

Potomac ALMANAC

FALL FUN &
ENTERTAINMENT
Inside

Vlad Shumilina and
Svetlana Shumilina ride
the carousel during Glen
Echo Park's Then & Wow
2016 celebration.

Then & Wow

Savoring
Annual
Bazaar

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Sunday on the Farm
With Friends

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Earned Sick Leave To Take Effect

Montgomery County's new Earned Sick and Safe Law goes into effect on Oct. 1. It will require most employers in the county to provide earned sick and safe leave to employees for work performed in the county.

The intent of the law is to provide employees with paid leave or time off to take care of things such as sickness, family illnesses or domestic violence. The legislation requires employers to provide earned sick and safe leave at a rate of at least one hour for every 30 hours an employee works in the county up to 56 hours in a calendar year. To help small businesses, an employer with fewer than five employees would have to provide an employee with up to 32 hours of paid sick and safe leave per year plus an additional 24 hours of unpaid sick and safe leave.

Employers are required to give employees written notice that they are entitled to earned sick and safe leave under the new law. The notice must include a statement of how sick and safe leave is accrued, the permitted uses of earned sick and safe leave, a statement that the employer must not retaliate against an employee for exercising the rights established by the law.

For DUI, Mandated In-car Breathalyzer

Effective Oct. 1, all persons convicted of driving under the influence (DUI) of alcohol in the state will be mandated to equip their vehicle with an in-car breathalyzer otherwise known as an ignition interlock device.

Signed into law by Gov. Larry Hogan (R) on May 19, "Noah's Law" (Senate Bill 945, Sen. Jamie Raskin, D-Montgomery County) — and named after late Montgomery County, Maryland Department of Police Officer Noah Leotta who was struck by a drunk driver while on patrol last December and later died from his injuries — mandates ignition interlock devices for a minimum of six months for all persons convicted of DUI in Maryland. The state currently mandates such devices (which prevent a vehicle from starting when it detects a certain level of alcohol on the driver's breath) for persons convicted of DUI (21-902[a]) with a blood alcohol concentration (BAC) of .15 or higher, are under the age of 21 or had a child in the car at the time of offense.

Data from the National Highway Traffic Safety Administration shows that while alcohol-impaired-driving fatalities (involving a driver or motorcycle operator with a BAC of .08 g/dL or greater) increased by 3.2 percent in the U.S. last year, such highway deaths increased in Maryland by 22.3-percent in 2015. Maryland recorded the eighth largest jump in DUI deaths amongst all U.S. states last year according to NHTSA figures.

"Noah's Law" passed both Maryland's House of Delegates and Senate on unanimous votes earlier this year.

Council To Listen To Students

The County Council, which for the past several years has held Town Hall Meetings throughout the county in its efforts to find out what issues most concern residents, will learn what is on the minds of younger residents when it hosts its sixth annual Town Hall Meeting for Students on Wednesday, Oct. 5, at the Council Office Building in Rockville. The meeting, in the Council's Third Floor Hearing Room, will start at 7:30 p.m.

A pre-meeting reception will begin at 7 p.m. in the building's second-floor cafeteria. At the reception, students will have a chance to meet with councilmembers and talk with them in an informal setting.

The Council Office Building is located at 100 Maryland Ave. in downtown Rockville.

Students who want more information about the meeting can call 240-777-7931 or 240-777-7926. The meeting will be broadcast live on County Cable Montgomery (CCM — cable Channel 6 on Comcast and RCN, Channel 30 on Verizon) and rebroadcast at various times in the weeks following the meeting.

NEWS



Saints Peter & Paul Antiochian Orthodox Christian Church's annual bazaar attracted visitors over the weekend.

Annual Bazaar Offers Food, Fun and More



Stella Weinstine plays outside.



George Giannakos holds a bottle of Greek olive oil.

PHOTOS BY DEBORAH STEVENS/THE ALMANAC



Caroline Emad and Margo Ghanem welcome visitors to the bazaar.

POTOMAC ALMANAC

www.PotomacAlmanac.com

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FIELD NOTES

Sunday on the Farm with Friends

A day at Poplar Spring Animal Sanctuary.

BY CAROLE DELL
THE ALMANAC

For supporters of Poplar Spring Animal Sanctuary's annual Open House fundraiser in Poolesville the day broke warm and sunny and stayed that way, and reflected the caring that brought visitors to this Eden-like farm dedicated to helping abandoned and abused farm animals.

It is here that the rescued pigs, cows, chickens, goats, sheep, several horses and donkeys, and some very thankful turkeys are able to live out their lives in peace. And, it is here that a record number of friends and families showed up and shared the day with the animals as they roamed freely, pettable as pups.

When I arrived to photograph the day's event, I saw a farm turned country fair, a

vast party with something happening to entice everyone. Dave Kitchen's band played their lively music, many folks bid on items in the silent auction, and families watched their children race from petting pigs to hugging a horned goat. Then, after a taste of vegan fare, all lined up for the chocolate cake, its three-bite pieces cut and laid out by the hundreds on a table longer than a hay wagon and wafting a fragrance so enticing it still lingers.

On this day and every day, each dollar raised goes directly to the care and upkeep of the animals, according to Dave Hoerauf, who with his wife, Terry Cummings, run this 400-acre sanctuary. "We are fortunate because the property was donated, so we are able to operate on a lot less than an organization of the same size," he said.

"We are amazed and thrilled with the turnout," said Hoerauf.

So for all, it was a very good day I have to say.

To visit, donate or volunteer to help the animals, go to www.animalsanctuary.org.



Potomac area resident Sharon Scopin spends a quiet moment with Truman, a gentle giant of a pig whom she sponsored as a result of a Christmas present shared by her neighbors each year. "I love the idea that this place is here," she said. Truman was rescued after being found wandering along McArthur Boulevard.



Poplar Springs Executive Director Terry Cummings and her husband Dave Hoerauf are devoted to caring for their myriad farm animals. Once rescued, they are able to live out their lives in peace and harmony in Eden-like surroundings. Here, Hoerauf speaks to potential volunteers interested in lending a helping hand.



For Benny Laupert, 10, of Phoenix, Md., watching a goat stand upright to eat a snack may be a first-time experience.

PHOTOS BY CAROLE DELL/THE ALMANAC



Little Jude Moore, 2, of Walkersville, Md., found his favorite place after visiting the baby pigs: a big red ready-to-go tractor.



Pigs, goats, sheep and cows were some of the attractions at Poplar Spring Animal Sanctuary's Open House on Sunday, Sept. 25. Many animals, like Izzy here, wandered the fields, tame as pups.



Even though she needed a bit of a brush up to get the mud from her snout, Izzy didn't seem to care and enjoyed socializing with her visitors in the afternoon sun.

NEWS

Then & Wow

Then & Wow 2016, Glen Echo Park's annual celebration of the park's past and present, offered magicians, carousel rides, arcade games, face painting, mini golf, exhibits, and tours on Sunday, Sept. 25.

PHOTOS BY
DEBORAH STEVENS
THE ALMANAC



A ride at the celebration.



Maria Isabel Roldos and Alfonso Velasquez



An old Ford F100 on display.



A Model T Ford on display.

LET'S TALK Real Estate



by Michael Matese

Using the Social Media

Back in the day, Social Media consisted of word of mouth, newspaper, and sign in the yard. Today, there are so many other options. The communication revolution is taking over, with everyone hopping on the bandwagon. There are still some hold outs of course, but understand this. Being a part of any social media outlet brings untold numbers of 'hits' to a listing.

It's a form of advertising and what better to serve a client? Social media has enabled new ways to initiate conversations, respond to feedback and communicate with a potential home buyer or seller in a shorter amount of time. And best of all, it's a good way to keep a closer eye on what's happening in the industry.

A buyer or a seller working with a Realtor who knows how to best utilize these assets can count on an immediacy to new listings, contract changes, etc. It's not always easy to maintain, and social connections don't just pop up on their own, but the effort put in will pay off. Your Realtor knows that consistency and a commitment to the effort will pay off in the long and the short run, so let a Realtor show you the way to make the most of marketing your home.

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

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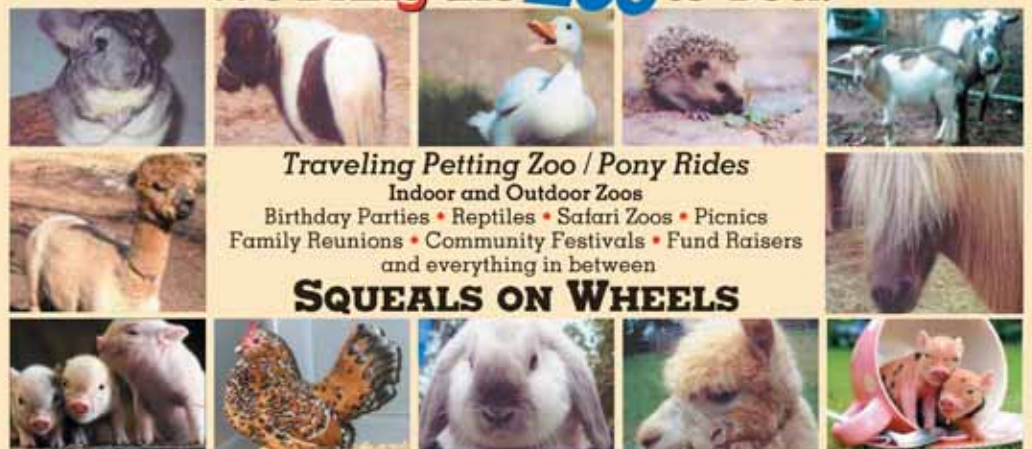
**Potomac Farmers Market
Thursday, Oct 6, 2 - 5
South Glen and Falls Roads**

**Coffee, Thursday, Oct 6, 10 - 11:30
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**Exhibit at the Potomac Library
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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

Persian Calligraphy Exhibit: “Words Symphony II.” Through Oct. 2, gallery hours at E9 Gallery, 10116 Lloyd Road, Potomac. E9 gallery is honored to host a rare collection of internationally renowned masters of Persian calligraphy: Amir Ahmad Falsafy, Elaheh Khatami, Sedaghat Jabari, and Mahmoud Zendehtroudi. Free. Visit www.exhibit9gallery.com.

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.

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

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

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

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

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

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

Weekly Swing Dance. Saturdays, 8 p.m.-midnight. The DC Lindy Exchange presents a swing dance with live music in the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Beginner swing dance lesson at 8 p.m., followed by dancing. Admission \$16-\$18, age 17 and under \$12. Visit www.glenechopark.org for more.

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

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

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

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

Mommy & Me (& Daddy, Too). Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and



During Potomac Day, Mina Finkelstein and Setareh Sawyer love the ducks from Squeals on Wheels at last year’s Potomac Day.

FILE PHOTOS
BY DEBORAH STEVENS
THE ALMANAC

Bill and Lori Askinazi took 2-year-old granddaughter Ariana on a fun Mini-Car ride at last year’s Potomac Day.



Potomac Day 2016

Potomac Day returns Saturday, Oct. 22 with 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. Potomac Day takes place 8 a.m.-3 p.m. at 9812 Falls Road, Potomac. Free. Call the Potomac Chamber of Commerce at 301-299-2170 or visit www.potomacchamber.org.

creative play with lunch specials, story time, arts and crafts, sing-alongs, prizes and more. Visit rockvilletownsquare.com/events/mommy-and-me.

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. She will show products and supplies that she uses to achieve the textures and brilliant colors so often seen in her work. 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.mcrc.org.

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

F.E.A.S.T. at VisArts 2016. 11:30 a.m.-3 p.m. at VisArts at Rockville, 155 Gibbs St., Rockville. Continuing in the spirit of sustainable creative practices that define, reflect on, and stimulate action in the community, F.E.A.S.T. at VisArts 2016 (Funding Emerging Artists with Sustainable Tactics) features proposals on the theme “Future Framers: Envisioning Rockville in 2040.” An international picnic of food prepared by local Rockville chefs will be served on the Rooftop at VisArts. 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, delicious vegan food and drinks, speakers, clowns and face painting for the kids, and an opportunity to visit with the Sanctuary’s many rescued residents.

The event will be held rain or shine. For the safety of the animals, no dogs please. 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.

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



On Friday, Sept. 30, Rusted Root will perform at 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Tickets are \$35-45. Visit www.ampbystrathmore.com.

FALL FUN & ENTERTAINMENT

are \$175. Visit www.adoptionstogether.org.

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 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.

Blessing of the Animals. 5-6 p.m. at Foley Park, 107 S. Washington St., Rockville. All are welcome to come celebrate their beloved animal companions. Free. Email StFrancisFlock@cecrockville.org or call 301-762-2191.

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.

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.

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.

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 BHPCC'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.

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

SATURDAY-SUNDAY/OCT. 8-9

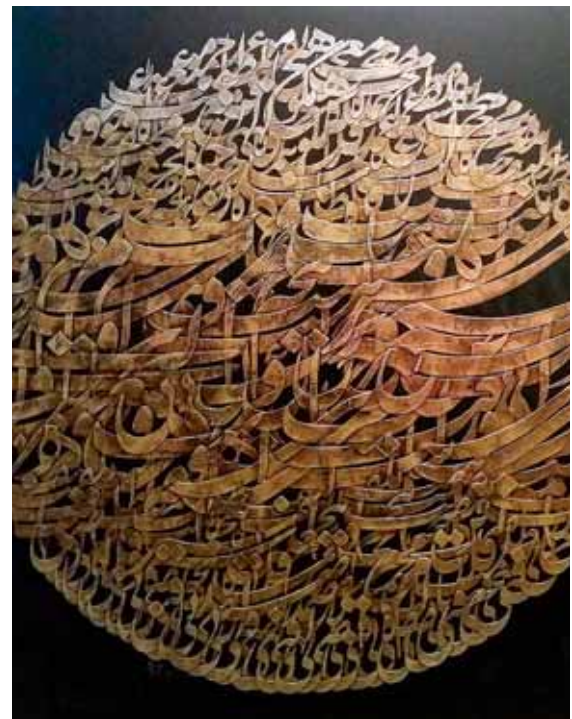
Violinist Chee-Yun. 8 p.m. Saturday, 3 p.m. Sunday at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. The National Philharmonic presents a weekend program that skips from hemisphere to hemisphere and explores how art inspires other works of art. Vivaldi's most popular work "The Four 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.

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.

SATURDAY/OCT. 15

Paramount Jazz Orchestra Concert. 7:30-9:30 p.m. at Concord



E9 Gallery hosts a collection of rare persian calligraphy. The exhibit will hang through Oct. 2 at 10116 Lloyd Road, Potomac. Visit www.exhibit9gallery.com.

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 paramountjazzorchestra.com.

ceramics, drawings, fabrics, glass, graphics, jewelry, metalwork, paintings, pastels, photography, printmaking, sculpture, wood and mixed media. Free. Visit www.bethesdarowarts.org 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:

SATURDAY/OCT. 17

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



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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.

WEDNESDAY/SEPT. 28

Child, Adolescent and Teen Grief Support Group. Wednesdays, 6-7 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 drdanshapiro@gmail.com.

Town Hall Meeting for Students. 7:30 p.m. in the Council's Third Floor Hearing Room at Council Office Building, 100 Maryland Ave., Rockville. High school, middle school and local college students can express views and ask questions of Councilmembers on issues such as starting the school year after Labor Day. A pre-meeting reception will begin at 7 p.m. in the building's second-floor cafeteria. At the reception, students will have a chance to meet with Councilmembers and talk with them in an informal setting. Students who want more information about the meeting can call 240-777-7931 or 240-777-7926. The meeting will be broadcast live on County Cable Montgomery (CCM—cable Channel 6 on Comcast and RCN, Channel 30 on Verizon) and rebroadcast at various times in the weeks following the meeting.

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SCHOOLS

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

Jessica Fitter, Annika Jansa and Sarah Johnston have been welcomed as members of Lehigh University's (Bethlehem, Pa.) class of 2020.

Noah Wassertzug, of Potomac, is a member of the Champlain College (Burlington, Vt.) class of 2020. Wassertzug is majoring in business administration

Caterina Guozden, Kyle Heintz,

Sean Kortepeter and **Allyson Tan**, all of Potomac, are among 1,700 freshmen who joined the Rensselaer Polytechnic Institute (Troy, N.Y.) community with the first day of classes.

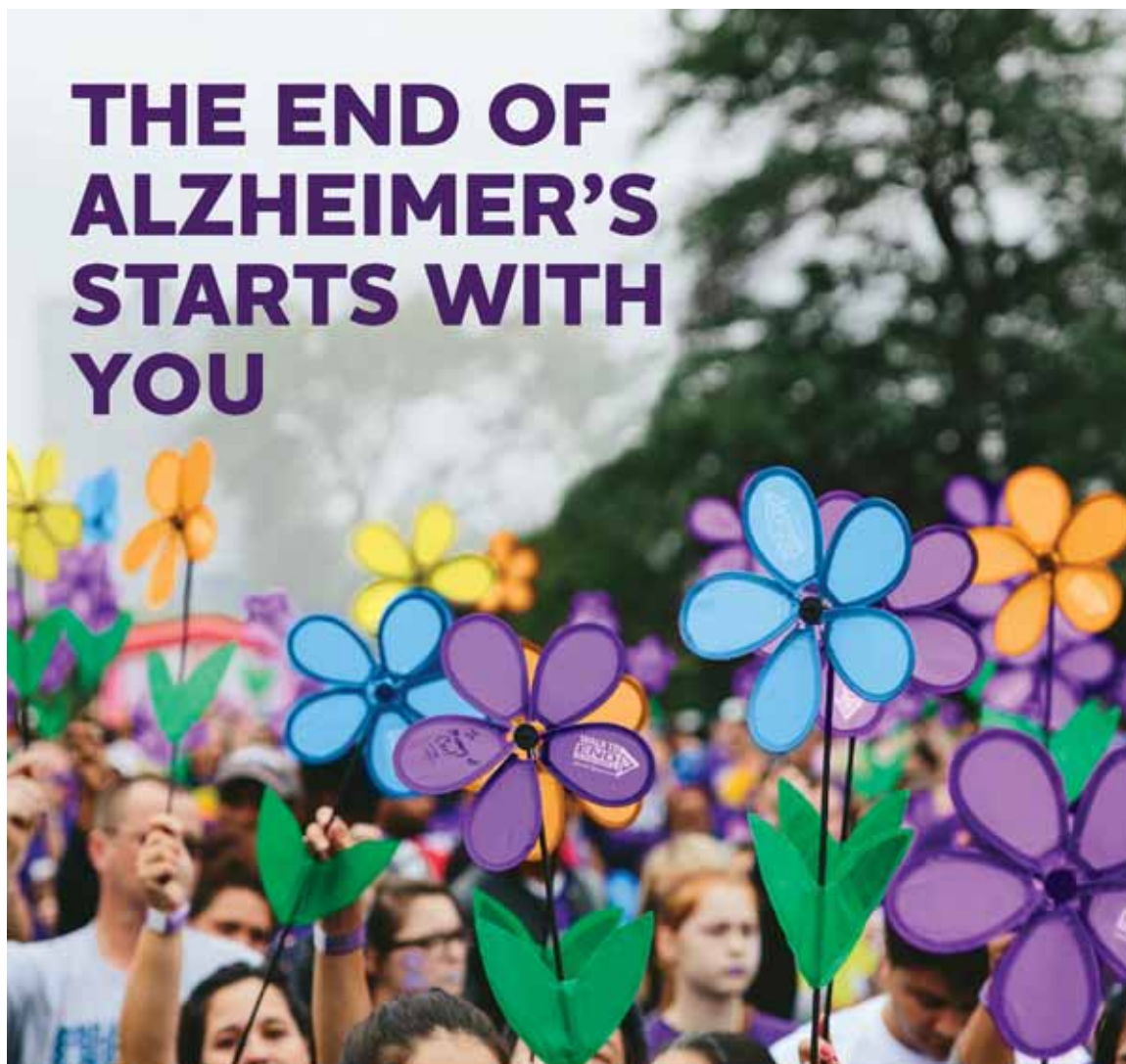
The following students from Potomac have joined the Colgate University (Hamilton, N.Y.) class of 2020: **Zachary Bagliore**, a graduate of St. Albans School; **Kentaro Morrison**, a graduate of St. Mary's International School; **Nicholas Petkevich**, a graduate of The Bullis School; **Melissa Rallo**, a graduate of Our Lady of Good Counsel High School; **Jacob Schwartz**, a graduate of Walt Whitman

High School; and **Miranda Tompkins**, a graduate of Walt Whitman High School.

The following students from Potomac graduated from Bates College (Lewiston, Maine):

Bridget Feldmann, the daughter of Mr. and Mrs. Jeffrey S. Feldmann, graduated after majoring in sociology. She is a 2011 graduate of Sidwell Friends School.

Elizabeth Miller, the daughter of David F. Miller and Mihwa Miller, graduated after majoring in psychology. She is a 2012 graduate of St. Timothy's School.



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alz.org/walk | 800.272.3900

Helping Children Manage the Challenges of Separation and Divorce:

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

Thursday, October 13

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

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

Registration Required: yfsparenting.eventbrite.com

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

\$20/person | Children under 18 are free
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Time To Plan Ahead

By KENNETH B. LOURIE



In consideration of the future, I have to plan in the present. Random and/or spontaneous actions/commitments are allowed, even encouraged, but given the recurring nature of chemotherapy infusions and the week-long side effects that follow, are not very practical.

As an example: Thanksgiving, Nov. 24 and Christmas Eve/Christmas Day, Dec. 24/25. According to my 'present' infusion schedule: four weeks, then five weeks, then four weeks, etc., barring semi-foreseen abnormal lab work results, which I will only find out the Thursday immediately preceding the Friday infusion, my next treatment will occur on Friday, Oct. 14. In and of itself, not a problem, other than the usual — with which I am, and perhaps you regular readers, too, are familiar. However, five weeks later my infusion occurs on Friday, Nov. 18 meaning I'll be miserable, not-eating-wise the following Thursday, Thanksgiving (which if I had my druthers, I'd rather not be). Now should I pretend that's not a problem for me? No. Following that potential holiday impact, my next alternating scheduled infusion occurs four weeks hence on Friday, Dec. 16, the week/Friday before Christmas Eve/Christmas. Now if these holidays didn't involve travelling, eating and socializing, and generally trying to be on my best behavior, maybe I could manage. Unfortunately, nothing could be further from the reality.

Presuming/pretending that this schedule is not a problem is naive at best and extremely poor planning at worst. So what are my options? Well, I could always stop my chemotherapy infusions entirely until January, a "quality of life" alternative my oncologist has regularly encouraged. However, given the severity of my diagnosis/prognosis, I have always felt uncomfortable stopping treatment and as such, have never taken a break/brake. (Now, either I'm still alive because of it, or in spite of.)

Perhaps the solution is simply to reschedule my infusion intervals and still get treatment while manipulating my side effects/circumstances? If I reschedule my November infusion to occur four weeks after my October infusion (instead of five weeks), the date of that infusion would be Friday, Nov. 11, allowing more than enough time, nearly two weeks, to recover before Thanksgiving. However, switching my previous/original four-week interval to five weeks causes that December infusion to occur on Friday, December 23; not good timing at all. Worse in fact than my current schedule. But if I don't alternate intervals and repeat that four-week infusion schedule (unfortunately losing a "quality of life" week in the process, a process that was intended to increase my "quality of life" weeks), then my December infusion would occur on Friday, Dec. 9, two weeks out from Christmas; perfect timing to allow for a semi-normal fortnight.

The net result is peace and relative quite. And by that I mean, other than advancing and increasing the number weeks when I'll feel miserable (and won't be eating), I won't feel miserable for two of the most significant, positive-reinforcing, feel-good weeks of the year. And if there's one, two or three things a cancer patient/survivor can't get enough of, it's days when you're not in a daze and weeks when you're not feeling weak. And after writing this column, and perhaps righting this ship, I feel pretty good about the next few months. It might not be ideal, but 'ideal' left the building a long time ago, on Feb. 27, 2009, the date of my original diagnosis.

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

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PHOTOS BY DEB STEVENS/THE ALMANAC

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July, 2016 Sales, 1,025,000~\$1,215,000



8 7816
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\$1,025,000



5 8224 Windsor
View Terrace —
\$1,165,000



2 8000 Hackamore Drive — \$1,200,000



3 10202
Bentcross
Drive —
\$1,192,000



1 11305 Skipwith Lane —
\$1,215,000



4 7608 Laurel Leaf Drive — \$1,187,600

Address	BR	FB	HB	...	Postal	City	...	Sold Price	Type	Lot AC	..	PostalCode	Subdivision	Date Sold
1 11305 SKIPWITH LN	6	..	6	.	2	POTOMAC	...	\$1,215,000	Detached	3.16	20854	GREAT FALLS ESTATES	07/29/16
2 8000 HACKAMORE DR	5	..	4	.	1	POTOMAC	...	\$1,200,000	Detached	0.46	20854	RIVER FALLS	07/21/16
3 10202 BENTCROSS DR	5	..	4	.	2	POTOMAC	...	\$1,192,000	Detached	2.00	20854	CAMOTOP	07/29/16
4 7608 LAUREL LEAF DR	6	..	5	.	1	POTOMAC	...	\$1,187,600	Detached	0.34	20854	WOODROCK	07/18/16
5 8224 WINDSOR VIEW TER	5	..	3	.	2	POTOMAC	...	\$1,165,000	Detached	0.48	20854	WINDSOR HILLS	07/11/16
6 5 SELINE CT	4	..	4	.	1	POTOMAC	...	\$1,055,000	Detached	0.30	20854	FALLSREACH	07/29/16
7 9904 CONESTOGA WAY	4	..	3	.	2	POTOMAC	...	\$1,050,000	Detached	0.38	20854	POTOMAC VILLAGE	07/29/16
8 7816 HORSESHOE LN	4	..	2	.	2	POTOMAC	...	\$1,025,000	Detached	0.36	20854	RIVER FALLS	07/22/16

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