

Potomac ALMANAC

Teaching Gratitude
And Charitable Giving

CONNECTION FAMILIES, PAGE 11

CONNECTION
FAMILIES

PAGE 11

Potomac Day Returns

Huckle Cat with
Marty Johnson and
Edie Wingate from
Friends of the Library
along with 3-year-old
Domini Whitney.

NEWS, PAGE 3

A Dog Day Afternoon

NEWS, PAGE 6

Trees, Shrubs, Roses, Perennials, Annuals, Vegetables, Statues, Fountains

Garden Accessories, Garden to Table, Bulbs

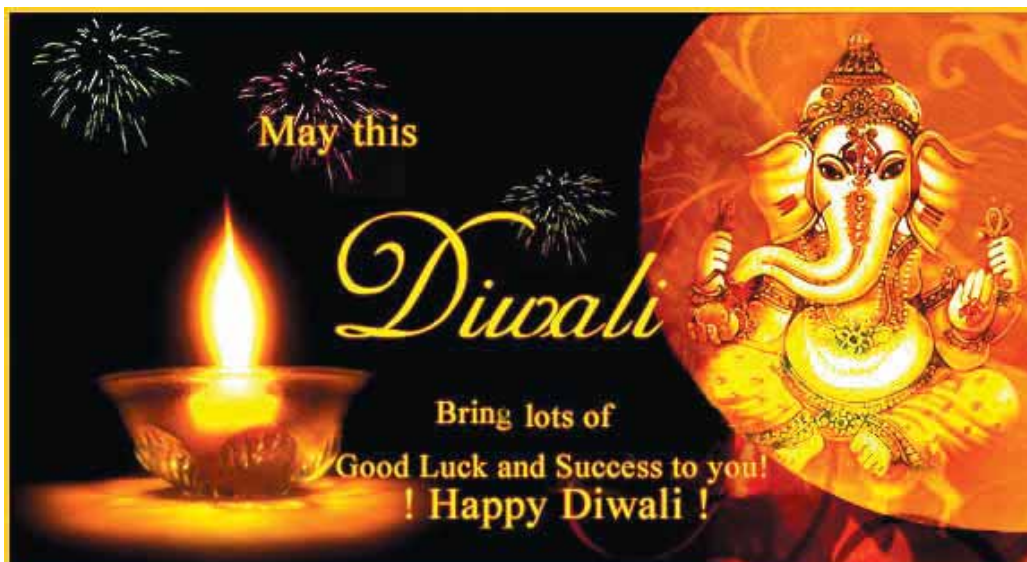
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POTOMAC DAY 2016

POTOMAC ALMANAC EDITOR STEVEN MAUREN
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A Tribute to All Things Potomac

Food, rides and music fill the day.

BY SUSAN BELFORD
THE ALMANAC

The wind and the cold didn't keep the crowd away from Potomac Day, 2016. The parade was a favorite of both children and adults. Everyone clapped and cheered as the Potomac Citizen of the Year Mary Kimm, the Potomac Businessman of the Year Fred Goldberg and the Potomac Youth of the Year Arslon Humayun passed by, seated in shiny convertibles.

The parade featured political candidates, a number of classic cars, the Squeals on Wheels Petting Zoo, bands, clowns, free candy, fire trucks, ambulances, emergency vehicles and more.

The parking lot overflowed with popular children's rides, business booths and lots of food choices from our local restaurants. Rock and Roll music from Retrospect and performances by East West Tae Kwon Do kept the crowd jumping and the atmosphere lively.



PHOTOS BY DEBORAH STEVENS/THE ALMANAC
Elie Pissara-Cain and her daughter Suki show off their doggies Franklin D. Roosevelt and Samuel Adams. Franklin is on chemo and is the Poster Dog for Hope Advanced Veterinary Center.



Carys Davenport and Zoe Greene said they like the Potomac Day rides.



Rachel Hartman enjoys petting the goat from Squeals on Wheels



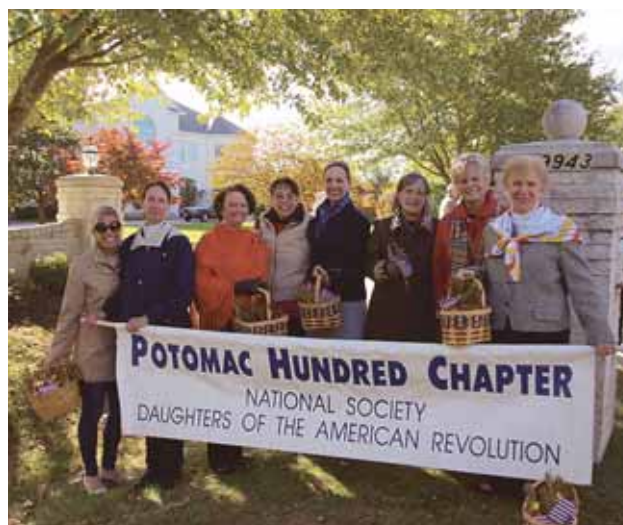
Susie and Win Redmond enjoy showing off their 1967 Olds 442 classic car.



Adam Greenberg of Potomac Pizza and Citizen of the Year Mary Kimm



Cub Scouts Pack 773



Potomac Hundred Chapter



Madison and Aliyah Hirsh said, "We love the rides, visiting the booths and coloring at the Washington Properties booth."

Electing Members of the Board of Education

To the Editor:

When it comes to voting for members of the Board of Education there usually is a low vote count. Many people do not know who they are voting for and yet these seven elected officials control almost half of Montgomery's county operating budget of \$5.3 billion and the education of our children and the future impact that has on each student, our community, and society as a whole.

LETTER

In the at-large election the choice is between Phil Kauffmann, the incumbent, and Jeanette Dixon. One of Jeanette Dixon's priorities, right after her first priority of "providing a world class education for all of our students" is "operating the Board of Education (BOE) and Montgomery County School System (MCPS) in total transparency and responsiveness including the listing of the names of people who serve on all MCPS committees and interview panels and their affiliations.

That language alone should tell you Jeanette Dixon knows how the MCPS system "really works." She knows this because she has been a teacher in the MCPS, an assistant principal and principal in a middle school and high school for the last 16 years of her career. She has a long list of students she has taught and people she has hired who have gone on to become and still are school principals. See her resume at her website: www.jeanettedixon.org for names and details. One of those principals is the principal of the school two of my grandchildren attend.

But the priority that energized me more than any other is her mention of a culture of fear existing in the MCPS. In her words, "(I will) work with the new superintendent on a transformative change in the MCPS culture so that staff members are not afraid to speak up for fear of losing their jobs." As a student of W. Edwards Deming and college professor for 25 years, I taught the 14 principles of his management philosophy. One of which states: Drive fear from the organization. As a manager and executive for 25 years, I know firsthand that any organization operating in a culture of fear will never achieve its optimum output and effectiveness. Fear drives out creativity, the joy

of learning, and blocks communication to the top of the organization that is required for change. Jeannette Dixon is no shrinking violet and has a reputation for speaking truth to power.

The current leadership does not understand this and is controlled by the old guard who hold the most powerful positions on the BOE, e.g. the Policy Committee.

I, along with many others, campaigned for and this community supported Jill Ortman-Fouse who is now one of the brightest and forward-thinking members on the board. Electing Jeanette Dixon will provide Jill an ally in dealing with the labyrinth of the MCPS system and the cabal that has controlled it for at least the last decade.

As you can see from Jeanette's literature, in the primary election this past spring, Jeanette garnered the most votes among all the candidates including the incumbent, Phil Kauffmann.

As she states, "On April 26, 2016 primary voters sent a clear message that they would like to see change on the Board of Education. I bested the eight-year incumbent by over 6,000 votes to finish first. Another way of looking at this is that 125,000 voters voted for someone other than the incumbent." The election results they were as follows:

Jeanette Dixon: 57,756, 31.48%
Mike Ibanez: 19,851, 10.82%
Sebastian Johnson: 32,735, 17.84%
Phil Kauffman: 51,386, 28.01%
Gwendolyn Kimbrough: 21,751, 11.85%

Not only primary voters demurred from voting for Phil Kauffmann, so did the teachers of MCPS during the primary. The Parents Coalition of Montgomery County stated: "Tom Israel, executive director of the Montgomery County Education Association (MCEA), confirmed the union's representative assembly of about 130 members discussed a possible endorsement Wednesday night. The MCEA requires at least a 58 percent majority vote for any one candidate in order to provide that candidate with an endorsement.

The non-endorsement could be seen as a setback for incumbent Phil Kauffman, the two-term at-large member from Olney who gar-

nered the MCEA's endorsement in his 2012 primary run.

Moreover you will not find a list of "endorsements" on her website because she has not asked any elected politicians/officials for their endorsement. She believes it is inappropriate for them to dictate who will serve on the School Board in a non-partisan election. Instead you will find on her website testimonials entitled "Voices" from those who have worked with her and know her well. Look closely at what she has actually done in her 30-year career in education as this will be a good predictor of her service on the board. I have interviewed her at length and believe her only interest is serving on the Board of Education to provide real solutions to all of the challenges we face and to do what is best for all of our students. That is her only agenda. The same agenda that Jack Smith, the new Superintendent of MCPS articulated on the radio and discussions.

The corollary is that our County Executive, Ike Leggett, has endorsed Mr. Kauffmann. Potomac residents might remember the lack of transparency that led to this headline: "County Council President Berliner Reveals Leggett Made Secret Deal for Brickyard Land," although before the judge was to rule the County Executive turned the land back to the BOE. As usual the establishment has circled the wagons to maintain their positions of power. There are many more such statements which can be seen on the Brickyard Coalition website.

Jeanette Dixon has integrity and her word is her bond. And for those worried that another untenable scheme for the Brickyard School site is proposed, she has pledged to preserve this land only for the education of MCPS students. She understands the extraordinary educational value and opportunity this 20 acres of organic soil presents. "She believes using this site as a learning opportunity would be a noble endeavor and gift to our children..."

I am voting for a better cutting edge school system, I am voting for Jeanette Dixon. I hope you do too.

Edward J. Guss
Potomac

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.

SOBER-RIDE FOR HALLOWEEN

Free Cab Rides. Saturday, Oct. 29, 10 p.m. through Sunday, Oct. 30, 6 a.m. Area residents, 21 and older, celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI (8294) and receive a free (up to a \$30 fare) safe way home. AT&T wireless customers can dial #WRAP for the same service. Visit www.soberride.com.

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.

FRIDAY-SUNDAY/OCT. 28-30

Camp Erin is one of the largest national bereavement programs for youth grieving the death of a significant person in their lives. Hospice Caring is joining a network of 46 Camp Erin locations enabling the organization to serve a larger number of campers in a wider age-range. This session is exclusive to teens (ages 13-17). The program is free and the application is available at www.hospicecaring.org/camp-erin.html.

TUESDAY/NOV. 1

Senior Health and Wellness Expo.

1-4 p.m. at Holiday Park Senior Center 3950 Ferrera Drive, Wheaton. Leadership Montgomery is presents its first Senior Health and Wellness Expo. The event will include an expert panel discussion from 1-3 p.m. followed by a vendor fair. Free for members, current Core, EL and Senior participants. \$20 for graduates and guests. Visit www.leadershipmontgomerymd.org/event/senior-health-wellness-expo for more.

WEDNESDAY/NOV. 2

Application Deadline. Montgomery County Public Libraries is recruiting high school students for its Teen Advisory Group (TAG). Teens, ages 14-18, who want their voices heard when it comes to teen library services are

encouraged to apply. TAG influences library services, programs, and collections and is a valuable asset to Libraries. Those who are accepted in the program will serve from December 2016 to May 2017 and will meet monthly, plus work independently or in small groups as needed. More details are available by emailing teensite@montgomerycountymd.gov.

BEGINS NOV. 7

Job Search Training for Seniors. 9 a.m.-4 p.m. JCA's Career Gateway Program can help hone a resume, polish networking and interviewing skills, use Internet job search resources more effectively, and turn age and experience to an advantage. Each session of the Career Gateway features 30 hours of small-group classroom instruction over five days, comprehensive take-home materials, SEE BULLETIN, PAGE 5

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OPINION

Strengthen Light in Maryland

By REBECCA SNYDER
EXECUTIVE DIRECTOR
MARYLAND-DELAWARE-DC PRESS ASSOCIATION

Maryland's citizens have the right to know how government transacts business on their behalf. To help set this culture of openness, Maryland legislators created the Public Information Act in 1970, followed by the Open Meetings Act in 1977. There are two volunteer boards that provide an outlet for citizen complaints relating to these Acts and serve as an alternate or intermediate step before a dispute is taken to court. The Open Meetings Compliance board was refreshed with new board members in 2015, and issues non-binding advisory opinions. Members of the newly-created Public Information Act Compliance Board were appointed in Spring 2016. That board reviews complaints regarding fees over \$350 for information under the Public Information Act.

Both Compliance Boards recently issued annual reports. The Open Meetings compliance board received more complaints (41 this year) and issued more opinions than in previous years. The first year for the Public Information Act Compliance Board saw five members appointed and nine complaints submitted, with five opinions issued. Both boards have committed, active volunteer members that take open government issues seriously.

However, the advice provided by the opinions shows that there is significant progress to be made regarding government transparency in Maryland. The compliance boards have limited jurisdiction and no ability to compel government to release information or to open meetings. However, the compliance boards are making the most of their purview.

In reading the opinions referred to within the annual Report, the Open Meetings Compliance Board (OMCB) often urges public bodies to consider not only the letter of the law, but the public's perception of openness in transacting public business. In several instances, as a result of the complaints filed, Maryland's public bodies have changed their practices to become more transparent or to remove the perception of wrongdoing. For instance, Maryland Economic Development Assistance Authority and Fund will now adopt minutes by email when there is no meeting scheduled for the next month. The Prince George's County Local Development Council now has an email subscription list to notify interested mem-

bers of the public of its meetings. These and other instances are commendable, yet balanced by instances where the public body did not even respond to inquiries by the Open Meetings Compliance Board, or has been cited multiple times for similar violations. There are many instances in the opinions where the board members note that the same or similar issue has been addressed with the same public body previously. Some public bodies never seem to learn, or care, about investing citizens in public business. Taking into account that the Compliance Board hears only the complaints that someone has taken the time to write up and file, Maryland's public often may be turned away or unaware of meetings.

The Public Information Act Compliance Board (PIACB) is newly formed. In its first report, it noted that their jurisdiction is targeted only to assessing the reasonableness of fees over \$350. Several complainants were turned away because their issue concerned fee waivers and were referred to the new Public Access Ombudsman. The Board felt the Ombudsman "provided extraordinary service to the public" and the office is invaluable in working to resolve disputes between requestors and records custodians. The small number of opinions issued (two of substance and three citing the complaint as outside the Board's jurisdiction) is most likely due to the introduction of this concept to the general public. Already, the PIACB sees room for improvement. For instance, the Board seeks a legislative tweak in clarifying "that charges for duplicate reviews [of requested material] are not permitted, or are permitted only for specific legitimate purposes." Further, the Board puzzled over delays in response times and noted that "the law should ensure that records are produced as quickly as possible and without undue delay." Further, they noted that "some custodians view the 30 days as the standard and do not provide records sooner than 30 days, even when the materials are readily available." The Board suggested that 15-day intervals in cases where the substance of the request is unchanged, instead of the prescribed 30-day intervals, would allow information to be shared more quickly.

We look to the Attorney General's interim report, slated to be released at the end of the year, to better understand how citizens and journalists view these boards and what can be done to make them more effective. The real answer here may be to invest the compliance boards with enforceable powers and the ability to levy fees for repeated violations, moving them beyond the power of suggestion and opinion.

BULLETIN BOARD

FROM PAGE 4

practical exercises, and a long-term mentor. \$75. Session II takes place Nov. 7, 9, 11, 14, 16. Call Ellen Greenberg at 301-255-4215 or email egreenberg@AccessJCA.org.

THURSDAY/NOV. 17

PCV Monthly Meeting. 7 p.m. at the Bolger Center, 9600 Newbridge Drive, Potomac. Potomac Community Village presents author David Hoffman talking about his book, "The Billion Dollar Spy." For more information, to volunteer or get volunteer help, call 240-221-1370, email info@PotomacCommunityVillage.org or visit www.PotomacCommunityVillage.org.

BEGINS JAN. 23

Job Search Training for Seniors. 9 a.m.-4 p.m. JCA's Career Gateway

Program can help hone a resume, polish networking and interviewing skills, use Internet job search resources more effectively, and turn age and experience to an advantage. Each session of the Career Gateway features 30 hours of small-group classroom instruction over five days. \$75. Session III takes place Jan. 23, 25, 27, 30, Feb. 1, 2017. Call Ellen Greenberg at 301-255-4215 or email egreenberg@AccessJCA.org.

BEGINNING JAN. 24

Environmentally Sound

Gardening. 9:30 a.m.-2:30 p.m. at the Agricultural History Farm Park, 18410 Muncaster Road, Derwood. Classes meet Tuesdays, Wednesdays and Fridays and continue into March. Faculty and staff of the University of Maryland Extension, as well as other experts in the green industry present

horticulture lectures that cover a variety of topics. Registration deadline is Friday, Dec. 30, 2016. Class size is limited and filled on a first-come, first-served basis. The training fee is \$325. Call 301-590-2836 to register.

BEGINS FEB. 27

Job Search Training for Seniors.

9 a.m.-4 p.m. JCA's Career Gateway Program can help hone a resume, polish networking and interviewing skills, use Internet job search resources more effectively, and turn age and experience to an advantage. Each session of the Career Gateway features 30 hours of small-group classroom instruction over five days. \$75. Session IV takes place Feb. 27, March 1, 3, 6, 9, 2017. Call Ellen Greenberg at 301-255-4215 or email egreenberg@AccessJCA.org.

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4 Must-Dos Before Beginning a Remodeling Project



Thinking about remodeling your home and not sure where to begin? To help ensure success, keep these things in mind as you begin this very exciting process.

1. Have a clear vision of the end result. Visual references are so important to the process. In addition to drawings of the project, pictures from magazines and the Internet will give you great ideas to share with your designer.

2. Make a five-year plan. Even if you are embarking on a small renovation project, it should be approached as part of the big picture, a step in the direction of the end goal. This ensures that efforts are not duplicated, and that the sequence of projects makes sense. Prioritizing a list like this gives you something to work, budget, and plan for.

3. Get recommendations for a design build company. You'll be working together in your home, possibly for months, so a good, respectful relationship is key. Recommendations from friends, work you've seen and admired, and neighbors' similar projects are a great way to find a remodeling company.

4. Create a realistic schedule. Your remodeler is like an orchestra conductor, bringing all the players in a logical sequence to make things run as smoothly, efficiently, and economically as possible. Have a genuine understanding of how long your project will take, so that you can make arrangements to move out, eat out, or be present for critical decision-making along the way.



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build

team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications.

Visit GlickmanDesignBuild.com or call 301.444.4663 to learn more.

LET'S TALK Real Estate



by Michael Matese

Your Home's Price tag

Pricing is about supply and demand, something that is part science of economics and part the art of the deal. Your Realtor will start out with a Comparative Market Analysis, choosing homes in your area that are comparable in size, bedrooms, bathrooms and amenities. The list should contain homes no more than a half mile away and specific to your neighborhood. This is a standing rule, unless of course your property is in the country. Then you use the closest comparables in amenities and acreage.

The main things to compare besides bedrooms and bathrooms are square footage, amenities like fireplaces and pools, garages and the age of a home. You won't get a fair market analysis if the house you're marketing is being compared to other homes that are older, or say have a garage.

Another thing to keep in mind is neighborhood division. Pay attention to physical barriers such as major streets, access to freeways and if there are multiple entries and exits to the neighborhoods.

A good market analysis shows how competitive your house can be in today's market, so consult your Realtor and find out what your house is really worth!

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POTOMAC DAY 2016



Cooper, 2, a golden doodle, shows that he is one happy fellow at the Potomac Day's events, where dogs reigned. Pet parent Rich Samit of Potomac brought Cooper and sister, Sunny 4, to join the day's fun.



Rosie, a 9-month-old lab, enjoyed the best part of the day: keeping watch under the table until Sassy Jacobs gave her some of the tasty Five Guys burger that teased her nose and made her beg.



This little pooch standing guard over his pumpkin, has a big name: Sarkozy. "We got him when Sarkozy was running for president of France," said Potomac resident Kevin Cawley of his Havanese pet who is now 8 years old. The Havanese breed is the native dog of Cuba. They were bred as companions to the aristocracy in the 1800s and gained popularity here because of their intelligence and playful personality.



Bismark, a 6-year-old long-haired German Shepherd, usually hangs out at the Falls Road Veterinary Hospital in Potomac, but today the fun and games brought him to the village. Bismark got his long hair from a recessive gene that can show up randomly in any litter of shepherd puppies once introduced and if both parents carry the recessive gene. He is silky and shiny and oh so beautiful.

A Dog Day Afternoon

PHOTOS BY
CAROLE DELL
THE ALMANAC



Not all dogs arrived at Potomac Day in the style afforded this Great Dane who calmly watched the crowds from his lined-in-leather seat in a classic car.



If it was a dog day afternoon for the pooches on Potomac Day, the llamas held their own in the hearts of the families and children who saw them. Graceful and elegant in their carriage, they accepted pats and hugs from their admirers.



Bessie Mae is a Bassett mix who is also a rescue and a potential therapy dog.



A common sight on Potomac Day: dogs surrounded by a forest of chair legs waiting for treats as their pet parents sat and chatted at the various outdoor venues in the village after the parade.

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POTOMAC DAY 2016



PHOTO BY CAROLE DELL/THE ALMANAC

Citizen of the Year Mary Kimm exchanges greetings with a llama.



PHOTO BY CAROLE DELL/THE ALMANAC

Cub Scout Vincent Wigle, 9, of Bells Mill Elementary, carried the flag in the Potomac Day parade and got a nibble and a kiss from the llama, "S'mores," who got his name from his black and white coloring.



East West Tae Kwon Do congratulates their National Champions in Sparring – Kate and Colin Mizushima



Even Santa showed up for Potomac Day – a little early but he said he was checking out children's chimneys to make certain they were clean and ready for him.

PHOTOS BY
DEBORAH STEVENS/
THE ALMANAC



Sean Healey enjoys his new best friend — Piggy Sue from Squeals on Wheels.



Margaret Vogel, secretary of Friends of the Library, with Huckle Cat.



The car carrying Potomac Almanac staff joins the parade.

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The Potomac Pizza truck in the parade.

CAREER FAIR

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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

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.

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.

FRIDAY/OCT. 28

Halloween Party at My Gym. 4-7 p.m. at 1325 Seven Locks Road, Potomac. ghostly games, music, treats, and more. Tickets: members \$15, non-members \$20, siblings get 20% off. Visit mygym.com/potomac.

SATURDAY, OCTOBER 29

Halloween Family Fun Night, 5:30-10:30 p.m., at St James' Episcopal Church, 11815 Seven Locks Road, Potomac. Event includes costume parades, music, dancing, karaoke, goodies and haunted catacombs. Suggested \$5 donation. Contact: St. James' Episcopal Church office, Grace Lo, office@stjamespotomac.org, 301-762-8040; or Holly Winzler, parish PR volunteer, hollywinzlerpr@gmail.com, 856-534-0617.

Tom Cunningham Orchestra at the Spanish Ballroom at Glen Echo Park. Beginner swing lesson with Tom and Debra 8-9 p.m., dance 9 p.m.-midnight, \$18.

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 at the Dennis and Phillip Ratner Museum, 10001 Old Georgetown Road, Bethesda. "A Visual



My Gym, 1325 Seven Locks Road, Potomac, is hosting a family-friendly Halloween Party on Friday, Oct. 28, 4-7 p.m. Visit mygym.com/potomac for more.

Halloween Happenings

FRIDAY/OCT. 28

Halloween Party at My Gym. 4-7 p.m. at 1325 Seven Locks Road, Potomac. ghostly games, music, treats, and more. Tickets: members \$15, non-members \$20, siblings get 20 percent off. Visit mygym.com/potomac.

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Halloween Family Fun Night, 5:30-10:30 p.m., at St James' Episcopal Church, 11815 Seven Locks Road (just South of Montrose Road, exit 4, I-270, between Montrose and Tuckerman). Event includes costume parades, music, dancing, karaoke, goodies and haunted catacombs. Suggested \$5 donation. Contact St. James' Episcopal Church office, Grace Lo, office@stjamespotomac.org; 301-762-8040 or Holly Winzler, parish PR volunteer, hollywinzlerpr@gmail.com; 856-534-0617.

Free Cab Rides. Saturday, Oct. 29, 10 p.m. through

Sunday, Oct. 30, 6 a.m. Area residents, 21 and older, celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI (8294) and receive a free (up to a \$30 fare) safe way home. AT&T wireless customers can dial #WRAP for the same service. Visit www.soberride.com.

MONDAY/OCT. 31

Fall Harvest. 4-8 p.m. at Scotland Neighborhood Recreation Center, 7700 Scotland Drive, Potomac. Paint a pumpkin and enjoy some yummy Halloween treats. Free. Call 240-777-8075.

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.

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ENTERTAINMENT

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.

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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

Advocating for Your Dog. 1:30-3:30 p.m. at St. Luke's Episcopal Church, 6030 Grosvenor Lane, Bethesda. Ideas to help in situations like these: A stranger, saying that all dogs love her, insists on approaching your shy dog. When your dog barks, your spouse caves in and gives him treats, just to keep him quiet. Your neighbor lets her off-leash dog run to yours because her dog is "friendly." Or a friend insists that using a prong collar would solve all your problems. Free. Visit yourdogsfriend.org/free-workshops for more.

Swing Underground. 7:30-9:30 p.m. at Concord St. Andrews United Methodist Church Social Hall, 5910 Goldsboro Road, Bethesda. Evening of jazz featuring big band songs from the era of Count Basie, Quincy Jones, and Woody Herman. Adult admission \$18, Seniors \$15, 18 yrs. and under free. For tickets, visit www.eventbrite.com/e/swing-underground-tickets-27679695715. Contact the church at 301-229-3383 or csaumc@gmail.com.

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 for more.

THURSDAY-SUNDAY/NOV. 10-13

Strathmore's Museum Shop Around. 10 a.m.-8 p.m. Thursday, 10 a.m.-6 p.m. Friday and Saturday, and 10 a.m.-5 p.m. Sunday at The Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Strathmore's Museum Shop Around returns for its 27th year, convening 18 area cultural institutions for an eclectic, artsy holiday market. Tickets are \$9. Visit www.strathmore.org or call 301-581-5100.

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 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.bradleyhillchurch.org.



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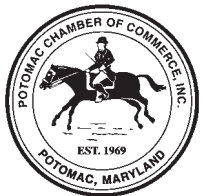
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BUSINESS

Trunnell Electric Helps Transform Digital Infuzion

Trunnell Electric played a pivotal role in the recently completed remodeling of the corporate headquarters for Gaithersburg-based Digital Infuzion, providing electrical contracting services to help accommodate the growth and expanding operations of the provider of custom biomedical informatics solutions.

Digital Infuzion was named by CIOReview as one of the top 20 most promising biotech solutions providers in 2016, "so it was important for the build-out of the space to reflect the high-tech nature of the business, the corporate culture and success of the company," said Brad Trunnell, Trunnell Electric's third-generation vice president of Commercial Services.

Trunnell's work included installation of state-of-the-art decorative LED electrical panels in the space as well as several custom-fabricated LED track lighting systems.

ing systems.

Trunnell Electric was a subcontractor to leading Maryland-based commercial construction contractor Therrien Waddell, Inc., which served as the general contractor on the project. Trunnell Electric was selected as the electrical contractor "because of its reputation and history of successfully executing complex, fast-track commercial projects," said Daniel Coffey, Therrien Waddell's vice president.

Trunnell Electric's work for the Digital Infuzion remodel included installation of state-of-the-art decorative LED electrical panels as well as several custom-fabricated LED track lighting systems.



PHOTO CONTRIBUTED

BUSINESS NOTES

Email announcements to almanac@connectionnewspapers.com. Deadline is Thursday at noon.

Mark Avallone, founder and president of Potomac Wealth Advisors in Rockville was recognized Oct. 11 as a 2016 Five Star Wealth Manager for the

Washington, D.C. area by The Washington Post Magazine. Applicants were required to satisfy 10 objective evaluation and eligibility criteria to be considered for the recognition, and a key element of the selection decision was each nominee's five-year client retention rate and favorable regulatory and compliance history review to assess

each's overall industry standing.

The **Potomac Pizza** chain in the College Park area was named the "Proud Pizza Partner," of the University of Maryland Athletics.

Glickman Design-Build founder, **Russ Glickman**, was recently ap-

pointed to the Montgomery County Commission on People with Disabilities by County Executive, Isiah Leggett. The Commission advises the County government on the coordination and development of policies for people with disabilities. Glickman Design-Build has offices in Potomac, Rockville, and

Herndon, Va.

Target plans to open a 35,500 square-foot store in March 2017 on the first floor of The Shops of Bethesda on Wisconsin Avenue. The new store is designed for an urban market.

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CONNECTION FAMILIES

Teaching Gratitude and Charitable Giving

Experts offer suggestions for instilling these practices in children.

BY MARILYN CAMPBELL
THE ALMANAC

As the holiday season approaches, many begin to think about expressing thankfulness and giving to those who are less fortunate.

Teaching gratitude and establishing a sense of charity in children also becomes a priority for many parents.

Those lessons should begin long before it's time to put the turkey in the oven or trim the tree, however. Experts say practicing gratitude and demonstrating charitable giving year-round in age-appropriate ways are keys to raising compassionate children.

In fact, regular conversations between parents and children about charitable giving and gratitude increase the chances that youngsters will be willing to give to charity, according to a recent study. Research from the Women's Philanthropy Institute at Indiana University's Lilly Family School of Philanthropy showed that children whose parents spoke to them about the importance of giving to those in need were 20 percent more likely to give than those who parents did have such conversations.

"The conversations don't need to be formal or contrived," said Marcia Rosen, a

marriage and family therapist in Bethesda, Md. "They can be as simple as sharing an experience about helping a friend who might need help running an errand, so we change our plans so that we can give the gift of our time to a friend. There are plenty of examples all around us everyday."

"The ability to empathize and take another's perspective increases as a child gets older and less egocentric," said Dr. Linda Gulyn, a professor of psychology at Marymount University in Arlington. "For example, make a thank you note to grandma for the birthday gift. With little kids, there might be a positive consequence for writing a note, for example [saying] 'After you write the note, we can watch the video.' As kids get older, have them take Grandma's perspective: 'You know how it feels to be appreciated, don't you?'"

Encourage children to find their own ways to express gratitude and give charitably. "For example, when thanking their soccer coach for helping them all season, have them come up with ways to thank him, even if it's clumsy or kid-like," said Gulyn. "[Parents] often do it for them. For example, parents take up a collection of money from other parents and then they buy and present a fancy gift to the coach, and the kids are



PHOTO COURTESY OF INTERFAITH WORKS

Local charities such as Interfaith Works offer families a variety of opportunities for benevolence this holiday season.

not that involved."

"Gratitude often relates to expectations and entitlements," said Amy L. Best, chair of the Department of Sociology and Anthropology, George Mason University. "It is important that young people develop some sense of entitlement. They are entitled to dignity and have rights of care. Without a sense of entitlement, claims to care, recognition, justice and dignity are more difficult to articulate. But too much entitlement can elevate expectations to too a high a level

so that disappointment prevails and gratitude is difficult to muster."

Children must learn to be in the moment to take those chances, however. "Dwelling too much in the past, through endless rumination for instance, or always looking to the future undermines our ability to just be, to soak in and soak up a moment," said Best. "Consideration of past, present and future should be in healthy balance. Young people are often pressured to focus on the future, and some feel a sense of hopelessness toward the future. Both make it difficult to be in the moment."

"Cultivating mindfulness of self and your connection to others and the world is important," she added. "It is important to understand the suffering of others and to feel a sense of empathy toward the struggles of others to feel gratitude."

Local charities offer a variety of options for families interested in giving this holiday season and throughout the year. Interfaith Works, a Montgomery County, Md. nonprofit organization with a goal of meeting the needs of the poor and homeless, holds annual drives for coat and cold-weather gear including mittens, scarves and hats. The organization is opening a new women's homeless shelter and needs supplies. "We need things like sheets, blankets and pillows to make the women feel at home and welcomed when they move into their new residence," said Charlotte Garvey of Interfaith Works, "So families can shop online for the ladies." Visit iworksmc.org.

Ellen B. Braaten, PhD
Processing Speed, Learning and the Brain

Director, Learning and Emotional Assistance Program
at Massachusetts General Hospital

Daniel S. Pine, MD

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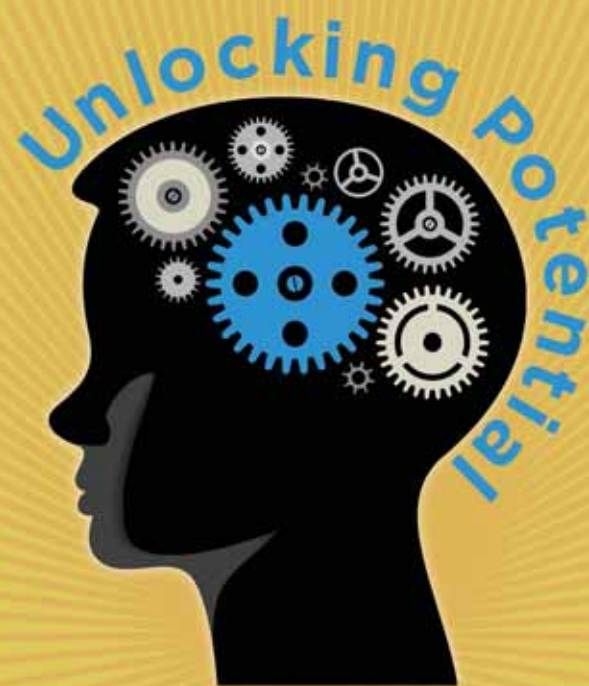
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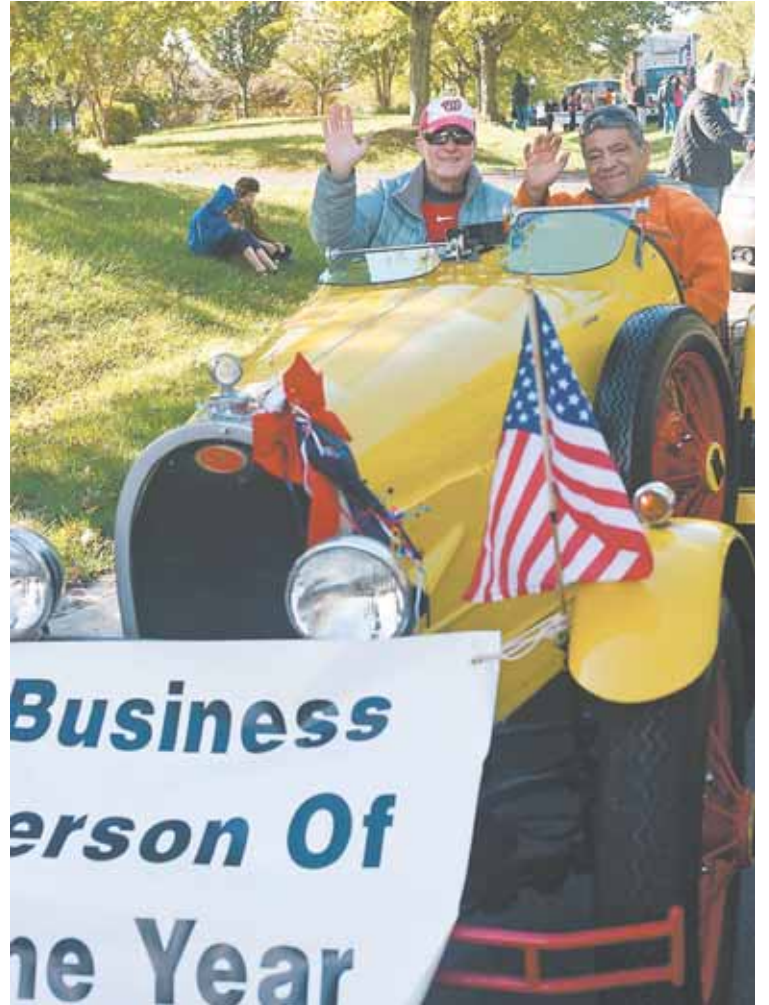
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Two Much

By KENNETH B. LOURIE



Having just been there and done that, I have to tell you, it was a gruesome week. Although I'm fine now (I know, it's a relative description), this past week, I was not. And what specifically I am referring to is, the odd confluence of two recurring elements of my cancer existence: a CT Scan and a chemotherapy infusion. Not at the same time, of course, but at the same place and for the same reason: being an active cancer patient.

The CT Scan (scheduled quarterly), though not a difficult, invasive or time-consuming procedure doesn't generally result in an immediate interpretation/assessment from my oncologist/radiologist. Quite the contrary. Typically, I wait up to a week for results (as I've occasionally written about in the past).

Certainly not ideal, but over time (seven-plus years) and hill and dale, I've been able to assimilate the wait into my life and go on about my business, semi-normally; it's been more difficult for my wife, Dina, however, to do so. Nevertheless, with respect to the CT then, the waiting is the hardest part. Its all psychological/emotional. There are no physical side effects, the side effects are all mental: fear, loathing, anxiety, stress, among many similarly impactful affects. It's not all bad, but it is all-consuming. I'm really only ever sure how I'm doing cancer-wise, when I receive my results, since rarely have I been symptomatic.

On the other hand, the chemotherapy infusion, which presently alternates/occurs every four/five weeks, does not — for me — generally, have any psychological/emotional side effects. It is what it is, and whatever it was or will be, I'm way past having any anxiety or stress about the process or the reasons for it. However, there are/I do experience physical side effects (which unfortunately do weaken my emotional resolve): fatigue, lethargy and most significantly, eating challenges which keep me from eating "normally" for up to a week. This lack of food/comfort, results in a lack of energy, lack of interest/motivation, messed up sleeping pattern and a fragile emotional state. I derive no pleasure from eating and my overall mood reflects that very necessary element — for me. As a result, I'm miserable.

In and of themselves, this post-CT-Scan-waiting and post-chemotherapy-infusion-not-eating are difficult, but manageable. However, having them occur during the same week — which had never happened before, was not exactly like being between a rock and a hard place but rather like being under a rock and in a hard place. Not only was there a wait and a weight, there was the inescapability of it to consider. I had no place to go emotionally/psychologically. Aside from there being no rest for this weary stage IV lung cancer patient, there was no respite or reprieve, either. I couldn't stop myself from going down, so down I went.

And there was nothing I could do to stop it, although there was everything still needing to be started. But all I could do was sit tight (literally), and sure enough, as is the pattern, about six or so days later on the Thursday afternoon following the preceding Friday infusion and the Wednesday CT Scan, I received an email from oncologist with the news "CT looked good. Brain MRI clear." "Great news," as I replied, "with which I can live." Coinciding as well as it usually does, with the eating fog beginning to lift and the transitioning from not eating to eating a bit to eating normally beginning to occur.

It was a bad week to be sure. Not only was I whipsawed, I was undercut, too. I had nothing to hang onto, not even my hat. I just had to endure and try to remind myself what my Auntie Irene so often said: "This too shall pass." And as of Saturday night at 1:53 a.m., as I sit and write this column, it mostly has. Thank God!

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

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21 Announcements

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21 Announcements



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Two at St. Andrew's Receive Award

The Center for Transformative Teaching and Learning was honored in Toronto last month with the Mission Award from the International Mind, Brain and Education Society. Glenn Whitman, director of the CTTL and a 20-year faculty member at St. Andrew's where he is dean of studies and teaches history, and Dr. Ian Kelleher, the CTTL's head of research and a 15-year faculty member at St. Andrew's where he teaches science, were named as individual recipients of the honor.

The CTTL was presented with the Award for Exemplifying the Mission of the International Mind, Brain and Education Society. The CTTL's mission is to create and innovate in the field of Mind, Brain, and Education Science to allow teachers to maximize their effectiveness and students to achieve their highest potential.

Dacek Honored With Center

Montgomery County Executive Ike Leggett, County Council members and other officials joined residents on Oct. 22 to celebrate the ribbon-cutting for the new Nancy H. Dacek North Potomac Community Recreation Center. The facility is located at 13850 Travilah Road.

The facility is named in honor of the late Nancy H. Dacek who served for 12 years as a member of the County Council from 1990 until 2002. Following her service to the council she served for more than a decade on the Montgomery County Board of Elections appointed by Governors Bob Ehrlich and Martin O'Malley.

While on the council, Dacek advocated for education, public safety, preservation of open space, and the environment. Among other efforts, she offered her support that a Community Recreation Center be included in the area master plan for North Potomac. Dacek died in 2015.

"My family is honored to have such a beautiful facility named after my mother," said Kim Dacek Barnes. "My mother was a big supporter of the Recreation Department and valued and appreciated sports and physical activity."

This 48,000-square-foot facility features an expansive full-sized gymnasium, auxiliary gym, rock climbing wall, exercise and weight room, spacious social hall, commercial kitchen, multi-use community room, arts/kiln room, game room, meeting rooms, offices and more. The 11-acre site provides a new organic multipurpose turf field, playground, bus stop at the facility, two outdoor multi-purpose courts, preserved wetlands and parking spaces for up to 185 vehicles along with six accessible spaces.

The cost of the center was approximately \$19 million. Grimm and Parker served as architect. The construction was done by Dustin Construction, Inc.

The center will also include the North Potomac Senior Center, a full-service senior center with a wide-range of programs and services for adults 55 and older.

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VOTE TO PUT KIDS FIRST - OUR FUTURE DEPENDS ON IT!

***The Washington Post* agrees with the Brickyard Coalition and has endorsed the following for the Board of Education. The Montgomery County Public School system is facing a crucial tipping point regarding its future, and the upcoming elections for the BOE are critical.**

**THE BRICKYARD COALITION AND *THE WASHINGTON POST* RECOMMEND THE
FOLLOWING CANDIDATES FOR THE BOARD OF EDUCATION.
ALL ARE ELECTED COUNTY-WIDE.**

THE BRICKYARD BALLOT



Phil Kauffman — At-Large

"Of all the members of the board, he is the most knowledgeable about the budget and has proved to be a valuable — and stabilizing — resource to other members."

The Washington Post



Rebecca Smondrowski — District 2

"She is the better choice over Mr. Rippeon . . . and has emerged as an advocate for children with special needs."

The Washington Post



Shebra Evans — District 4

"She has keen insights into how to engage parents from diverse backgrounds, and her commitment has been unflagging."

The Washington Post

VOTE ON NOVEMBER 8!

This message has been authorized and paid for by the Brickyard Coalition Inc., PO Box 60962, Potomac, MD 20859, Keith Williams, Treasurer.
This message has not been authorized or approved by any candidate.