

# Potomac ALMANAC

Monsignor John Enzler receives birthday wishes at a fundraiser for Life Connection Mission at Lahinch Tavern and Grill in Potomac on May 24.

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PHOTO BY PEGGY McEWAN/THE ALMANAC

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# Helping To Change Lives in Haiti

And an early birthday celebration for Monsignor John Enzler.

BY PEGGY McEWAN  
THE ALMANAC

It was a happy hour with a purpose, two purposes in fact. Life Connection Mission (LCM), a local non-profit organization offering educational, medical and humanitarian services in Haiti, sponsored the happy hour May 24 at Lahinch Tavern and Grill in Potomac. It was a fundraiser for the organization but also a chance for members to surprise Monsignor John Enzler with an early birthday celebration.

Enzler, who prefers to be known as Fr. John, served as pastor of Our Lady of Mercy Parish from 1990 to 2005. He is now CEO and president of Catholic Charities of the Archdiocese of Washington but retains close ties to many in the Potomac area.

He is also a supporter of LCM, according to Christie Ann Short, LCM president.

"He is a great cheerleader and supporter [of the mission]. That's what he does best," Short said.

Though his birthday is not until June 10, Short said the birthday surprise was just a way to thank Fr. John for the work he does.

"It's an opportunity for people to thank him because he does so much for so many

people," Short said.

Always on the move, Enzler took just a few minutes to address the crowd of supporters, take a look at the cake, and leave for another event.

From then on, those attending the happy hour, which is an annual fundraiser for LCM, ate drank and talked about their experiences with the mission.

Dale Moyers, one of the owners of Moyers Lawn Service and Landscaping in Rockville, started LCM with a friend, Matt McCormick, in 1998. He said he has served in many positions in LCM and is now an administrator, traveling to Haiti about once a month to oversee the day-to-day operations there.

"An employee invited me to go to Haiti," he said. "He was a good employee and I felt I should accept his invitation. It changed my life. When I saw the poverty and the need, I realized there was more to life than I was living. I started to get involved. We offer a hand up, not a hand out."

Moyers said it's important to see through the poverty to see what is going on in Haiti.

The poverty in Haiti, which the World Bank listed as the poorest country in the Americas and one of the poorest countries in the world, is heart-stopping to many.

Short, who is principal of St. Patrick's



PHOTO BY PEGGY McEWAN/THE ALMANAC

**Monsignor John Enzler receives birthday wishes at a fundraiser for Life Connection Mission at Lahinch Tavern and Grill in Potomac on May 24.**

School, Rockville, said her first trip to Haiti was very upsetting.

Her mother, Maureen Short, who teaches kindergarten at Our Lady of Mercy School, said she felt the same after her first trip.

Enzler, she said, suggested she go back one more time to see the progress LCM was making and in June, she is making her third trip there.

"I can't wait to go back," she said. "Because the progress this place has made and the work they have done is [amazing]."

She said she usually sorts donated clothes, plays games with the children and does a little teaching while she is there.

Even those who don't plan to visit Haiti and the LCM which operates in the city of Montrouis, can help by sponsoring a child in the mission school or by donating to help with purchasing building supplies, food, farm animals, or for supplies for the mission's medical clinic. The website is: [lifeconnectionmission.org](http://lifeconnectionmission.org).

Angela Tranquill who operates Potomac Glen Day School at Potomac United Methodist Church on South Glen Road, was at the fundraiser with her husband Michael.

She said the school's kindergarteners participate in an annual collection of toiletries and socks for the children served by LCM.

"We want to educate them that they can have an impact on the world," she said. "No matter how little you are you can make a difference."

LCM, in spite of its many Catholic connections, is not connected to or sponsored by any church in the United States Moyers said. He attends Greenridge Baptist Church in Boyds, and the mission runs a non-denominational church in Haiti.

Almost 200 people attended the happy hour, netting \$5,500 for LCM, Moyers said.

"We are all volunteers and the money goes directly to the mission, he said.

# Ralph Buglass To Present History of Potomac

At library on June 7.

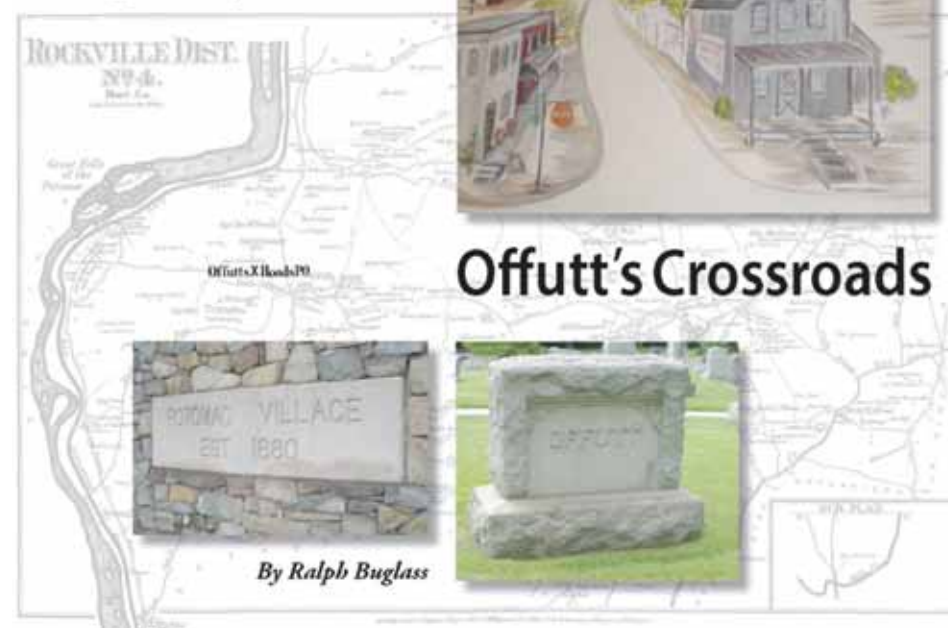
BY SUSAN BELFORD  
THE ALMANAC

Potomac's Offutt family has a colorful history sprinkled with stories of murders, family feuds and lawsuits. Potomac Village Crossroads, where River Road and Falls Road meet, was named Offutt's Crossroads for the founding family that originally owned a majority of the acreage surrounding the area.

Ralph Buglass, a descendant of the Offutt family and a member of the Montgomery County Historical Society Speakers Bureau, will share stories from his book, "Legacy Lost" of when and how the Village came to be called Potomac, feuds among his family members, a business partnership that went bad, an attempted murder and a few ghostly appearances in later years.

"Legacy Lost," is an accounting of the Offutt family history which tells both the admirable and the less commendable stories of the Buglass' Potomac forefathers. Buglass will be sharing his historical perspectives on Wednesday, June 7 at 1:30 p.m. at the Potomac Library, 10101 Glenolden Drive. The free slide show and talk will follow the 1 p.m. business meeting of the Friends of the Library, Potomac Chapter and

## Legacy Lost



is open to all.

In the late 1600s, a Scotsman named William Offutt was granted hundreds of acres by colonial authorities to help settle Maryland. He later acquired an additional 2,000-plus acres around Potomac including a Potomac River island still named for him.

His land stretched from Watt's Branch Creek on the north to Great Falls and Cabin John Creek in the other directions. The meeting point of River and Falls Roads became known as Offutt's Crossroads until 1880.

"My grandmother was born an Offutt — the last in her branch of the family to be

born in Potomac," said Buglass. "She was born in 1883, three years after the community's name was officially changed to Potomac. Coincidentally, a retired army captain, John McDonald, who had bought most of her late grandfather's 'plantation' as his own home and then went on to serve the area in Congress, is credited with changing the name at the Post Office's request."

In his talk, Buglass will reveal details about his ancestor's lives including the ones who served as owners of Offutt's General Store (where Mitch and Bill's gas station now stands), their wills and inheritances, lawsuits filed against family members and their involvement in slavery. One of his more notorious kinsmen was Thomas Marshall Offutt who was "convicted in Montgomery County Circuit Court of shooting with intent to kill Oratio Claggett, who had opened a rival store at Offutt's Crossroads," wrote Buglass.

Buglass has always had a passion for history, and, since his father researched the Buglass family history, he decided to seek out the story of the Offutts and his mother's Potomac roots. He conducted some of his research on-line by going through the census. Court documents, housed in Annapolis, proved to also be extremely helpful, although he had to search through many

SEE DISCUSSING HISTORY, PAGE 5





PHOTOS BY JESSICA YURINKO PHOTOGRAPHY

Members of the Academy of Serbian Folk Dancing Association perform at the SerbFest DC Festival.

# SerbFest Brings Food, Music and Crafts

**S**aint Luke Serbian Orthodox Church of Potomac hosted its fourth semi-annual SerbFest DC Festival, May 19-21, bringing Serbian food, culture, crafts and entertainment to the greater Washington, D.C. area.

Hundreds of attendees enjoyed traditional Serbian dishes, beverages, culture and family-friendly activities.

The three-day festival also included live music performances from traditional

tamburitza band Srpski Sinovi Orchestra and Serbian music by DC Acoustic Band as well as Serbian dance performances by The Academy of Serbian Folk Dance Association (Toronto, Ontario) and Folklore ensemble Strazilovo from St. Sava Serbian Orthodox Church (Toronto, Ontario).

Traditional Serbian drink and cuisine were served including Svinjetina (spit-roasted pig), evapii (grilled skinless ground meat sausages), Burek (baked meat pie in

phyllo dough), 'opska salata (tomato, cucumber and onion salad with feta cheese), Krofna (deep-fried donut) and Serbian nut

rolls. SerbFest DC plans to host their next festival this coming Fall 2017. For more information visit <https://www.serbfestdc.com/>.



Evapii: Grilled skinless ground meat sausages



Serbian Poppy Seed Roll



Traditional Tamburitza band Srpski Sinovi Orchestra.



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The U.S. Marine Band - Latin Jazz Ensemble will lead off the free Thursday night concerts at Glen Echo Park on June 15.

## Free Thursday Night Concerts

### At Glen Echo Park.

BY PEGGY MCEWAN  
THE ALMANAC

Starting June 15, Thursday evenings at Glen Echo Park will be filled with music during the park's annual Summer Concert Series.

Concerts will be held in the bumper Car Pavilion, an open air space covered to protect.

All concerts are free and dancing is encouraged.

Special picnics can be ordered from Praline at Glen Echo Park at <https://glenechopark.org/praline>.

The concert schedule includes:  
June 15: U.S. Marine Band - Latin Jazz Ensemble

June 22: David Cole & Main Street Blues  
June 29: Annapolis Bluegrass Coalition  
July 6: Mike Kamuf Little Big Band  
July 13: Sweet Saludos  
July 20: Brendan Pelan  
July 27: U.S. Marine Band - Free Country  
Aug. 3: Bollywood Brass DC  
Aug. 10: Elikeh  
Aug. 17: Origen  
Aug. 24: U.S. Marine Band - Dixieland Ensemble  
Aug. 31: Tall in the Saddle Band  
Sept. 7: Capital Horns of the Washington Conservatory.

## Discussing History of Potomac

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records to find court filings from his relatives from the 1800s.

Buglass volunteers with the Montgomery County Historical Society and is the volunteer school-master of the Kingsley School, a one-room schoolhouse located in Little Bennett Regional Park in Clarksburg. For his work in renovating and furnishing the schoolhouse, he was awarded the Agency Volunteer Award at the Maryland Recreation and Parks Association conference in Ocean City in April and was one of three people nationwide to receive the 2014 Country Schools Association of America Service Award, presented in St. Joseph, Mo. in June.

Because of his volunteer work at Kingsley, he has become even more interested in the history Montgomery County's one-room

schoolhouses. "If you count one- and two-room schoolhouses, there are five still remaining in the county," he said. "Some of my most interesting research has been learning the history of segregated schools in Montgomery County. Teachers in black schools were paid half what teachers in white schools made, and black and white schools had separate budgets, he said. "Money for black schools ran out early and sometimes the schools closed as early as February."

Buglass is a member of the Friends of the Library Board. He has presented this historical discussion to the Potomac Community Village, the Potomac Newcomers Club and "even to a few spots beyond Potomac through the Montgomery County Historical Society. It's been more popular far and wide than I ever imagined."



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# OPINION

## One Opera, Seventy-Six Roles

BY THE REV. MARK MICHAEL  
RECTOR, ST. FRANCIS EPISCOPAL CHURCH

My son was delighted to perform earlier this week in the second-grade opera at Potomac Elementary School, “Sunroamer Learns to Shine.” The second-grade opera is apparently a fairly venerable tradition at Potomac Elementary, and my wife and I had been hearing about the unfolding plans for the event around the dinner table since midwinter.

At first, I will admit, I was fairly skeptical if any production with a cast formed entirely of seven-year-olds would count as an opera — and indeed, there were no swordfights, Viking helmets or suicides. But many of the lines were, indeed, sung, (and quite well). The plot was suitably dramatic, the costumes colorful, and the setting entirely otherworldly — a dialogue of the planets, in fact.

As my son was quick to explain, the main lines of the plot were borrowed from Dickens. Instead of a crotchety old accountant, the protagonist was the sun (“Sunroamer”), who had become a rather nasty little boy, refusing to shine on the earth, casting fireballs at aliens and spaceships, and generally not playing well with others.

After putting him to sleep with moon dust (that must be in Puccini, right?), the sun was shown a series of three dreams: the happy days of yore, the thoroughly disagreeable present, and a bright future that could lie ahead if only he would take the Golden Rule more seriously. Awakening from his dream, Sunroamer sets off on a new tack, brightening the cosmos in the process. As the opera’s closing song summa-

rized:

*You gotta treat, treat, treat, others kindly.*

*Give, give, give them compliments.*

*You gotta think, think, think before you speak,*

*Every time and every day.*

The most remarkable thing about the whole production is that the second graders had created all of it. Working with the school’s reading specialist, Rebecca Silverman, they had drafted the plot, including the words to the songs. They had composed the simple melodies with the help of the school’s music teacher, Suzane Basaric, and painted the set and designed the costumes with the help of the art and physical education teachers, Tori Wenger and Jason Smith.

And there were second-grade fingerprints all over the plot. Planets play ball in an afternoon with aliens and a spaceship — and one of the aliens is a cow who likes to take naps all the time. The melodies were stepwise and singable. The narrative arc was suitably bright and optimistic. And the whole effort was carried off with smiles and tangible excitement, so much the more because the entire class had “owned” the production as their own gift to the world, especially to the parents and siblings who crowded into the assembly hall.

In addition, each child had a part in the play, all 76 of them. Each of the three second grade classes was responsible for an act, providing all the actors and most of the musical accompaniment. The costumes were the same, which minimized confusion. Our son was the tambourine player for the third act, and even though he had just 12 notes to play, he did it proudly, and was certain the show could not go on without his help.

As a veteran of many Sunday School Christmas pageants, I can testify to the fact that performances designed for everyone to have a part

can be really difficult. It would have been infinitely easier to find a snappy children’s theatre script for the evening, to hire a few professionals in the pit and to pick out the most talented dozen students for the key roles in the production. Sadly, this is increasingly the way of things in children’s activities these days, which tend towards the competitive and slick, a few bright bulbs planted firmly in the spotlight. This was a different kind of project, and a more worthy one. It opened the wonders of the stage to a whole group of children, who learned, along the way, some valuable skills about listening to each other, reaching consensus and supporting each other. The plot’s moral was all about treating others as you want to be treated, a concept that surely needed to be reinforced more than once by those long-suffering teachers along the way.

As a Christian, the class play where every member plays a role can’t help but remind me of Saint Paul’s metaphor of the church as a body with many parts. “There are many parts, yet one body,” he wrote. “The eye cannot say to the hand, ‘I have no need of you,’ nor again the head to the feet, ‘I have no need of you’ ... God has so composed the body, giving the greater honor to the inferior part, that there may be no discord in the body, but that the members may have the same care for one another” (I Corinthians 12:20-21, 24-25).

Radical in its own time, Saint Paul’s concept has become a foundation of Western social thought, even as many forget its Scriptural origins. Like many Christians, we will read this text at our services on Sunday, as we celebrate the Feast of Pentecost, when God sent down the Holy Spirit to scatter gifts among His people — a variety of gifts, for many different purposes. Those gifts are best used together, each member having a role to play, just like on the second-grade stage.

### PEOPLE NOTES

Email announcements to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon. Photos are welcome.

**Leslie “Les” M. Alperstein** is the recipient of the Trustee Alumni Award from his alma mater, McDaniel College (Westminster, Md.). A 1963 alumnus, he earned a bachelor’s degree in economics. He was also a member of the college’s ROTC program and was commissioned as a first lieutenant at graduation.

Alperstein is president and CEO of Washington Analysis, LLC, a leading governmental policy investment research group servicing global money managers. He has served as executive managing director and director of research of HSBC Securities, Inc., and as director of economic and investment research for NatWest Securities, Prudential Securities, Shields Model Roland, Inc. and Legg Mason and Co. He was also an Army captain and a staff economist on the Board of Governors of the Federal Reserve System. He attended the University of Pittsburgh on a full fellowship, earning a Ph.D. in Economics in 1967.

A political economist widely recognized for his economic, political, and financial market forecasts, Alperstein has appeared on CNN, CNBC and Bloomberg and is frequently quoted in

the press.

He is a member of the National Association of Business Economists, the National Economists Club, the CFA Society of Washington, The Washington Association of Money Managers and is listed in “Who’s Who in American Finance and Industry.” He has lectured at numerous universities and taught in the CFA Society of Washington CFA program.

Active in many charitable organizations, Alperstein is currently on the board of directors of Eagle Bancorp and has served on the board of directors of the Jewish National Fund and the American Liver Foundation. He also was a trustee at McDaniel College.

He resides in Potomac, Md., with his wife, Lois.

**Daniel Weiss**, of Potomac, is one of dozens of Wesleyan (Middletown, Conn.) students who received academic prizes, fellowships and scholarships in May. Weiss was awarded the Bertman Prize. Established in memory of Bernard T. Bertman, associate professor of physics, by gifts from his colleagues, family, and friends, it is awarded to a senior majoring in physics who displays a particularly resourceful and creative approach to physics research. Weiss attended Charles E Smith Jewish Day School.

U.S. Air Force Airman 1st Class **Connor M. Farney** graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas. Farney is the son of Gina M. and Daniel G. Farney of Potomac. He is a 2016 graduate of Winston Churchill High School.

**Alden Knife**, of Potomac, received a

Bachelor of Arts degree in educational psychology - childhood studies from Marist College (Poughkeepsie, N.Y.).

**Andrew Mokotoff**, of Potomac, was awarded a bachelor of science degree in computer science with high distinction from Worcester Polytechnic Institute (Worcester, Mass.)

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Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

#### GUIDE DOG FOSTERS NEEDED

**Guiding Eyes for the Blind** - Montgomery Region is looking for volunteers to foster and train future guide dogs. Volunteers will foster a specially bred guide dog for 14 months, attend bi-monthly training classes, and teach the pup house manners, people skills and socialization within the community. Dog crates, training equipment and monthly

medications are provided. Contact Margie Coccodrilli at 301-869-2216 or [gebraiser@comcast.net](mailto:gebraiser@comcast.net) or visit [www.guidingeyes-md.org](http://www.guidingeyes-md.org).

#### DATES FOR NEXT SCHOOL YEAR

The Montgomery County school year will begin on Tuesday, Sept. 5, 2017, and the last day of school will be no later than Friday, June 15, 2018.

#### SUPPORT GROUPS

**The Alzheimer’s Association’s Memory Cafes** offer a fun and

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## POTOMAC ALMANAC

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# BULLETIN BOARD

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relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. The memory cafe in Rockville (4860 Boiling Brook Parkway) operates the third Wednesday of each month from 2:30-4 p.m. Pre-registration is required. Contact Lindsey Vajpeyi at 240-428-1342 or lvajpeyi@alz.org.

**Suicide Grief Support Group.** At JSSA, 6123 Montrose Road, Rockville. This ongoing bereavement support group is for those who have lost a loved one to suicide. This group meets every first and third Monday. No charge. Pre-registration is required to attend. Call 301-816-2708.

**Because I Love You** is a nonprofit organization dedicated to supporting parents of troubled children of any age. The group helps parents deal with drugs, runaways, truancy, verbal abuse, physical abuse, curfew violations and other misbehavior, as well as help parents deal with themselves, to manage and live their own lives without obsessing over their child's behavior. The group meets 7:30-9:30 every Thursday at Bethesda United Methodist Church Room 209, 8300 Old Georgetown Road, Bethesda. Visit [www.becauseiloveyou.org](http://www.becauseiloveyou.org), email [hbrite1@netzero.com](mailto:hbrite1@netzero.com) or call 301-530-3597.

**Adult Bereavement Groups.** Dates and times vary depending on group members. Hospice Care, 518 S. Fredrick Ave., Gaithersburg. Peer driven support groups in those in need of support. Free. Contact Penny Gladhill at 301-990-8904, or [Pennyg@hospicecaring.org](mailto:Pennyg@hospicecaring.org).

## ONGOING

**SUPPORT.** Two county services can help residents find out more about services for seniors and individuals with disabilities. The Aging & Disability Resource Unit (ADRU), part of the Department of Health and Human Services, provides assistance, referrals to services and specific information to seniors, individuals with disabilities and caregivers by telephone and in-person. The Connect-A-Ride program provides information and referral for older adults and adults with disabilities about transportation options; including public, private and volunteer transportation services. In addition, the program assists callers with applications for programs such as the Escorted Transportation Program, Call-n-Ride and Metro Access. Language interpretation is available for both services. The Aging & Disability Resource Unit is open Monday and Friday 8:30 a.m. to 5

p.m. and open Tuesdays, Wednesdays and Thursdays 8:30 a.m. to 7:30 p.m. Call the ADRU at 240-777-3000. The Connect-a-Ride program, funded by Montgomery County and operated by the Jewish Council for the Aging, is open Monday through Friday 9 a.m. to 5 p.m. Call Connect-a-Ride at 301-738-3252.

**The Montgomery County Commission on Common Ownership Communities (CCOC)** has launched a new online training program for common ownership community board members. Visit [www2.montgomerycountymd.gov/CCOC-Training](http://www2.montgomerycountymd.gov/CCOC-Training).

**Montgomery Parks** is launching a new registration system, ActiveMONTGOMERY. The new system replaces ParkPASS and RecWeb, the two separate registration systems currently used by Montgomery Parks and Montgomery County Recreation, respectively. ActiveMontgomery provides one location, with just one username and password, for people to register for classes from either organization. Visit [www.ActiveMontgomery.org](http://www.ActiveMontgomery.org).

**ChildLink** is a free County service provided by the Department of Health and Human Services, Early Childhood Services, which provides information, resources and referrals to residents with young children. Visit [www.montgomerycountymd.gov/childlink](http://www.montgomerycountymd.gov/childlink).

Reservations for **Carderock Picnic Pavilion and Marsden Tract Group Campsites** are now available online. Visit [www.recreation.gov](http://www.recreation.gov).

Registration for **Montgomery County Summer Recreation and Parks Programs** has opened. Register by visiting [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec) and downloading an application.

**Master Gardener Plant Clinics.** Montgomery County Master Gardeners are available to answer gardening questions at walk-in plant clinics. Bring plant and insect samples, garden problems and questions. Drop off plant and insect samples, Monday-Friday, year-round, 8:30 a.m.-4:30 p.m. at 18410 Muncaster Road, lower level, Ballard Phone Room.

**English Classes.** The Literacy Council of Montgomery County is offering free day and evening English classes (beginning, intermediate and advanced levels) to adult county residents at several locations. Prospective students must attend a 3 1/2 hour orientation in Rockville. The Literacy Council is always looking for volunteers to help in a variety of ways. For more information email



PHOTO BY MARY KIMM/THE ALMANAC

## Sounds in the Woods

A cicada in Potomac.

[info@literacycouncilmd.org](mailto:info@literacycouncilmd.org) or call 301-610-0030.

**Shades of Green Program.** The Montgomery County Planning Department is offering free trees to qualifying property owners in certain urban districts of Montgomery County. Qualifying property owners are invited to participate in the program by filling out a form at [www.montgomeryplanning.org/shadesofgreen](http://www.montgomeryplanning.org/shadesofgreen).

**Catholic Bible Study.** Monday evenings and Wednesday mornings at Our Lady of Mercy Catholic Church, 9222 Kentsdale Drive, Potomac. The local chapter of "Walking With Purpose" invites women to personal study, small group discussion and speakers designed to link everyday challenges with biblical teaching. Childcare available. Visit [walkingwithpurpose.com](http://walkingwithpurpose.com) or email [wpp.olom.details@gmail.com](mailto:wpp.olom.details@gmail.com).

**Youth Basketball Registration.** Montgomery County Recreation is

now accepting team and individual registrations for youth basketball leagues and programs for all skill levels. Call 240-777-6870 or visit [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec).

**Career Gateway Program.** Learn how to write a resume, polish networking, interviewing skills and use internet job search resources more effectively. 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 mentors. Cost is \$75. Call 301-255-4215 or [egreenberg@AccessJCA.org](mailto:egreenberg@AccessJCA.org) for more.

The county's **Department of Permitting Services (DPS)** is conducting a "sign sweep" to get rid of signs posted illegally in county right-of-ways. DPS plans to have regular sweeps throughout the year. Call 311 to report signs in the public right-of-way for removal.

SEE BULLETIN BOARD, PAGE 10

## Prepping for a Home Remodel



A home remodel can be disruptive to say the least. But careful planning and managing expectations can certainly go a long way. Here are a few tips to help prepare for this exciting endeavor.

### Timing is Key

Plan the remodel when it works best for you and your family. Do you have an event coming up that you would like to have the remodel completed for? Is it easier to do the remodel when kids are in school?

### Set Up a Temporary Kitchen

Often, major home renovations include a kitchen remodel. A temporary kitchen in another area of the home with a refrigerator, microwave and coffeepot can allow you to continue to function during the remodel.

### De-clutter Your Space

A major home remodel provides the perfect opportunity to de-clutter. Purging items you no longer need will make you feel great and make your remodel look that much more amazing.

Most importantly, don't lose sight of the end goal. Look forward to the beautifully remodeled space because that is what makes it all worthwhile!



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications.

Visit [GlickmanDesignBuild.com](http://GlickmanDesignBuild.com) or call 301.444.4663 to learn more.

## Thinking about "aging in place"?

See our newsletter at the Potomac Library!

plus... a special Social Lunch

Thursday, June 8, 12 noon

Tally Ho Restaurant, Potomac Village

Participants pay for their own meal

and... "Meet and Greet"

Sunday, June 11, at 2 p.m.

Call us for Potomac location and directions

details at 240-221-1370

[www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org)

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# ENTERTAINMENT

Submit entertainment announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

## ONGOING

**2017 Canal Boat Excursions.** At Great Falls Tavern Visitor Center, 11710 MacArthur Blvd., Potomac. April-October, Saturday and Sunday at 11 a.m., 1:30 p.m., and 3 p.m. June-August, Friday, Saturday and Sunday at 11 a.m., 1:30 p.m. and 3 p.m. To confirm the boat ride for your visit, call 301-767-3714 for details as special circumstances may affect this schedule. Prices: \$8 for adults (ages 16-61), \$6 for seniors (ages 62 +), and \$5 for children (ages 4-15). Children aged three and under ride free. In addition to the boat fee, there is an entrance fee to the park of \$10.00 per single vehicle.

**Tally Ho Toastmaster's Club.** First and third Mondays each month, 7:30-8:30 p.m. in the Potomac Community Center, 11315 Falls Road.

**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 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-longs, prizes and more. [rockvilletownsquare.com/events/mommy-and-me](http://rockvilletownsquare.com/events/mommy-and-me).

**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](http://www.popovers.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](http://www.glenechopark.org) for more.



## URBNmarket

**The "Best Board," is one of the items available on Friday, June 2 and Saturday, June 3, at the URBNmarket at Park Potomac, 12505 Park Potomac Ave. Visit [www.urnmarket.com/](http://www.urnmarket.com/) for more.**

**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](mailto:wrandyhoffman@gmail.com).

**Textures in Glass Exhibit.** Various times through June 3 at the Waverly Street Gallery, 4600 East-West Highway, Bethesda. Visit [www.creativeglassdesign.com](http://www.creativeglassdesign.com) for more.

**Art Exhibit.** Throughout May at the Potomac Library, 10101 Glenolden Drive. Featuring the art of Potomac resident Dr. Meenakshi Mohan, an educator, painter, and art critic. Visit [www.montgomerycountymd.gov/library/](http://www.montgomerycountymd.gov/library/), or call 240-777-0690 for more information.

## FRIDAY/JUNE 2

**URBNmarket.** 3:30-8:30 p.m. at Park Potomac, 12505 Park Potomac Ave. Outdoor market with live music from The Leftovers. URBNmarket is partnering with Park Potomac. Visit [www.urnmarket.com/](http://www.urnmarket.com/) for more.

**Local Artists Reception.** 6-9 p.m. at Artists and Makers Studios 2, Main Gallery, 12276 Wilkins Ave., Rockville. Art by Potomac resident and artist F. Lennox Campello, show runs through June 29. Free. Call 240-437-9573 for more.

## SATURDAY/JUNE 3

**Strawberry Festival.** 9 a.m. to 4 p.m. at the Sykesville Freedom Fire Department, 6680 Sykesville Road (Rt. 32), Sykesville. Visit [www.melchurch.org](http://www.melchurch.org).

**Imagination Bethesda.** 10 a.m.-3 p.m. along Elm Street and Woodmont Avenue in downtown Bethesda. Street festival celebrating children and the arts featuring musical performances and professional children's entertainers will light up the stage, while hands-on art and craft activities will line the streets. Visit [www.bethesda.org](http://www.bethesda.org) for more.

**URBNmarket.** 11 a.m.-5 p.m. at Park Potomac, 12505 Park Potomac Ave. Outdoor market with live music from DJ Kasper spinning the hottest hits. URBNmarket is partnering with Park Potomac. Visit [www.urnmarket.com/](http://www.urnmarket.com/) for more.

**Parade of Favorites Concert.** 8 p.m. at F. Scott Fitzgerald Theatre, 603 Edmonston Drive, Rockville. The Washington Balalaika Society presents orchestra with Olga Orlovskay as guest soprano. Visit [www.balalaika.org](http://www.balalaika.org) or call 703-536-5785 for more.

## JUNE 7-JULY 12

**Photography Class.** 7-9:30 p.m. at Glen Echo Park, 7300 MacArthur Blvd. Digital Printing II-Fine B/W and Color Printing class, six sessions.

Introductory Waltz Workshop, first lessons until 3:30 followed by dance, band Go Figure. \$10. Call 301-634-2222, go to [www.WaltzTimeDances.org](http://www.WaltzTimeDances.org) or e-mail [info@WaltzTimeDances.org](mailto:info@WaltzTimeDances.org) for more.

**Zemer Chai: The Jewish Chorale.** 4 p.m. at Congregation Beth El of Montgomery County, 8215 Old Georgetown Road, Bethesda. The concert features the DC premiere of the evocative "Sing Our Song" by Gerald Cohen with words by Elie Wiesel. \$40 reserved seating; \$20 general admission, \$25 at the door. Visit [www.ZemerChai.org](http://www.ZemerChai.org) for more.

## THURSDAY/JUNE 15

**Young Professionals Beer Tasting Event.** 5-7 p.m. Seven Locks Brewing, 12227 Wilkins Ave., Rockville. Learn how they make their beer and take a tour of the brewery. There will be complimentary appetizers; discounted beer tastings and beverages, door prizes and the opportunity to network. The first 20 who sign up for this event will receive a ticket for a free flight of beer. Visit [www.rockvillechamber.org](http://www.rockvillechamber.org).

## JUNE 19-AUG. 9

**Toca Summer Soccer Camp.** 6-8 p.m. at Avenel LP, 10051 Oaklyn Drive. Improving skills, making friends and staying fit. Email [info@tocajuniors.com](mailto:info@tocajuniors.com), or call 301-221-8305 for more.

## THURSDAY/JUNE 22

**Bowling for Hope.** 6:30-8:30 p.m. at Bowlmor Lanes Bethesda, 5353 Westbard Ave. Raising funds to support Hope Connections for Cancer Support's free programs for people affected by cancer in our community. In addition to bowling, a small silent auction; 50/50 raffle; Hands for Hope Social Media Launch. Tournament players (4-6 members per team) \$100 per person, others \$75 per person. Visit [www.hopeconnectionsforcancer.org](http://www.hopeconnectionsforcancer.org) for more.

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## NEWS BRIEFS

### Hearing on \$1,305,772 For Schools' Tech Project

The County Council will hold a public hearing at 1:30 p.m. on Tuesday, June 13, on a special appropriation to the Fiscal Year 2017 Capital Budget and an amendment to the Fiscal Years 17-22 Capital Improvements Program (CIP). The appropriation is for \$1,305,772 for Montgomery County Public Schools for its Technology Modernization Project. The source is Federal E-rate Reimbursement.

The public hearing will be held in the Third Floor Hearing Room of the Council Office Building, which is located at 100 Maryland Ave. in Rockville. It will be televised live by County Cable Montgomery (CCM) on Cable Channels 996 (high definition) and 6 (standard definition) on Comcast; Channels 1056 (HD) and 6 (SD) on RCN; and Channel 30 on Verizon. The hearing also will be available live via streaming through the council web site at [tinyurl.com/z9982v8](http://tinyurl.com/z9982v8).

Those interested in testifying at the public hearing can sign up online at [www.montgomerycountymd.gov/council/phsignup.html](http://www.montgomerycountymd.gov/council/phsignup.html)

or by calling 240-777-7803. The deadline to sign up is 5 p.m. on Monday, June 12. Call 240-777-7910 to obtain copies of the bill or go to:

[montgomerycountymd.granicus.com/MetaViewer.php?view\\_id=169&clip\\_id=13350&meta\\_id=138973](http://montgomerycountymd.granicus.com/MetaViewer.php?view_id=169&clip_id=13350&meta_id=138973).

### New Homeownership Program Available

A new Montgomery Homeownership program is available to help qualified applicants purchase a home. The zero-interest down payment assistance program will be available for buyers with qualified incomes to purchase a Montgomery County home as their primary residence that costs up to \$429,000, and in certain neighborhoods, up to \$525,000.

Applicants who qualify and are approved for the Montgomery Homeownership Program may access down payment assistance loans up to \$40,000, or up to 40 percent of the household income of the prospective homeowner, whichever is less. Such funds may be used for down payment or closing costs. Every approved buyer also will receive a below-market rate Maryland Mortgage Program loan to help complete the homebuying process. The loans are to be repaid upon the sale of the home.

For more information or to apply, visit Montgomery Homeownership Program at <http://mmp.maryland.gov/Montgomery/Pages/default.aspx>

### Summer Discount For Youths for Ride On

Ride On's youth summer passes allow young county residents (kindergarten through 12th grade) who have a Youth Cruiser SmarTrip Card to take unlimited Ride On trips from June 1 through Aug. 31 for a flat fee of \$18.

The passes, which must be loaded on a Youth Cruiser SmarTrip Card, are now available for purchase at the TRiPS commuter stores in Silver Spring and Friendship Heights, the Montgomery County Treasury Office, online at [www.SmarTrip.com](http://www.SmarTrip.com), and selected CVS and Giant locations.

Youth who don't have a Youth Cruiser SmarTrip Card can buy one for \$2 at any county library. Proof of age and residency is needed for purchase. Children ride-free hours are still in effect during the summer, but youth summer passes can be used for all other rides where regular fares apply.

For more information, visit [www.YouthCruiser.com](http://www.YouthCruiser.com).

### Goldman To Address McLean School Graduates

The guest Commencement Speaker for 2017 at McLean School is Seth Goldman, co-founder of Honest Tea, and former McLean School parent.

Goldman co-founded Honest Tea in 1998 with Barry Nalebuff of the Yale School of Management. Over the past 18 years the company has thrived as consumers have shifted toward healthier and more sustainable diets. In March 2011, Honest Tea was acquired by The Coca-Cola Company. In 2016, Goldman transitioned to a new role at Honest Tea as TeaEO Emeritus and Innovation Catalyst for Coca-Cola's Venturing & Emerging Brands business unit. This transition allows him to take on an additional role as Executive Chairman of Beyond Meat, a privately held California-based enterprise where Goldman has served as a board member since 2012. Beyond Meat is focused on plant protein research and development, with a goal of providing plant-based protein foods — without sacrificing the taste, chew or satisfaction of animal meat.

Goldman serves on the advisory boards of Ripple Foods, the Yale School of Management, the American Beverage Association, and Bethesda Green (a local sustainability nonprofit he co-founded). He graduated from Harvard College (1987) and the Yale School of Management (1995), and is a Henry Crown Fellow of the Aspen Institute.

McLean School will hold its 15th Graduation Ceremony at 8224 Lochinver Lane, Potomac, on Friday, June 9, at 10 a.m.

## BULLETIN BOARD

FROM PAGE 7

**Victims of graffiti** should file a report with Montgomery County Police by calling 301-279-8000. Make sure to take a photo of the graffiti. Property owners are responsible for removing graffiti on their property. Visit [graffitifree.org/contact.html](http://graffitifree.org/contact.html).

Find information for home care, housing, transportation, or senior lifestyle issues by calling the **Senior Helpline** at 301-255-4200. This free service, offered by the Jewish Council for the Aging, and open to everyone, provides expert referrals to more than 4,000 resources in the area.

County residents can drop off **bulky rigid plastic items** such as laundry baskets, kiddie pools, chairs, trash cans and pet carriers at the Shady Grove Solid Waste Processing Facility and Transfer Station. All

items should be empty, rinsed and free of loose dirt, soil, etc.

**Connect-A-Ride** offers low-priced transportation to medical appointments, pharmacies, grocery stores and more for low-income, disabled residents 50 and over. Contact the Jewish Council for the Aging at 301-738-3252.

**Alzheimer's Association support groups** provide a place for people with Alzheimer's, their caregivers, family members, and/or friends to share information, caregiving tips and concerns throughout the Alzheimer's journey. Groups are facilitated by trained group leaders and are ongoing, free and open to the community. Call the Alzheimer's Association 24/7 Helpline at 800-272-3900 before attending a group for the first time to verify meeting information. Visit [www.alz.org/nca](http://www.alz.org/nca).

**Zumba at Village Yoga.** A Latin-inspired, calorie-burning dance fitness-party. Classes held on Tuesday and Thursday nights at 7:30 p.m., Saturdays at 11:30 a.m., and Sundays at 5:15 p.m. at 10154 River Road. Call 301-299-1948 or visit [www.villageyogayogi.com](http://www.villageyogayogi.com).

**Beginner's Yoga Classes at Village Yoga** as well as Beginner's Gentle Flow class throughout the week. 10154 River Road. Call 301-299-1948 or visit [www.villageyogayogi.com](http://www.villageyogayogi.com).

**Members Wanted.** The Potomac Area Newcomers Club is a group of more than 200 women who have moved to the Potomac area. The club offers bridge, mah jong, book groups, golf, luncheons and museum trips as a way to help newcomers and current

SEE BULLETIN BOARD, PAGE 11

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#### JULY

7/5/2017.....Wellbeing

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# BULLETIN BOARD

FROM PAGE 10

residents form new friendships, expand horizons and take advantage of opportunities in the area. Visit [www.potomacnewcomers.com](http://www.potomacnewcomers.com)

**Free Parent-Child Playgroup.** Every Friday at 9:30 a.m. at the Har Shalom Early Childhood Education Center. Meet new friends as you and your child play with age appropriate toys. Call 301-299-7087.

**Montgomery County Master Gardeners** are seeking applicants for their upcoming training class. Class size is limited and filled on a first-come, first-served basis. To be placed on the application list, or for more information, call 301-590-2836.

## VOLUNTEER OPPORTUNITIES

Volunteers are needed to **assist sexual assault, domestic violence victims, and their families** through the Victim Assistance and Sexual Assault Program (VASAP) of the Montgomery County Department of Health and Human Services. Interviews are currently being conducted for a December 2016 training session. 240-777-1355 or [www.montgomerycountymd.gov/vasap](http://www.montgomerycountymd.gov/vasap).

Help **C&O Canal National Historical Park** visitors enjoy the towpath safely by offering information, maps, first aid, and field bicycle repairs, then the Bike Patrol is for you. The Park provides training and uniform vests, volunteers provide their own bikes and helmets. Flexible hours and locations. Visit [www.chohvip.org](http://www.chohvip.org).

**Friends of Clara Barton Community Center** is looking for volunteers to serve on its board and to volunteer at events. FCBCC assists the community center staff in designing and implementing the center's programs, promotes the community center's role as a meeting place for teens, adults and senior citizens in the local community, supplements the community center's budget through community-wide fundraising and promotes community-wide awareness of and participation in the center's educational, recreational and social programs. Call FCBCC at 240-777-4910.

**Work with Victims of Sexual Assault.** Volunteers are needed to assist sexual assault victims and their families through the Victim Assistance and Sexual Assault Program (VASAP) of the Montgomery County Department of Health and Human Services. Interviews are currently being conducted for a spring 2016 training session. Volunteers provide 24-hour crisis counseling and companion services at Montgomery County hospitals and police stations for victims of rape, sexual assault, and domestic violence. Bi-lingual volunteers are encouraged to apply. All potential volunteers must attend a training program. Call the Montgomery County Victim Assistance and Sexual Assault Program at 240-777-1355 or go to [www.montgomerycountymd.gov/vasap](http://www.montgomerycountymd.gov/vasap).

**Potomac Community Village** is seeking volunteer drivers to take Potomac seniors to doctor's appointments, physical therapy, social activities and other life-enriching engagements. Potomac Community Village's volunteer drivers use their personal vehicles, receive training, get free supplemental auto insurance coverage, and don't need to live in Potomac or be PCV members. Flexible volunteer scheduling. Call 703-424-0494 or email [jill.phillips@ymail.com](mailto:jill.phillips@ymail.com).

**Volunteer services** provided by PCV also include assistance with electronic devices, friendly phone calls and visits, occasional pet care and simple household repairs. Potomac Community Village also offers social, educational and wellness activities, enabling members to remain contributing members of the community. Membership is open to those who live in the 20854 zip code, with Associate Membership available for those who live elsewhere but wish to participate in social, educational and wellness programs. For more information about PCV, if you need transportation or other assistance, or want to volunteer to provide services other than driving, contact [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org) or 240-221-1370, or see [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org), or [www.facebook.com/PotomacCommunityVillage](http://www.facebook.com/PotomacCommunityVillage).

**Help clean up the C&O Canal** for Spring. As the warm weather approaches, the C&O Canal Trust is hitting the towpath for some spring cleaning and they need help. Clear debris, paint shelters, exhibits, and benches, help maintain trails, and more. Gather family and friends and come help out. Choose from one of three Canal Pride events and sign up at [canaltrust.org/trust/index.php?page=c-o-canal-pride-days](http://canaltrust.org/trust/index.php?page=c-o-canal-pride-days).

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## Price Points — In the Wrong Direction



By KENNETH B. LOURIE

Not that I need a pound bag of M&Ms to weigh 16 actual ounces (it's now down to 10.70 oz.) or a half gallon of ice cream to weigh 64 ounces (rather than the 48 oz. it currently is) or the "family" size bag of Utz potato chips to measure more than its current/meager/non-typical-family size of 9.5 ounces (down from 14 ounces that I remember), nevertheless, I do need to feel the love, and right now I don't. I sort of understand price points and the business models ingrained to retain customer loyalty (price matters more than size, generally), but I am hard-pressed to ignore the fact that even though I'm spending the same amount of money as I always have, I'm not getting anywhere near the same amount of product as I always have.

Not that the few items I've listed here are staples (well, maybe not to you they aren't), or the necessary building blocks of a healthy diet, they are pieces to a puzzle which characterizes some of my eating habits — and probably some of yours, too. After all, we are all victims of advertising messages which bombard us 24-7, on television, on radio, in print and on devices. In a way, we're all sitting ducks targeted to quack accordingly because some entity/marketing strategist knows who we are, what we're doing and when we're doing it. It's not exactly "Big Brother," but it's a bit more than "Little Sister."

My brother, Richard and I grew up in the 50s. We ate cookies, candy and snack cakes until the cows came home, and we didn't even live on a farm. Quite the opposite, we lived in suburbia, seven miles from Boston, according to the sign on Rte. 9. We ate dessert after breakfast, lunch and dinner and a few times in between: after school and before bedtime. Why? Because my mother had been non-stop advertised to about the importance of calcium and the best way for children to get calcium was to drink eight glasses of milk per day to "build strong bones and healthy bodies." And the only way to get us boys to drink that much milk was to feed us something for which milk was a kind of elixir: cookies, cakes, snack cakes, etc. So we ate and drink to our hearts content, but more importantly, we ate and drank to the development of our bones and bodies. And so it continues to this day, sort of, mostly. As my sister-in-law, Vanessa says and then laughs after listening to Richard and I talk about our dessert issues: "Boy, your mother did some job on you two."

I'm exaggerating, a bit, with respect to our current daily consumption. I mean, who could keep up that pace? Moreover, given certain age/weight/cancer realities (particularly concerning yours truly), it would be totally, extraordinarily irresponsible to continue to snack-cake and cookie our way through the day. Still, the urge to splurge seems hard-wired into our brains and when the moment is right, it might not be Cialis that we always think of. (Do you remember the Seinfeld episode when George was determined to combine sex and eating and brought a sandwich to bed? For the record, the thought has never crossed my mind.)

I imagine as you've read this column you've developed a sense that given the Lourie's long-standing — and sitting commitment to such hedonistic pursuits, pennies, nickels, dimes or quarters on the dollar are unlikely to dissuade either one of us from our Santa-like appointed rounds.

Still, we're not idiots. We're aware of the effects on our bodies if we devolve into the snack cake eating machines of our youth/adolescence. We're not getting any younger nor are we likely getting any thinner or healthier. I'd like to think we've gotten smarter and more respectful of what foods go in and by association what money goes out.

But as difficult as it is to turn an ocean liner around after it's headed out to sea, so too is it difficult for yours truly to care less about what I've spent my entire life caring more about: dessert/sweets. However, I do anticipate a reaction to this most recent size reduction. As my mother, Celia, used to say: "It's enough already."

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



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