \$88. Visit www.montgomerycountymd.gov/rec.



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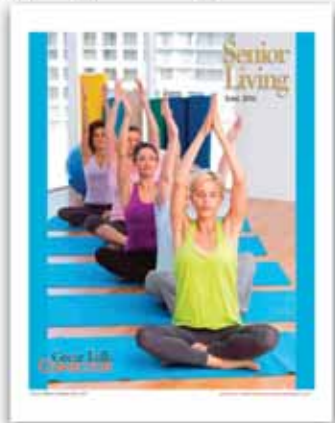
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Homework Overload

Some educators say less can be more, stress balance when it comes to homework.

BY MARILYN CAMPBELL
THE ALMANAC

Paula DeMarco dreads one time of day the most: weekday evenings at 5:30. It's the time she has set aside for her children begin their homework. That means no screen time, music or other distractions.

"When my son entered fifth grade last year it was like running into a brick wall," she said. "We were in shock by how much more homework he had than when he was in the lower grades. It was stressful and there were a lot of tears shed — both mine and his."

For many parents and students, homework can be anxiety inducing, especially when there's a lot of it, when it's intense, when there's pressure to succeed and when it's used as a measure of accomplishment.

In fact, a study published in the Journal of Experimental Education in 2014 found that students in high-achieving communities who spend excessive amounts of time on homework are more prone to more stress, physical health problems and a lack of balance than students who have moderate amounts of homework. Researchers found that students felt obligated to choose homework over other interests. As a result, they didn't know how to find balance in their lives.

Homework in a competitive environment that doesn't leave time for hobbies or sports can also put a strain on family relationships.

"Homework becomes stressful because parents take on the role of homework police," said Ann Dolin, president, Educational Connections Tutoring in Fairfax and Bethesda. "It's a role they never envisioned and they don't want, but before they know it, their relationships with their children become defined by academics."

Dolin points to the "Ten-Minute Homework Rule," guidelines approved by the National Education Association, which recommend 10 minutes of homework per grade level. A first grade student, for example, would have 10 minutes of homework each night, while a fourth grade student would have 40. Any more than this would be counterproductive.

"I have known first graders who've had an hour or and hour-and-a-half of homework," said Dolin. "That is unrealistic."

Locally, Margaret Andreadis, lower school principal at Bullis School in Potomac, says administrators and teachers at her school have restructured the way they assign homework to focus on quality over quantity.

"We've scaled back to emphasize our purpose for homework: teaching students goal setting and time management," she said. "We're not using homework as busy work. Our philosophy has been to create a balance between academics, life at home with family and activities like sports."

Students at Bullis often have choices over their homework assignments, and their tasks are designed to foster a feeling of success, confidence and independence.

"The emphasis is on small successes. We want students to feel good about themselves," said Andreadis.



PHOTO COURTESY OF BULLIS SCHOOL

Faculty and staff at the Bullis School have restructured the way they assign homework to foster a feeling of success, confidence and independence.

"If a parent is having to interact with their child over homework, it's not an independent assignment."

This homework structure can actually create balance in the lives of students, she said. "I think the stress comes from kids wanting to get things perfect and parents wanting their children to be successful," said Andreadis. "Kids need time that is unscheduled so that they can be creative, find new passions and be kids."

Researchers say unstructured play, reading, and other child-initiated activities have as many benefits for children as academics. "Children learn conflict management skills, develop imagination and creativity, self-regulation of time and interest, and independence," said Shannon N. Davis, associate professor of sociology at George Mason University in Fairfax, Va. "Research has shown that children who are given time to play in an unstructured manner, read or otherwise determine how they spend their time are much less likely to say, 'I'm bored' when they have free time. They know how to entertain themselves rather than needing an adult to structure their time for them."

Navigating that course, deciding how much independence to give children when it comes to managing free time and their homework, while at the same time making sure they have the support they need to succeed can be challenging, parents and educators agree.

"I don't think these two areas are mutually exclusive. We want our kids to take ownership of their priorities, but they need some foundational knowledge in order to make these choices from an informed perspective," said Sean Aiken, head of school at BASIS Independent in McLean, Va. "We need to empower our students to make some of these decisions early on and then allow them to experience the consequences."

Parents' roles should be setting students up for success, recommends Andreadis: "Giving them a quiet place to study, checking in with them, asking, 'What's your plan for homework tonight?' Helping the child make the decision but letting the child actually make it. Be hands off as much as possible."

Some educators acknowledge that a relaxed approach might push parents, particularly those in high-achieving communities, outside their comfort zones. "This involves some risk taking on the part of us as parents and educators, but I think the benefits are worth it," said Aiken. "We need to pair that with a lot of support and discussion about why academic achievement matters, specifically that we are learning things in order to make connections and ask questions about the world around us."



PHOTO CONTRIBUTED

Bullis School's new athletic field made of all-weather turf.

Turf Field Added

FROM PAGE 6

boards and a high-tech sound system have also been installed on the turf field. The all-weather field is

intended to ensure student safety during practices and games, and rows of new permanent spectator seating will provide additional seating.

BULLETIN BOARD

FROM PAGE 2

School, 11931 Seven Locks Road, Potomac. Designed for children ages 18-24 months old with their caregiver (parents, grandparent, nanny, etc.), Geneva Day School will engage your child in thematic age-appropriate art, stories, finger play, songs, snacks and more while helping them develop communications, socialization and fine motor skills, and introducing them to preschool classroom routines. Caregivers will learn tips and tricks for activities to do at home. \$25 per session. Space is limited. Contact office@genevadayschool.org or 301-340-7704 for more information or to register. Visit www.genevadayschool.org.

MONDAY/OCT. 10

Afternoon Grief Support Group.

Mondays, 1:30-3 p.m. at Trinity Lutheran, 11200 Old Georgetown Road, North Bethesda. A six-week group led by Montgomery Hospice professional counselors for anyone grieving the death of a loved one. Registration required, call 301-921-4400.

TUESDAY/OCT. 11

Writing Great College Essays.

6:30-7:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Collegewise, a national college counseling company, will present a seminar on how to write winning college essays. Their counselors have experience as both admissions officers and college counselors. Free, but space is limited. Visit www.montgomerycountymd.gov/library under "Branches, Locations, Potomac."

BEGINS OCT. 13

Job Search Training for Seniors.

9 a.m.-4 p.m. JCA's Career Gateway Program can help hone a resume, polish networking and interviewing skills, use Internet job search resources more effectively, and turn age and experience to an advantage. Each session of the Career Gateway features 30 hours of small-group classroom instruction over five days, comprehensive take-home materials, practical exercises, and a long-term mentor. \$75. Session I takes place Oct. 13, 14, 19, 20, 21. Call Ellen Greenberg at 301-255-4215 or email egreenberg@AccessJCA.org.

FRIDAY/OCT. 14

Voter Registration/Election

Officer Recruitment. 2-6 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Montgomery County Board of Elections will conduct voter registration and election worker recruitment drives on Fridays, Saturdays and Sundays during September and October at local public libraries. Visit www.montgomerycountymd.gov/elections for more.

SATURDAY/OCT. 15

Voter Registration/Election

Officer Recruitment. 10 a.m.-2 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Montgomery County Board of Elections will conduct voter registration and election worker recruitment drives on Fridays, Saturdays and Sundays during September and October at local public libraries. Visit www.montgomerycountymd.gov/elections for more.

New Ride On Service for Tobytown Drive

On Oct. 2, Ride On will implement new service between Tobytown Drive in Potomac and Rockville Metro Station via Shady Grove Hospital. Major roads served will include Travilah Road, Wootton Parkway, Falls Road and Great Falls Road. The new route is called Route 301.

In July 2016, Montgomery County Ride On invited public comments on two proposed routings for this service. Ride On developed the service plan after receiving written and oral comments, including at the July 28 public forum at Travilah Elementary School in North Potomac.

Riders will be able to connect to Metrorail and other Ride On services at the Rockville Metro Station and several

other major points of interest along the route. Those include:

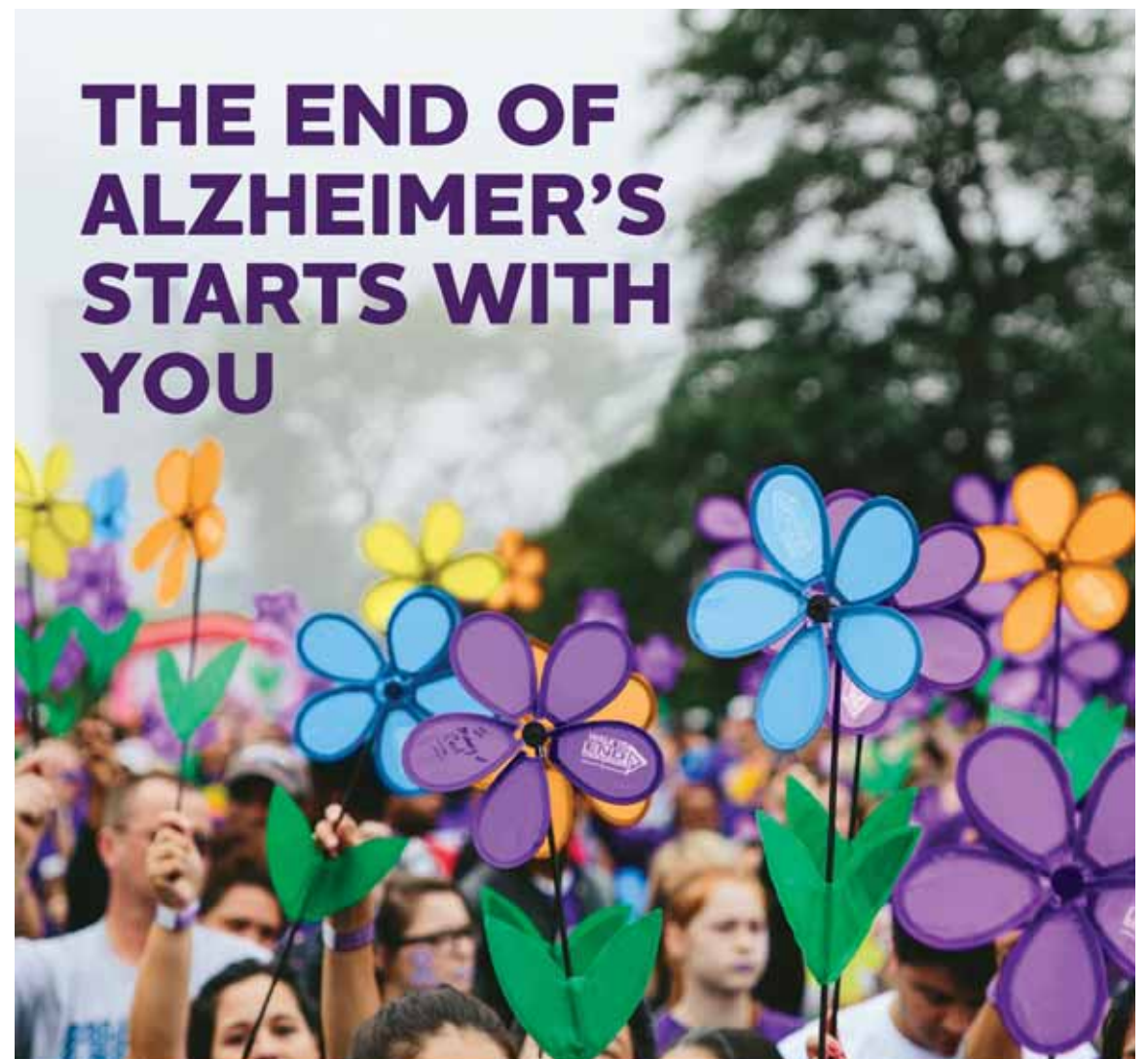
- ❖ Thomas S. Wootton High School
- ❖ Robert Frost Middle School
- ❖ Travilah Elementary School
- ❖ Nancy H. Dacek North Potomac Community Recreation Center (which opens Oct. 22 and includes a senior center)
- ❖ Potomac Oak Shopping Center at Travilah and Glen Roads
- ❖ Glenstone Museum (limited service)
- ❖ Rockville Library
- ❖ Adventist HealthCare Shady Grove Medical Center

Route 301 will operate seven days a week, between approximately 6 a.m. and 7 p.m. The bus schedule is available online at <http://www.montgomerycountymd.gov/dot-transit/index.html>

On an introductory basis, bus fares will be free throughout October. Beginning Nov. 1, standard Ride On fares and discounts will apply; these include free fares for seniors and persons with disabilities from 9:30 a.m. to 3 p.m. Monday through Saturday and Kids Ride Free from 2 p.m. to 8 p.m. Monday through Friday.

For the first month or two, the new service will be operated with a bus that does not have the traditional Ride On paint colors. Riders will see a white bus with Ride On logos.

More information about Ride On schedules and routes is available at www.rideonbus.com.



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Banking on the Envelopes

By KENNETH B. LOURIE



Now that you know my pill plan, after reading last week's column; there should be no stopping me, right? Starting me however, is still a problem. Having removed a major impediment (transporting/segregating my pills), one would think I could finally get out of my own way. Unfortunately, it's not that simple — for me. Sometimes, finding that 'way' is equally challenging. I might know the how, and maybe even the why, but the what and the where often remains frequently a block over which I stumble and stammer.

Nevertheless, having allocated my pills accordingly does allow me to think less about the present and more about the future. And planning for one's future, especially when that 'one' is yours truly, a previously diagnosed as "terminal," non-small cell lung cancer patient, stage IV, whose future was not necessarily foreseen, is more than just a leap of faith. In fact, it's the stuff of which dreams are often conjured.

What I was given — not promised, was made clear to me in late February 2009 by my oncologist when he advised me that my prognosis was "13 months to two years." And as much as one (this one) wanted to think about the future/even having a future, I felt it was the present I had to account for first. And though it certainly was a present imperfect and tense a great deal of the time, over hill and over dale and continuing/supplementing my standard chemotherapy treatment/regimen with a variety of non-Western alternatives, I have managed to overcome my 'present' focus and begin to consider a future well beyond my original prognosis.

As the years have indeed passed, I have begun to believe in the power of the present surely, but mostly in how it might provide a foundation for a future; providing a "nutty and bolty" approach as to how I can navigate this mind/mine field (literally and figuratively) of outrageous misfortune and find a path of least resistance. As much as I want to get from here to there, I suppose I've needed a framework of sorts, a routine that would enable me to think without consulting the manual, so to speak. A manual which offers few guarantees and less-than-encouraging mortality tables, however much improved they are over previously diagnosed generations of lung cancer patients (although still the leading cause of cancer deaths and new diagnosis yearly in this country).

Given these realities, I am well aware — and extremely grateful for my survival. Has it been random luck? Good DNA? A bit of a misdiagnosis? An open mind to the potential benefits of lifestyle changes, diet, occasional exercise and non-Western approaches to treating cancer/boosting one's immune system? Certainly I don't know — and don't care, quite frankly. All I know is what I've been told: whatever I'm doing, keep doing it, which seems perfectly logical and manageable for me ("if it ain't broke ...").

If I were to consider, for a minute what has pulled forward to the future/present rather than backwards into the abyss, I think it would be hope. Not simply hope that what I was doing would work/extend my life, but more so that it gave me something to think positively about. And I'm not even sure that is an accurate distinction. All I know is that "bank-enveloping" my pills has given me one less thing to fuss about concerning my diagnosis and allows me, potentially, to live my cancer-affected life as normally (pre-cancer diagnosis), as possible. At least, I hope so.

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

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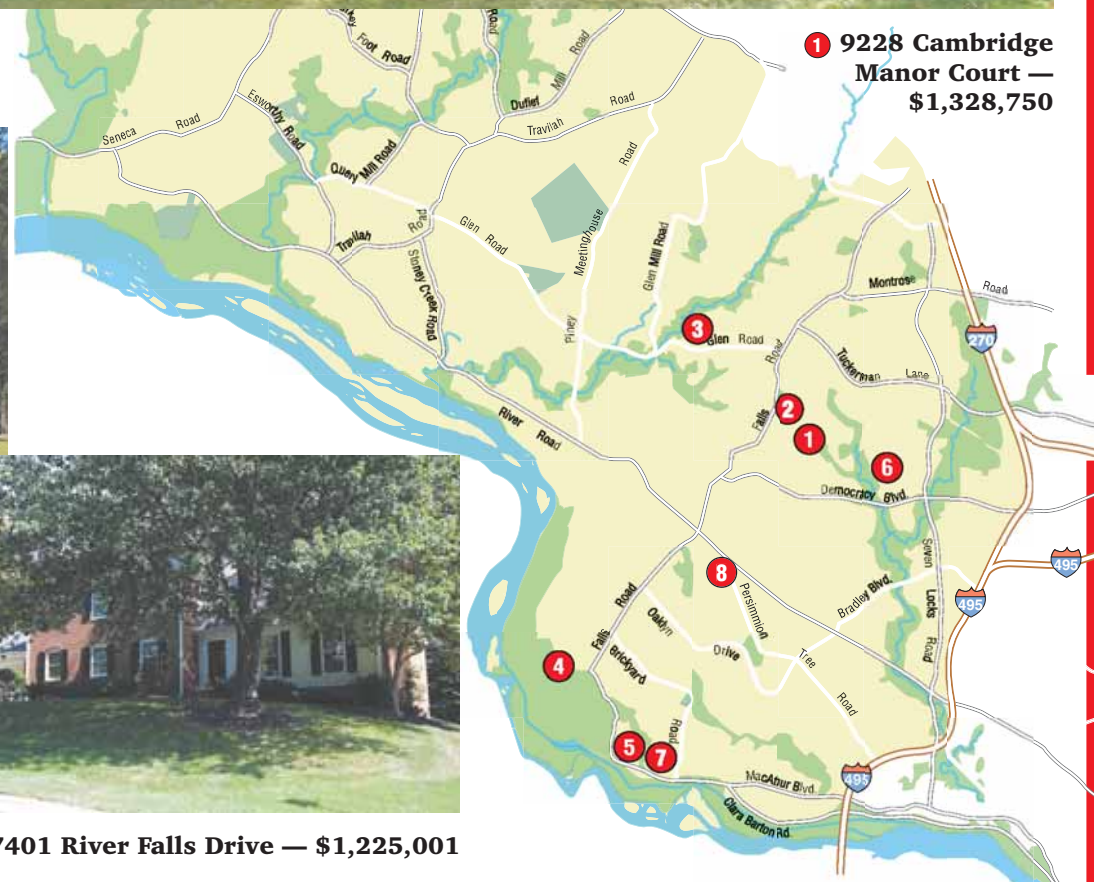
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