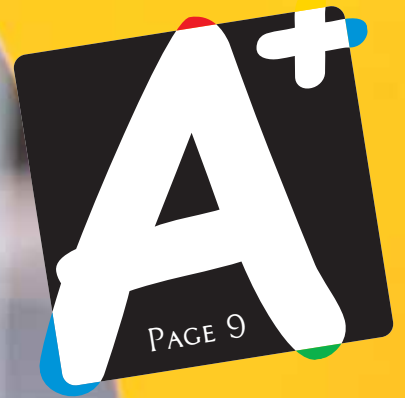


# Potomac ALMANAC

Kimberly Palmer,  
author of “Smart  
Mom, Rich Mom,”  
will share insights  
at the Potomac  
Library on Satur-  
day, Jan. 28.



## “Smart Mom, Rich Mom’

Aircraft Noise Soars

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Tech Trends  
In 2017

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Planning for Summer Camp

A+, PAGE 9

CALENDAR, PAGE 6 ♦ CLASSIFIEDS, PAGE 11 ♦ REAL ESTATE 8

PHOTO CONTRIBUTED

JANUARY 18-24, 2017

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





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## OBITUARY

### John David (Jack) Trunnell

John David (Jack) Trunnell of McLean, Va. died on Saturday, Dec. 31, 2016 after a brief fight with pancreatic cancer. He died peacefully, surrounded by his wife and five sons. He was 65.



He was CFO and co-owner of Trunnell Electric in Rockville. Along with his two brothers, he led a second-generation family business that celebrated its 80<sup>th</sup> anniversary in 2016 and earned recognition by the Washington Business Journal as one of the leading family-owned businesses in the D.C. area. He was active in Trunnell Electric for over 37 years.

Born on Nov. 26, 1951 at Doctor's Hospital in Washington, D.C., he was one of five

sons. A graduate of Winston Churchill High School in Potomac, and East Tennessee State University in Johnson City, Tenn., he lived his entire life in the D.C. area.

A member of Calvary Church in Annandale, Va., he was a man of faith, a family man and a great friend. He was involved in volunteer work for his church, including helping to redo the grounds and guiding electrical rewiring of the church building. In the community, among other activities, he was a regular presence at Langley (Va.) High School lacrosse games, grilling burgers at the snack bar.

A lover of history, he enjoyed taking his five sons on trips to Civil War battlefields. He also loved the outdoors, spending hours in the yard and garden, both at home and while helping others.

In addition to his wife and sons, he leaves behind his mother, Jean Trunnell; four brothers; seven grandsons; and one granddaughter.

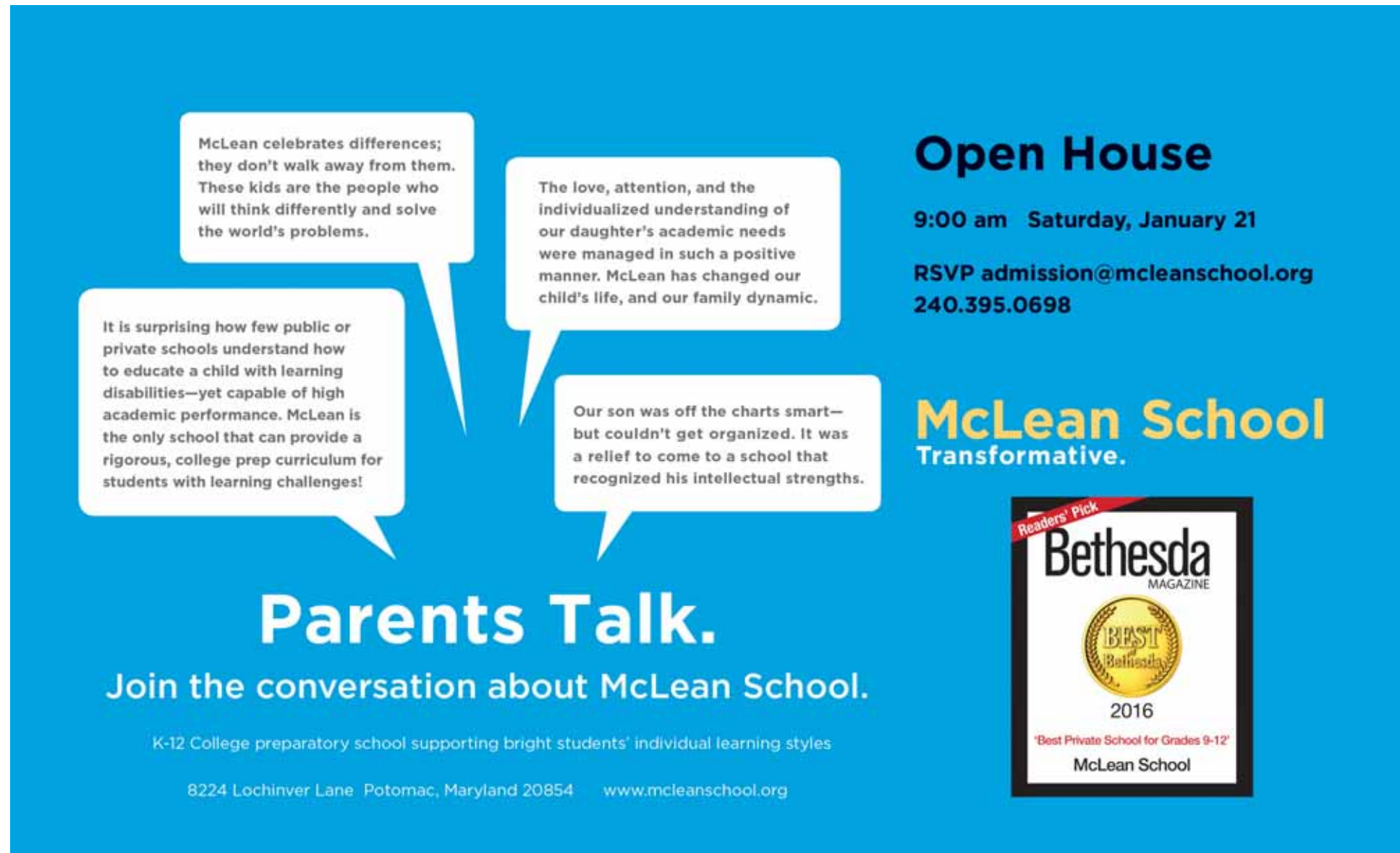
#### BULLETIN BOARD

##### 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. Session III takes place Jan. 23, 25, 27, 30, Feb. 1. Call Ellen Greenberg at 301-255-4215 or email [egreenberg@AccessJCA.org](mailto:egreenberg@AccessJCA.org).

##### THURSDAY/JAN. 26

**Raising Adult Children and Grandchildren.** 7-9 p.m. at the Bolger Center, 9600 Newbridge Drive. Clinical social worker Roberta Drucker shares professional experience in counseling those who seek support on life issues. Specialized training is particularly applicable to adult parents and children sharing a home. Call 240-221-1370 for more information.



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## Aircraft Noise Soars

Citizens seek answers for why and what can be done.

BY PEGGY MCEWAN  
THE ALMANAC

**I**ncreased noise from planes taking off from and landing at Reagan National Airport was the topic of discussion at the West Montgomery County Citizens Association Wednesday, Jan. 11.

"Many residents of Potomac, Bethesda and Cabin John say they have noticed a significant increase in the number of planes departing from the Potomac River and flying directly over their neighborhoods," said Carol Van Dam Falk, WMCCA president. "You can't even have your windows open. We're hopeful that maybe we can alter the flight path a little in our favor."

Falk lives in Cabin John one of the neighborhoods affected by the flyovers.

The speaker for the meeting was Ken Hartman, director of the Bethesda-Chevy Chase Regional Center. He is on the community working group for the Metropoli-

tan Washington Airports Authority.

According to the WMCCA January newsletter, Hartman confirmed that the flight path out of Reagan has changed as has the frequency of arrivals over the area.

In an email, he explained the changes.

"In 2015, the FAA [Federal Aviation Administration] implemented NextGen, a satellite based navigation system used in airport approach procedures," Hartman wrote. "Also in 2015, the FAA eliminated the 148 [degree] radial approach over Northern Virginia. This change was separate from Next Gen, its impact was a more than 30 percent increase in flights collecting over Carderock."

He further wrote, "We are trying to un-

derstand the factors and decision process that was used to make this change. In many ways this change is more disruptive to neighbors that NextGen. Arriving flights are much lower than departures."

The Federal Aviation Administration NextGen program, according to the FAA website, "... is a comprehensive suite of state-of-the-art technologies and procedure that, in short, enable aircraft to move more directly from Point A to Point B."

With NextGen, pilots now follow an automated departure procedure designed for fuel efficiency.

Takeoff and landing procedures outlined on the airport's website, flyreagan.com, shows routes along the Potomac River "for limiting aircraft noise exposure."

Unfortunately for residents of the Potomac area including Cabin John, Carderock, Avenel and Woodrock, air traffic is not confined to the river once it reaches the American Legion Bridge.

Hartman wrote in the email that he has been working on the problem for a year and hears frequently from residents and community associations along the Potomac.

He said he is hopeful for success.

So far the county has been allowed two additional representative on the community work group.

He has introduced recommendations requesting the FAA develop solutions to address the problems of aircraft noise.

And the group has successfully stopped Lazir B, additional changes in flight patterns, which, Hartman wrote, "... would have made aircraft noise worse for many."

Hartman can be reached at ken.hartman@montgomerycountymd.gov/bcc.

**"We're hopeful that maybe we can alter the flight path a little in our favor."**

**— Carol Van Dam Falk, President, WMCCA**

## Producing Financial Guide for Moms

Author to speak at Potomac Library.

BY SUSAN BELFORD  
THE ALMANAC

**"O**f all life's financial shocks, few compare to bringing home an infant. Just one tiny person costs \$250,000 to raise — not including college," said Kimberly Palmer, author of "Smart Mom, Rich Mom."

After becoming a mom to two children, Palmer was inspired to write this financial guide for moms. In her book, she explains how to make intelligent money and life choices. The book provides women of all ages with financial tools that will help them build wealth while tending to their families' needs. Readers will gain insight into saving money, protecting themselves and their families from hard times, purchasing insurance, estate planning and investment planning.

Palmer will discuss her book at the Potomac Library, 10101 Glenolden Dr. in Potomac on Saturday, Jan. 28 at 2 p.m. Admission is free and she will sign copies of the book for purchase.

A Bethesda native, Palmer graduated from the Holton Arms School, Amherst College and graduate school in Chicago. She be-

came the senior personal finance editor of U.S. News and World Report and is now the features editor of the money team at AARP where her focus is on work and jobs content and, as she said, "the next stage of life."

She has written two other books: "The Economy of You: Discover Your Inner Entrepreneur and Recession-Proof Your Life" which tells the stories of 100 successful people who built financial security by launching side businesses and "Generation Earn: The Young Professionals Guide to Spending, Investing and Giving Back."

"I decided to write 'Smart Mom, Rich Mom' because I had written so many articles about money — and I felt there was definitely a lack of articles aimed at moms," said Palmer. "It seemed like financial books for young women all dealt with budgeting, couponing or working while raising children. Many women and moms are savvy, but have the old-fashioned mind-set that their husbands should make all the financial decisions. There is a 90 percent chance that women will end up being in charge of the finances; thus, they need to become the CFO of own households sooner, rather than later."

"In 'Smart Mom, Rich Mom,' I address



**Kimberly Palmer, author of "Smart Mom, Rich Mom," will share insights at the Potomac Library on Saturday, Jan. 28.**

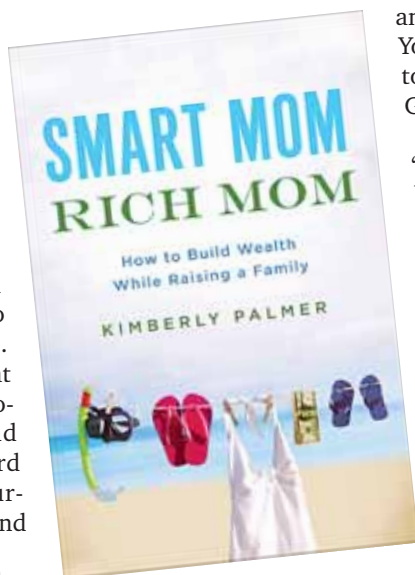
PHOTO CONTRIBUTED

many issues from knowing where the family assets are, to being a part of the sandwich generation and having to take care of both children and parents, to providing a checklist to take action — slow steps toward getting on top of financial issues that really matter. I also offer advice and ideas that the reader can apply to her own life," she said.

Another topic in the book is how to talk to children about money and how to teach them good money habits. Palmer said, "Children need to understand how a credit card is used, why we write checks and put money in a bank, how to save, why we invest in the stock market, and the importance of saving — for college, for retirement, for a vacation — or for something they really really want. The book advises how to answer their questions and open up conversations about money."

"Smart Mom, Rich Mom" has been well-received since it debuted. The New York Times calls it "solid" and "witty," and Foreword Reviews says it brings out the "fun" in funds. Publishers Weekly calls it an "excellent book" and "invaluable resource" that "does much more than fill a niche; it bridges a huge gap."

"Moms manage family finances in countless ways, so their decisions need to be smart ones," said Palmer.



## The Future Closes In

Area businessman reviews tech trends for 2017.

BY PEGGY MCEWAN  
THE ALMANAC

**A**s 2016 drew to a close and 2017 loomed in the future, Heinan Landa, CEO of Optimal Networks in Rockville considered the changes in technology he thought would most affect businesses, and home computer users, in the near future.

After all, that is what Optimal Networks does, providing IT services. Landa said they offer IT consultation from basic service to complete care of networks.

"We help our clients succeed by consistently offering thoughtful recommendations, white gloved support and an unyielding zeal for solving business problems with technology," the company's website mission statement reads.

Landa grew up in Potomac after moving to the United States from Israel when he was two years old. He went to Charles E. Smith Jewish Day School, then to Johns Hopkins University and on to an advanced degree at the Wharton School at the University

SEE TECH TRENDS, PAGE 5

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# POTOMAC ALMANAC

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# NEWS

## Tech Trends in 2017

FROM PAGE 3  
of Pennsylvania.

He has degrees in electrical engineering and computer science and concentrated on entrepreneurship from Wharton.

"I always wanted to have my own business," Landa said. "My parents ran their own business and it was always the topic of conversation — it fascinated me."

He liked the idea of setting his own course, he said.

"I was fascinated by management," he said "And then honed in on the culture [of companies]. That is how the people within the company interact. I wanted a lot of respect and a lot of integrity."

His idea is that if people enjoy what they are doing they will be more productive and stay with the company longer. The plan must work because, he said, Optimal Networks has a low turnover rate.

The company employs 38 people and is always looking for good people interested in technology, he said. "We're growing and always hiring," he said.

As for his predictions for 2017, Landa offered five trends and predictions for 2017.

Number one is a play on words, "Microsoft Picks up the Slack." Slack is a collaborative software allowing groups the ability of collaborate instantly and in real time. For 2017 Microsoft released Microsoft Teams, a "Slack Killer." It too is collaborative software but offers, according to Landa, "all that Slack has to offer and more."

Two is "Not Just Time on Our Hands," a short description of Apple's attempt to best the competition by upgrading the first generation Apple Watch.

"All in all," Landa wrote, "wearables have certainly come a long way in their short lifespan. While they have been previously adored mostly by tech-savvy early adopters and fitness junkies, this could be the year that the average Joe joins the fan club with more options on the market."

Three predicts "Virtual Desktops for Virtually Everyone." This includes the elusive "cloud" — easy to explain, Landa said, "It's somebody else's server." With this technology users can work on any device from any location.

"There's simply no better solution for maximizing productivity and creating a seamless user experience for employees everywhere," Landa said.

Number four of Landa's predictions, "What the Hack," suggests that people and companies will "begin to take their security more seriously in the new year."

Landa believes companies will

make it a priority to educate employees on how to identify potential hacking risks.

Finally, Landa suggests "Cutting the Cord." Wireless will be the way in 2017 and beyond.

More information on Optimal Networks, including employment opportunities and what Landa calls "a gem of a company" can be found at optimalnetworks.com.

See Heinan Landa's commentary on page 10.



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# ENTERTAINMENT

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## ONGOING

### 2016 Inaugural Video Art

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

**Playful and Spirited: Paintings and Glasswork.** Throughout January at Bethesda Library, 7400 Arlington Road. Featured artists are Patricia Dubroff and Jill Tanenbaum. Meet the artists on Thursday, Jan. 5, 5-7 p.m.; Tuesday, Jan. 10, 11:30 a.m.-1:30 p.m.; Wednesday Jan. 25, 6:30-8:30 p.m.; and Sunday Jan. 29, 3-5 p.m. 301-385-4039

**Club Friday.** Through March 17, 7-9 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. Children grades 3-6 are invited to participate in games, crafts, movies, sports and more. Membership fee is \$88. [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec).

**Children's Storytime.** Wednesdays and Saturdays, 10 a.m. at Barnes & Noble Booksellers, 4801 Bethesda Ave., Bethesda Listen to employees read children's stories. Free. Visit

[www.store-locator.barnesandnoble.com/event/4824850-21](http://www.store-locator.barnesandnoble.com/event/4824850-21).

**VisArts Cocktails and Canvas Class.** at VisArts in the Painting & Drawing Studio, 155 Gibbs St., Rockville. Price \$40. Visit [www.visartsatrockville.org/cocktails-and-canvas](http://www.visartsatrockville.org/cocktails-and-canvas) for more.

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

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

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

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

**Contra and Square Dance.** Fridays



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CONTRIBUTED

## 'Joseph and The Amazing Technicolor Dreamcoat'

Congregation Har Shalom presents "Joseph and The Amazing Technicolor Dreamcoat" will be presented by a cast of 41 including children and teens from eight area schools. Jan. 28-29 at Congregation Har Shalom, 11510 Falls Road. Visit [www.tinyurl.com/hsjosephstix](http://www.tinyurl.com/hsjosephstix) or call 301-299-7087.

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

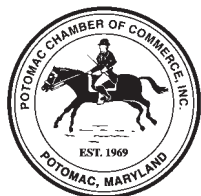
[www.glenechopark.org](http://www.glenechopark.org), 301-634-2222.

**Late Night Comedy.** Fridays (open mic night) and Saturdays (established comedians) at Benny's Bar & Grill, 7747 Tuckerman Lane, Potomac. Benny's is open 8 a.m.-1 a.m. Fridays and Saturdays. [www.BennysBarGrill.com](http://www.BennysBarGrill.com).

**Drop in Art Activities.** Every Saturday 10 a.m.-12:30 p.m. in the

Candy Corner Studio at Glen Echo Park, 7300 MacArthur Blvd., parents and children can explore a new art form or theme. \$10/child, parent combo. Drop-in only. [www.pgip.org](http://www.pgip.org).

**Mommy & Me (& Daddy, Too).** Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-a-



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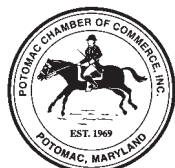
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# ENTERTAINMENT

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**Live Music & Dancing.** Fridays and Saturdays, 7-11 p.m. in Margery's Lounge, Normandie Farm Restaurant, 10710 Falls Road. Dance to the music of Barry Gurley. 301-983-8838 www.popovers.com.

**Chocolate Factory Tours.** Fridays and Saturdays, 2-5:45 p.m. at SPAGnVOLA Chocolatier, 360 Main St., Gaithersburg. Take a short tour of The Truffle Factory facilities. Free. www.spagnvola.com.

**Glen Echo Park Films.** Saturdays and Sundays. Arcade Building, 7300 MacArthur Blvd., Glen Echo. Films about the Park's history are shown on rotation in the lobby. Free. Visit www.glenechopark.org for more.

**SilverWorks Studio & Gallery.** Wednesdays, Thursdays, Saturdays and Sundays, 10 a.m.-6 p.m. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. SilverWorks Studio & Gallery is a working silversmith studio and includes an ongoing exhibition, as well as sales of the work of artist-in-residence Blair Anderson. Free. Visit www.silverworksglenechopark.com.

**Art Glass Center at Glen Echo.** All day Wednesdays; Fridays, 10 a.m.-2 p.m.; Saturdays, 10 a.m.-4 p.m.; Sundays, noon-4 p.m. Art Glass Center, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Ongoing exhibitions feature work of resident artists. Sculpture, vessels, functional art and jewelry for sale. Classes are taught year-round for beginner, intermediate and advanced students. Visit artglasscenteratglenecho.org.

**Yellow Barn Studio & Gallery.** Saturdays and Sundays, 12-5 p.m. The Yellow Barn Studio & Gallery presents free exhibitions of emerging artists' work. Each weekend features the work of a different artist. Most artwork is also for sale. www.yellowbarnstudio.com.

**Acoustic Open Mic.** Wednesdays, 7-11 p.m. at Benny's Bar & Grill, 7747 Tuckerman Lane. Everyone welcome to perform. Wine bottles are 50 percent off. www.bennysbargrill.com.

**Potomac Games Group.** Wednesdays, 6:30 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. The world is in the midst of a Golden Age of new board and card games for players of all ages. Free. Contact event host Randy Hoffman at 412-983-5411 or wrandyhoffman@gmail.com.

## CAMPS, CLASSES & WORKSHOPS

**Art Explorers Open Studio.** Every Saturday, 10 a.m.-12:30 p.m. at The Candy Corner Studio, 7300 MacArthur Blvd., Glen Echo. Art activities for parents and children. Activities change weekly and there is no pre-registration; \$10 per child. Visit www.glenechopark.org/saturday-art-explorers for more.

**Ceramic Classes.** Various dates and times. VisArts, 155 Gibbs St, Rockville. An opportunity to try the new ceramic workshops. Visit www.visartsatrockville.org/ceramics for a list of class dates, times.

## THURSDAY/JAN. 19

**55 and Older Basketball.** 9:30 a.m.-noon at the North Potomac Recreation Center 13850 Travilah Road. This is pick-up basketball, not a league, come as often as possible. 240-773-4800

**Acoustics with Lyle Lovett and John Hiatt.** 8 p.m. at the Strathmore, 5301 Tuckerman Lane. \$55-95. 301-0581-5199

## SUNDAY/JAN. 22

**Chinese New Year Celebration.** 5-8 p.m. at the Potomac Community

Center, 11315 Falls Road. An evening celebrating the year of the rooster and the Chinese culture of dance, music, and arts as well as tasting of ethnic food (appetizers). Free. 240-777-6960

**Potomac River Jazz Club Jam Session.** 3-6 p.m. at Normandie Farm Restaurant, 10710 Falls Road. Bring instruments and sit in with the Conservatory Classic Jazz Band during the first set, or just listen to the great sounds of classic jazz, Dixieland, and swing. \$10 admission, free for jammers and students. 301-762-3323 or prjc.org

**Proactive Member Get-Together.** 2-4 p.m. at Potomac Community Village, 11701 Ambleside Drive. A volunteer network of friends and neighbors, providing programs and services so members can live vibrant, active and healthy lives while aging-in-place in their own Potomac homes and neighborhoods. Call 240-221-1370 or visit www.PotomacCommunityVillage.org for more.

## TUESDAY/JAN. 24

**AARP Safe Driving Class.** 10:30 a.m.-3:30 p.m. at Potomac Library, 10101 Glenolden Drive. Tune up driving skills, learn safe driving strategies, and update knowledge of rules of the road. Learn about normal age-related physical changes and how to adjust driving to allow for these changes. Completion may lower auto insurance premiums. \$15 for AARP members; \$20 for nonmembers. Register online at www.montgomerycountymd.gov/library/ or call 240-777-0690.

## THURSDAY/JAN. 26

**PLYOGA Innovative Workout.** 11 a.m.-1 p.m. at the Potomac Community Recreation Center, 11315 Falls Road. This workout blends two essential fitness disciplines for results on a whole new level. Eight sessions \$80. activemontgomery.org, activity #23196.

## SATURDAY/FEB. 4

**American Swing Music and Dance Association.** 11 a.m.-1 p.m. at Glen Echo Park 7300 MacArthur Blvd. Swing dancing. \$20. Visit www.gottaswing.com for more.

**Pressenda Chamber Players Concert.** 8 p.m. at Westmoreland Congregational UCC Church, 1 Westmoreland Circle. Free. No tickets. (Suggested \$20 donation at the door). Call 301-229-7766.

## JAN. 28-29

**'Joseph and The Amazing Technicolor Dreamcoat.'** Saturday, 7:30 p.m. and Sunday, 4:30 p.m. at Congregation Har Shalom, 11510 Falls Road. A cast of 41 including children and teens from eight area schools are featured. \$22 for adults and \$16 for children (12 and under). Visit www.tinyurl.com/hjosephx or call 301-299-7087.

## JANUARY 25-FEBRUARY 26

**Caroline or Change.** Various times at the Round House Theatre, 4545 East-West Highway, Bethesda. Play follows a black maid working for a middle-class Jewish family in Louisiana. When a small amount of money goes missing, buried tensions threaten to rip two families apart. Call 240-644-1100 or visit RoundHouseTheatre.org for more.

## FRIDAY/MARCH 3

**Songwriting Awards Concert.** 7:30 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave. Visit bethesda.org or call 301-215-6660.

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# Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

## November, 2016 Sales, \$865,000~\$985,000

IN NOVEMBER 2016, 40 POTOMAC HOMES SOLD BETWEEN \$1,400,000-\$480,000.

**3** 9500  
Reach Road  
— \$902,000



**4** 9225  
Wooden  
Bridge Road  
— \$900,000



**7** 11805 Hunting  
Ridge Court —  
\$865,000



**6** 11829 Goya Drive  
— \$880,000



**8** 9000 Rouen Lane — \$865,000

Address .....	BR	FB	HB	....	Postal City	..	Sold Price	...	Type	.....	Lot AC	..	PostalCode	.....	Subdivision	.....	Date Sold		
<b>1</b> 7709 HIDDEN MEADOW TER	4	..	3	..	1	POTOMAC	.....	\$985,000	...	Townhouse	....	0.08	.....	20854	.....	RIVER FALLS	.....	11/10/16	
<b>2</b> 10101 GARY RD	.....	4	..	3	..	0	POTOMAC	.....	\$938,438	...	Detached	.....	1.38	.....	20854	.....	POTOMAC HILLS	.....	11/28/16
<b>3</b> 9500 REACH RD	.....	5	..	4	..	1	POTOMAC	.....	\$902,000	...	Detached	.....	0.27	.....	20854	.....	FALLSREACH	.....	11/21/16
<b>4</b> 9225 WOODEN BRIDGE RD	4	..	2	..	1	POTOMAC	.....	\$900,000	...	Detached	.....	0.24	.....	20854	.....	POTOMAC COMMONS	....	11/29/16	
<b>5</b> 12532 ANSIN CIRCLE DR	.....	4	..	4	..	1	POTOMAC	.....	\$900,000	...	Townhouse	....	0.03	.....	20854	.....	WHEEL OF FORTUNE	....	11/10/16
<b>6</b> 11829 GOYA DR	.....	5	..	3	..	1	POTOMAC	.....	\$880,000	...	Detached	.....	0.25	.....	20854	.....	WILLERBURN ACRES	....	11/10/16
<b>7</b> 11805 HUNTING RIDGE CT	5	..	3	..	1	POTOMAC	.....	\$865,000	...	Detached	.....	0.43	.....	20854	.....	GLEN OAKS	.....	11/30/16	
<b>8</b> 9000 ROUEN LN	.....	4	..	3	..	1	POTOMAC	.....	\$865,000	...	Detached	.....	0.38	.....	20854	.....	LAKE NORMANDY ESTS	....	11/30/16

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**1** 7709 Hidden Meadow Terrace — \$985,000

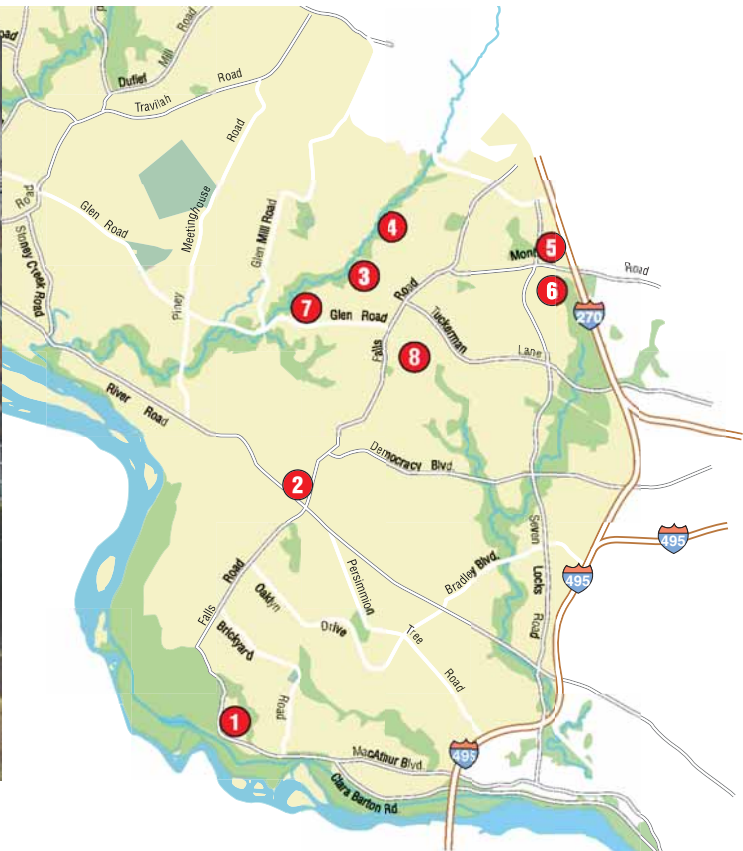






PHOTO COURTESY OF KIDS4PEACE

The Kids4Peace Interfaith Summer Camp is aimed at helping to break down religious stereotypes.

# Planning for Summer Camp

Local camp fairs help families navigate the maze of summer camp offerings.

BY MARILYN CAMPBELL  
THE ALMANAC

In an effort to confront religious intolerance, a group of local middle school students will attend a camp aimed at bringing together children from different religions and giving them the chance to come together, make new friendships, visit houses of worship, learn about other traditions and practice dialogue to confront Islamophobia and Anti-Semitism.

"Campers will get experiences in synagogues, mosques and churches," said Shoshana Abrams of Kids4Peace. "They'll see how others pray, how they celebrate and what they believe. It's helping to break down stereotypes. A lot of interfaith action is needed to combat Islamophobia and bring together people of different faiths."

Kids4Peace's Interfaith Day Camp is one of a diverse variety of summer camps available to local children. From performing arts, wilderness adventures and sports to language immersion, standardized test prep and community service, the summer offerings in the Washington region are plentiful. Though warm weather is months away, this is the time to start planning for camp and finding the best fit, say child development experts. "You want to include your child from the beginning of the process," said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College in Alexandria. "Explore options by following their interests. I like to ask kids 'What problem would you like to solve?' For instance, would

**"We want parents to know that there are many different camp options out there."**

— Jacky Dooly,  
Northern Virginia Camp &  
Summer Fun Expo

they like to learn how to play basketball, how to make a rocket, how to see other galaxies, how to paint with acrylics, how to star in a play? These [questions] will point you in a direction that is good for both you and your child."

Local camps fairs such as the Northern Virginia Camp & Summer Fun Expo, offer access to a variety of both day and overnight options in one location. "We want parents to know that there are many different options out there, and they're going to find out all the specifics about many camps," said Jacky Dooly, of Northern Virginia Camp & Summer Fun Expo and Washington Parent in Bethesda, Maryland. "There will be specific sports camps like swimming and martial arts. Maybe child has academic issues and they need to get caught up. If so, there are academic programs."

Before attending a camp fair, Dooly suggests that families prepare themselves, and there are questions that she recommends parents ask prospective camp officials. "Does the camp offer early morning care as well as later evening care?" she asks. "Find out information about the

food that is offered at the camp. How much activity will your child get during the day? If you're interested in a particular camp, find out if it fits within your budget."

"I'd also want to know how they are going to keep your child safe, how they encourage participation, and the percentage of returning camp counselors and campers," added Lorente. "If you have a camp with high return rates that indicates that it is a place where people want to be."

Mandarin immersion, public speaking and science exploration are among the choices that will be available this summer at BASIS Independent Summer McLean. Noting that this will be the camp's inaugural summer, Asha Bruot, spokeswoman for McLean BASIS, says that there will also be "a traditional day camp for students in first through fifth [grades] with thematically-linked activities, classroom projects, outdoor games, drama, music, and art."

"Summer camp should be a place for your child to explore, play [and] become," said Lorente. "The school year has become so structured. I would want a camp that has embedded in it time for child-directed exploration [and] free-time."

## For More Information

### 2017 CAMP & SUMMER FUN EXPOS

**Sunday, Jan. 29:** The Montgomery County Camp & Summer Fun Expo/Hilton Hotel & Executive Meeting Center/Rockville, Md.

**Saturday & Sunday, Feb. 25-26:** The Northern Virginia Camp & Summer Fun Expo/Dulles Town Center Mall, Dulles, VA.

[www.washingtonparent.com/](http://www.washingtonparent.com/)

**Kids4Peace Camp:** <http://www.k4p.org/chapters/washington-dc/>

**Tips on Trips and Camps:** (Feb. 12, 1-3:30 p.m., Walt Whitman High School, 7100 Whittier Blvd. Bethesda, Md., 301-881-0547 or <http://tipsontripsandcamps.com/dc/>)

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1/25/2017.....Winter Fun, Food, Arts & Entertainment; Valentine's Preview

#### FEBRUARY

2/1/2017.....Valentine's Dining & Gifts I  
2/1/2017.....Wellbeing - National Children's Dental Health Month  
2/8/2017.....HomeLifeStyle  
2/8/2017.....Valentine's Dining & Gifts II  
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# Top 5 Technology Trends and Predictions for 2017

BY HEINAN LANDA  
CEO, OPTIMAL NETWORKS

**T**echnology touches all parts of our lives — from accessing your desktop anywhere to ordering laundry detergent through Amazon Dash buttons. Phones are exploding, social media heavily influenced the presi-

dential election, and people now have the capability to order groceries through a speaker. So, can technology even get more ubiquitous? Yes. Between the good, the bad, and the ugly, it seems that each year presents us with more technological excitement than the last. 2017 will be no exception; from the workplace to the swimming pool, here are the top 5 tech-

nology trends for which you should brace yourself in the next year.

## 1. Microsoft Picks up the Slack

Collaborative software isn't new news, but the demand for it in the workplace will be higher than ever in 2017. Because the newest generation in the workforce quite lit-

erally grew up using technology to communicate (i.e. instant messaging, group texting, social media), they expect instantaneous collaboration in every area of life — including work. This year, we go beyond inter-office instant messenger systems. At my company, for instance, we utilize a collaborative software called Slack. The software allows us to avoid lengthy e-mail chains and collaborate on projects in real time, while giving us the option to come in and out of conversations as we please. In short, Slack is the work equivalent of social media. Use of such software is already on the rise; Slack grew from 1.25 users to 4 million users in just one year, according to Fortune. I have an inkling that those numbers will skyrocket in 2017 as similar products enter the market. In fact, Microsoft recently released Microsoft Teams, their self-proclaimed "Slack Killer." Microsoft Teams is included as a beta product in their Office 365 product subscription which is currently used by 85 million people. The collaboration tool promises all that Slack has to offer and more. So, whether it be Slack, Microsoft, or a third-party contender, it's going to be a mad dash to see who can capture the hearts of the collaboration generation first. Regardless, it's undeniable that the workplace will benefit from these technology advancements in the new year.

## 2. Not Just Time on Our Hands

Wearable technology will step up its game in 2017 with the next round of updated watches coming from Apple and Samsung. It seems that Apple is trying to drown the competition by upgrading on all of the features of the first-generation Apple Watch and adding some new trademarks to the new Apple Watch Series 2. For example, along with being waterproof, the new model can also recognize four different types of swim strokes and use GPS without a phone being present. I believe that Apple has now narrowed its target watch market to users who will spend between \$300 and \$690 on this type of wearable device, and so is honing in on the features this market desires (screen refinements, better heart rate monitoring, etc.). On the other hand, Samsung recently launched its Gear 3 which seems to specifically hit on attributes the Apple Watch doesn't have. The S3 is not waterproof (it is water resistant), but brings a

classic look, compatibility with all Android phones, and built in cellular voice and data. In addition, according to the International Business Times, LG will be releasing four smart watches in 2017 that they believe will rival Apple and Samsung's new models. All in all, wearables have certainly come a long way in their short lifespan. While they have been previously adored mostly by tech-savvy early adopters and fitness junkies, this could be the year that the average Joe joins the fan club with more options on the market.

## 3. Virtual Desktops for Virtually Everyone

It wasn't that long ago that no one really understood what the nebulous "cloud" was. What started out as tech talk has since turned into a tool that virtually everyone uses to store information. The cloud computing marketplace has matured; with maturity comes smarter innovations. Almost every organization has some part of their operations in the cloud — from email to files to backup and more. In 2017 we're going to begin to see the virtual desktop — essentially an entire computer that lives in the cloud — gain more traction. According to market research company Technavio, the global virtual desktop infrastructure market is expected to grow at an annual rate of 11.31 percent during the period 2016-2020. With a virtual desktop infrastructure, one can access anything on their computer from any device and any location at any time. It is a unifying computing experience, perfect for organizations with a distributed workforce. There's simply no better solution for maximizing productivity and creating a seamless user experience for employees everywhere.

## 4. What the Hack

Since the onset of internet decades ago, there has not been one year in which people have felt more secure than they did the year before — and rightly so. As technology advances, security becomes — and will continue to become — an increasingly prominent challenge. Throughout 2016, for example, hacks into the Democratic National Committee, Yahoo, Dropbox, LinkedIn, and Verizon were just a few of the high-profile security breaches that grabbed headlines. Now, the intensity of the security discussion is compounded by the uncertainty within

SEE TECH TRENDS, PAGE 11



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# Tech Trends

FROM PAGE 10

the leadership of our country. It's not an issue that will fall off of technology trends any time in the near future, and I predict that that organizations of all sizes will begin to take their security more seriously in the new year. Organizations are coming to terms with the fact that cybersecurity is separate from operational IT and should be treated as such (i.e., separate budget line items). We will continue to see ongoing progress of existing technology to combat cyber-attacks, but hackers' success is much more dependent on actions taken by users rather than technology gaps. Smart companies will prioritize educating their employees in 2017 on how to identify potential risks such as phishing attacks, social engineering, and ransomware. Technology is only going to become more integrated into our daily lives, and with that, so will the chance of being hacked. Cybersecurity literacy will play a major role across all industries in the coming year.

## 5. Cutting the Cord

With the release of the iPhone 7, the buzz has been all about the buds. The elimination of the headphone jack on the new iPhone is a topic of contention, but no matter which side you're on, one thing is for sure — 2017 will mark the year of wireless audio. Only Apple, with its massive influence, can redefine a market and kill current audio standards. Of course, Apple did not invent wireless headphones, but they have certainly accelerated the arrival of the technology in the mainstream. The 3.5mm headphone jack, which has been an industry standard since the dawn of smart phones, will become a thing of the past sooner than you may think. Besides burning the bridge, Apple is also leading the charge with its wireless AirPods. Many audio companies are following suit, and also plan to provide significant improvement in our ability to connect and use these devices in 2017.

## Last Word

Buckle up; 2017 promises to be quite a ride. Competition will foster creative reconceptualization, collaboration and efficiency will improve within the workplace, and organizations will realize that cybersecurity goes beyond traditional IT. Consumers and companies are likely to embrace some of these trends with open arms, while others will continue to see pushback. One thing is for certain, though — whether you're a computer programmer, a business owner, or someone who just likes to tinker on your phone, your life will be touched by new technology in 2017. Ready or not, here it comes.

Heinan Landa is the CEO and Founder of Optimal Networks, Inc., a Rockville-based IT company that works with CEOs to provide strategic IT consulting. In addition to offering comprehensive IT support and management, Optimal Networks provides Fractional CIO services to help organizations navigate the ever-changing tech landscape and make sure their technology supports business goals. For more, [www.optimalnetworks.com](http://www.optimalnetworks.com), 240-499-7900, or [info@optimalnetworks.com](mailto:info@optimalnetworks.com).

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# I Think Therefore I'm Not



By KENNETH B. LOURIE

As much as I write a good game, and talk a good game, I don't think as good a game as I write and talk. As I sit and write this column, on Saturday, January 14, I am four days away from my regular, recurring, quarterly CT Scan, scheduled for Wednesday, January 18, followed up almost immediately by my normal post-scan, face-to-face appointment (I have had telephone appointments) with my oncologist two days later on Friday, January 20. As you all are reading this column, it's almost like real time, except you only know my feelings and some dates, but not the results/facts.

Nor do I, of course, as of this column's publication and of your reading it, and therein lies the reason for this column. Waiting, wondering, worrying and hoping is what I/Team Lourie will be doing for the next six days. And though we've all been through it before (nearly eight years of 'it'), enduring 'it' never gets any easier. In fact, it gets more difficult in a way. Partially because, given my original "13 month to two-year prognosis, this waiting for scan results shouldn't be happening. I can't help thinking that I'm borrowing time. I wasn't diagnosed as "terminal" for nothing. I was/am a stage IV, non-small cell lung cancer, meaning the cancer had (1) metastasized (spread) which is never good and (2) was inoperable, which is self-explanatory. Both of which determine a stage IV diagnosis thereby minimizing one's options. Ergo, my prognosis. Yet here I am, nearly eight years later, anticipating the results of my next CT Scan to learn whether I've been given another reprieve or another reminder of why I was diagnosed stage IV in the first place: tumor growth and/or movement.

Somehow, I must ignore the facts and the statistics, ignore the reality; and as Andy Dufresne said to "Red" in "The Shawshank Redemption:" Get busy living or get busy dying." Which as you regular readers know is what I try to do, or at least write like I try to do. And to friends and family, it appears to be what I'm doing. However, in my head, six days away from learning my fate (at least for the next three months until my next CT Scan/brain MRI), I am not exactly 'living' it. I'm stuck, more or less, between "why worry" and "what if?" As a consequence, I can't get out of my own way, sort of; heck, I can barely get out of other people's way.

Don't get me wrong. I'm not moping around "woeing-is-me;" that's not my nature. But I am having some difficulty deluding myself into thinking (living) that the next few days are somehow a random-type meaningless occurrence that will have no bearing on my life. Quite the contrary, it's everything. There's no more important time in my life than waiting for the results of the varying diagnostic tests that I have. And though I remain mostly asymptomatic now, (last week's column: "Slippery Hope" notwithstanding), I was also asymptomatic (generally speaking) when I was first diagnosed in February 2009. Consequently, feeling nothing does not provide the same comfort and joy as you might think. Granted, feeling symptoms would be worse. But considering that over the years feeling/not feeling symptoms have both lead to encouraging and discouraging results, I'm not comforted by anything until after my oncologist tells me if my warranty has been extended.

Feeling something, feeling nothing; I never know what to feel except fear — of the unknown, and for the next few days, my future is what's unknown. Living through that is always a challenge. If I've convinced readers and friends and family otherwise, all the better. Personally speaking, it's only easy writing and talking about it. Living it is another story entirely.

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

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Lori Leasure 240-498-1884



**MCLEAN, VIRGINIA**

Brand new custom residence in Langley Forest. 6BR, 6FBA & 2HBA, gourmet kit, luxurious master suite, all bedroom suites, walkup LL with wine cellar & wet bar. Patio. 4-car garage. \$2,995,000

Mark McFadden 703-216-1333



**GREAT FALLS, VIRGINIA**

Private and lush setting. 6BR, 5.5BA, gourmet kit, flexible floor plan, expansive master suite, walkout LL & stunning backyard with pool, pool house & large yard. Five-car garage. \$2,695,000

Mark McFadden 703-216-1333



**POTOMAC, MARYLAND**

NEW LISTING! Elegant stone-front home close to Potomac VII. 10,000SF on 4 levels, 7BR including main level 2nd MBR. Must be seen! \$2,295,000

Delia McCormick 301-977-7273  
John Gregory 202-360-3455



**POTOMAC, MARYLAND**

Absolutely magnificent home, like new! Owner takes incredible care of this property. On a beautiful street in Potomac sited on 2 acres, this home is meticulous, spacious, and the perfect 10! \$1,999,000

Lori Leasure 240-498-1884



**POTOMAC FALLS, POTOMAC, MD**

Charming Colonial, renovated with huge rooms, 2 family rooms, library + expanded kit. Pool & glorious grounds. 4BR, 3FBA, 2HBA. Churchill. \$1,885,000

Adaline Neely 301-580-2214  
Kari Dainty 240-888-2826



**POTOMAC, MARYLAND**

Architecturally designed home on large lot, close-in Potomac. 3 fireplaces, built-ins & wet bar, large deck, kit & breakfast room, 2 powder rooms. 6BR w/ en-suite BA. Finished walk-out lower level. \$1,550,000

Marsha Schuman 301-299-9598



**POTOMAC, MARYLAND**

A "10!" Completely renovated and expanded with great taste, top quality construction. Shows like a model home. Spectacular gourmet kitchen! \$1,498,000

Anne Killeen 301-706-0067



**POTOMAC, MARYLAND**

Expansive two bedroom, four and a half bath end townhouse the 17th green and 18th hole at Avenel with elevator. 2-car garage. \$1,299,000

Doc Keane 202-441-2343  
Mark McFadden 703-216-1333



**ROCKVILLE, MARYLAND**

Lovely 5BR/4.5BA Glen Park home with over 5,700 square feet. Soaring ceilings and open floor plan. Set on a private 1+ acre lot in a prime, close-in location on quiet cul-de-sac street. \$1,249,000

Meg Percesepe 240-441-8434



**POTOMAC, MARYLAND**

Beautifully maintained + upgraded brick colonial w/ new windows, generator, 3 season sun room, renov. MBA, sprinkler system, security system, generator, walk up attic, mud/laundry room. \$1,225,000

Anne Killeen 301-706-0067



**POTOMAC, MARYLAND**

NEW PRICE! Elegant cape on private 2+ acres. 4BR, 4.5BA renov. kitchen/baths, newly renov. heated pool, main level office/BR option, English conservatory, W/O LL & 3 car garage. \$1,095,000

Meg Percesepe 240-441-8434



**GAITHERSBURG, MARYLAND**

Top floor, 3BR/3BA corner unit. Cathedral ceiling, fireplace & balcony! Sun-filled + spacious, 1,690SF. Convenient living w/ Kentlands amenities, shops, eateries. Great investment opportunity! \$339,500

Lynne Tucker 301-404-0464



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