

Potomac ALMANAC

WELLBEING

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Potomac Huntsman Brian Kiely at the Potomac Hunt Opening Meet on Oct. 29.

Opening Meet

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More Cell Towers

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At Large Board Of Education Race

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The Potomac Hunt Opening Meet was held Oct. 29. Huntsman Brian Kiely moves off with the pack as the riders follow to begin the new season. Allen Forney, Honorary Whipper-in on left, Joint Master Richard Hagen on right (grey horse).



PHOTOS BY KAREN KANDRA WENZEL

Hadley Miller gets a smooch from one of Potomac's foxhounds.



Potomac Hunt logo on silo at the Kennels, Dickerson.

The Potomac Hunt Opening Meet

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Brynn Miller and Jo Meszoly



Dan and Reagan Crowley



Dr. Elizabeth Reese and John Kean

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Jack Louth and Chloe



Joint Masters Mr. and Mrs. Irvin L. Crawford (Skip and Vicki)

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OPINION



PHOTO CONTRIBUTED

A cell phone tower on Brickyard Road.

Picture Worth a Thousand Words

BY CAROL VAN DAM FALK
 PRESIDENT, WEST MONTGOMERY COUNTY
 CITIZENS ASSOCIATION

Well over 250 people packed a Town Hall meeting on Oct. 26 to hear what Montgomery County Council members had to say about plans to install more than 700 cell phone towers stretching 30 to 60 feet high in the front yards of Montgomery County residents, including many in the Potomac area, such as the one seen here (above) on Brickyard Road.

WMCCA Council President Nancy Floreen and other council members are pushing a special exception that would allow telecom companies to install the towers without prior notice to residents. Citizens of North Potomac and Gaithersburg are asking for a moratorium until the entire effort is scrutinized for its health and aesthetic impacts. Many residents assert that the Tower Committee, which is charged with approving the telecom applications, has not been doing its job and has not been following the law (Montgomery County Code 2.58E).

Ms. Floreen and her colleagues on the

Next Meeting

The West Montgomery County Citizens Association will meet at the Potomac Community Center on Wednesday, Nov. 9, at 7:15 p.m. If schools are closed because of inclement weather, the meeting will be cancelled.

The speaker will be Barry Fuss, chief of Bridge Design, Montgomery County Department of Transportation. He will discuss current conditions and the considerations given to maintaining and repairing rustic road bridges.

The Potomac Subregion has a number of rustic roads. Because of proximity to the river, these roads cross many streams. Potomac's Glen for instance, has two stream crossing bridges: One over Watts Branch and another over the Kilgor Branch. Glen Mill Road crosses the Piney Branch. Glen Road also crosses the Sandy Branch. Old Quince Orchard Road crosses the Muddy Branch.

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

County Council say they want the emphasis to be on a streamlined process but they also claim they want to minimize adverse impacts upon citizens. Many in the community, including those working for the EPA, have raised concerns about the potential health effects on children whose brains are still forming, of placing towers in such close proximity to homes. These towers will hold 300-pound boxes of electro-magnetic equipment. Not surprisingly, residents are also concerned about the impact the towers will have on the market values of their homes.

The Tower Committee has already approved dozens of applications to install cell towers in Gaithersburg and North Potomac for a company called Crown Castle, which works for bigger providers such as Verizon and AT&T.

Council members at last week's Town Hall meeting refused to make any commitments, arguing they have no choice with the "heavy hand" of the federal government, specifically blaming the FCC. Council Member George Levanthal claims the council is forced to install these towers quickly, to be ready for the future, and 5g phones. Mr. Levanthal's response to my Facebook posting on the controversy was, "My colleagues and I would like to protect homeowners against these things but Congress legislated with a heavy hand to ensure approval for telecommunications companies. We're going to keep working on this but our options are limited under federal law." However, we believe it is well within the Montgomery County Council purview to further scrutinize cell tower applications and place some restrictions on the locations of future installations.

The Tower Coordinator, rather than scrutinizing these applications, has done little more than provide brief summaries of the carriers' own words to the committee and advised the committee to recommend approval or conditional approval. Not one application has been denied. In fact, some

SEE PLAN FOR MORE. PAGE 5

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LETTER

Preliminary Plan for Farm Property

To the Editor:

The following letter was addressed to the neighbors of Mt. Prospect Farm.

After great thought and careful deliberation, we've selected Toll Brothers to develop our beloved Mt. Prospect Farms. We talked with many fine developers and visited their current and past development projects over the last year. Toll Brothers' commitment to working together with the Hanson Family and the surrounding community, made them the best choice for us. We're confident Toll Brothers will create a community here in keeping with the history of our farm and the surrounding area.

"A Fortune 600 company, Toll Brothers' has a strong commitment to extraordinary customer service and the highest level of quality and value.

Fortune magazine just ranked Toll Brothers #6 worldwide across all industries in quality of products/services, after Apple, Walt Disney, Amazon, Alphabet, and Nordstrom, and before Netflix and Facebook. In the same 2016 survey, Toll Brothers was named the #1 Home Builder Worldwide. For more information about Toll Brothers, who's been developing and building new home communities nationwide since 1967, visit TollBrothers.com."

The Toll Brothers team would like to share their plan and vision for Mt. Prospect Farms, and they're looking forward to meeting you and hearing your insights and suggestions about this exciting new community at their first official outreach meeting which is

planned for the evening of Thursday, Nov. 17, at the new Community Center on Travilah Road. They'll be mailing you an invitation to participate. We will also post signs around the property about the meeting. At that meeting, the Toll Brothers team will present the Preliminary Plan of Subdivision, which will also be posted, per Development Plan requirements, on signs to ensure that everyone is aware of the proposed plan.

Toll Brothers' proposed Preliminary Plan is based on the Development Plan that was shared with the local community, amended to address the Concerns of the Community, and approved on June 15, 2010.

The Development Plan was based on the recommendations of the Potomac Subregion Master Plan Citizen Advisory Committee in 2002. We believe the proposed Preliminary Plan of Subdivision reflects Toll Brothers' commitment to abiding by the prior approvals and rules in the Development Plan.

Toll Brothers welcomes your continued interest in the planning process for Mt. Prospect Farms, sometimes referred to as Hanson Farm in County documents. Please let them know if you have any questions or concerns by emailing Tom Mateya at TMateya@TollBrothers.com.

John C. Hanson
J. Timothy Hanson
Mt. Prospect Farms
North Potomac

Plan for More Cell Towers

FROM PAGE 4

activists say the Tower Committee shuns and sometimes refuses public participation at the meetings, which could expose errors in the application process. Activists assert that the Tower Committee, which only meets once a month via teleconference, routinely fails to check locations of permit applications or land owner approval.

If a telephone pole or tower already exists in an easement area, the company is not obliged to inform a homeowner of plans to install the new equipment. But if a higher pole must be installed or an existing one modified, they need permission. Council President Floreen wants to do away with that law. If you don't want to see 30- to 60-foot cell towers installed in your neighborhood, get involved. Write or call Nancy Floreen and other members of the Montgomery County Council and tell them what you think. Momen-

tum is building, but the only way to stop these towers from being installed is to speak up now. They are scheduled to go forward in November. The Oct. 12 WMCCA General Meeting had a last minute change in speakers: Susan Fitzpatrick, president, North Potomac Citizens Association, and Aaron Rosenzweig, City of Gaithersburg resident, both spoke to the attendees concerning the residential cell tower issue and notified everyone about the Oct. 26 public meeting at Ridgeview Middle School. Also, Potomac resident Diana Conway spoke on behalf of the Safe, Healthy, Playing Fields Coalition (www.safehealthyplayingfields.org)

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

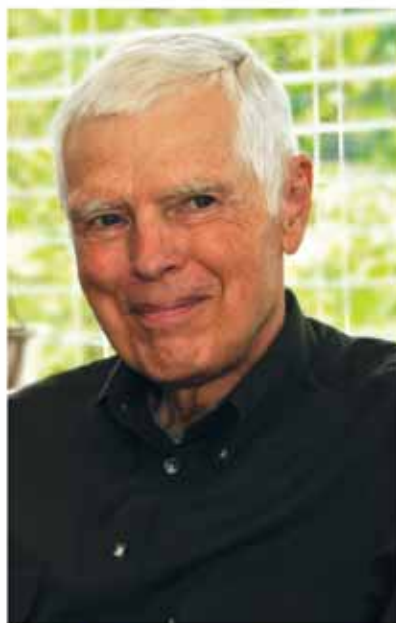
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After a career in the Federal Reserve and the US Treasury, Bruce MacLaury was asked to head the Brookings Institution, in Washington, DC. He served as its president for eighteen years. It was during this time that he began serving on the Ingleside Board, a position that enabled him to help shape the growth of the organization. He and his wife, Ginny, are now themselves enjoying life at Ingleside at King Farm.



Ingleside at King Farm is a CARF accredited, not-for-profit, continuing care retirement community.



Ingleside at King Farm is expanding with the proposed building of 125 new independent living apartments, 32 private assisted living memory support suites, and a Center for Healthy Living subject to approval by the Maryland Department of Aging.

An economist explains addition.

Bruce MacLaury has first-hand knowledge of Ingleside, its history and its remarkable growth. "I was privileged to serve on the Ingleside Board when Ingleside was built 7 years ago. So I know that high standards of performance and quality service are essential priorities within the organization. Now with the **Gardenside** addition, Ingleside at King Farm is expanding its amenities for current residents while anticipating the lifestyle needs of future generations."

Gardenside represents even more choices for discerning people 62 years of age or better who are looking for an exceptional, independent lifestyle with upscale offerings and the security of five-star rated on-site health services.



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OPINION

In the 8th: 'Why I Am Running for Congress'

BY DAN COX
REPUBLICAN CANDIDATE



If you watched the Olympics like we did, you heard the Maya Angelou poem on commercial breaks, "We are more alike, my friend, than we are unlike." That is true for Congressional District 8 as well, for in our diversity we are united and share similar desires and needs.

For instance, as parents who just returned from dropping our sophomore off at college, Valerie and I identify with every parent who believes their child can accomplish great things.

We all want the next generation to believe that they have a great purpose, to do good things in our country and world. We want them to hope, believe, dream, work hard and aspire to accomplish goals.

All this is our common interest, yet it is not guaranteed. Without freedom, the human condition goes dry.

That is why I am running to fill the open seat in Congress in Maryland's District 8 and I am asking for your vote.

Democrats, Independents and Republicans alike are tired of corruption by career politicians, and are joined alike in key issues this election. I am not a career politician but I have experience with each of those key issues that District 8 believes in.

First, our security is in peril and we must have a strong defense. From Iran to ISIS, we all agree we should not be afraid to go to the mall, airports or crowded venues in our own country. Approximately every 84 hours the Islamic State has attacked soft targets including San Bernadino, Orlando, Paris, Nice, Brussels and numerous other cities. The D.C. area is also targeted. In both undergrad and law school I received national-security training and have also defended human rights as a lawyer for the last decade. We must destroy ISIS and protect our families from infiltrating insurgents as testified to be a present threat by the FBI and CIA.

Second, I have pledged to make widening I-270, I-495, I-70 and other key commuter routes a matter of national security to ensure we not only protect our workers and commuters but keep us safe. The delays and plans of rain tax politicians like my opponent will crush us. We must widen our roads today and keep America working and happy. This is my priority!

Third, we need more jobs in this economy. Even if some politicians want to increase taxes like my opponent does, in Congress I can work to bypass and even overturn these bad local policies and enact sensible pro-jobs, low-tax incentives and good growth policies.

My plan is to grow jobs by protecting against ridiculous regulatory burdens and by lowering the business and individual tax rates. This is estimated to bring five million jobs back.

Fourth, our healthcare insurance is diagnosed with heart failure and needs immediate surgery. Obamacare has not made healthcare affordable — we all agree on this point. I have

BY JAMIE RASKIN
DEMOCRATIC CANDIDATE



I am running for Congress to restore the ailing physical infrastructure of America — the roads and highways and bridges, the Metro system, the water systems, the ports, cybersecurity, the nation's grid. But also our environmental infrastructure: our destabilized climate system, our forests, our declining biodiversity, our oceans and waterways, the air we breathe, the water we drink. I am calling for a "Green Deal" for America, a massive reinvestment in our national infrastructure in a way that advances our urgent environmental goals and addresses the civilizational crisis of climate change.

But we must simultaneously renew the eroding social infrastructure of America. It is high time we close the outrageous income and wealth gaps that undermine social cohesion and damage public mental and physical health. This means increasing the minimum wage, restoring the right to organize and to engage in collective bargaining, and reviving progressivity and fairness in our plutocratic tax code. It also means placing both universal pre-K and college affordability for all high up on the public agenda. We should be finding ways to encourage business entrepreneurship, artistic creativity, public service, and community organizing among millions of college students, not saddling them with staggering debts that sap their energy and hamper their ability to own and rent homes and launch their careers. We need to defend and strengthen Social Security and Medicare and liberate small businesses from the burden of soaring health insurance costs by moving to a single-payer system universal health care system. And we need to advance public safety and health by imposing a universal background check on all firearm purchases and closing the Internet and gun-show loopholes.

To restore the physical and social infrastructure of America, we need to revive our political infrastructure. This means protecting and securing the right of all Americans to vote; ending gerrymandering which permits politicians to choose voters before voters choose politicians; overturning Citizens United, the egregious 5-4 Supreme Court decision which defined corporations as rights-bearing democratic citizens and gave CEOs the power to spend corporate treasury wealth on political campaigns; enacting small-donor public financing to propel new voices and new choices in our politics; and building pathways for constructive bipartisanship on key issues, such as infrastructure, criminal justice reform, immigration policy reform, and fiscal transparency and prudence.

What makes me think that, at a time of division and polarization, I can be part of a successful movement for democratic renewal and social progress in America?

It is the fact that I have been part of such a movement in Maryland.

BY NANCY WALLACE
GREEN PARTY CANDIDATE



On Dec. 25, 2015, I woke up rather late, sleeping in on the holiday. I walked outside from the kitchen patio door, and was shocked. It was almost 70 degrees. Something shifted in me at that moment, and I knew that I couldn't think of "change as usual" anymore. I have been an activist all my life, trying to improve the world. But at that moment, I realized at the deepest level of my being that I had to shift to the timetable of Mother Nature. Global warming is happening now, at an unimagined, unprecedented speed. I realized that myself, and I believe all people, must dedicate ourselves to coming together with the best of ourselves, to stop and reverse climate change as our top priority. We can do so much good along the way — addressing the tremendous suffering and injustice of our society and government — but we must start now. Our assumptions about comfortable daily life must yield to the greater call of preserving life, this beautiful Creation that is our gift, as the organizing principle of our days and hours.

As co-chair of the Montgomery County Green Party for the past three years, I was well aware that our congressional slot was open. With 14 years' experience on Capitol Hill representing the national environmental movement, a degree in political science, and a love of politics and people, it seemed obvious for me to run for this seat. However, with a full time job it would be a challenge.

I was raised in a Republican household, and spent 30 years as a Democrat. I switched to the Green Party 13 years ago after realizing that behind the scenes, large concentrations of power were using the Democratic Party just as much as the Republican Party to advance their agenda. Social issues are used as a distraction, and can be important, even critically important in the short run. But underneath, the erosion of power of the individual, the family, and the community has continued under both Republican and Democratic administrations.

For instance, their support for the petroleum, natural gas and fracking industries, with "business as usual" is killing the Earth through carbon emissions. Witness President Obama's energy policy of continuing billions in tax benefits for those industries, and recently opening up 45 million acres of the Gulf of Mexico for more deepwater oil drilling. Support for multi-national corporations is killing our progressive legal protections in the U.S., for instance the global trade treaties that can override U.S. worker protections of the 40-hour work week, environmental regulations, and minimum wage. Witness the Democratic administration has led the charge for the Trans-Pacific Partnership.

Support for agribusiness is smothering small family farms, along with the local small businesses that depend on them, and covering our

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OPINION

Candidates for Board of Education (At Large)

BY JEANETTE DIXON
CHALLENGER



The person who is elected to the At Large seat on the Board of Education should represent all students in MCPS, regardless of which school they attend. It is imperative that the person who is elected on Nov. 8 for the four-year term understands the board must change to meet the unique challenges faced by MCPS. Two reasons why a change is needed are because of overcrowding and the unresolved use of the 20-acre Brickyard site.

The Potomac community is blessed to have outstanding schools with supportive parents. However, the schools are overcrowded, which makes it difficult for all students to participate in extracurricular activities. There are so many students vying for a part in the school play, a place on a team, or a student government office. Parents shouldn't have to choose to send their child to private school because of overcrowding, as some have suggested to me. Despite additional funding from the County Council to lower class size, some classes are still incredibly large. According to an article in the Sept. 28, 2016 issue of the Churchill

High School student newspaper "The Observer" titled "Large Class Sizes Hinder MCPS Student Learning" there is an English class containing 40 students. MCPS guidelines call for a maximum of 29 students in English classes.

The Board of Education and Superintendent need to be proactive in personally hearing from and working with the community to come up with a plan that the community can support to address issues of overcrowding.

The second issue that looms over the community that has not been effectively addressed is the Brickyard property owned by MCPS. Since meeting with a group of men who head the Brickyard Coalition, I have made it a point to become more educated on the history of the property. I learned it was leased for 30 years and operated as an organic farm because of the properties of the soil.

This farm (which is currently not being utilized) could be a learning laboratory for MCPS students across the county.

The Brickyard site would offer a great opportunity for hands on interdisciplinary lessons for students. They could explore a number of areas on a multi-sensory level, including the fields of health, environmen

SEE DIXON, PAGE 13

BY PHIL KAUFFMAN
INCUMBENT



It has been an honor to serve on the Board of Education for the last eight years. I am running for re-election because there is still much left to do. While our school system has had many successes, it faces enormous challenges. Many of those challenges involve choosing the right educational practices so that our system continues to be one of the best in the country. But many involve other issues that come before the board, including budget, policy development, calendar, personnel, school boundaries, real property, legislation and evaluation of the superintendent's performance. I understand the correct role of a board member is to provide governance over our system and to let our new superintendent do his job, rather than to usurp it.

I am now completing my second term on the board. I have served as its president and chaired both its Fiscal and Policy Management Committees. Before coming to the board, I was a volunteer and leader for 13 years with our county PTA. These experiences provide me with a deep understanding of our operating and capital budgets and school system policies. I am also a leader

with the Maryland Association of Boards of Education, serving there on the board of directors. I have a B.A. in economics from the University of Pennsylvania and a J.D. from the University of Maryland. Those experiences provide me with a statewide and national perspective and the ability to ob

serve how issues are addressed in other systems. I am also a parent of two MCPS graduates and my wife is a teacher and I can see firsthand how the decisions the board makes affects our students and staff.

In my time on the board I have advocated for increased transparency and our committee meetings our now televised and our school audits are now online. I have pushed for an increased role for the board in budget development and a focus on return on investment and we will soon see those changes. I worked with the superintendent to develop the budget additions reducing class size that were adopted this year. In my eight years on the board, I have met with hundreds of parents, students, employees and community members from around the county. I have received dozens of briefings from our staff on school system operations, policies, and the budget. Montgomery County is large and complex and I have

SEE KAUFFMAN, PAGE 13

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NIGHTLY MARTIAL ARTS DEMONSTRATIONS

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.

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.

THURSDAY/NOV. 3

Artomatic Gallery Opening. 12-2

p.m. at 12435 Park Potomac Ave. Artomatic 2016 is a five-week long art festival in Montgomery Co. The shuttle bus available from the White Flint Metro.

Argentinian Tango Duo. 7:30 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road. For a complete schedule of entertainment through the month of November, call 301-983-8838 or go to popovers.com.

NOV. 3-JAN. 5

"Dialogue: A Visual Conversation." Gallery hours at 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.

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

Pet Valu's 2017 Calendar Launch Party & Pawtograph Signing. 12-2 p.m. at Pet Valu in the Cabin John Shopping Center, 7723-7725 Tuckerman Lane. The 2017 calendar is available for \$5, and proceeds will be donated to groups that prevent animal cruelty, including Baltimore Animal Rescue and Care Shelter. Visit us.petvalu.com.

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



Classical musician Lucas Debargue will lead a discussion Friday, Nov. 11 at Westmoreland Congregational Church.

or csaumc@gmail.com.

Just Friends Duo. 7-11 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Rd. For a complete schedule of entertainment through the month of November, call 301-983-8838 or go to popovers.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.

WEDNESDAY/NOV. 9

Tom Saputo. 7-10:30 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road.

For a complete schedule of entertainment through the month of November, call 301-983-8838 or go to popovers.com.

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.

THURSDAY/NOV. 10

Bob Stout. 7-10:30 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road. Sing

Ellen B. Braaten, PhD

Processing Speed, Learning and the Brain

Director, Learning and Emotional Assistance Program
at Massachusetts General Hospital

Daniel S. Pine, MD

Anxiety and the Impact on Learning

Chief, Emotion and Development Branch
Chief, Section on Development and Affective Neuroscience
National Institute of Mental Health Intramural Research Program

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ENTERTAINMENT

along or dance the night away. For a complete schedule of entertainment through the month of November, call 301-983-8838 or go to popovers.com.

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.

A Conversation with Lucas DeBargue. 7 p.m. at Westmoreland Congregational Church, 1 Westmoreland Circle. Pianist Lucas DeBargue with Jenny Bilfield, moderator. Free admission.

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 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.

A Science And Religion Discussion With Mike Beidler. 6-8 p.m. at Concord-St. Andrews United Methodist Church, 5910 Goldsboro Road. Beidler is an author and President of the American Scientific Affiliation. Free admission. Contact Dr. E. Maynard Moore at wesleyx@aol.com for more.

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 PhotoWeek 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.

TUESDAY/NOV. 15

Author Event. 7:30 p.m. at River Road Unitarian Universalist Congregation, 6301 River Road, Bethesda. Scott Eblin presents "The Mindful Approach to Living at Your Best: Simple Ways to Move from Stressed to Resilient." Suggested donation, \$20. Sponsored by the nonprofit Willow Oak Therapy Center, 301-

251-8965.

THURSDAY/NOV. 17

Bob Stout. 7-10:30 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road. Sing along or dance the night away. For a complete schedule of entertainment through the month of November, call 301-983-8838 or go to popovers.com.

SATURDAY/NOV. 19

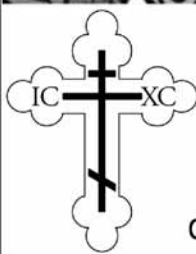
Dinner of Champions. 7 p.m. at JCC of Greater Washington, 6125 Montrose Road, Rockville. The annual event honors those who have achieved success in the world of sports, and those who have made extraordinary contributions to the community. The dinner benefits the Jewish Community inclusion programs for 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 for more.

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.

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Please choose a dish for each individual:

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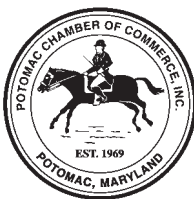
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WELLBEING

Managing Weight Gain During the Holidays

Advanced planning is key to keeping off pounds.

BY MARILYN CAMPBELL
 THE ALMANAC

Holiday weight gain between Halloween and New Year's Eve is not only common, a new study published in the New England Journal of Medicine found the issue to be global. Researchers tracked the weight of nearly 3,000 people in the United States, Germany and Japan, and found that every single person studied gained weight during the period of time from October to January.

"Some people ... just give up on [weight management] during the holiday season. With Halloween candy, Thanksgiving and then Christmas, I think some people say, 'I'm just going to deal with it in the New Year,'" said Domenica M. Rubino, M.D., of the Washington Center for Weight Management and Research in Arlington, Va. "It's easy to get derailed that way. It's better to say, 'How am I going to manage it?'"

What different ways can I celebrate?"

In fact, Rubino advises patients to consider starting a weight-management program before the holiday season. "It gives them a little extra structure during the holidays," she said.

There are a few, simple ways to combat those holiday pounds today. "From a nutrition perspective, start thinking about it now," said Dietician Lauren Trocchio. "Know that you'll be at a party or a dinner and there will be a lot of food accessible to you and have a plan."

Avoid arriving at a party on an empty stomach. "Keep up with a routine so you're not too hungry," said Psychotherapist Raquel Willerman. You will have a better chance of making a wise food choice if you're not starving."

Also, be aware of what food traditions may be most important or memorable. "For some people, it doesn't feel like it's the holidays if we don't have sweet potatoes with marshmallows on top or mashed potatoes with gravy, even if those food choices are a detriment to their health," said Rubino.

Therefore, watching alcohol consumption and practicing portion control rather than forgoing tempting foods altogether are among Trocchio's recommendations.

"If you're going to have holiday cocktails, your inhibitions might be lower, so you can try limiting your cocktails and alternating them with seltzer," said Trocchio. "Rather than substituting fat free versions of food that you want, practice portion control."

Caring for one's emotional well-being can mitigate the risk of over eating as well. "Know ahead of time that a lot of things will be overwhelming," said Willerman. "There will be an increased number of family members in close proximity, there could be traveling, the amount of food, there are a lot of overwhelming things happening at once."

Such mindfulness practices can help people avoid emotional eating traps. "Going home can be stressful during the holidays," said Rubino. "It can be a trigger to use food to help calm and cope."

To manage feelings of anxiety or stress in such situations, Willerman recommends diaphragmatic breathing — also known as belly breathing or deep breathing. "Take 10 breaths and push your stomach out like a balloon, she said. "It forces a kind of relaxation response to help you not feel overwhelmed. When people get overwhelmed, you become more of an emotional thinker and it's more difficult to think through and activate the plan."

In addition to a dietary plan, an exercise plan is critical, too. "Ask yourself, 'What am I going to do when the weather gets colder?'" said Rubino. "Planning is most important going into the season. You need winter transition exercises."

Among the activities that Rubino recommends is walking at an indoor location like a museum or shopping mall. "It is harder when it gets colder and darker, but the idea is to get people moving in a way that builds it into their day-to-day life, like taking the stairs," she said. "It should be a sustainable change like brushing your teeth, so that it feels really weird if you don't do it."

"You can get the whole family involved with an activity like dancing with a Wii. You can start some kind of tradition with an activity that gets people outside."



PHOTO BY MARILYN CAMPBELL

Develop a plan now to combat holiday weight gain.

"Some people ... just give up on [weight management] during the holiday season. ... Some people say, 'I'm just going to deal with it in the New Year.' It's easy to get derailed that way."

— Domenica M. Rubino, M.D.

At the Potomac Hunt Opening Meet



Kristen Paris gets a warm greeting from one of Potomac's foxhounds.



Eric Monroe, Nancy and Ben Daughtry, and Barbara Michaels

PHOTOS BY
KAREN KANDRA WENZEL



Deacon Dave from St. Mary's in Barnesville blesses the hounds to begin the season.



Stirrup Cup servers Lana Parvizian and Leonard Proctor.



Luis-Jose Mejia toasts the new season.



Hounds wait for signal from huntsman.



Visiting Goshen Hounds Huntsman Robert Taylor, M.F.H.



Mary Kruger toasts the new season.

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PHOTOS BY DEB STEVENS/THE ALMANAC

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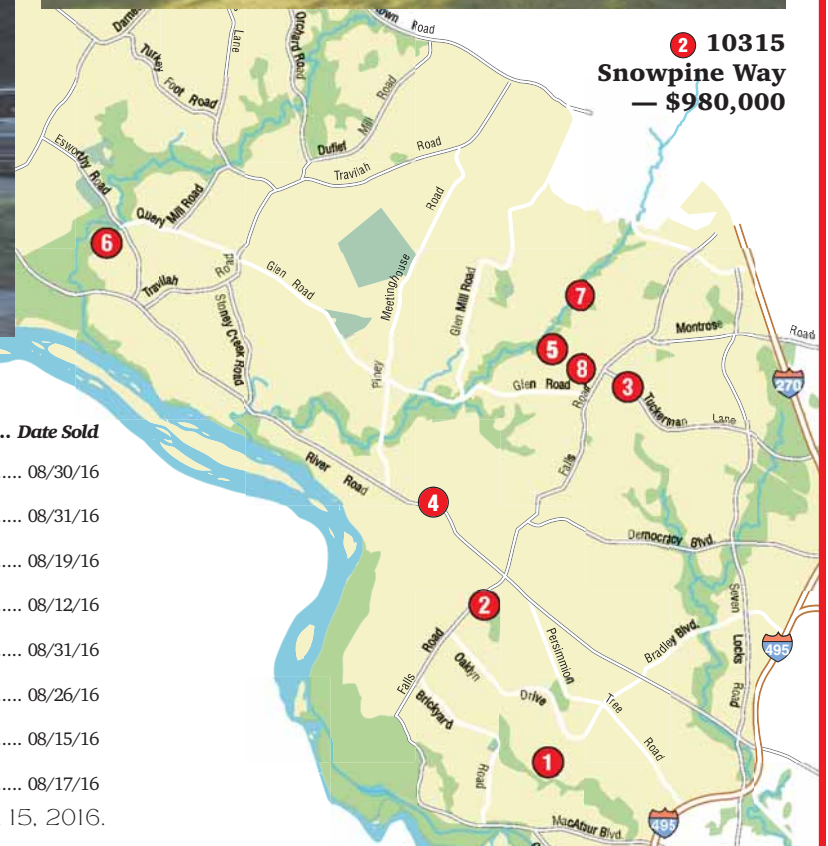
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Cox

FROM PAGE 6

proposed we repeal and replace the proposal with a free-market approach that allows for individual ownership of insurance policies, purchasing across state lines to increase the competition which will lower rates and deductibles, while protecting existing plans for people who want to keep them. We are smart enough to do this without creating government-run healthcare.

Raskin

FROM PAGE 6

For the last 10 years, I have been a Maryland state senator representing Silver Spring and Takoma Park (District 20) and I have seen democracy function for our people. I have helped make government work.

The General Assembly has enacted more than 120 of the bills I introduced, the vast majority passing with bipartisan support. I sponsored and led the Senate floor fight to pass marriage equality, to abolish the death penalty, to pass Noah's law to compel all convicted drunk drivers to have ignition interlock devices installed in their cars; to ban military—style assault weapons, to restore voting rights to former prisoners, to reform mandatory minimum sentences in drug cases, to pass the National Popular

Fifth, we all agree in the rights of citizens to make their own choices and live with the knowledge that all are equal under the rule of law.

The rule of law is the key to American freedom and our enjoyment of our great country. When the law is not followed, millions die of heroin overdoses, schools become overcrowded, apartment complexes blow up like what happened in Takoma

Vote plan, to enact a medical marijuana program, to pass the Green Maryland Act and adopt a strong renewable energy plan to dramatically lower greenhouse gas emissions, to lower the voter registration age to 16, and to pass the Maryland Farm-to-Schools Act. I have participated in thrilling breakthrough victories in perhaps the most legislatively productive decade in the history of our state.

My professional career has prepared me to be an effective legislative actor. I have been a professor of constitutional law at American University's Washington College of Law (WCL) for 26 years. I have also served as a Senior Fellow at People for the American Way fighting for the common good and the civil liberties and rights of the

Park/Silver Spring just this month even though dozens of complaints were filed, and violent criminals are released to harm our families.

We can do better and we must. That's why I support Kate's Law to end "sanctuary" cities. It is essential that we secure our borders and protect all of us.

These are just five areas showing why I believe I will be elected as your Congress-

people. In the Maryland Senate, I'm Majority Whip and serve on the Judicial Proceedings Committee and as chair of the Executive Nominations Committee and the Joint Committee on Legislative Ethics. At WCL, I'm director of the Program on Law and Government and founded our Marshall—Brennan Constitutional Literacy Project, which sends law students nationwide into public high schools to teach students about the Constitution and the Bill of Rights. The program is now at 20 law schools across America.

I want to put my demonstrably effective parliamentary skills, political leadership, coalition—building experience and constitutional knowledge to work for a revival of bipartisan progress in Congress and

man on Nov. 8 with your support and vote. We are united and alike on these points. My office will be open to you and your family to help on these issues and others. Please believe with us and give me your confidence and vote this fall.

Support our campaign at www.coxforcongress.org, or follow me on Twitter @dancox4congress. I look forward to representing you, my friend.

America.

But of all the experiences I have had in politics so far, none has been more meaningful to me than rendering effective constituent service to the people I represent. I was named the "most responsive" elected official in Montgomery County by the Silver Spring Voice and I have prided myself on responding to people on the same day that they get in touch with me. My door is always open and I regard myself as the champion of the needs and interests of all my constituents — Democrats, Republicans, Independents, Greens and Libertarians. Whatever your party affiliation, I hope that you will call upon me when necessary if I am lucky enough to serve the 8th Congressional District as your representative.

Wallace

FROM PAGE 6

soils with toxic chemicals which leach into our waterways, fish, and eventually ourselves. See the recent Food Safety Modernization Act which places undue burdens on small farms, and the "DARK Act" which preempts state authority to require GMO food labeling, although this labeling is supported by 92 percent of Americans. The list goes on and on.

When big money or big power talks, the Democrats and Republicans alike listen, and deliver what is asked. The terribly unfortunate truth, from my point of view, is that the federal government, however unwittingly, has become dominated by the corporate structures in this country to the point

where it cannot govern effectively under these two parties.

While representing the Sierra Club and coalitions of environmental, animal welfare, and conservation groups before the House and Senate, I saw firsthand the power of money in politics. I am proud that the Green Party is the only political party in the U.S. that doesn't take a penny from corporations, PACs, or unions. We do not accept contributions from either right or left political organizations. We only accept donations from real people, so we can honestly represent the best interests of the people and the planet. We follow scientific information and pursue best practices for public programs, such as the 74 percent reduction in violent

street crime in Richmond, Calif. under a Green mayor using a combination of new, people-oriented approaches.

Thomas Jefferson's vision for this country included free public college. If European governments can do it, can't we find a way as well? In foreign policy, we spend 3 cents building peace — education, democracy, transparency, health care, women's empowerment — for every dollar we spend on the Defense Department, for violent conflict resolution. We can do better — much better. Great public policy isn't a combat between two pre-Civil War parties discussing the same agenda as 20 and 40 years ago. It's an open discussion including new ideas, successes from other countries, scaling up

or replicating state and local programs, to re-orient power and wealth to the local level, with people and communities at the heart of that public policy.

My website, www.nancywallace.us, has many other concrete policy proposals to address these challenges. They are a sample of what we can achieve together. It includes the Green New Deal, a jobs-for-safe-energy program. We also support single payer health care, Medicare for All.

Overall, we must open the political system to new voices, and return to ethics by our candidates and parties. This fundamental system change will lead us in a return to cherishing all life. And we need that change absolutely, unequivocally now.

Dixon

FROM PAGE 7

tal science, chemical and biological sciences, horticulture, history, art, entrepreneurial skills, food justice and food systems, nature connection and the ethics of environmental stewardship.

Using the site as a learning laboratory would be a noble endeavor and gift to our children, while placing MCPS firmly on the cutting edge by preserving this open space in its organic state for the education of our most important asset — our children.

If I am elected to the board, I will move expeditiously and suggest that we need to engage in "collective visioning" with the Potomac community to ensure these two issues are resolved in order to enhance and enrich the education of our students.

Kauffman

FROM PAGE 7

always tried to balance the needs of all stakeholders by being responsive, respectful and transparent. I was honored to receive the support of the Brickyard Coalition, a local community organization that recognized my service. I also received the endorsement of the Washington Post, which stated, "Mr.Kauffman is the better choice at this critical time. 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."

I have been an effective member of the board, who listens to the community and gets things done and I ask for your support for another term.

Board of Education Races

The Board of Education consists of seven county residents elected by voters for a four-year term and a student elected by secondary school students for a one-year term. Board members are elected countywide but run at large, or from the board district in which they reside. One At Large race plus races for District 2 and 4 will appear on all county ballots in November.

AT LARGE:

❖ Jeanette Dixon

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.

www.Jeanettedixon.org

❖ Phil Kauffmann (Incumbent)

www.philkauffman.com

DISTRICT 2:

❖ Brandon Orman Rippeon

❖ Rebecca Smodrowski (Incumbent)

www.rebeccaonboard.org

DISTRICT 4:

❖ Shebra Evans

www.shebraevans.com

❖ Anjali Reed

Anjali4md.weebly.com

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AARP Foundation Tax-Aide is seeking volunteers to participate in a free, non-profit

SEE BULLETIN BOARD, PAGE 14

Not a Week In the Knees

By KENNETH B. LOURIE



This is an easy week. No 24-hour urine collection on Tuesday. No pre-chemotherapy lab work on Wednesday. No stress on Thursday waiting for the lab results (to determine if I go in for chemotherapy on Friday). No chemotherapy infusion on Friday. No subsequent side effects: fatigue, general discomfort, eating challenges, etc., for the following Saturday to 10-days-later-Monday. No CT Scan. No P.E.T. Scan. No M.R.I. of the brain and/or liver. No anxiety concerning the results, and no follow-up appointment with the oncologist to assess the damage/discuss the results from all of the above. And most importantly, no strategy session (with my oncologist) to consider the treatment options because things have changed for the worse, which at least for this quarterly moment in time, they have not! For a cancer patient undergoing treatment for an incurable disease, this week is as good as it gets.

Given my chemotherapy infusion intervals: alternating between four and five weeks; my CT Scan intervals: occurring quarterly; my P.E.T. Scan and M.R.I. intervals: every six months — and not every infusion/scan is on a similar day/date schedule, I probably experience the kind of relative calm I described in the opening paragraph, one to two weeks out of every four or five weeks (depending on my infusion schedule) per quarter. Every third month, this 'relative calm' is interrupted by my recurring scans and M.R.I.s. To try and summarize, I would say there's probably three to five of these one-to-two-week intervals over the course of six months when I can semi inhale and breathe normally (lung cancer-related issues notwithstanding). Hey, I'm not complaining; it's a living and one I'm incredibly lucky to still have, nearly eight years post diagnosis. I'm just saying.

And though I'm generally not in the chicken-counting business (nor am I in the collecting my eggs-in-one-basket business, either), I am happy take my life one day at a time, and count myself fortunate to do so, never presuming any facts not in evidence. Nor do I expect any guarantees or clarification concerning my present/future treatment and/or any side effects, challenges, compromises, relating to yours truly having cancer. As Linda Hunt as Stella, a k a "The Midnight Star" (she "always shines at night") said to Kevin Kline — as Paden, in a bar scene from the movie "Silverado": "The world is what you make of it friend. If it doesn't fit, you make alterations."

As a cancer patient, 'alterations' is exactly what you make. Every day. Every night. Every lab. Every infusion. Every scan. Every appointment with your oncologist. Change, as has often been said, is the one constant. To expect consistency or predictability — or dare I say, normalcy — in your cancer life, is out of the question and beyond the realm of possibility. Thinking otherwise is creating additional stress regarding an outcome/eventuality which not only is beyond your control, but totally unrealistic, too.

Cancer is like a roller coaster, but one without any tracks; and one that rarely returns to the station to allow you to get off and get your bearings. For cancer patients, the trip is non-stop, with few opportunities to change direction. All you can do is buckle up and enjoy the ride, sort of. Much easier said than done, I admit.

Nevertheless, viewing one's circumstances without any hope or humor is hardly the positive attitude worth embracing. There's good, as this column seeks to highlight; and more than enough bad, as any cancer patient/others impacted by this terrible disease knows, to go around. As much as I wish it had gone around somewhere else, the reality is, it hasn't and it looks as if it's here to stay; just like me (from my pen to God's eyes).

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

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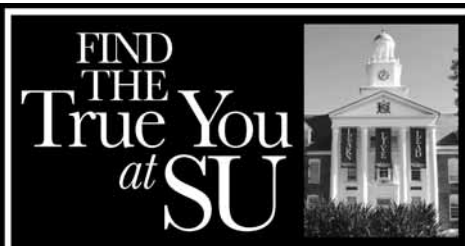


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program, offered in conjunction with the IRS, that provides tax filing assistance to people of low- and middle-income, with special attention paid to those aged 60-plus. Training will be available in December and January to help taxpayers Feb. 1-April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

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, 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.

FRIDAY/NOV. 11

Montgomery Co. Holiday Schedule for Veterans Day, Friday, Nov. 11. Montgomery County government will observe the following schedule:
❖ County Offices – closed
❖ Libraries – closed
❖ County Liquor stores – all Country liquor stores will be open normal hours.
❖ Recreation: aquatic and community centers open as scheduled; classes and programs will meet as scheduled; all senior programs cancelled, and administrative offices and senior centers closed
❖ Montgomery Parks - For operating schedule, visit www.MontgomeryParks.org
❖ Ride On – Ride On will run on a Special Modified Holiday Schedule
❖ Metrorail & Metrobus– Information available at www.wmata.com
❖ TRIPS Commuter Stores (Silver Spring and Friendship Heights) – closed
❖ Transfer Station recycling and trash drop-offs: Open with normal hours. Recycling Center: closed Transfer Station and Recycling Center administrative offices: closed
❖ Trash Collections –Friday collections will slide to Saturday
❖ The Shady Grove Processing Facility and Transfer Station - closed
❖ Parking at public garages, lots, curbside meters – free
❖ MCPS Schools and Administrative Offices – Schools and administrative offices are open; early release day for K–8th grade students
❖ State offices and courts – closed

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.

SCHOOL NOTES

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

Thirteen Montgomery County Public Schools students have been named semifinalists in the prestigious Siemens Competition in Math, Science and Technology and three of those students have been selected as regional finalists, including: **Garyk Brixi** of Winston Churchill High School, **Robert Yang** of Montgomery Blair High School and **Yi Zhu** of Thomas S. Wootton High School. Winners will go on to the national finals in December where they will compete for a \$100,000 scholarship. Semi-finalists also included: **Bethany Chen** and **Olivia Wang** of Winston Churchill High School, and **Michelle Hu** of Thomas S. Wootton High School.

St. Lawrence University in Canton, NY has welcomed **Jessie M. Meyer** of Bethesda as a member of the Class of 2020. Meyer attended Bethesda Chevy Chase High School.

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***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.
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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.