

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.

Changing Lives in Haiti

NEWS, PAGE 3

Discussing
History
Of Potomac

NEWS, PAGE 3

Music and Food
At SerbFest

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CALENDAR, PAGE 9 ♦ CLASSIFIEDS, PAGE 11

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MAY 31 - JUNE 6, 2017

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ENTERTAINMENT

Submit entertainment announcements at 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.

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 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.

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

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.

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, 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, 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.

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.

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.

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.

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.



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.urbnmarket.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.

Textures in Glass Exhibit. Various times through June 3 at the Waverly Street Gallery, 4600 East-West Highway, Bethesda. Visit 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/, 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.urbnmarket.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.

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 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.urbnmarket.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 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.

Visit glenechopark.org or call 301-320-1400 for more.

SUNDAY/JUNE 11

Waltz Dance. 2:45-3:30 p.m. at Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd.

Introductory Waltz Workshop, first lessons until 3:30 followed by dance, band Go Figure. \$10. Call 301-634-2222, go to www.WaltzTimeDances.org or e-mail 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 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.

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, 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 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.

Those interested in testifying at the public hearing can sign up online at 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.

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, 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.

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.

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.

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.

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.

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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6/14/2017.....HomeLifeStyle

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6/28/2017.....Connection Families

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

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.

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.

Friends of Clara Barton Community Center is looking for volunteers to serve on its board and to volunteer at events. FCBC 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 FCBC 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.

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.

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 or 240-221-1370, or see www.PotomacCommunityVillage.org, or 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.

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Price Points — In the Wrong Direction



By KENNETH B. LOURIE

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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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