

Potomac ALMANAC

Spectators lined the parade route during last year's Potomac Day Parade.



Line Up For Potomac Day

NEWS, PAGE 7

Family Recognized
As 'Angels in Adoption'

NEWS, PAGE 3

Joining
Club Friday

NEWS, PAGE 3

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Potomac Family Recognized as ‘Angels in Adoption’

Haiti boy finds home with Freishstat family.

BY SUSAN BELFORD
THE ALMANAC

Five-year-old Luke Freishstat is exuberant — about his two older brothers and mom and dad, his classes at Georgetown Hill Elementary, his new friends, his new home in Potomac — but particularly about his chocolate Lab.

Luke arrived in Potomac in December after three years of governmental red tape while waiting to be adopted.

Dr. Rob Freishstat first met Loukin (Luke) in 2013 on one of his many medical trips to Haiti after the earthquake in 2010. Luke was a 2-year-old who had been abandoned at the Hospital Sacre Coeur in Milot, Haiti. He was suffering from severe starvation and dehydration. “I didn’t leave his side for the next few days,” said Freishstat. “I just connected with him from the first hour of meeting him. Soon, I called my wife Jamie and discussed adopting him. Both of us fell in love with the country and the Haitian people from the first time we traveled there — and Luke just grabbed my heart.”

The Freishstats have two sons who were ages 13 and 10 — and everyone in the family soon became excited about the newest addition to their family. However, all of them spent three more years waiting to



PHOTO CONTRIBUTED

The Freishstats with Luke.

bring him home. They searched to be certain his parents were not still alive, visited him on a regular basis and introduced their sons to him. “The bureaucratic nightmares with both Haiti and the U.S. seemed to take forever to work through,” said Freishstat. “We are just thankful that he is now a U.S. citizen and our son.”

“When we went to pick him up to come home, he was not waiting in the door of

the orphanage as he usually was,” said Freishstat. “The folks in the orphanage actually called him the President because he always stood in the door greeting everyone who came. But, on this day he wasn’t there — he was being bathed and packed — ready to come with us. The excitement was contagious.”

He arrived at his Potomac home on Dec. 9 and has loved everything about his new

life. He’s learning English quickly and loves reading, working puzzles and going to school. When it snowed in February, he kept saying that a snowman was coming. He loved the sledding — and building his own snowman.

“I just connected with him from the first hour of meeting him.”

— Dr. Rob Freishstat

U.S. Rep. John Delaney helped with moving the adoption forward. Delaney nominated the Freishstats for the Congressional Coalition on Adoption Institute “Angels in Adoption” Award. Their family accepted the award on Sept. 20 at the Ronald Reagan Building. The CCAI’s Angels in Adoption Program honors individuals, couples and organizations that make an extraordinary contribution on behalf of children in need of homes.

Freishstat said, “Luke particularly liked wearing a belt to the occasion and walking down the red carpet. He was also able to reconnect with twins from his orphanage who have been adopted by a family from Kentucky. We all had a very special evening.”

Joining Club Friday

Youths from grades 3-6 participated in games, crafts, movies, sports and more at Club Friday at the Potomac Community Recreation Center on Friday, Oct. 17. See www.montgomerycountymd.gov/rec.

PHOTOS BY DEBORAH STEVENS/THE ALMANAC



PHOTO CONTRIBUTED

Eagle Scout

Bennett William Lunceford, Troop 773, out of the Potomac United Methodist Church, was awarded the rank of Eagle Scout at the troop Court of Honor on Sept. 27. Bennett’s Eagle project was to convert a day use area at the Marsden Tract of the C&O Canal to a usable campsite, including clearing the space for tents and access, and constructing and installing picnic tables and a fire pit on the site. He worked with the C&O Canal Trust and the U.S. Park Service to plan and execute this project. Bennett graduated from St. Andrew’s Episcopal School in Potomac in June. He is currently a Freshman at Bucknell University as a Dean’s Scholar and four-year Army ROTC scholarship recipient.

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LET'S TALK Real Estate



by Michael Matese

Kermit Was Wrong—It's Easy to Be Green!

"Green" renovation is a trend that engineers, constructors and designers are encountering more and more each day. Going green is not only an ecologically aware choice, but it is also one that is becoming economically sound, with many green renovations providing tax deductions and reduced energy costs, offsetting or negating the cost of their installation in immediate terms—and proving priceless over time, as green renovations reduce the harm of civilization on nature and ecology. Even luxury homes are going green, trying to help the environment and shaking off the image of wasteful opulence that has dogged this niche market for years. Gone are the days of the gold-plated toothbrush holder—welcome to the new world of eco-friendly, green luxury! Some tips that home owners are finding handy are:

- Use CFL's - Replace those incandescent light bulbs with qualified compact fluorescent light bulbs (CFLs). By replacing just five of your mostly frequently used light bulbs, you'll save money and reduce greenhouse gas emissions by one trillion pounds!
- Plug Air Leaks - Air leaks are the biggest energy waster in homes, but they're also an easy fix. Have decorative weather stripping and caulk installed to stop those drafts
- Program Your Thermostats - Save on your heating and cooling bill while helping reduce emissions from your heating/a/c unit.
- Tune Up Your HVAC - Get a professional tune up every two years and clean or replace your filter every month. Dirty filters block normal airflow and reduce the efficiency of your system.
- Go Low-Flow - Install low flow showerheads and faucet aerators without sacrificing water pressure. They're easy to install too, just screw them on.

Bonus Green Tip: The average home emits 27,000 pounds of carbon dioxide annually; almost three times that of a midsize sedan! Following these simple steps will reduce your home's emissions, your carbon footprint, and lower your utility bill!

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—John Wooden



HOME Countdown To Halloween

There's still
time to for
spooky design.

BY MARILYN CAMPBELL
THE ALMANAC

Crown up Halloween preparations aren't just about ghosts and smoke machines anymore. They include home décor with a twist, perhaps glittered or velvet pumpkins, or spooky fine china.

In fact, Halloween sales are expected to reach \$8.4 billion this season, an all-time high as Americans dole out dollars this spooky season, according to an annual survey by the National Retail Federation. More than half of those surveyed had plans to decorate their homes this season.

Halloween may be less than two weeks away, but that doesn't mean it's too late to transform a home into a haunted house. For those who want to unleash ghoulish creativity, local retailers are still stocked with frightful décor from animated outdoor figures to heirloom-quality interior options like dinnerware, stemware, placemats and napkins.

Even the smallest embellishments can add a touch of terror with minimal effort. "Add spiders on a mirror or a table in your entryway," said Faye Johnson, interior designer, JT Interiors at

SEE SPOOKY DESIGN, PAGE 5



PHOTO BY MARILYN CAMPBELL

A tabletop Halloween tree like this one at Potomac Petals and Plants can add a touch of terror with minimal effort.

POTOMAC ALMANAC

www.PotomacAlmanac.com

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PUBLISHER

Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

EDITORIAL

PHONE: 703-778-9415

E-MAIL:

almanac@connectionnewspapers.com

EDITOR

Steven Mauren, 703-778-9415
smauren@connectionnewspapers.com

CONTRIBUTING WRITERS

Susan Belford, Carole Dell,
Cissy Finley Grant, Carole Fonger,
Colleen Healy, Kenny Lourie,
Ken Moore

Contributing Photographers

Harvey Levine, Deborah Stevens

Art/Design:

Laurence Foong, John Heinly
Production Manager
Geovani Flores

ADVERTISING

For advertising information
sales@connectionnewspapers.com
703-778-9431

ACCOUNT EXECUTIVES

Display Advertising:
Kenny Lourie 301-325-1398
klourie@connectionnewspapers.com

Andrea Smith 703-778-9411

Classified Advertising
asmith@connectionnewspapers.com

Debbie Funk

National Sales & real Estate
703-778-9444
debfunk@connectionnewspapers.com

David Griffin

Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Jerry Vernon

Executive Vice President
703-549-0004
jvernon@connectionnewspapers.com

CIRCULATION: 703-778-9427
circulation@connectionnewspapers.com

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HOME

Time To Create Spooky Design

FROM PAGE 4

Potomac House. Try “tiny spiders and votive candles as place card holders on table.”

Also look for throw pillows, garlands and even Halloween trees complete with spine-chilling ghost or skull ornaments to place on side or foyer tables. “If you’re planning to entertain for Halloween, there are napkins, placemats and table runners,” said Linda Ridenour, visual merchandiser and designer, Potomac Petals and Plants. “We have banners, scary and fun stuff for the little kids and nostalgic accessories made of paper mache that appeal to the baby boomer crowd.”

There’s no need to settle for plastic jack-o-lanterns and rubber spiders, either. “There are animated zombies, pirates and monsters on swings that you can hang from trees in your yard,” said Andrea Barnes of American Plant in Bethesda.

While there may not be time to plan and execute an elaborate Halloween scheme like creating a graveyard in a front garden, tiny touches can have maximum effect. “Lighting is the cheapest and easiest way to make the biggest impact,” said Ridenour. “Lights come in designs like skeleton heads or spooky ghosts. You can wrap them around columns on the outside of your home.”

Ridenour also recommends Halloween wreaths that can be saved and reused year



PHOTO BY MARILYN CAMPBELL

Adding a spooky spider is a small, but easy Halloween touch, says Faye Johnson of JT Interiors at Potomac House.

after year. “Halloween a tradition that should be built on,” she said. “You get the most bang for your buck with lights and a few props and build from there over the years.”

If time is scarce, life-sized props like mummies or aliens, particularly those that are animated, also add a big impact. “If you’ve just moved and can’t find all your decorations or don’t have time to scramble and do a lot, lighting along with two or three really interesting props with flashing eyes, for example, hanging from different levels, can have a great impact,” said Ridenour. “Also try doormats that say ‘boo’ or a skull with eyes that light up and says something spooky when trick-or-treaters come to your door.”

JEANETTE DIXON

for
Board of Education
(At Large)



*Please stand with me
on November 8th!*
Jeanette Dixon

www.jeanettedixon.org

- American University, B.A. History (Teacher, Parkland, White Oak, Springbrook)
- Loyola College, M.ED Educational Administration and Supervision (Principal, White Oak MS 1997-2001; Paint Branch HS 2001-2013)
- Lived in Montgomery County over 40 years. Children MCPS graduates
- Washington Post Distinguished Educational Leadership Award, 2012
- Maryland PTA Educator of Year Award, 2011
- Guided modernization of new \$94 million Paint Branch HS (2005-2012)
- Will govern with total transparency
- Will be good steward of \$2.46 billion budget. Favor zero based budgeting for FY'18 budget and will work to eliminate waste in budget
- Reduce class size; develop plan for overcrowding
- Registered Democrat running non partisan campaign. Has not asked for endorsements from electeds. Will represent all residents of Montgomery County regardless of political affiliation
- Will work to provide a world class education to ALL students regardless of which school students attend
- Collaborative yet independent voice on the Board who will consult the community BEFORE making decisions

By authority of: Let's Put Jeanette Dixon To Work For All Students, Don Hauprich, Treasurer

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Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

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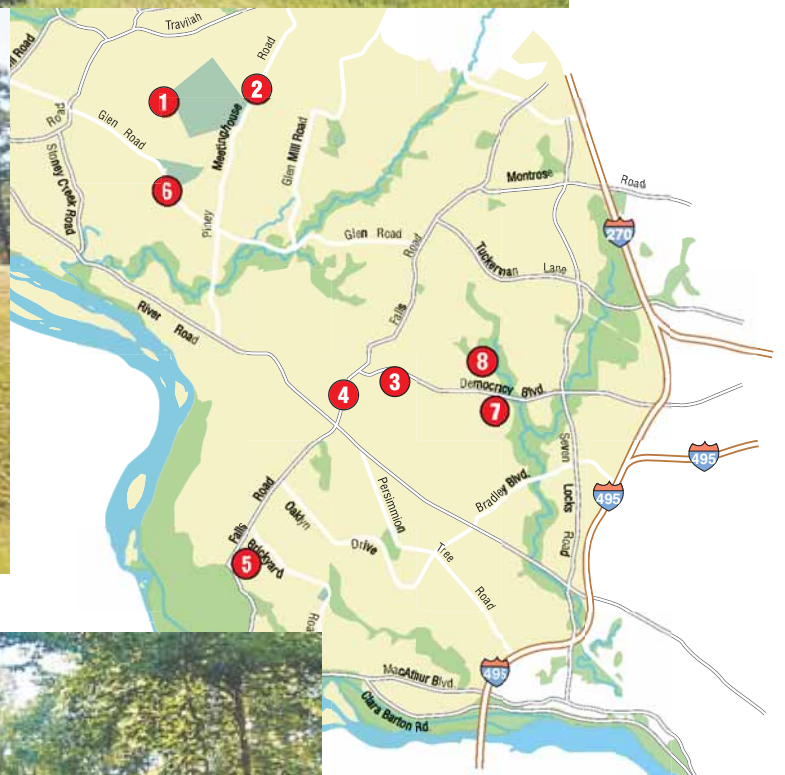
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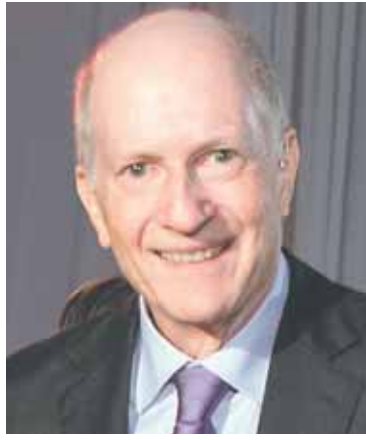
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1 12617 TRIBUNAL LN	5	..	4	.	2	POTOMAC	...\$1,539,000	Detached	2.00	20854	PALATINE SUB	08/11/16
2 13115 PINEY MEETINGHOUSE RD	6	..	6	.	3	POTOMAC	...\$1,475,000	Detached	0.76	20854	PT ROCKVILLE OUT RES. 3	08/19/16
3 8908 IRON GATE CT	5	..	4	.	2	POTOMAC	...\$1,400,000	Detached	2.01	20854	CAMOTOP	08/31/16
4 10217 HOLLY HILL PL	6	..	5	.	2	POTOMAC	...\$1,390,000	Detached	0.49	20854	POTOMAC VILLAGE	08/25/16
5 10900 ROCK RUN DR	6	..	6	.	2	POTOMAC	...\$1,385,000	Detached	1.08	20854	FAWCETT FARMS	08/25/16
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7 10005 KENDALE RD	7	..	5	.	0	POTOMAC	...\$1,300,000	Detached	0.50	20854	MCAULEY PARK	08/01/16
8 10603 VANTAGE CT	5	..	4	.	1	POTOMAC	...\$1,260,000	Detached	0.29	20854	EAST GATE OF POTOMAC	08/30/16

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POTOMAC DAY 2016




Mary Kimm



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Potomac Day This Saturday

Chamber names its three honorees.

BY SUSAN BELFORD
THE ALMANAC

What better way to celebrate Potomac's honorees for the Citizen of the Year, Youth of the Year and Business Leader of the Year than riding at the head of the Potomac Parade — and recognition at Potomac Day 2016?

Mary Kimm, editor and publisher of the Potomac Almanac and Connection Newspapers; Attorney Fred B. Goldman, Esq. and Landon student Arslon Humayun are the leaders who have been chosen by the Potomac Chamber of Commerce for this honor.

Potomac Citizen of the Year Potomac Citizen of the Year, Kimm is an award-winning journalist, opinion writer and editor and publisher, managing through the changes in media for more than 25 years. As editor and publisher of Connection Newspapers, parent of the Potomac Almanac she has led the newspaper group to hundreds of press awards for investigative reporting, public service, editorial writing, news and election coverage, special projects, feature writing, sports, design, photography and more. Kimm

has worked at the newspaper chain in a variety of roles since 1989.

Kimm's family moved to Potomac in 1976 and she attended Potomac Elementary School for sixth grade. At the time, the Potomac Almanac wrote a short feature welcoming every family that moved in, written by Pat Dunnivant. Kimm, the mother of two PhD scientists, enjoys kayaking the Potomac River, birding, photography and horseback riding. She says, "Aside from the great people, the Potomac River is my favorite part of Potomac."

Kimm said, "I'm delighted to be named Citizen of the Year by my friends at the Potomac Chamber of Commerce. I've been involved with the Chamber for more than 20 years, and as an organization and a dedicated group of people, the Chamber has always been supportive of the best parts of Potomac. The Chamber has embraced the importance of preserving the environment and helping others as part of preserving Potomac's true character. I'm honored to be named Citizen of the Year following others like Bob Hanson, Daniel and Susan Pereles, George and Ginny Barnes and others who have done so much."

Kimm has been actively involved in police reform, serving on the Fairfax County Ad Hoc Police Practice Review Commission, now helping to implement recommendations made in the wake of police shooting

SEE HONOREE, PAGE 8



FILE PHOTOS BY MARY KIMM/THE ALMANAC

Children, and parents, watched from along the parade route last year.

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POTOMAC DAY 2016

Chamber Names Honorees

FROM PAGE 7

of an unarmed Fairfax County, Va. resident. Kimm also serves on the governing board of the Fairfax-Falls Church Partnership to Prevent and End Homelessness and on the board of directors of the Boys and Girls Clubs of Greater Washington Fairfax Region. She also serves in numerous community organizations, including the Potomac Chamber of Commerce.

She is particularly devoted to the Potomac Almanac, the hometown community newspaper that was established in 1957. The Almanac earned its distinction as Newspaper of the Year by the Maryland, Delaware, DC Press Association for 1998, 2001, 2002 and 2003.

Kimm began her journalistic career with the Potomac Almanac as a freelancer covering high school soccer. One soccer coach asked her, when she began conducting her interview, "Do you know this game?" Kimm had no difficulty answering, "Not at all. That's why I'm asking all these questions."

Kimm has also been involved in engaging the public with her editorials, often emphasizing transpar-

ency in government and civic involvement. At the last rewriting of the Potomac Master Plan, the blueprint for land use in Potomac for two decades, Kimm used the newspaper as a public service to engage the public. Whether it's Potomac's two-lane road policy, the threat of a Techway through Potomac, the Brickyard Farm, the health of the Potomac River, chances are Kimm has been there and advocated for the community, land, river, birds and wildlife the same way she has for decades.

POTOMAC BUSINESSMAN of the Year Fred Goldman has lived in Montgomery County since 1963 and in Potomac since 1971. He has served as a member, officer and director of the Potomac Chamber of Commerce for over 25 years. He has also delivered welcome baskets for the Chamber for many years and served as chairman of the Chamber Awards Committee for the past eight years.

"I've helped with Potomac Day for years and years," he said. "Sometimes I would come early to help the vendors with the set-up process and other times I

SEE PARADE, PAGE 9



The Cabin John Park Volunteer Fire Department participates in the Potomac Day parade with its classic apparatus.

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POTOMAC DAY 2016

Ready for the Parade

FROM PAGE 8

would be helping in other capacities. I love living in Potomac and cherish Potomac Day because it is a wonderful way to celebrate our community and for neighbors to get together."

Goldman was born and raised in D.C. and graduated from George Washington University and the Georgetown University Law Center. After working for Price Waterhouse as a CPA and The Macke Company as director of taxes, he opened his own law practice concentrating on business and tax law and estate planning and administration.

Goldman has volunteered in many capacities over the years. He served on the board of directors and as general counsel of the Washington Hebrew Congregation. Having been active in his youth, he was asked to help establish a tax exempt foundation, Friends of BBYO, to raise money for the D.C. area chapters of the B'nai B'rith Youth Organization (BBYO) when the parent corporation had to cut funding. His involvement included establishing annual galas that raised substantial contributions for the D.C. region chapters of BBYO.

"I love living in Potomac because of the wonderful friends we have made, great schools and diversity of activities available to us, especially the C&O Canal," Goldman said. "We are fortunate that our kids and grandkids all live in the area and my wife and I can spend a lot of time with our four grandchildren. I like to bike with my 16-year-old grandson. When he was 10 we biked the entire C&O Canal Towpath and last year we biked the great Allegheny passage, which is the continuation of the towpath to Pittsburgh. Both were great bonding experiences. I also love the fact that I can even bike to work.

"All in all Potomac has been a wonderful place to raise a family and I feel humbled by this award because the Potomac community has given me and my family more than we can ever repay."

Details

POTOMAC DAY

Saturday, Oct. 22, 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.



FILE PHOTO BY HARVEY LEVINE/THE ALMANAC

Amy Light, orthodontist and pediatric dentistry, as the Tooth Fairy in last year's Potomac Day Parade.

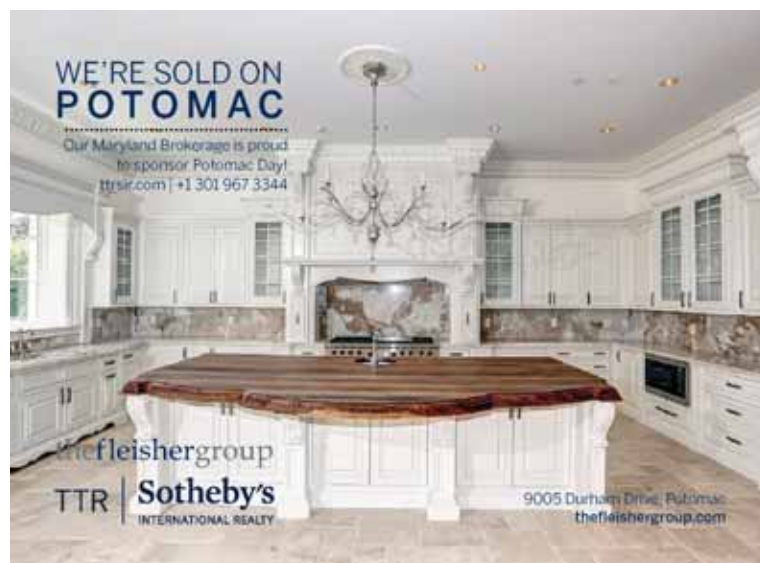
POTOMAC YOUTH of the Year is Arslon Humayun, a senior at the Landon School. Arslon excels in academics, artistically, athletically and is also an ethical leader in the community.

John Botti, Arslon's faculty advisor at Landon for three years said, "I have never been associated with a young man more conscientious, humble, generous and grateful."

His honors geometry teacher, Steve Sorkin said, "The sincerity that he brings to his studies not only enhances his learning but enhances the entire class. He is relentless in terms of seeking comprehension beyond mere information."

Arslon has lived in Potomac his entire life and enjoys the diverse and active intellectual culture. He has had the opportunity to celebrate religious and cultural festivals with his friends of many different traditions and to learn from both business leaders and entrepreneurs.

SEE PARADE, PAGE 10



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POTOMAC DAY 2016

Ready for the Parade

FROM PAGE 9

Arslon earned the highest grade point average in the junior class at Landon. He is a member of the Chamber Singers and the Landon soccer team. He serves as a "prefect" — an on-campus ethical leader who was chosen by the Upper School students and faculty members. He co-founded the Peer Tutoring Club and is also a leader of the Peer Counseling Club. He is a member of the Multicultural Student Alliance and president of Landon's Eastern Cultural Association which encourages discussion of issues affecting Asian-American and Indian-American boys.

His stand-out participation in the Landon community has earned him recognition. He won the Noah Eig Award for Fellowship for his role in promoting an atmosphere of brotherhood and acceptance at Landon. He was also awarded the Lower School Headmaster's Award in 2010 and the Middle School Headmaster's Award in 2013. In 2016 Arslon received the Dartmouth Book Award.

Arslon completed an NIH Internship over the summer at the National Institute of Allergy and Infectious Diseases (NIAID). He has started writing his

own blog where he discusses bioethical issues. Additionally, he has a Youtube channel where he discusses these bioethical issues.

"I am both proud and humbled to be chosen for this award," he said. "I hope to represent my friends, family and mentors well and to use this award as further encouragement to strive to make a positive contribution to the community."

When asked what he would like to see for Potomac in the future, he replied, "As a part of the country with such a high concentration of both intellectual and financial resources, located so close to the capital of the the most powerful nation on earth, I believe Potomac has an incredible opportunity to positively influence the world. This can happen both through advocacy and leading by example. As a simple example, environmental initiatives can be voluntarily adopted here, shown to work and used as a template for other areas. Because of Potomac's reach, this information could be spread quickly and effectively, both nationally and globally."

All three honorees will be celebrated at the Potomac Chamber of Commerce Awards Dinner at Normandie Farm on Nov. 17.

Come join us at a free special program - Thurs., Oct. 20, 7 p.m.

"The Mediterranean Diet - Delicious Food Prescriptions for Transforming Illness"

with cookbook author Amy Riolo

Bolger Center, 9600 Newbridge Dr., Potomac

and a Prospective-Member Get-Together on Wed., Oct 26, 3 p.m.

details at 240-221-1370

www.PotomacCommunityVillage.org

Join Huckle Cat and Lowly Worm

The Potomac Friends of the Library is celebrating its 25th year. Residents of all ages are invited to join story book character Huckle Cat and Lowly Worm in the Potomac Day Parade on Saturday, Oct. 22. Come dressed in costume or regular clothes. Each

marcher will be given a sign to carry with the number "25" to acknowledge the Friends' 25th anniversary celebration. To participate or for more information, e-mail karincurrie@aol.com or Edie Wingate atwingw@aol.com



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ENTERTAINMENT

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

ONGOING

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 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 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 for more.

Club Friday. Through March 17, 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.

THURSDAY/OCT. 20

Lecture: The Mediterranean Diet. 7-9 p.m. at Bolger Center's Osgood Building, 9600 Newbridge Drive, Potomac. Eating right and eating well go hand in hand - the message of "The Mediterranean Diet - Delicious Food Prescriptions For Transforming

Illness," according to Amy Riolo, award-winning chef, author, culture and cuisine expert at Potomac Community Village's October meeting. Ms. Riolo gives Potomac Community Village members and guests a thoughtful, colorful and delicious presentation of what she considers culinary medicine and how we should think about food and its preparation. Free. Visit www.PotomacCommunityVillage.org or www.Facebook.com/PotomacCommunityVillage.

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.

SUNDAY/OCT. 23

Dixieland Jazz Jam Session. 3-6 p.m. at Normandie Farm Restaurant, 10710 Falls Road, Potomac. The Potomac River Jazz Club will hold its monthly traditional jazz jam session. Bring your instrument and sit in with the Conservatory Classic Jazz Band during the first set. Or just drop in to listen. Tickets are \$10, free for musicians and students. Call 301-762-3323.

SUNDAY/OCT. 30

Conservatory Casual Concert. 3 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Washington Conservatory of Music announces the inaugural Conservatory Casual Concert. Free. Visit www.WashingtonConservatory.org.

OCT. 30-JAN. 5

"Dialogue: A Visual Conversation." Gallery hours at the Dennis and Phillip Ratner Museum, 10001 Old Georgetown Road, Bethesda. "A Visual Conversation" is a collection of visual arts – paintings, photographs, digital images and more – resulting from an unusual collaboration between professional artists in the Washington area, and artists receiving mental health treatment from Cornerstone Montgomery. Free. Visit www.Personalvisionsgallery.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/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.

NOV. 3-DEC. 9

Artomatic. 12-10 p.m. Thursday, 12 p.m.- 12 a.m. Friday-Saturday, 12-6 p.m. Sunday at 12435 Park Potomac Ave., Potomac. Artomatic 2016 is a five-week long art festival. This year's event features more than 350 artists: Visual arts, music, performance, film, and more. Workshops, tours, seminars, and other events are held throughout the duration of the show. Free. Visit www.artomatic.org/park-potomac-2016 for more.

SATURDAY/NOV. 5

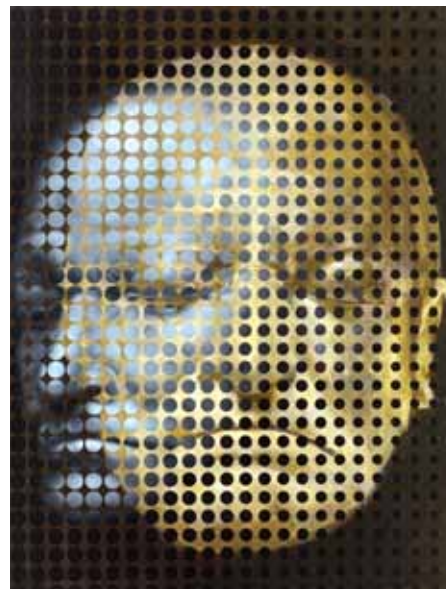
Connor Nelson and Ryo Yanagitani. 8 p.m. at Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. Connor Nelson (flute) and Ryo Yanagitani (piano) will perform the second concert of the 2016-17 Washington Conservatory Concert series. Free. Donations accepted. Visit www.washingtonconservatory.org.

FRIDAY/NOV. 11

Big Head Todd & The Monsters. 8 p.m. at the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Tickets are \$32-62. Visit www.strathmore.org.

SATURDAY/NOV. 12

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



'Dialogue: A Visual Conversation'

This show is a collection of visual arts – paintings, photographs, digital images and more – resulting from an unusual collaboration between professional artists in the Washington area, and artists receiving mental health treatment from Cornerstone Montgomery. Show is on display Oct. 30-Jan.6. Free. Visit www.cornerstone-montgomery.org.

William Blake Death Mask, Jeff Huntington

the Library, Potomac Chapter. Runs most months. Most hardbacks are \$1 and paperbacks are \$.50. Visit 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.bradleyhillschurch.org for more.

SUNDAY/NOV. 13

Owl Moon Raptor Center Festival. 12-4 p.m. at Black Hill Regional Park, 20930 Lake Ridge Drive, Boyds. Featuring Adventures With Raptors, with native and exotic owls, hawks, and falcons on exhibit, including a Snowy Owl. There will be photo opportunities, raptor flight demonstrations, raptor face painting, games and other activities. Free. Visit www.owlmoon.org.

Photo Slam 2016: The Event. 8-10 p.m. at Busboys and Poets, 2021 14th St., NW, Washington, D.C. Sponsored by Glen Echo Photoworks, photographers vie for slots in the Photoworks FotoWeek 2017 gallery show. Three-time National Poetry Slam Champion Regie Cabico returns to emcee a high-energy event featuring an on-the-spot face-off of

projected portfolios plus a "best shot" final round, with winners selected by celebrity and audience-rep judges. \$25 to compete, \$20 suggested donation to attend. Visit www.glenechophotoworks.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 for more.

Washington Balalaika Society: "Love and Laughter." 8 p.m. at F. Scott Fitzgerald Theatre, 603 Edmonston Drive, Rockville. Tickets are \$25 for adults, \$20 for seniors, \$25 for students, and for children 18 and under. Visit www.balalaika.org.

SUNDAY/NOV. 20

Photo Slam 2016: The After Party. 10 a.m.-12 p.m. at Photoworks, 7300 MacArthur Blvd, Glen Echo. Participants from Photo Slam 2016, as well as photographers from the Photoworks community are invited to bring in their images on a flash drive for a Projected Review and Photo Critique with faculty. Tickets are \$10 for brunch and portfolio review. Visit www.glenechophotoworks.org for more.

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Discussing the Election with Children

Local educators offer suggestions for navigating a complicated political climate.

BY MARILYN CAMPBELL
THE ALMANAC

While Colleen K. Vesely has watched televised debates and political events with her children throughout this election season, an event during which the American Civil Rights movement was discussed stands out. It was a concept her 3-year-old daughter didn't grasp, of course. But Vesely used the moment as opportunity to start guiding her children through this year's election season.

"I asked her to think about what she might do if someone at school was being mean to one of her friends, to which, she promptly replied, 'I'd tell them to stop being mean and that I don't like it,'" said Vesely, an assistant professor of early childhood education and human development and family science at George Mason University. "Elections offer opportunities to consider the importance of service and standing up for democratic principles. ... However, the tone of this general election season is different."

Still, Vesely and other educators say that while election cycles typically offer families a multitude of opportunities for conversations about civics and discussions of democracy, navigating the current political climate requires added dexterity.

Use the election season to facilitate conversations in a way that is relatable to children based on their age and experiences, advises Vesely. "By ... discussing the different issues ... parents with school-age and older children can use the election season as an opportunity to expand their children's thinking in relation to current social issues and history," she said. "Parents can use the election as fodder to hone their children's critical thinking skills with real-life issues by helping them critique candidates' opinions" as well as "understand different points of view on a variety of issues and develop their persuasive arguments." This is an exercise Vesely has used with her own children.

"During primary season, my 6-year-old and I watched a number of the candidates' speeches," she said. "We talked about the issues and each person as a human being. ... I offered reasons as to why I admired (some of) the candidates."

Focusing on citizenship and character is a strategy Vesely advises parents to use with children who are preschool-age and younger: "Parents might discuss what it means to be a good citizen in their home," she said. "For example, helping put away their toys when they are done playing, being nice to their classmates, helping their friends and teacher."

Similarly, local schools are developing creative ways to fit the Nov. 8 election into their lesson plans. For example, "since students are only in middle school for one presidential election, Norwood School takes advantage of this opportunity to help students begin to understand how to go about comparing candidates' positions on basic issues, and also to help them understand how the presidential election process works," said Michele Claey, associate head of school and head of middle school, Norwood School

in Potomac.

To help students learn to understand issues and evaluate and compare candidates, teachers work together to create age-appropriate mini-lessons about candidates' positions on a small number of issues. "Students will explore and discuss — not debate — the issues, and learn how to find additional information on their own if they are interested," said Claey.

On Election Day, middle school students will participate in a mock election designed to help them understand how the electoral process works. They will be divided into groups of different sizes with different numbers of electoral votes, representing each of the 50 states. "After both the real and mock elections, teachers will use the results to illustrate how the process works," said Claey. "Throughout these lessons, our emphasis will be on respectful dialogue and consideration of multiple perspectives and experiences."

Educators at BASIS Independent School in McLean, Va. are teaching students about the political process by linking it to the selection of the school's mascot. By allowing students to choose a symbol to represent the school, teachers hope to initiate a broad conversation about awareness, empathy and other values.

"Especially for our younger students, conversations about how a mascot represents the qualities and values of our school serves as a good metaphor for the more serious representation in political contexts," said Sean Aiken, head of school. "Some students prefer traditional mascots to give our school a sense of familiarity and camaraderie. Some want less common mascots to set us apart from other schools and celebrate our individuality."

The lesson will involve the entire student body. "We ask our older students to generate ideas that take even our youngest 3-year-olds into account so we can unite as a whole school and not just play to specific 'special interests,'" said Aiken.

"The exercise serves as an impetus for posing thought-provoking questions to the students," says Aiken. "Should we identify ourselves as humorous, serious, fierce?" he asks. "What will happen if the greater numbers of students in the middle school prefer a mascot that the much smaller number of sophomores do not prefer? Should we use some sort of delegate system or stick with popular vote? How will we feel if our top choice for mascot ultimately is not selected, and what is the appropriate response to that feeling? Does our choice of mascot represent not just our current community but those who will join us in the future?"

The activities, says Aiken, open the door for conversations about fairness and frustration in ways that are meaningful and age appropriate, and that can be put into the context of the current election season. "While our situation as a brand-new school is somewhat unique, the idea of mascot representation weaves through our whole society and could certainly be used to frame a conversation between students and their families about tone, identity and cooperation," he said.

"Parents can use the election as fodder to hone their children's critical thinking skills"

— Colleen K. Vesely, Ph.D.,
George Mason University.

Advice from the Pros

Local private school admissions directors share wisdom they'd offer to their own children.

BY MARILYN CAMPBELL
THE ALMANAC

From interviews to essays to standardized tests to open houses, the season for submitting independent school applications is underway. For families vying for a spot at the area's most elite schools, the process can be fraught with anxiety, stress and confusion as parents and students wade through the myriad academic options in the Washington, D.C., region.

Admissions decision-makers at five local private schools share advice that they might offer their own children, underscoring the importance of finding the best fit rather than trying to fit into a top school if the environment might not match a student's personality.

Matti Donkor, interim director of enrollment management at The Madeira School in McLean:

"Enter the process very open-minded. I don't believe in saying, 'This is the one school for me.' I believe in knowing the core things that are important to you like the school's community, culture and traditions, but also in understanding that you might find those characteristics in a variety of schools. I think students and families should be engaged in the [application] process. I think we do the school visit and that is the only interaction you have with the school. Find out what else is happening on campus, connect with other students and alumni. Really take the time to understand the culture of the school and whether it appeals to you."

Lisa Knight, director of admission, Flint Hill School, Oakton:

"Take time to learn about the school community. Shadow for day, attend several [school] community events, go and experience the community for yourself. Notice how you feel when you are on campus. Do you feel welcomed? Are current students and teachers greeting you in the hallways and classrooms? Do they notice you? Can you see yourself growing academically, intellectually and socially there? Are you comfortable with the teaching style and meth-

ods? Do you value what the school values?"

Richard S. Moss, director of admission, The Heights School, Potomac:

"Teach your child how to make a pros and cons list. Help him or her thoughtfully consider the options. Ultimately, your child needs to know that he is a valued advisor to the ultimate decision makers: the parents. It's an opportunity for parents to nurture trust. It is a mistake to lead your child to believe that one school is the be all and end all to life's problems. That's a high bar, and, more importantly, you don't want to crush a child's spirit if he doesn't get in."

Michael Cresson, director of admissions, Bishop O'Connell High School, Arlington:

"I recommend all students looking at various schools make sure that they are comfortable. Definitely shadow and visit during open houses to get a true sense of the community and school. I tell students to make sure they are comfortable and happy with their choice because they only get to go to high school once."

Sean Aiken, head of school, BASIS Independent, McLean:

"I would advise students not to get too caught up in their resumes and records and instead work to discuss passions and projects that excite and interest them. How will the school help you explore your ideas in greater depth? In what areas do you want to improve? I'm always impressed with students who are hungry to know more about the world."

Julie C. Lewis, director of admission and financial aid, Alexandria County Day School, Alexandria:

"I recommend that families take the time to visit a wide range of schools, not just the ones your friends' kids attend, to really get a feel for what appeals to you as a family and will work best for your individual child. The Association of Independent Schools of Greater Washington's website (AISGW.org) is a fantastic place to start."



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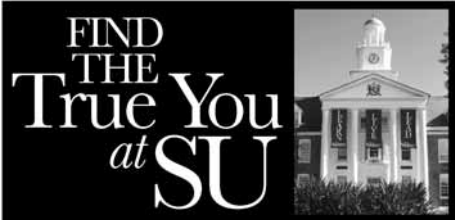
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Two Things I Worry About



By KENNETH B. LOURIE

For the sake of this column, anyway:
should I be hospitalized for more than a pass-
ing fancy, how will I be able to maintain my
non-Western (50-plus pills, Braggs Apple Cider
vinegar, wheat grass, Essential Oil,
etc.) alternatives/daily regimen away from
home? And secondly, should I be so hospital-
ized that it makes returning to work WHERE I
CO-PAY MY HEALTH INSURANCE
PREMIUMS impractical and quite unimagin-
able — under the presumptive-circumstances-
possibly-to-be, said insurance is unlikely to
continue/be co-paid for too long, even though
I work for an incredibly kind and understand-
ing company, how do I transition to non-
work/working-dependent health insurance?

I suppose “Obamacare” is likely the answer
but could I afford (since I’d no longer be mak-
ing my previous income) the premiums which
would be higher than my present co-paid pre-
mium? If the answer is indeed “Obamacare,”
is its “openness” seasonal? At certain times?
Requiring special circumstances? What if I am
accepted but have to change insurers after
nearly eight extremely successful (which I
define as yours truly still being alive) years and
begin anew with who knows what, where and
how about me, myself and I? If part of surviv-
ing cancer is managing stress, I don’t see how
that management — so to speak, continues
after such a drastic change in my health
care/lifestyle?

As for my pills/ “Rebecca routine,” what
will give (to re-work an old expression) when
hospitalized? Based on my previous one-week
stay in August 2013, nothing will be given —
or asked about. I’m not sure if it wasn’t asked
about or integrated into my treatment as a
matter of hospital policy or simply a reflection
of poor planning/non-advocacy on our part?
Either way, I stopped taking my pills/doing my
things, things that quite frankly have likely
contributed to my amazing good fortune to
still be alive so many more years longer than
my original “13-month to two-year” prognosis
suggested I’d be. And how do you think the
added stress of not maintaining another rou-
tine that’s been an integral part of my life
going on for nearly eight years post diagnosis
would affect my stay/stress should I be forced
to extend my time at the hospital?

Perhaps I sound naive in worrying about
pills and policies, especially considering that at
the moment (although I am currently waiting
for CT Scan and brain MRI results from two
days ago and have chemotherapy scheduled
in two hours), neither scenario is imminent.
But that’s exactly the concern. If I wait until
it’s imminent, it might be “too late,” as
Tommy Heinsohn, aka “Tommy Gun” during
his playing days, used to exclaim after made
baskets by the Boston Celtics, while doing
television broadcasts for them back in the
day, starting in the mid-1960s. And the other
scenario: one is not exactly forewarned when
‘imminent’ is; it sort of happens, right? All one
can do I think, is anticipate and possibly/dare I
say inevitably, investigate and plan accordingly
— without being too morbid or morose in the
process. Because once I lose my sunny dispo-
sition and positive attitude/sense of humor, it’s
likely that all bets: win, place or show — and
presumptions, are off. “Not a sermon, just a
thought,” to invoke/quote Lon Solomon from
McLean Bible Church as heard on local radio
here in Washington, D.C.

Because who knows what matters, really? I
certainly don’t. I only know is what I don’t
know. And what I don’t know is, will any of
the likely future changes I’ve discussed — to
quote Curly Howard from the Three Stooges’
episode “Some More of Samoa”: “kill or
cure.”

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

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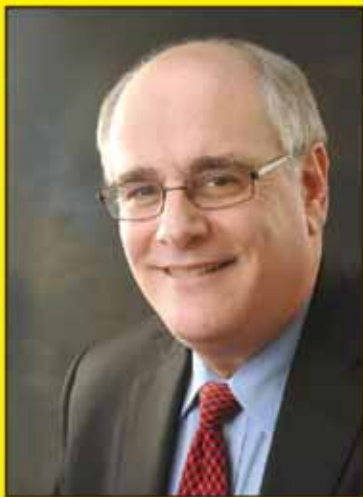
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