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PHOTO CONTRIBUTED

# Sharing Lessons On Family

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Janice Goldwater with honoree Judy Sebring at "Taste in Potomac."

OCTOBER 5-11, 2016

ONLINE AT [POTOMACALMANAC.COM](http://POTOMACALMANAC.COM)



# 'Taste in Potomac' Raises Funds for Adoptions Together

Sharing lessons on the value of family.

BY SUSAN BELFORD  
THE ALMANAC

**"I** always wanted to be a Dad and my son is the most important person in my life. He is the one who convinced me to speak before you and tell you the impact that Adoptions Together has made on our lives," said Marc Blumenstein. He recounted the story of the adoption of his son Zachery — now a college student studying in Europe — as photos were displayed before the sell-out crowd at the "Taste in Potomac" Saturday evening.

The event, held at the Bolger Center in Potomac, featured an assortment of food from more than 30 area restaurants. Samplings included passed appetizers as well as lamb chops from Sugo Cicchetti, Greek Salad from Tally Ho, grilled shrimp from Not Your Average Joe's Mussels from The Grilled Oyster Company, Key Lime Pie from The Market at River Falls and Ahi tuna and butterscotch pudding from the Summer House.

While the crowd mixed and mingled, they



Marc Blumenstein and Janice Goldwater

had opportunities to bid on numerous silent auction items that included travel getaways, items for the home, dining certificates, entertainment, sports memorabilia and "Pamper Yourself" gift certificates.

Master of Ceremonies Leon Harris opened the ceremonies with a message of the meaningful work of Adoptions Together. He and B.J Jennings led the live auction, asking people to open their hearts and their wallets. Harris said, "You wouldn't be where you are if you hadn't had someone support you and help you along the way. These kids don't have that — and we are here to do something about it."

Janice Goldwater, founder of Adoptions Together, announced three "2016 Shining Star" honorees for their contributions to the



Leon Harris served as emcee for the evening.

organization — and shared vignettes about each honoree. There were Judy Sebring, Adoptions Together board member and Taste in Potomac committee member; David Trone, co-founder and president of Total Wine & More; and Robert Collins, founder and managing director of the Collins Investment Group. All have dedicated their time and talents to the Adoptions Together cause.

"I was so fortunate to be adopted by my beloved parents, Seymour and Jane Lichtman," said Sebring. "I learned firsthand the power of a loving and committed forever family. It's a safe place, being with a family — and children need this security."

Another announcement was that Adoptions Together is rolling out the new name of FamilyWorks Together; however, their



Yasmin Abadian and Jim McWhorter, owners of The Market at River Falls.

adoption services will remain as Adoptions Together.

"The deepening of our education, training and counseling services through FamilyWorks Together is an opportunity to serve struggling families who have been touched by adoption, as well as families struggling in the school or community environment or with challenging mental health conditions," Goldwater said. "This change will give us access to new partners and new approaches, as well as allow us to provide additional services to communities of great need."

To learn more about Adoptions Together and FamilyWorks Together go to [www.adoptionstogether.org](http://www.adoptionstogether.org).

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## Local Residents Support ‘Living Classrooms’

“Night at the Yards”  
to benefit foundation.

BY SUSAN BELFORD  
THE ALMANAC

“T his past year, ‘Living Classrooms’ touched the lives of 35,000 children and young adults who are struggling to succeed against terrible odds,” said Potomac native Thaya Taylor, vice president of development for the Living Classrooms Foundation. “We dedicate ourselves to transforming lives through experiential learning — learning by doing. What began with one program Baltimore has grown into dozens of programs in Washington, D.C., Virginia, and Maryland.”

Founded 31 years ago in Baltimore, the Living Classrooms Foundation educates, inspires and prepares young adults and families for better lives through community development, workforce preparation and life-skills training. Youngsters engage in hands-on learning through educational programs, environmental, health and wellness experiences. There is a special emphasis on serving students who live in high-risk environments by giving them the tools and inspiration to be successful in today’s world. The 350-person staff is supported by almost 9,000 volunteers.

To support the DC Living Classroom initiatives, a one-of-a-kind fundraiser will be held on Oct. 14. Held on the D.C. waterfront near the National’s stadium, the “Night at the Yards” will feature music by Squaring the Circle and Friends, a quartet that



“Living Classrooms” participants at the DC Fresh Tech Competition.

will deliver a tribute to Stevie Wonder, Psycho Killers with their interpretation of punk, funk, and rock legends and world-acclaimed saxophonist Ron Holloway will get the party started. One of the highlights of the evening will be a performance by the Living Classrooms’ Queen Beez — a program which inspires girls to express themselves through song and dance.

In addition to Living Classrooms’ ongoing operational needs, “Night at the Yards” will also help to raise capital funds to complete an educational campus located in The Yards on the Anacostia waterfront. The new building will house a workforce development center, a STEM environmental education center, a computer technology center, and job-training culinary center and a workshop for the Fresh Start Program.

The “Night at the Yards” will feature food from more than 30 restaurants as well as wine and beer. Local businessmen Adam Greenberg and David Trone are supporting

the fundraiser with food from Potomac Pizza and wine and beer from Total Wine & More. The evening will also include a silent auction and the ambiance of a night under the stars.

“After I learned about Living Classrooms, I was completely bowled over by the passion of each person involved with it,” Potomac’s Bridgit Fried said. “When I learned all they do to support children and families — and to change their lives for the better, I wanted to become involved with this amazing organization. Now I’m fortunate to be working with Living Classrooms and learning more about the amazing talents and dedication of the staff — as well as the determination of the children and young adults they support. It is truly inspiring.”

Living Classrooms was the brainstorm of two teachers who felt that students learn best by doing. Their first project was the



Youths aboard the Half Shell.

building of the Lady Maryland, a ship designed to take underprivileged students from Baltimore out to experience the Chesapeake Bay. Many of the students had never been on a boat and their only experience with the Bay was looking at it. Building the Lady Maryland taught the students practical skills, teamwork, the environment, ecology and leadership skills.

In 2002, Living Classrooms opened The Crossroads, a charter middle-school serving 150 students from 5th through 8th grades in inner-city Baltimore. Living Classrooms began managing the Commodore John Rodgers pre-K-8th grade school in 2010 and three years later; this school was named one of the nation’s top five turn-around schools.

In the D.C. area, Living Classrooms provides enrichment, after-school and summer

SEE ‘LIVING CLASSROOM,’ PAGE 13

## RTR Pilates Celebrates 10th Anniversary

Formerly known as  
Potomac Pilates.

BY SUSAN BELFORD  
THE ALMANAC

Ten years ago, Reina Offut Pratt launched the first Potomac Pilates studio in a tiny space next to Big Wheel Bikes in the back of the Potomac Village Shopping Center. She was the first in the area to feature Pilates on a reformer.

“There have been many changes in the fitness industry since the inception of Potomac Pilates in 2006,” said Pratt. “Back then, boutique fitness studios were not even a ‘thing.’ Our initial hurdle was educating people where we fit in the market and why they could possibly need a group fitness class outside of a gym environment. Fast-forward 10 years and everyone now attends

a boutique fitness studio for one workout type or another.”

As her classes filled, Pratt slowly grew to become a mainstream exercise and meeting place in Potomac Village. She continued to add classes and attract new clients until she ran out of space in her tiny abode. “After five successful years of growth and refining the business model, Potomac Pilates moved into the Potomac Tennis Club in January of 2011,” she said. “Next, Potomac Pilates expanded in 2012 to Northwest D.C. with its first satellite location in the Palisades. Potomac Pilates opened in its third location in the spring of 2013 in Chevy Chase, Md. In the summer of 2015, Potomac Pilates rebranded to become Rock The Reformer Pilates or more simply RTR Pilates. The purpose of the rebrand was to prepare to expand nationally. In the fall of 2015, RTR Pilates opened two new studios, one in McLean, Va. and one in Highlands Ranch, Colo.”



Leyla Ghorbani and Dr. Monica Parham at the RTR Pilates celebration.

RTR Pilates returned to the Potomac Village leaving the Potomac Tennis Club in March of 2016. They took over the second floor of the Potomac Promenade shopping center. This new headquarters houses a 1700-square-foot studio, dedi-



Pilates Instructors Lindsey Crane and Micheon Cahill

cated retail shop, six administrative offices and an instructor development lab.

Over the years, Pratt realized that simplification was the way to go. The business exclusively teaches Pilates on the Reformer and she has chosen not to ex-

SEE RTF PILATES, PAGE 13

# OPINION

## Concerned? Get Involved

BY CAROL VAN DAM FALK  
WMCCA PRESIDENT

**W**ell, what I can say? I've got big shoes to fill as WMCCA President Susanne Lee finishes her term this month, but thank goodness Susanne will remain a wise and trusted member of the WMCCA board of directors as immediate past president and chairperson of the Committee on Planning and Zoning. Picking up from Susanne's last president's letter, I'd like to reiterate that while WMCCA is not a political body, we are most definitely committed to protecting the quality of our waterways and streams, and preserving the character of our neighborhoods by making sure that our locally elected representatives, developers, citizens, and county agency officials abide by the Potomac Subregion Master Plan and do not embark on actions that hurt our neighborhoods.

For example, members of the Board and residents of Glen Hills have worked tirelessly for years to track the Glen Hills Sewer Study, subsequent amendments and policy; to craft thoughtful testimony to present to Montgomery County and state agencies, and to meet with local legislators and county officials, as well as neighborhood groups in order to keep everyone abreast of potential changes to the "Countywide Water and Sewer Plan."

The WMCCA board monitors what is happening, speaks up when rules and regulations are being violated or ignored, and reports back to concerned community members. The septic vs. sewer policy issues affect not only Glen Hills residents but property owners throughout the county and in some instances the state. It dictates whether or not rural neighborhoods will remain so, or whether higher density will be allowed to come in, causing further degradation of our streams, the Potomac River, and the drinking water supply. Significant changes to the policy could forever alter the character of our neighborhoods. The board continues to follow these important developments and many others, but we cannot do it alone.

Your voice counts, but it can be strengthened and informed by coming to meetings, listening to speakers whose expertise directly im-

### Next Meeting

The October General Meeting meeting of the West Montgomery County Citizens Association will be held Wednesday, Oct. 12, at 7:15 p.m. at the Potomac Community Center.

Jerad Minnick, the featured speaker, is the turf manager at the Boyds/Germantown Soccerplex. He is also an advisor and advocate for natural grass sports surfaces, and writes the blog "Growing Green Grass." He'll talk about the benefits of natural grass over synthetic turf on public and private playing fields, as well as address the health risks and hidden financial costs of synthetic turf.

As always, the public is welcome to attend the WMCCA meetings.

If schools are closed because of inclement weather, the meeting will be cancelled.

pacts our communities, raising concerns, and becoming advocates for preserving and maintaining the Potomac sub-region. How do you do that exactly? Well, there are many ways. Besides attending WMCCA General Meetings, encourage your neighbors to come, invite them to become members, offer to help staff the WMCCA table at Potomac Day on Oct. 22, offer to serve on various WMCCA committees, and write letters to your elected representatives on issues that matter to you. We know that there are many demands on your time. But the rewards of seeing tangible positive changes in your own neighborhoods are great — and we can't do it alone.

### Brandywine Senior Living at Potomac, LLC Appeal

BY SUSANNE LEE

WMCCA joined with the Brickyard Coalition to appeal the decision of the Montgomery County Board of Appeals (BOA) granting a conditional use (special exception) to Brandywine Senior Living, LLC. The BOA decision would allow Brandywine to construct a 140-bed assisted living facility on land zoned for residential use next to the Falls Road Golf Course. Neighboring property owners have also appealed. WMCCA's opening brief filed on Aug. 26, 2016 in the Circuit Court of Montgomery County emphasized the failure of the conditional use to conform with the Potomac Subregion Master Plan and key provisions of the Montgomery County Zoning Code. Oral argument is scheduled for Nov. 4, 2016.

### WMCCA Comments on the Environmental Assessment (EA) for WSSC's Potomac Water Filtration Plant Proposed Mid-River Intake

BY SUSANNE LEE

WSSC proposes a massive construction project at their filtration plant located off River Road on land within the C & O Canal National Historical Park (NHP). They propose to move their drinking water intake pipe further into the Potomac away from the pollution, primarily sediment, discharged into the Potomac from the Watts Branch and Seneca Creek. WMCCA joined with the Watts Branch Watershed Alliance and individual WMCCA Board

Members to provide comments on the National Park Service (NPS) Environmental Assessment for the project.

WSSC's comments concentrated on the substantial adverse impacts of the project including the permanent loss of national park land and the destruction of five acres of mature forest and an archeological site in the heart of one of the most visited sections of this very popular national park.

The project will involve blasting and drilling, disruption and elimination of certain key visitor uses, destruction of cultural resources, and adverse impacts on the rich biological diversity of the Canal including hundreds of high value and protected species.

We also proposed a new alternative — "no-build plus aggressive stream remediation of the Watts Branch and Seneca Creek" — that would have absolutely no impact on the C&O Canal NHP, would benefit the regional environment, and would provide a permanent solution, rather than the proposed temporary fix, to the problem of silt coming from those streams. The NPS is now considering all the comments they received and will then issue either a Finding of No Significant Impact or a determination that an Environmental Impact Statement is required.

### Glenstone Museum

BY GINNY BARNES

The state has issued Glenstone a permit to withdraw 9,500 gallons of well water per day to be used on a yearly basis and a daily average of 19,000 gallons for the month of maximum use for the purpose of running museum air conditioning. Glenstone is required to install water meters on the water system to document usage and submit semi-annual water usage reports to MDE.

Additionally, Glenstone has applied for another permit to conduct stream restoration work in segments of the Sandy and Greenbriar Branch streams.

### Old Angler's Inn Proposal

BY GINNY BARNES

The applicant continues to move forward with their conditional use application for a Country Inn on MacArthur Boulevard, uphill from the existing restaurant. A traffic study has been submitted to the Hearing Examiner and revised drawings show 80 parking spaces on the site. WMCCA is part of a coalition of community groups opposing the current application.

### Support WMCCA

Help support WMCCA's efforts in defending the Master Plan. Renew or become a new member of WMCCA. Look for your renewal notice in the mail or go to our website to download a membership form or join using PayPal: [www.wmcca.org](http://www.wmcca.org).

## POTOMAC ALMANAC

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### Write

The Almanac welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

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Call: 703-917-6444.

By e-mail:  
[almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com)



# Sebrian Festival this Weekend

**A** taste of Serbian culture is coming to Potomac this later this week. SerbFest / DC's Fall 2016 festival kicks off Friday, Oct. 7, bringing authentic Serbian food, culture, crafts and entertainment.

Saint Luke Serbian Orthodox Church of Potomac is hosting the three-day event, which will include traditional Serbian dishes like Svinjetina (spit-roasted pig) and Raznjuci (grilled meat on skewers), Serbian beer and liquor as well as Serbian dance and music performances, including one by Srpski Sinovi, a traditional tamburitza band. For more information, visit [serbfestdc.com](http://serbfestdc.com).

— MARILYN CAMPBELL



PHOTO BY ALEKSANDRA RADIC

**Serbian folk dancers will provide entertainment at SerbFest DC.**

## SerbFest DC Fall 2016

Friday, October 7th (11 a.m. - 9 p.m.)  
Saturday, October 8th (11 a.m. - 9 p.m.)  
Sunday, October 9th (12 - 6 p.m.)

Live Serbian Music from Srpski Sinovi, a traditional tamburitza band which will perform Saturday, October 8th

from 2-5:00 p.m. and 6-9:00 p.m. as well as Sunday, October 9th from 1-5:00 p.m.

Location: Saint Luke Serbian Orthodox Church, 10660 River Road, Potomac

Parking: Located in rear of St. Luke property and next door at St. Peter & Paul Antiochian Orthodox Church

## BULLETIN BOARD

### 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](http://www.aarp.org/taxaide).

Email announcements to [almanac@connectionnewspapers.com](mailto: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.

### 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](http://www.raisingyourchallengingchild.com) or contact [drdanshipiro@gmail.com](mailto:drdanshipiro@gmail.com).

## Helping Children Manage the Challenges of Separation and Divorce:

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

**Thursday, October 13**

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

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

Registration Required: [yfsparenting.eventbrite.com](http://yfsparenting.eventbrite.com)

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

**\$20/person | Children under 18 are free**  
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All proceeds fund the prevention programming of YMCA Youth & Family Services. Reasonable disability accommodations available upon request. Please contact Rob Guttenberg at 301-576-6300 by September 13.

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# LET'S TALK *Real Estate*



by Michael Matese

## Tips to Go Green

Going “green” is one of the hottest trends in real estate today, with constructions from multi-unit housing, condos and apartments to single-family dwellings and luxury homes eager to embrace the new change in ideology, values and architecture! Sustainable living, ecological consciousness and budget savvy are all contributing factors in the trend to go green everywhere from building materials and renovations to incorporating energy efficient fixtures and heating/cooling systems into the home’s blueprint. Here are some tips to get you started on reducing your carbon footprint and adding a lovely shade of “green” to your house from the inside out!

### • Energy Efficient Insulation

The addition of energy efficient insulation into your home is not only environmentally responsible; it is also cost-efficient for the homeowner. As the home becomes more energy efficient, it requires less energy to heat or cool, resulting in a lower utility bill for the homeowners, often significant enough to cover the cost of installation in the first month! Older homes, which are usually poorly or inefficiently insulated, are prime candidates for this type of green remodeling. Attics, ceilings and walls are the best bets for installation.

### • Solar Energy Roofing Panels

These will produce electrical power for your home and solar panels can be considered trendy as well. This type of roofing panel gives a more modern look to every house that has them. Plus, you might be able to get a rebate when you purchase them. Some states encourage the use of solar panels by giving homeowners who use solar panels a rebate, deduction or tax exemption, so make sure to check out your state’s regulations on rewarding your wise choice! You can also save money on your electric bill monthly by incorporating solar panels into your home’s energy profile. Aside from solar panels, you can also check out solar roofing shingles, a solar panel that is attached to the main metal roof.

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

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Learn as if you  
were to live  
forever; live as if  
you were going to  
die tomorrow.

—John Wooden



# ENTERTAINMENT

Email community entertainment events to [almanac@connectionnewspapers.com](mailto: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

**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.

**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](http://www.waverlystreetgallery.com) for more.

**Laughter Fitness Classes.** Through 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](http://www.dance2health.com) or call 301.299.3334 for more.

**2016 Inaugural Video Art Exhibition.** 5-7 p.m. at Glen Echo Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Photoworks showcases a group of female visual artists who use video to reveal the personal, the intimate and the artistic. Desires, dreams and fears are all visually explored in Photoworks’ Inaugural Video Competition and Exhibition, curated by Na’ama Batya Lewin. Free. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org) 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](http://www.bethesda.org) to apply.

## FRIDAY-SUNDAY/OCT. 7-9

**Fall Gallery and Studio Tour.** 10 a.m.-5 p.m. throughout Montgomery, Frederick and Howard Counties. The Countryside Artisans invite you to their Fall Gallery and Studio Tour. Meet the artists and enjoy their work in the beautiful settings that inspire them. Choose from 15 galleries and studios representing 40+ fine visual, sculptural, and textile artists this self-guided, driving tour. This fall, welcome a new studio at Gallery East, a barn gallery in Adamstown, Md., featuring a contemporary fine artist and a photographer. Free. Brochure, map and info about the artists can be found at [www.countrysideartisans.com](http://www.countrysideartisans.com).

**SerbFest.** 11 a.m.-9 p.m. Friday-Saturday, 12-6 p.m. Sunday at Saint Luke Serbian Orthodox Church, 10660 River Road, Potomac. Find traditional Serbian dishes, beverages, dance and music performances, gifts and boutique items and family-friendly activities. Admission and parking are free, an indoor setup has been arranged in case of inclement weather and all a la carte food item



“Behind the Counter,” Cara Brostrom, in partnership with Risa Horn, Video Artist, “Moving Colors of Life”

## 2016 Inaugural Video Art Exhibit Now Open

Photoworks is showcasing a group of female visual artists who use video to reveal the personal, the intimate and the artistic. Desires, dreams and fears are all visually explored in Photoworks’ Inaugural Video Competition and Exhibition, curated by Na’ama Batya Lewin. Admission is free. The exhibit is on display through Nov. 6 at Glen Echo Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org) for more.

proceeds benefit Saint Luke Serbian Orthodox Church. Free. Visit [www.serbfestdc.com](http://www.serbfestdc.com).

## 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](http://www.montgomerycountymd.gov/library/branches/potomac.html).

**Blessing of the Animals.** 5:30 p.m. at St James’ Episcopal Church, 11815 Seven Locks Road, Potomac. The Blessing of the Animals Service commemorates the feast day of St. Francis of Assisi. St. Francis is the patron saint of animals, the environment, and religious cooperation. Free. Visit [www.stjamespotomac.org](http://www.stjamespotomac.org).

**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.bradleyhillchurch.org](http://www.bradleyhillchurch.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](http://www.gottaswing.com) for more.

## SATURDAY-SUNDAY/OCT. 8-9

**Violinist Chee-Yun.** 8 p.m. Saturday, 3 p.m. Sunday at The Music Center at

Strathmore, 5301 Tuckerman Lane, North Bethesda. The National Philharmonic presents a weekend program that skips from hemisphere to hemisphere and explores how art inspires other works of art. Vivaldi’s most popular work “The Four Seasons” is paired with Astor Piazzolla’s Argentinian homage, “Las Cuatro Estaciones Porteñas in a dazzling roundelay of string and orchestral music. Hee-Yun, a South Korean violinist will perform as the soloist —using a rare, previously buried, two hundred year old violin — for all eight pieces of music under the baton of Music Director and Conductor Piotr Gajewski. Tickets start at \$27. Visit [www.nationalphilharmonic.org](http://www.nationalphilharmonic.org) or call 301-581-5100.

## 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](http://www.montgomerycountymd.gov/rec).

## SATURDAY/OCT. 15

**Truck Touch.** 10 a.m.-2 p.m. at Suburban Nursery School, 7210 Hidden Creek Road, Bethesda. Children (and adults) get the chance to get up close and personal with fire trucks, police cars, off-road vehicles, construction rigs, delivery trucks, emergency vehicles, busses, and more. Tickets are \$5, free for children under 2. Visit [www.suburbannurseryschool.org/our-school/truck-touch](http://www.suburbannurseryschool.org/our-school/truck-touch) for more.

**Paramount Jazz Orchestra Concert.** 7:30-9:30 p.m. at Concord St. Andrews United Methodist Church Social Hall, 5910 Goldsboro Road, Bethesda. Paramount Jazz Orchestra entertains with an evening

of classic jazz from the 1920s, ’30s and ’40s. Tickets are \$18 for adults, \$15 for seniors, and free for children. Visit [www.paramountjazzorchestra.com](http://www.paramountjazzorchestra.com).  
**Swing Dance.** 8-9 p.m. lesson, 9 p.m.-12 a.m. dance at Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Motown band Eight to the Bar provides the music. Tickets are \$18. Visit [www.gottaswing.com](http://www.gottaswing.com) for more.

## SATURDAY-SUNDAY/OCT. 15-16

**Bethesda Row Arts Festival.** 11 a.m.-6 p.m. Saturday and 10 a.m.-5 p.m. Sunday at 7200 Woodmont Ave., Bethesda. On display will be: ceramics, drawings, fabrics, glass, graphics, jewelry, metalwork, paintings, pastels, photography, printmaking, sculpture, wood and mixed media. Free. Visit [www.bethesdarowarts.org](http://www.bethesdarowarts.org) for more.

## SUNDAY/OCT. 16

**Lecture and Artists Dinner.** 4 p.m. lecture, 6 p.m. private dinner at Glen Echo Park – Spanish Ballroom, 7300 MacArthur Blvd., Glen Echo. A native of El Salvador, photographer Muriel Hasbun has worked and taught in Washington, D.C., for over 25 years; serving as Program Head of Photography at the Corcoran School of Arts and Design at GWU. Her photographs and installations probe her own family history in search of identity, as they carefully consider the overlap of past and present. Leslie Ureña is Assistant Curator of photographs at the National Portrait Gallery. Her work on Lewis Hine’s Ellis Island photographs grapples with issues of immigration and identity. Ureña has worked at the National Gallery of Art, the Museum of Modern Art, and the gallery TKG+ in Taipei, Taiwan. Lecture tickets are \$15, dinner and lecture tickets are



# ENTERTAINMENT

\$75. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org) for more.

## SATURDAY/OCT. 17

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

## SATURDAY/OCT. 22

**Potomac Day.** 8 a.m.-3 p.m. at 9812 Falls Road, Potomac. Arts and entertainment for all ages, ranging from rides for children to an antique show and business fair. The highlight

is the Potomac Day Parade at 10:30 a.m., featuring hundreds of entrants, including bands, horses, antique cars, school groups, scouting organizations, and candidates for elected office. Free. Call the Potomac Chamber of Commerce at 301-299-2170 or visit [www.potomacchamber.org](http://www.potomacchamber.org).

## MONDAY/OCT. 31

**Mike Rose's Halloween Magic.** 4:30-5:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. A kid-friendly magic. Free, no registration needed but space is limited. Pick up tickets at 4 p.m. Visit [www.montgomerycountymd.gov/](http://www.montgomerycountymd.gov/)

[library/branches/potomac.html](http://library/branches/potomac.html).

## NOV. 3-13

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

## SATURDAY/NOV. 12

**Potomac Library Book Sale.** 10 a.m.-1 p.m. at 10101 Glenolden Drive. Sponsored by the Friends of

the Library, Potomac Chapter. Runs most months. Most hardbacks are \$1 and paperbacks are \$.50. Visit [www.montgomerycountymd.gov/library/branches/potomac.html](http://www.montgomerycountymd.gov/library/branches/potomac.html).

**The Raleigh Ringers.** 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 The Raleigh Ringers, an internationally acclaimed handbell choir, who will perform a unique blend of sacred, secular, and popular music arranged specifically for handbells. Tickets are \$25/\$20 for general/students at the door; \$20/\$15 in advance. Visit [www.bradleyhillchurch.org](http://www.bradleyhillchurch.org) for

more.

## SATURDAY/NOV. 19

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

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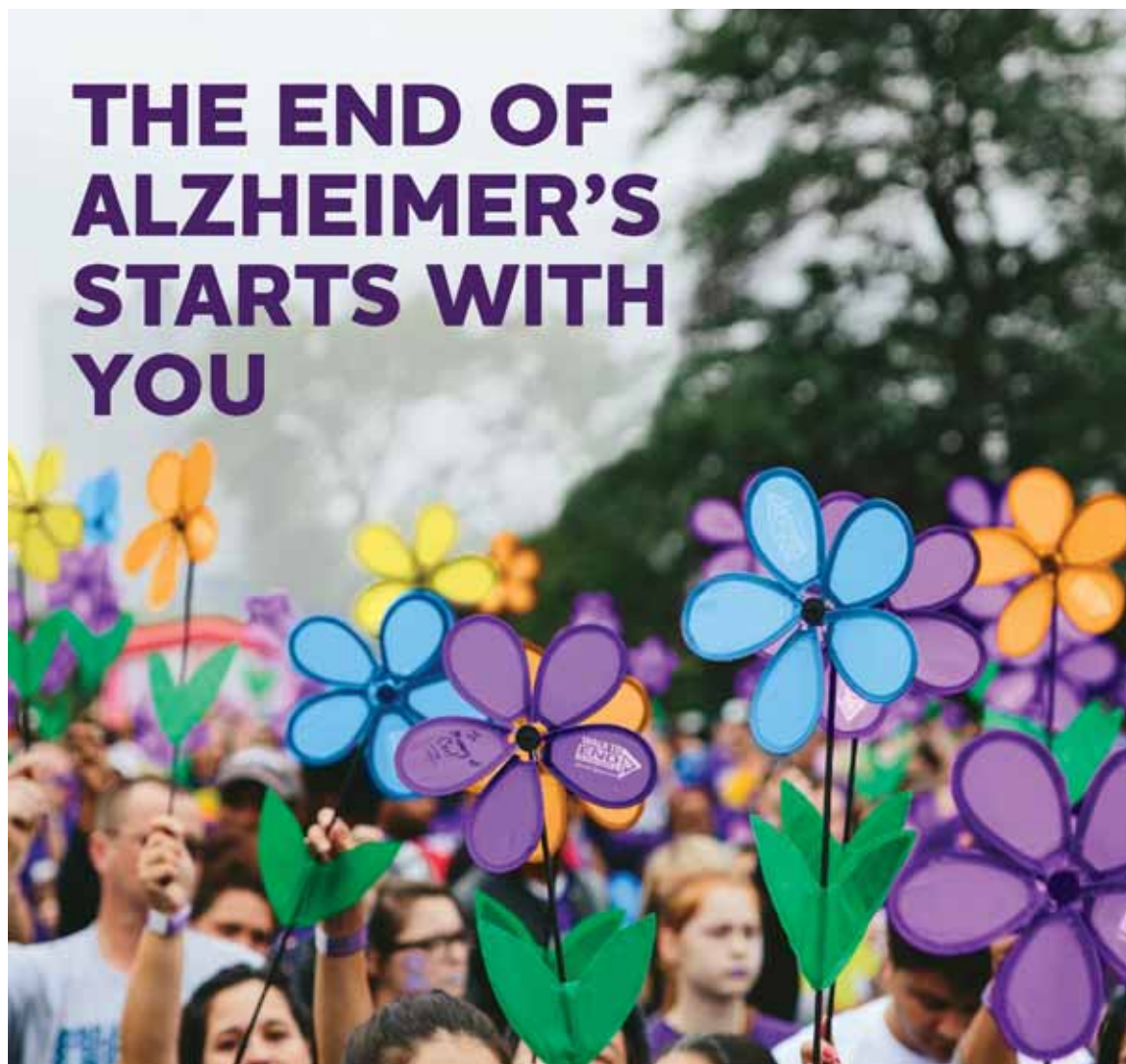
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# Senior Living

## Planning for Multigenerational Living

Making room for older family members.

BY JOSH BAKER  
BOWA BUILDERS

Planning for multigenerational living has been on the rise in recent years. With life expectancies increasing and early baby boomers entering their golden years, this trend is expected to continue. As with any remodeling project, there are a number of factors to consider when planning a renovation for a growing household.

### A Space of Their Own

A self-contained guest house or in-law suite offers the most privacy for all generations. Including a full bathroom and kitchenette, as well as a separate entrance in this space, allows an older family member to retain their independence and privacy. Adding a small sitting area allows the occupant to entertain guests without feeling as if they're intruding. When planning, be sure to incorporate extra storage space, as it can be difficult for some folks to part with their belongings, particularly those that hold sentimental value. Finally, as interaction with the family is important, it's nice to ensure the home's main kitchen is sufficiently sized and a comfortable gathering area is accessible to include everyone for cherished family time.

### Existing Space Strategies

If you don't have room for an addition, either on your lot or in your budget, reworking existing space and incorporating elements of universal design can help with the transition. One cost-effective solution to consider is a residential elevator. An existing closet space or other small area can be



An existing closet space or other small area can be retrofitted to accommodate an elevator.

retrofitted to accommodate the elevator, or if existing space is at a premium a small addition just large enough for the elevator shaft can be built. This can give family members with mobility issues access to more areas of the home. Recent empty nesters might repurpose their children's rooms on the upper level to accommodate the needs of aging parents, or a small suite might be planned in a finished lower-level. If an elevator isn't an option, a cozy second master suite might be created from a seldom used room on the first floor, such as an office or den.

### Universal Design

Whether you're reconfiguring space that's already there or adding on, there are various ways to design a home with accessibility in mind. Widening hallways and doorways can help ease maneuverability issues

for family members who use a wheelchair or walker. A spacious, roll-in shower with grab bars and a hand-held showerhead is ideal in the bathroom. Adding a comfort-height toilet, the height of the average chair, is helpful for those who have joint or balance concerns. Planning some sinks and countertops at lower heights in the bathroom or kitchen can offer seated individuals easier access and greater autonomy. Given the wide variety of fixtures, finishes, and accessories available, a little careful planning can help you to achieve a home that is both stylish and accessible. An added benefit of a well-planned renovation to accommodate senior parents is the space is already access-friendly if one should decide to remain in the home and age-in-place themselves.

Even if you don't intend to have someone living with you full time, having a home that offers "visit-ability," a movement that



Bathroom includes bench and handheld shower.

has grown increasingly popular in the accessible design community, provides a safe and comfortable environment for all visitors and loved ones. If I can help to answer any questions you may have on creative design solutions for multigenerational living, please let me know.

Josh Baker is the founder and co-chairman of BOWA, an award-winning design and construction company specializing in luxury renovations ranging from master suites and kitchens to whole-house and whole-condo remodels. BOWA has more than 28 years of experience and has earned nearly 200 awards for business, design and construction excellence, including being named National "Remodeler of the Year" by Professional Remodeler magazine. Visit [www.bowa.com](http://www.bowa.com) or call 703-734-9050.

PHOTOS BY BOB NAROD



Adding a small sitting area allows an older family member to entertain without feeling as if they're intruding on the rest of the household.



Kitchen provides accessible seating.



# Regaining Mobility

Orthopedic surgeons offer keys for successful joint replacement surgery.

BY MARILYN CAMPBELL  
THE ALMANAC

**T**ired of the limited mobility and pain that have thwarted her love of foreign travel and fall hiking, Lynda S. Johnson, 72, scheduled a knee replacement surgery for later this month. She chose a doctor, found a pet sitter to watch her Cairn terrier, and enlisted her sister to live with her while she recovers.

"I had been debating for months about whether to have it," she said. "I was in so much pain, though, that I don't really think I have anything to lose."

For Johnson and approximately 7 million other Americans living with a hip or knee replacement, the decision to undergo such a surgery is fueled by a quest for less pain, more mobility and an overall boost to their quality of life.

Nearly 90 percent of patients who have knee replacement surgery experience less pain and 85 percent of the replacement joints still work after 20 years, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases. The odds are that most patients will feel better, and feel better quickly. There are several ways patients and their doctors can improve their chances of success and speed their recovery time, however.

Addressing overall health issues like high blood pressure, diabetes and obesity can, for example, boost the chances that a joint replacement surgery will be successful, says Dr. C. Anderson "Andy" Engh orthopedic surgeon, Anderson Orthopedic Clinic at Inova Mount Vernon. "Work on both your overall health and conditioning," he said. "The top things that lead to infection are obesity and uncontrolled diabetes. The extent that patients can have control over their weight and their medical conditions, in particular things like diabetes, the better their chances for success."

In addition, while it may seem counterintuitive, patients should be up and out of their hospital beds as soon as possible. "Patients are walking with assistance hours after their surgery. The reason patients do better when they get up and move around is that they decrease the risk of pneumonia and blood clots," said Dr. Mark P. Madden, an orthopedic surgeon with

OrthoVirginia. "We start out with patients using a walker and having someone assist them in walking, and they generally progress to become fully weight bearing without any assistance at all."

Also, have a support system in place prior to surgery, whether it's a significant other, grown child or close friend. Often dubbed coach or advocate, that person might attend medical appointments with a patient prior to surgery, serve as their point of contact the day of surgery and provide morale support throughout the recovery process.

"The more eyes and ears in addition to the patient's, the better," said Engh, explaining why it's so helpful to have someone with the patient at appointments and throughout the recovery. "We approach things that we have to do with set expectations, and sometimes those expectations can keep us from hearing other things. Having another person there is a good reality check and note taker."

Like Johnson's sister, the coach should be able to spend a significant amount of time with the patient during the early recovery period.

"That person can expect to be with you 16 hours a day for two to five days after surgery," said Engh. "I don't want someone alone by themselves all day during work hours. The coach or advocate is like a safety marshal who keeps the patient safe and reminds them to take their time during their recovery."

That person might also stop injuries by encouraging the patient to avoid complications during recovery. Patients should avoid everyday tasks like lifting heavy bags of groceries, for example.

Dr. George Aguiar, an orthopedic surgeon at Reston Hospital Center, advises patients to address issues such as determining how they will get help with grocery shopping, transportation, pet care and house cleaning in advance. "Having these types of things handled before you go into surgery can only help the recovery process."

Patients should also plan ahead and safety-proof their homes. "Do everything you can do to avoid a fall within the first two to three months after your surgery," said Engh. "Do a good assessment of the home. Have clear pathways and be aware of rugs that can catch your feet. Have good, secure handrails on stair-

ways to help prevent falls."

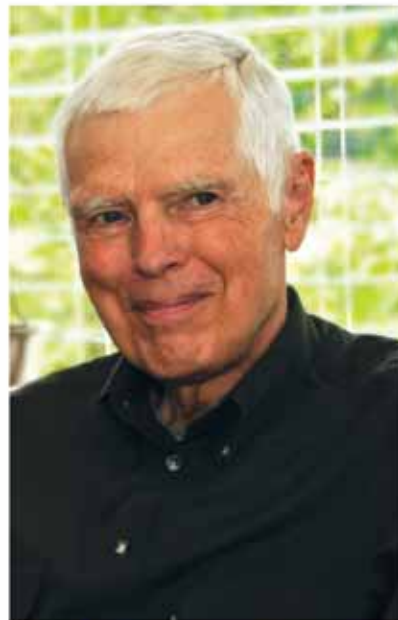
Timing also plays a role in the success of joint replacement surgeries. "Some patients ask if they're too old to have surgery," said Engh. "The question is 'How often do you get out of your house every week?' I think that the person who gets out, walks

around, goes up and down the stairs, and is using their muscles and reflexes on a regular basis, they're in good condition no matter how old they are. Don't wait until you're home bound to have this surgery because they recovery will be quite long."

To decide whether joint re-

placement surgery is the best option, says Madden, work with a physician and weigh the effect the pain is having on one's quality of life.

"There's no right answer for every patient," said Madden. "The real answer is to work with your doctor to find the right treatment."



*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.

## 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

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Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

IN JULY 2016, 69 POTOMAC HOMES SOLD  
BETWEEN \$4,750,000-\$445,000.

July, 2016 Sales,  
\$875,000~\$1,020,000



4 10633 Morning Field Drive — \$950,000

2 13313 Beall Creek Court — \$1,000,000



3 10606 Maplecrest Lane — \$963,000



1 9608 Windcroft Way — \$1,020,000



6 9209 BentrIDGE Avenue — \$915,000

Address .....	BR	FB	HB	...	Postal City ..	Sold Price .....	Type .....	Lot AC ..	PostalCode .....	Subdivision .....	Date Sold	
1 9608 WINDCROFT WAY .....	5	..	3	.	2	POTOMAC	... \$1,020,000	..... Detached	..... 0.37	..... 20854	..... FALLSREACH	..... 07/28/16
2 13313 BEALL CREEK CT .....	5	..	4	.	1	POTOMAC	... \$1,000,000	..... Detached	..... 2.73	..... 20854	..... BEALLMOUNT	..... 07/22/16
3 10606 MAPLECREST LN .....	5	..	4	.	1	POTOMAC	..... \$963,000	..... Detached	..... 0.17	..... 20854	..... PINEY GLEN VILLAGE	..... 07/15/16
4 10633 MORNING FIELD DR ...	5	..	2	.	2	POTOMAC	..... \$950,000	..... Detached	..... 0.25	..... 20854	..... POTOMAC GLEN	..... 07/14/16
5 8205 GAINSBOROUGH CT W .	5	..	3	.	1	POTOMAC	..... \$940,000	..... Detached	..... 0.28	..... 20854	..... RIDGELEIGH	..... 07/14/16
6 9209 BENTRIDGE AVE .....	5	..	5	.	1	POTOMAC	..... \$915,000	..... Detached	..... 0.83	..... 20854	..... FALLSREACH	..... 07/26/16
7 11909 HUNTING RIDGE CT ...	4	..	2	.	1	POTOMAC	..... \$915,000	..... Detached	..... 0.36	..... 20854	..... GLEN OAKS	..... 07/29/16
8 12522 ANSIN CIRCLE DR .....	4	..	4	.	1	POTOMAC	..... \$875,000	..... Townhouse	..... 0.03	..... 20854	..... WHEEL OF FORTUNE	..... 07/01/16

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5 8205 Gainsborough Court W — \$940,000



# NEWS



## Rummage Sale at St. James

George Dick (left) and Samson Annan manage the cashier booth at the fall rummage sale at St. James Episcopal church. The sale, held Sept. 30 and Oct. 1, included antiques, collectibles, art, bicycles, books, clothing, jewelry, electronics, furniture, household items, kitchenware, sports equipment, and tools.

PHOTOS BY COLLEEN HEALY/THE ALMANAC



Don Schuessler (left) and Len Whistler man the cashier booth at the St. James Episcopal church rummage sale now in its 25th year. Schuessler has attended all of the sales.

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Volunteer Linda Ellis shows off a fancy ball gown at the St. James rummage sale.



A herd of giraffes at the St. James rummage sale.



Jewelry, housewares, and dolls are some of the items found at the St. James rummage sale.



A bit of glamour at the St. James Episcopal Church fall rummage sale.

## THE CONNECTION

Newspapers & Online

### SPECIAL CONNECTIONS CALENDAR 2016

Advertising Deadlines are the previous Thursday unless noted.

#### OCTOBER

10/12/2016.....HomeLifeStyle  
10/19/2016.....A+ Camps & Schools  
10/26/2016.....Connection Families  
10/26/2016 ..... Election Preview  
*Halloween is October 31*

#### NOVEMBER

11/2/2016.....Wellbeing  
11/9/2016.....HomeLifeStyle  
11/16/2016.....A+ Camps & Schools  
11/16/2016.....Holiday Entertainment & Gift Guide I  
11/23/2016.....Connection Families: Celebrations & Gratitude  
*Thanksgiving is November 24*  
11/30/2016.....Holiday Gift Ideas

#### DECEMBER

12/7/2016.....Wellbeing; Holiday Entertainment & Gift Guide II  
12/14/2016.....HomeLifeStyle; Home for the Holidays  
12/21/2016.....A+ Camps & Schools; Holiday Entertainment & Gift Guide III  
12/21/2016.....Connection Families: Safe for the Holidays

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- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Henderson Connection
- Potomac Almanac
- Potomac Connection
- Springfield Connection
- Vienna/Oakton Connection



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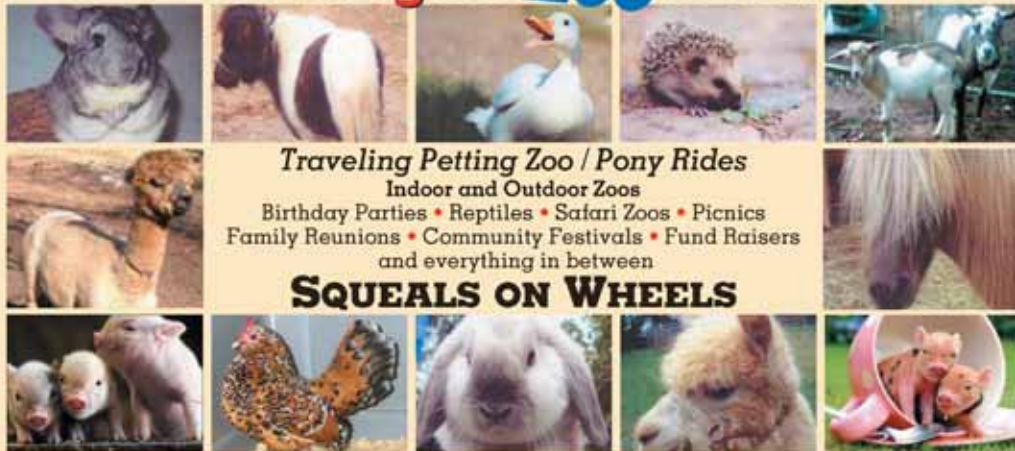
## HOME SALES

In August 2016, 78 Potomac homes sold between \$6,050,000-\$475,000.

Address .....	BR	FB	HB	..	Postal	City	....	Sold Price	...	Type	.....	Lot AC.	Postal	Code	.....	Subdivision
13331 SIGNAL TREE LN .....	7	9	3	..	POTOMAC			\$6,050,000		Detached		51.87	20854			DARNESTOWN OUTSIDE
9704 THE CORRAL DR .....	8	10	1	..	POTOMAC			\$3,960,000		Detached		2.39	20854			POTOMAC FALLS
10208 BENTCROSS DR .....	8	9	3	..	POTOMAC			\$2,860,000		Detached		2.00	20854			CAMOTOP
12317 PINEY GLEN LN .....	7	8	4	..	POTOMAC			\$2,700,000		Detached		2.51	20854			PINEY GLEN FARMS
9903 RIVER VIEW CT .....	6	8	4	..	POTOMAC			\$1,900,000		Detached		1.51	20854			MARWOOD
9540 RIVER RD .....	3	2	1	..	POTOMAC			\$1,650,000		Detached		2.68	20854			BRADLEY FARMS
7925 SANDALFOOT DR .....	6	5	2	..	POTOMAC			\$1,605,000		Detached		0.15	20854			AVENEL
9120 PERSIMMON TREE RD .....	5	5	1	..	POTOMAC			\$1,600,000		Detached		0.99	20854			POTOMAC OUTSIDE
12617 TRIBUNAL LN .....	5	4	2	..	POTOMAC			\$1,539,000		Detached		2.00	20854			PALATINE SUB
13115 PINEY MEETINGHOUSE RD .....	6	6	3	..	POTOMAC			\$1,475,000		Detached		0.76	20854			PT ROCKVILLE OUT RES. 3
8908 IRON GATE CT .....	5	4	2	..	POTOMAC			\$1,400,000		Detached		2.01	20854			CAMOTOP
10217 HOLLY HILL PL .....	6	5	2	..	POTOMAC			\$1,390,000		Detached		0.49	20854			POTOMAC VILLAGE
10900 ROCK RUN DR .....	6	6	2	..	POTOMAC			\$1,385,000		Detached		1.08	20854			FAWCETT FARMS
12005 GREAT ELM DR .....	5	4	2	..	POTOMAC			\$1,380,000		Detached		2.03	20854			GREAT ELM FARM ESTATES
10005 KENDALE RD .....	7	5	0	..	POTOMAC			\$1,300,000		Detached		0.50	20854			MCAULEY PARK
10603 VANTAGE CT .....	5	4	1	..	POTOMAC			\$1,260,000		Detached		0.29	20854			EAST GATE OF POTOMAC
9817 CONESTOGA WAY .....	6	4	2	..	POTOMAC			\$1,200,000		Detached		0.54	20854			POTOMAC VILLAGE
9212 WINTERSET DR .....	4	3	1	..	POTOMAC			\$1,049,000		Detached		0.46	20854			LAKE NORMANDY ESTS
12801 BRUSHWOOD TER .....	5	4	1	..	POTOMAC			\$1,045,000		Detached		2.90	20854			TRAVILAH MEADOWS
11721 WINTERSET TER .....	4	4	1	..	POTOMAC			\$1,040,000		Detached		0.34	20854			WINTERSET
9213 MISTWOOD DR .....	4	4	1	..	POTOMAC			\$1,040,000		Detached		0.31	20854			FALLSBERRY
10305 WINDSOR VIEW DR .....	5	4	1	..	POTOMAC			\$1,029,000		Detached		0.38	20854			WINDSOR HILLS
7928 TURNCREST DR .....	4	4	1	..	ROCKVILLE			\$1,025,000		Semi-Detached		0.11	20854			POTOMAC CREST
9901 CONESTOGA WAY .....	5	4	1	..	POTOMAC			\$1,000,000		Detached		0.45	20854			POTOMAC VILLAGE
9720 BEMAN WOODS WAY .....	5	4	1	..	POTOMAC			\$995,000		Detached		0.18	20854			AVENEL
10315 SNOWPINE WAY .....	5	3	1	..	POTOMAC			\$980,000		Detached		0.36	20854			POTOMAC OUTSIDE
8815 MAXWELL DR .....	7	5	1	..	POTOMAC			\$980,000		Detached		0.35	20854			OLDFIELD
10904 RIVERWOOD DR .....	5	4	1	..	POTOMAC			\$975,000		Detached		2.07	20854			POTOMAC VIEW ESTS
9604 WINDCROFT WAY .....	5	4	1	..	POTOMAC			\$965,000		Detached		0.42	20854			FALLSREACH
12807 MAIDENS BOWER DR .....	5	4	1	..	POTOMAC			\$964,000		Detached		2.00	20854			ESWORTHY PARK
12712 STEEPLE CHASE WAY .....	4	3	1	..	POTOMAC			\$932,900		Detached		0.25	20854			POTOMAC COMMONS
11808 CANFIELD RD .....	5	3	0	..	POTOMAC			\$900,000		Detached		0.59	20854			WINTERSET
9113 COPENHAVER DR .....	6	4	1	..	POTOMAC			\$895,000		Detached		0.34	20854			COPENHAVER
9304 GARDEN CT .....	4	2	1	..	POTOMAC			\$885,000		Detached		0.53	20854			TIMBERWOOD OF POTOMAC
10830 HILLBROOKE LN .....	5	3	1	..	POTOMAC			\$875,000		Detached		0.17	20854			PINEY GLEN VILLAGE
10705 ROCK RUN DR .....	3	2	0	..	POTOMAC			\$860,000		Detached		1.00	20854			FAWCETT FARMS
9565 PERSIMMON TREE RD .....	5	4	0	..	ROCKVILLE			\$850,000		Detached		0.21	20854			POTOMAC OUTSIDE
8319 TURNBERRY CT .....	3	2	2	..	POTOMAC			\$835,000		Townhouse		0.07	20854			AVENEL
12 OLD CREEK CT .....	5	2	1	..	ROCKVILLE			\$825,000		Detached		0.24	20854			FALLSMEAD
9323 KENDALE RD .....	6	3	4	..	POTOMAC			\$815,000		Detached		2.00	20854			POTOMAC OUTSIDE
8915 FALLS FARM DR .....	4	2	1	..	POTOMAC			\$815,000		Detached		0.28	20854			FALLS FARM
7953 TURNCREST DR .....	3	3	1	..	POTOMAC			\$795,000		Townhouse		0.07	20854			POTOMAC CREST
12909 MISSIONWOOD WAY .....	4	3	0	..	POTOMAC			\$794,000		Detached		0.24	20854			POTOMAC COMMONS
11309 COLEBROOK TER .....	4	3	1	..	POTOMAC			\$790,000		Detached		0.32	20854			BEDFORDSHIRE
10304 BELLS MILL TER .....	4	3	2	..	POTOMAC			\$775,000		Detached		0.20	20854			BELLS MILL VILLAGE
11102 LAMPLIGHTER LN .....	4	2	1	..	POTOMAC			\$775,000		Detached		0.23	20854			FOX HILLS
10902 OLD COACH RD .....	4	2	1	..	ROCKVILLE			\$775,000		Detached		0.24	20854			FOX HILLS
12705 LAMP POST LN .....	4	3	1	..	POTOMAC			\$765,000		Detached		0.25	20854			POTOMAC COMMONS
11213 BLACKHORSE CT .....	4	2	1	..	POTOMAC			\$750,000		Detached		0.30	20854			BEDFORDSHIRE
506 WATTS BRANCH PKWY .....	5	4	1	..	ROCKVILLE			\$750,000		Detached		0.48	20854			FALLSWOOD
7903 IVYMOUNT TER .....	5	2	2	..	ROCKVILLE			\$749,000		Detached		0.19	20854			REGENCY ESTATES
10806 WHITERIM DR .....	3	3	1	..	POTOMAC			\$730,000		Townhouse		0.06	20854			FAWCETT FARMS MANOR
12009 GLEN MILL RD .....	5	3	0	..	POTOMAC			\$727,500		Detached		0.97	20854			HOLLINRIDGE
10121 COLEBROOK AVE .....	4	2	1	..	POTOMAC			\$725,000		Detached		0.23	20854			BEDFORDSHIRE
2512 STRATTON DR .....	4	2	1	..	POTOMAC			\$725,000		Detached		0.21	20854			MONTGOMERY SQUARE
8400 FOX RUN .....	4	2	1	..	POTOMAC			\$725,000		Detached		0.30	20854			FOX HILLS
11829 FALLS RD .....	5	4	1	..	POTOMAC			\$699,000		Detached		0.35	20854			LAKE NORMANDY ESTS
1390 KERSEY LN .....	4	3	1	..	ROCKVILLE			\$686,000		Detached		0.26	20854			POTOMAC WOODS
2283 DUNSTER LN .....	4	2	1	..	POTOMAC			\$670,000		Detached		0.25	20854			POTOMAC WOODS
2435 HENSLOWE DR .....	3	2	1	..	POTOMAC			\$668,000		Detached		0.47	20854			ORCHARD RIDGE
8502 HARKER DR .....	4	3	0	..	POTOMAC			\$668,000		Detached		0.20	20854			HIGHLAND STONE
12018 DEVILWOOD DR .....	4	3	1	..	POTOMAC			\$665,000		Detached		0.21	20854			REGENT PARK
9225 WOODEN BRIDGE RD .....	4	2	1	..	POTOMAC			\$660,000		Detached		0.24	20854			POTOMAC COMMONS
7814 WHITERIM TER .....	3	3	1	..	ROCKVILLE			\$657,500		Townhouse		0.06	20854			FAWCETT FARMS MANOR
12 AQUEDUCT CT .....	5	2	2	..	POTOMAC			\$652,000		Detached		0.25	20854			MONTGOMERY SQUARE
12321 FALLS RD .....	4	3	1	..	POTOMAC			\$635,000		Detached		0.34	20854			MONTGOMERY SQUARE
7774 HEATHERTON LN .....	3	3	1	..	POTOMAC			\$622,000		Townhouse		0.09	20854			INVERNESS KNOLLS
1397 CANTERBURY WAY .....	5	4	0	..	POTOMAC			\$618,000		Detached		0.29	20854			POTOMAC WOODS
13 STARLIGHT CT .....	4	3	2	..	POTOMAC			\$609,990		Detached		0.18	20854			HORIZON HILL
11511 DEBORAH DR .....	4	3	0	..	POTOMAC			\$600,000		Detached		0.39	20854			REGENCY ESTATES
1520 KERSEY LN .....	3	2	1	..	ROCKVILLE			\$590,724		Detached		0.26	20854			HORIZON HILL
8211 JEB STUART RD .....	4	2	1	..	ROCKVILLE			\$588,500		Detached		0.20	20854			MONTGOMERY SQUARE
7929 INVERNESS RIDGE RD .....	3	2	2	..	POTOMAC			\$583,500		Townhouse		0.09	20854			INVERNESS FOREST
1415 STRATTON DR .....	4	3	0	..	ROCKVILLE			\$567,000		Detached		0.21	20854			POTOMAC WOODS
12500 PARK POTOMAC AVE#1005 S TOWER .....	2	2	0	..	POTOMAC			\$560,000		Hi-Rise 9+ Floors			20854			PARK POTOMAC
11600 FALLS RD .....	3	2	0	..	POTOMAC			\$500,000		Detached		0.57	20854			POTOMAC OUTSIDE
9758 PLEASANT GATE LN .....	4	3	0	..	POTOMAC			\$499,000		Detached		0.07	20854			AVENEL
10670 MUIRFIELD DR .....	3	2	2	..	POTOMAC			\$475,000		Townhouse		0.04	20854			INVERNESS NORTH

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## NEWS

# Supporting 'Living Classrooms'

FROM PAGE 3

programs. Kingman and Heritage Islands in the Anacostia River have been transformed into recreational areas for people of all ages to learn about the environment.

Living Classroom's newest site is Camp Fraser, which offers students from all over the region hands-on educational programs, summer camps, and adventure programming. All 5th graders from D.C. now have the opportunity for outdoor education at Camp Fraser.

Living Classrooms has also established Park Outreach programs in which 150 students per day participate in a variety of hands-on, interactive learning stations based in science, history, English, and the arts.

Another program, Fresh Start, is a 40-week job skills training program that serves out-of-school youth, ages 16-19, most of whom are referred by the Maryland Department of Juvenile Services.

To learn more about the Living Classrooms mission, programs and events, go to [www.livingclassrooms.org](http://www.livingclassrooms.org).

# RTR Pilates Celebrates 10 Years

FROM PAGE 3

tend in more directions. By sticking to her company specialty, they are able to be the best in the marketplace for Reformer Pilates. Their classes are leveled to allow for different complexities and difficulties depending on the client's experience.

RTR Pilates has grown to 39 instructors, six staff members, five locations and classes taught all day long, seven days a week. Classes include every level of student and are limited to 12 students. Most of their clients are from 35-55 years old and are 85 percent female and 15 percent male. However, male client attendance is on the rise due in part to professional athletes touting the benefits of Pilates for range of motion, flexibility and core strength.

Dr. Monica Parham credits RTR Pilates classes with

saving her career and giving her a greater sense of well-being: "I have been coming for classes for six years. Because of my dental career, I was hunching over and had severe neck and back pain. I could hardly hold myself upright. Now I am pain-free and have recommended Potomac Pilates to numerous friends and patients because it has changed my life for the better. I would like everyone I know to be able to feel as great and healthy as I do."

Instructors Lindsey Crane and Micheon Cahill both enjoy teaching their fitness classes. Cahill said, "The clients are definitely the best part. They are so nice and caring; we are like a family. This is a wonderful place for overall mental and physical health."

To learn more about RTR Pilates or to sign up for classes, go to [www.RTRpilates.com](http://www.RTRpilates.com), call 301-983-3745 or email [info@RTRpilates.com](mailto:info@RTRpilates.com).

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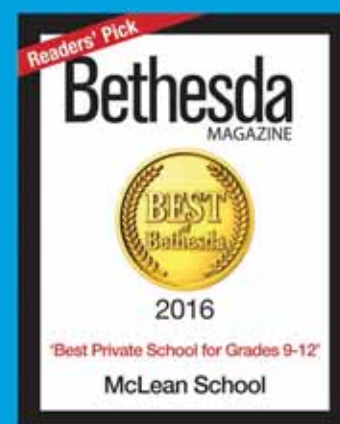
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RSVP [admission@mcleanschool.org](mailto:admission@mcleanschool.org)  
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The Great Falls Connection

## A Site To Be Told



By KENNETH B. LOURIE

I have a web site: www.kennywithcancer.com. Original, I know. But now what do I do with it? I mean, other than feeding my ego (a little bit) and providing a more central/accessible location for my nearly 350 cancer columns (published every week since June '09) — and the occasional non-cancer and/or sports-themed column, what is the point of it, really?

I can't really say it's to bring awareness to the cause of this non-celeb because I know very little, even now, nearly eight years post diagnosis. And reading what I write is hardly news or noteworthy. Oh sure, the columns are mildly amusing and moderately informative, but compared to what exactly? Nor do I provide resources for other cancer patients, families or interested parties to educate themselves about this dreaded disease. I offer few facts, few figures, few recommendations, but lots of feelings. I only know what I don't know which, given its rather ample supply, has enabled me to maintain this seven-plus years output of weekly columns, having never missed a deadline during the entirety of my treatment, even during the early days of heavy-duty chemotherapy when occasionally I was down, but not quite out.

I suppose my columns do chronicle a cancer-patient's journey, so to speak, in real time; hopefully not in a boring, self-indulgent tone that turned some of you readers off. Perhaps there was still some meat left on the bone that offered some observations and emotions that drew you in and better acquainted you with the trials, travails and tribulations of a characterized-as-"terminal" stage IV, non-small cell lung cancer "diagnossee."

Writing about that diagnosis and my life as a cancer patient has come naturally to me. It has enabled me to share, which in a way, has lessened the burden on me, almost as if we were all in this together (strength in numbers and all of that). And I suppose that's sort of true since I've involved you regular readers in so many intimate details. I've held nothing back: the good, the bad and the ugly; no, not the movie. As a result, I imagine, I have received correspondence encouraging and commending. I assure you, none of it has fallen on deaf ears. And to be honest, I've not written about my having cancer for the greater good; I've not written about it to make friends and influence people, nor have I written about it to affect any policy change. I've simply written about because it has made me happy to do so.

And what little anecdotal agreement exists in the cancer-patient/treatment world, it is that happiness, laughter, positivity, etc., helps patients in ways that medicine in and of itself seems not always capable of doing. Unfortunately it appears not to be something which can be prescribed — in pill or liquid form, but something nonetheless that needs to be discussed and behavior-modified to attain, especially if it seems not to be happening by itself. I'm living proof of that. Rather, I hope my columns are living proof of that. In my posted-columns-to-be, if there is a joke or funny popular culture reference in my column, we will link it to the original, if available in the public domain so visitors can see exactly what I'm saying. I want my site to be more than just for sore eyes, but a sight to see as well; living and breathing, just like me.

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

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Leslie Lindenberg

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Susan & Dave Savercool

Debbie & Rory Schick

Kim & Todd Schwartzbeck

Randi & Paul Schweitzer

Judy & Stuart Sebring

Susie & Dennis Tapiero

Debbie & Rich Waxman

## *Restaurants*

The Bolger Center

Brooklyn's Deli & Catering

Caked Up

## *Restaurants*

Cava Mezze

City Perch Kitchen

Fortune Garden

Founding Farmers

The Grilled Oyster Company

Hunter's Inn Bar & Grill

Irish Inn at Glen Echo

Java Works

Lahinch

Lock 72 Kitchen & Bar

Mamma Lucia

The Market at River Falls

Nothing Bundt Cakes

Not Your Average Joe's

O'Donnells Market

Potomac Grocer

Potomac Pizza

Potomac Village Deli & Catering

Renato's at River Falls

Rocklands Barbeque & Grilling Company

Sal's Italian Kitchen

Sugo Cicchetti

Summer House Santa Monica

Stella Barra Pizzeria

Tally Ho

Vie De France, Potomac

Whole Foods Bethesda

Wild Tomato

Zoe's Kitchen



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