

Potomac ALMANAC

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Carderock Springs Elementary School teachers Lauren Day and Juliet McDonald with students Levi and Asher Zeitlin on the first day of school, Tuesday, Sept. 5.

7th Annual Park After Dark Arrives Sept. 16

BY SUSAN BELFORD
THE ALMANAC

Fundraiser supports C&O National Historic Park.

Get ready, Potomac, for the 7th annual Park After Dark, held in the natural splendor of the C&O National Historic Park. The evening is a rare opportunity to glimpse the lights of candleliers that lead to the Historic Tavern of the C&O Canal Park and to catch

the glow of a fire crackling in the night, listen to the sounds of lively music from the 19th Street Band and meet and greet old and new friends. Included in the admission price is cuisine by Corcoran Caterers, libations, desserts, the presentation of awards, a silent and live auction, night hikes to Great Falls

Overlook, and a campfire with s'mores.

"Cheers to Ten Years" will celebrate the dedicated support that the C&O Canal Trust has given to the C&O Canal National Historic Park. The benefit will be held on Sept. 16 from 6-10 p.m.

Ten years ago, the C&O Canal

Trust partnered with the C&O Canal NHP to raise funds to preserve the park for future generations and to broaden support through programs that highlight the park's historical, natural, and cultural heritage and recreational opportunities. Last year, the C&O Canal Trust raised \$94,000 at this event. The proceeds support the preservation programs of the NHP, which hosts nearly five million visitors each year along its 184.5-mile length.

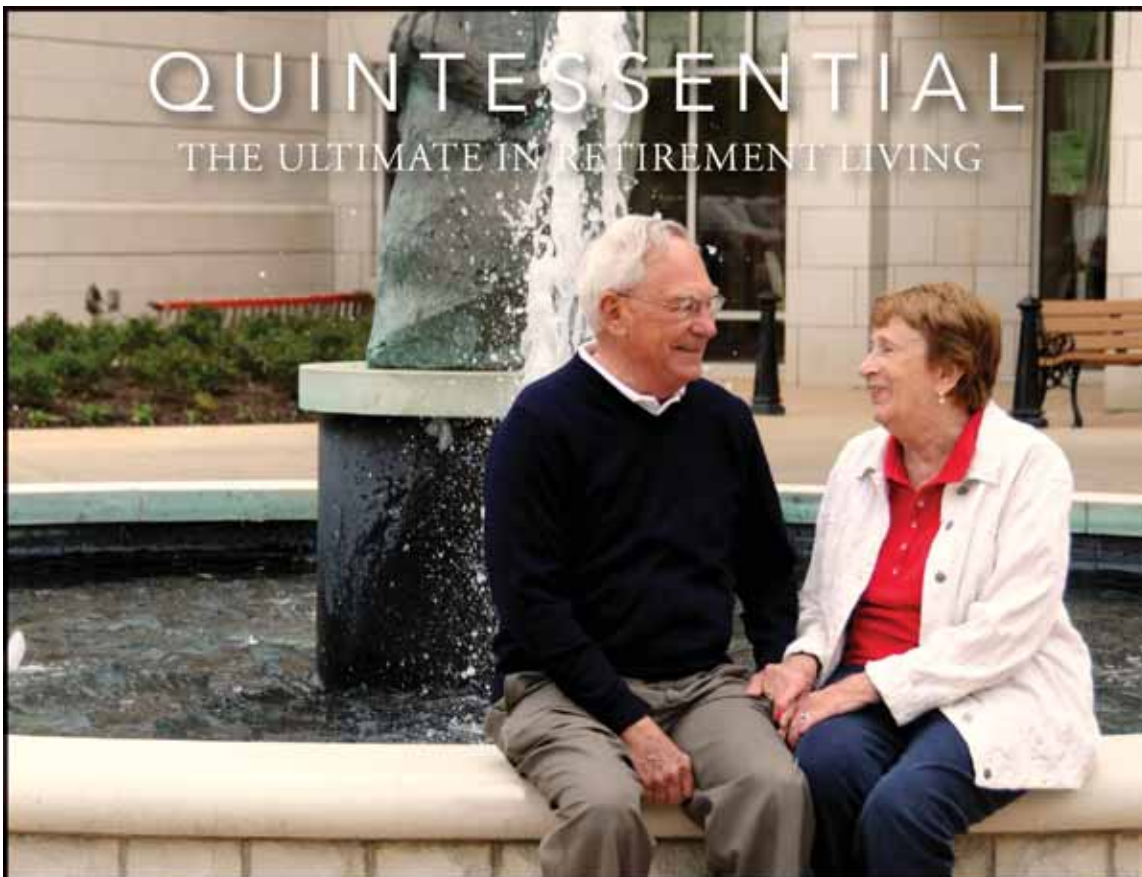
The C&O Canal Trust's funding priorities this year are "Towpath Forever," making certain that the towpath will be maintained for perpetuity and "Canal Classrooms" which provides exposure to outdoor education programs along the canal to thousands of students.

"Park After Dark is a unique opportunity for Park lovers to come together in a picturesque setting

under the stars to raise money for the C&O Canal," Director of Marketing and Communications Heidi Schlag said. "This year, we will raise money for the park's Canal Classrooms program, which provides hands-on learning opportunities in science, technology, engineering, art, and math concepts using the natural, historical, and cultural resources of the park."

During the event, the William O. Douglas Stewardship Award will be presented to the Bernstein Family Foundation in honor of their enduring commitment to the C&O Canal and The Canal Pride Award for Volunteer Service will be presented to C&O Canal Trust volunteer Jim Heins.

Schlag said, "Park After Dark is always a highlight of the year." Tickets are \$200 per person. All but \$50 of the ticket price is a tax-deductible donation to the C&O Canal Trust. Tickets are available at www.ParkAfterDark.org.



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The 7th annual Park After Dark fundraiser will be held Sept. 16.

PHOTOS CONTRIBUTED



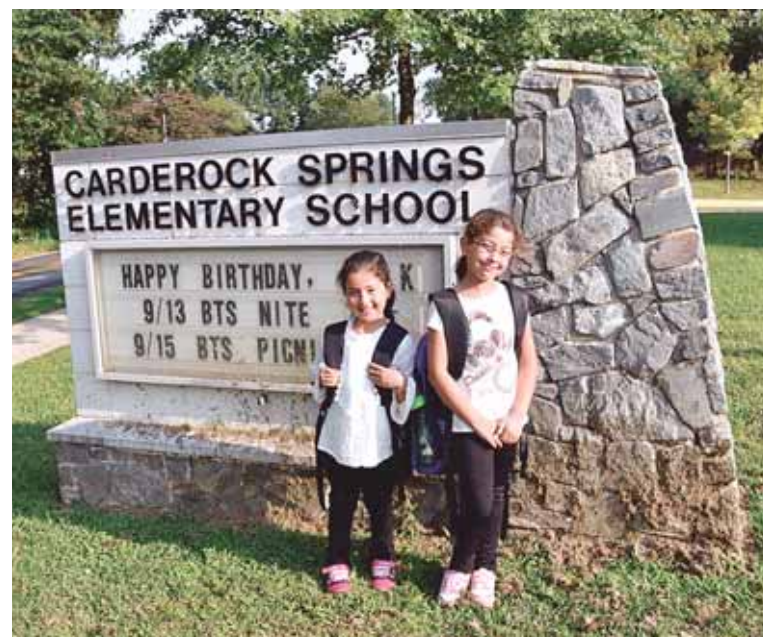
Crowds fill the tent at a previous Park After Dark event.

PHOTOS BY DEBORAH STEVENS/THE ALMANAC



Welcome Back

The Carderock Springs Elementary school mascot welcomes students on the first day of school, Tuesday, Sept. 5.



Samaa and Israa Noshan



Alex Ludwig, Cole Roman, and Theodor Jacobs



Kindergartener Asher Zeitlin and teacher Juliet McDonald



Kindergartener Asher Zeitlin and teacher Juliet McDonald



Carderock Springs Elementary School Principal Jae Lee with student Alex Polishchuk.

Wayside Students Move into New School Building

With built-in room for expansion.

BY PEGGY MCEWAN
THE ALMANAC

It's a new school year in a new school for students at Wayside Elementary School on Glen Road in Potomac.

A new school on the old site, that is. Students spent the last year and a half at the old Grosvenor school in North Bethesda, but principal Donna Michela feels the new school was worth the wait.

"It's beautiful, the hallways are big and open and the classrooms are well designed," Michela said. "Everything you

need is in each classroom. The light in this building is amazing, it's so bright."

Michela's enthusiasm for the building continued during a walk through of the two-story building last week. She also pointed out the advantages the school now offers teachers and students.

"It has cutting edge technology," she said. "Every classroom has a Promethean Board and there is a Chromebook for every student."

Promethean Boards, interactive white boards, and Chrome Books, laptop computers which students will leave at school, al-

low students and teachers to participate in more interactive lessons according to Loretta Woods, principal intern.

"The technology, the lighting, the structure, it all flows," Woods said.

Though the building is furnished with all new furniture and desks, students will recognize much of the art work on the walls and stained-glass placed on some windows and the entrance to the all-purpose room.

"We were able to salvage art from the old building," Michela said. "We have an artist in residence program every year and the students participate in creating art for the school."

SEE WAYSIDE, PAGE 10



Physical education teacher Wendy-Beth Way unpacks equipment at the new Wayside Elementary School last week.

PHOTO BY PEGGY MCEWAN/THE ALMANAC

Cycling to Raise Funds for Cancer Research

Participants in Pan-Mass Challenge stay involved.

BY ASHLEY CLAIRE SIMPSON
THE ALMANAC

Last year, cancer in all its forms killed more than 500,000 people in America, according to the National Cancer Institute. More than a million people every year face new diagnoses.

For Billy Starr, the founder of the Pan-Mass Challenge (PMC), the renowned bike-a-thon that has raised almost \$600 million for cancer causes since 1980, cancer has been far more than a terrifying prospect. When he was barely in his 20s, Starr's mother died from cancer. Then, before he had time to even begin coping with this loss, cancer claimed the lives of both his uncle and cousin.

To process his compounded grief, Starr embarked upon some significant athletic pursuits. Through it all, he conceived the idea for an event that would save countless cancer-stricken lives: the PMC, which last year alone raised \$47 million for Dana-Farber Cancer Research Institute in Boston.

"It was around this time that I realized that the bike is a very cool vehicle," Starr recalled. "Once a year or so, I'd get up at four o'clock in the morning and bike the 120 miles from my home in Newton, Mass., to Provincetown. I had to time it right so I'd be able the ferry home. Every time I did it, I thought, 'this is cool.' I'm going to get people to do this with me and raise money for cancer."

Starr's "cool thought" has since exploded into an annual Massachusetts athletic affair. Every first weekend in August, cyclists from all over the world — including residents of Potomac — make their way to Massachusetts, where they collectively pedal more than a million miles to raise money for Dana-Farber's Jimmy Fund, which offers financial aid to cancer patients around the world.

"After the first event, I knew I was going to commit myself to making it really big," Starr said. "I had a knack for identifying who had which skill sets so that everyone involved could pull everything off. I knew we weren't doctors, but I knew how to identify the people we needed. It was a modest fundraiser for a long time, but it was always growing. Now, our goal is close to \$50 million."

He added that 100 percent of every rider-earned dollar goes directly to the Jimmy Fund. Participants fundraise over the course of several months — from the day they reg-



Billy Starr



Peter Hancock finishing the 2017 Pan-Mass Challenge.

ister for the PMC, which can be as early as January, up until the following Oct. 1. This means that even though the some of the 2017 PMC-ers have already put away their bikes for the season, donations on their behalf continue to pour in to Starr and his team of PMC organizers.

"We announced a \$48 million goal in January, and we are sitting now at about 38 million," he said. "We believe we will meet or exceed it."

During the weekend of Saturday, Aug. 5, the 2017 PMC-ers chose one of 13 designated paths across the state of Massachusetts. Some of the rides take cyclists one day to complete, and some are long enough that they last the entire weekend. The signature PMC route, for example, involves a two-day plan that begins in Sturbridge and ends in Provincetown.

PMC participants commit more than time and physical output. There are strictly-enforced minimums for everyone who rides. The steep expectations, however, haven't turned people away from the PMC. Of the 6,212 people who registered for this year's event, more than a third of them are PMC veterans of more than 10 years. More than 400 have completed 20 or more consecutive Challenges.

Potomac resident Peter Hancock is one of those regulars who can't imagine a summer without the PMC. This year, he took on his 17th Challenge.

Hancock, a transplant to Maryland from his native Massachusetts, said he grew up knowing somewhere in the back of his mind that he would one day complete a PMC.

"Growing up in the Boston area, Dana-Farber is ubiquitous," Hancock said. "I also

love to cycle. It's what I do; it's my forte. In 2001, I learned that one of my friends, Raf, and his dad, Dan Frankel, did the ride. They got really attached to it. As I started riding with them more, they suggested that I get on board with the PMC. It always had seemed so daunting before — both the mileage and the fundraising requirements. But, something that year made me decide to do it."

Hancock hasn't missed a PMC since that 2001 ride. Despite his Maryland address, he's been giving back significantly to his home state. If he reaches his fundraising goal this year, he will have raised more than \$90,000 for Dana-Farber between all of his 17 consecutive PMCs he's taken on.

"When you understand how much Dana-Farber does for the cancer community, it touches your heart in an everlasting way," Hancock said. "Then, when you become part of the PMC, you are part of thousands and thousands of people joining forces for something bigger than themselves. It's hard not to get totally caught up in that. It would be great if one day we don't need the PMC, but for now we do. And, I'll continue to fundraise."

Hancock's 2017 PMC route took him from Babson to Provincetown, which covers 163 miles. He also tacked on a few extra miles to the beginning of the designated path in order to make the experience even more meaningful.

"They estimated that 2,600 riders departed this year from Babson," Hancock said. "I chose this departure because my mom lives in Ashland, and, on the Saturday morning that the PMC starts, I ride an extra 16 miles from Ashland to Babson to make the day a full Century ride [100 miles]. Babson is my alma mater, so it's always nice to return to see the school and additions they make to the campus. I get to pass by my high school and see my friends and family through-

out the entire route — all while soaking in the New England culture."

As PMC riders propel persistently forward along their designated paths, they encounter constant reminders that they are literally saving lives with every inch of Massachusetts ground they cover.

"On the first day of a two-day route, you work really hard to make good time, and you see how your training has paid off," Hancock said. "The second day, it's different. It ends up being a recovery ride for many people, and everyone is headed to the same finishing point. For me, and I think for a lot of others, this is when the PMC becomes all about the camaraderie — not only the bonds with your fellow riders, but also with the incredible number of supporters that line the streets to support us. It's the absolute norm to see people holding up handmade signs with messages like, 'My son is alive because of what you're doing for Dana-Farber.'"

To contribute to Peter Hancock's ongoing fundraising, visit <http://profile.pmc.org/ph0045>.

C2 To Open In Potomac

C2 Education (C2), a network of subject tutoring, SAT, ACT and PSAT test prep and education support centers, is opening a new location in Potomac Promenade, 9812 Falls Road. The Potomac center is the company's 22nd location in the Washington, D.C. area and the first location in Potomac.

"We are so excited to finally be a part



Center Director Stephanie Yen

of the Potomac community," said Center Director Stephanie Yen. "Not only will area families have a great new resource

SEE C2, PAGE 11



PHOTO BY JUTARAT PO

Potomac artist Nimi Trehan studies poetry before taking part in an interactive reading Sept. 9. Trehan will paint as poet Satya Palaparty reads from “A Symphony of Temple Bells.”

Art and Poetry Performance

Potomac artist to participate in
“Symphony of the Bells.”

BY PEGGY McEWAN
THE ALMANAC

Saturday’s performance of “Symphony of the Bells” will be a first for Potomac artist Nimi Trehan: it will be the first time she paints during a poetry reading.

The performance is based on the poetry

of Satya Palaparty, focused on nature and feminism, Trehan said.

“It is very interactive,” Trehan said. “A lot of artists are doing installations but I think this is much more than an installation. It involves all the senses.”

In addition to the poetry reading, there

SEE TREHAN, PAGE 11

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Open House To Highlight Fetal Alcohol Spectrum Disorder

BY PEGGY MCEWAN
THE ALMANAC

Local psychiatrist offers events at Dream Catcher Farm.

Saturday is Fetal Alcohol Spectrum Disorder (FASD) Awareness Day and Dr. Susan Rich is opening her Potomac Dream Catcher Farm for a series of events to help share the good news and bad news of the disorder.

The good news, Rich says, is that the disorder is preventable; the bad news is that society is not doing enough to keep future generations from developing it.

Fetal Alcohol Syndrome is a neurodevelopmental disorder caused by alcohol the fetus ab-

sorbs from the mother during pregnancy. It causes problems for the child such as an inability to handle sensory overload, trouble processing information and issues with social relationships, Rich said.

"This is no laughing matter,"

Rich said. "One in 20 children have some form of the disorder and we're allowing our social drug of choice do something [so harmful]."

Drinking alcohol is the early weeks of pregnancy is especially harmful she said. Much damage can be done as early as the third week of pregnancy when women often don't even know they are pregnant.

Rich is passionate about the issue of FASD. She said she had already graduated from North Carolina State University in microbiology and was working in pharmaceutical research when she first learned about it.

Now, many women know not to drink alcohol during pregnancy but that is not enough, Rich said. "When you know you are pregnant it's too late."

Besides increasing public awareness of FASD, Rich devotes her professional life to working with children with the disorder and their parents.

"I work to keep kids on track with their educational goals and

to help parents understand [them]," Rich said. "It's hard to parent children with FASD, I give hope, this is possible but you need to rethink parenting."


Rich's vision for Dream Catcher Farm is to provide a "safe, therapeutic environment for children, adolescents and young adults with neurodevelopmental disorders to learn vocational, social and life skill," according to her farm brochure.

The farm is home to seven goats, a few chickens, a pig named Noah, three dogs and a number of barn cats, Rich said. All are hand raised to be comfortable with Rich's clients.

The farm provides a place for the children to "develop a sense of self while doing meaningful, character-building work," Rich wrote in the brochure.

Saturday's events are from 5-8 p.m., beginning with a fundraiser/dog walk and continuing through the evening with music, socializing and a visit with the farm animals.

To register for an invitation to the Sept. 9 event, email smlbyrne+7gf@gmail.com.



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WALK TO END ALZHEIMER'S
alzheimer's association

Walk to End Alzheimer's in Northern Virginia
Reston Town Center
September 24 | 2:00 pm



PHOTO BY PEGGY MCEWAN/THE ALMANAC

Dr. Susan Rich feeds goats with one of her clients at Dream Catcher Farm in Potomac. The farm animals help calm people with Fetal Alcohol Spectrum Disorder and helps them learn responsibility.

WELLBEING

Healthy and in Season

From juicy apples to hearty cabbage, how to reap the health benefits of fall produce.

BY MARILYN CAMPBELL

With her one-year old daughter in tow, Ellen Knight poked at apples and caressed peppers on a Sunday morning at the Bethesda Farmers Market. The activity is part of her weekend ritual, searching for the freshest, most flavorful seasonal fruits and vegetables to use in meals throughout the rest of the week.

"I'm a little neurotic about produce and farmers markets," she said. "I try to only buy at farmers markets and only buy what's in season. I'm excited about fall and the new changes in what's coming in from the local farms."

As the weather gets cooler and temperatures drop, the bumper crops of fall can be found in flavorful abundance at farmers markets, grocery stores and even backyard gardens. Among the most nutritious and readily available produce are cabbage, peppers, squash, beets and other root vegetables, says Chef Pete Snaith of Culinaria Cooking School in Vienna.

"The fall harvest is a glorious time for peak-of-the-season vegetables and fruits," he said. "Farmers markets will be piled high"

With a flavor that can be the basis of both sweet and savory dishes, sweet potatoes are one of the most nutritious foods to debut in fall, says nutritionist Allison Speer of the Speer Nutrition Group in Alexandria. "They're loaded with potassium and vitamin E," she said. "In fall there's a greater variety available like Purple Stokes, Garnet and Hannah."

Choose small or medium-sized sweet potatoes that feel heavier than they look, advises Speer. "Store them in a dark place and keep them cool, but not cold," she said. "Letting them get cold ruins the flavor."

Winter squash is an umbrella term for a wide-range of squash varieties with thick, tough skins, such as butternut and acorn. Most readily available beginning in early fall and slow to go bad, winter squash can be stored whole for several weeks, says Arlington-based dietitian Melissa Hawkins, RD. "They are full of vitamins A and C," she said. "They also have a lot of potassium and fiber, which can make you feel



PHOTO COURTESY OF CULINARIA COOKING SCHOOL

This roasted beet salad is an example of a healthy preparation method for fall produce, says Chef Pete Snaith of Culinaria Cooking School.

full and satisfied for a longer time."

Hawkins also touts the versatility of winter squash. "I like to use butternut squash or pumpkin in soup," she said. "Acorn squash can be made into a puree. One of my favorite things to do is to spiralize winter squash to make spaghetti or noodle-like strands that I use instead of pasta. It's super easy and deeply satisfying."

Though its trendier cousins kale and Brussels sprouts get more hype, Hawkins says that cabbage is a versatile superfood that should not be overlooked. "There are so many varieties like Savoy and Napa and it's full of vitamins C and B6 and fiber," she said. "Leafy greens in general, like chard, mustards and kale, are nutrition powerhouses and are at their best in the fall."

Cabbage and other greens are low and calories and can be prepared in a myriad of ways, adds Speer. "One of the simplest ways to cook them is to roast them or stir fry them," she said. "Cabbage can also be stuffed or turned into slaw."


Most commonly seen in dark red, beets come a variety of colors like white, pink and orange. They're earthy, sweet and nutritious, says Hawkins. "Eating beets is almost like taking a big multivitamin," she said. "You're getting vitamins, A, B and C, plus iron, potassium, folic acid and beta-carotene."

Beets can be eaten raw or prepared in a variety of ways, says Speer. "You can roast them, puree them or even make beet chips," she said. "They can stain your hands and clothing so you have to be careful when handling them."

Among the foods most often associated with fall are apples. With varieties ranging from tart Granny Smiths to sweet Fujis, there's an orb for every palate, says Speer. "Apples are packed with fiber and vitamin C," she said. "You can slice them or eat them whole, so they're accessible and easy to carry and eat."

Select apples that are firm and without blemishes or bruises, and coat them with lemon juice after they've been cut to keep them from turning brown, advises Speer.

Choosing produce that is fresh and in-season, makes it easier to prepare them with little fuss so that their nutritional value is preserved. "Fresh vegetables deserve quick, simple, healthy preparation," said Snaith "Steaming, blanching, grilling, and roasting quickly come to mind. Apples, watermelon, and peaches are abundant now as well. You can top off a delicious meal with a light dessert of baked apples or grilled peaches with homemade vanilla ice cream."



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Roasted Beet Salad

2 each, red and golden beets, wash but not peeled.
2 TBSP, olive oil
3 oranges, peeled and segmented
1/4 cup, fresh mint, chiffonade
4 oz., feta cheese, sliced into 1/2" cubes or crumbled^o
1 mango, sliced in 1/2" cubes
micro greens or pea shoots (optional)

Vinaigrette
1/2 cup, olive oil
2 TBSP., balsamic vinegar
1 TBSP., orange juice
salt and pepper to taste

1. Preheat the oven to 400° F.
2. Coat the beets with the olive oil and season with salt and pepper. Place the beets in a roasting dish and cover. Place in the oven and roast for about 1 to 1 and a half hours or until tender. Remove from the beets from the oven and let cool. Peel when cooled. Cut into 1/2" pieces
3. While the beets are roasting, prepare the vinaigrette. Place the ingredients in a bowl and whisk to combine.
4. Place the beets, mango, orange, and pea shoots in separate bowls. Drizzle each with a tablespoon of vinaigrette and toss to coat.
5. Arrange the salad attractively on the plate. Top with pea shoots and drizzle with the vinaigrette and top with the mint.

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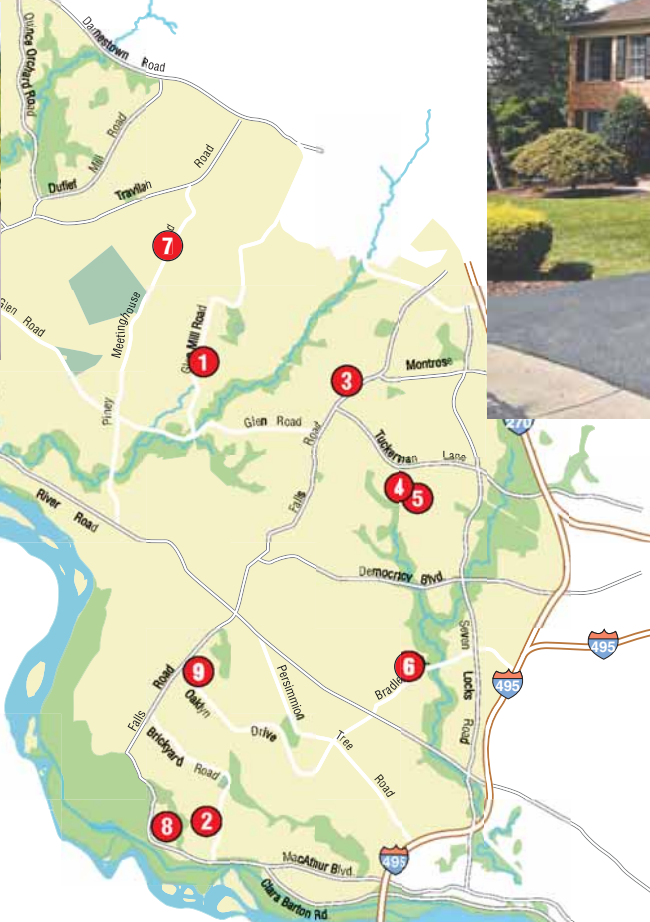
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2 7505 MASTERS DR	5	4	1	POTOMAC	...\$1,250,000 Detached	0.34	20854	RIVER FALLS 07/06/17
3 9001 MISTWOOD DR	5	4	0	POTOMAC	...\$1,249,000 Detached	0.33	20854	FALLSBERRY 07/12/17
4 10919 LAMPLIGHTER LN	4	4	1	POTOMAC	...\$1,236,300 Detached	0.17	20854	BELLS MILL ESTATES 07/28/17
5 8309 LARKMEADE TER	4	4	1	POTOMAC	...\$1,218,000 Detached	0.17	20854	BELLS MILL ESTATES 07/07/17
6 9313 MERCY HOLLOW LN	5	4	1	POTOMAC	...\$1,200,000 Detached	0.62	20854	MCAULEY PARK 07/28/17
7 10720 CLOVERBROOKE DR	5	4	1	POTOMAC	...\$1,200,000 Detached	0.45	20854	PINEY GLEN VILLAGE 07/20/17
8 10811 HIDDEN TRAIL CT	4	3	1	POTOMAC	...\$1,100,000 Townhouse .	0.09	20854	RIVER FALLS 07/05/17
9 10417 LOGAN DR	5	3	1	POTOMAC	...\$1,100,000 Detached	0.43	20854	HERITAGE FARM 07/21/17

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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

SEPT. 6-30

The Trawick Prize Art Exhibit. Various times at at Gallery B, 7700 Wisconsin Ave., Suite E. Bethesda Contemporary Art Awards eight finalists in a group exhibition, on display Sept. 6-30. Artists include Cindy Cheng, Baltimore; Larry Cook, Landover Hills; Amy Finkelstein, Takoma Park; Helen Glazer, Owings Mills; Giulia Livi, Baltimore; Michele Montalbano, Burke; Ben Piwowar, Baltimore; Renée Rendine, Towson. Call 301-215-7990 for more.

FRIDAY/SEPT. 8

Etiquette Lecture. 1-2:30 p.m. at North Potomac Senior Center, 13860 Travilah Road, Rockville. Presentation called "The Evolution of Etiquette." Call 240-773-4805 for more.

Meet the Artists. 6-9 p.m. at the New Masters Art Gallery, 12276 Wilkins Ave., Rockville. "Points of View", featuring paintings by Ruth Marcus, Tom Semmes, Katherine R. Richards, and Karash Payne. Visit www.newmastersartgallery.com/ for more.

Meet the Artist. 6-9 p.m. at the Waverly Street Gallery, 4600 East West Highway, Bethesda. Wildlife Conservation Show with photography by Carol L Leadbetter, on exhibit Sept. 5-Oct. 7. Call 301-951-9441 for



Meet the wildlife artist, Carol L Leadbetter, Friday, Sept. 8, 6-9 p.m. at the Waverly Street Gallery, 4600 East West Highway, Bethesda. Wildlife conservation photography on exhibit Sept. 5-Oct. 7. Call 301-951-9441 for more.

more.

SATURDAY/SEPT. 9

14th Annual Silver Spring Jazz Festival. 3-10 p.m. at Veterans Plaza at Ellsworth and Fenton streets. Bands include "The Lao Tizer Band," Jazz Academy of Music, Sharp Radway Quintet, Chembo Corniel Quintet and Marcus Johnson. Call 240-777-0311 for more.

Maryland Vietnam Stories. at 7 p.m. on Maryland Public Television. The reprise of "Maryland Vietnam War Stories," provides the local perspective in advance of the PBS premiere of The Vietnam War, a 10-

part series by Ken Burns and Lynn Novick. The filmmakers spent 10 years developing the series, which has its debut on MPT and public television stations across the country beginning on Sunday, Sept. 17 at 8 p.m. and continuing through Thursday, Sept. 28. Visit vietnam.mpt.org/film/ for more.

SEPT. 9-10

Visiting Artist Reception. 6:30-9 p.m. at The Yellow Barn Studio & Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Artist Ilya Gelter will present a lecture based on personal experience of living and working as a painter in over seven cities on three continents: starting in St. Petersburg, Russia and arriving at Tel Aviv, Israel in recent years. Call 240-626-4981 or email alex.bartman@outlook.com.

THURSDAY/SEPT. 14

Humorist Helen Abrahams. 7-9 p.m. at Potomac Community Center, 11315 Falls Road. Comedian sponsored by Potomac Community Village (PCV). Call 240-221- 1370, info@potomaccommunityvillage.org or visit www.PotomacCommunityVillage.org for more.

FRIDAY/SEPT. 15

Fall Open House. 4-7 p.m. at My Gym Potomac, 11325 Seven Locks Road. Meet the teachers, gymnastics, and get back to school discounts. Call 301-983-5300 or visit www.mygym.com/potomac.

SATURDAY/SEPT. 16

Park After Dark. 6-10 p.m. at the Historic Great Falls Tavern in the C&O Canal National Historical Park, 11710 MacArthur Blvd. Evening of philanthropy supporting the park.

\$200-\$250. Call 301-714-2233 or visit www.canaltrust.org/

Glen Echo. Call 240-626-4981 or email alex.bartman@outlook.com.

SEPT. 16-17

Artist Exhibit. Various times at The Yellow Barn Studio & Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Artist Julie Gross will present her works. Call 240-626-4981 or email alex.bartman@outlook.com.

SUNDAY/SEPT. 17

Shawna Caspi in Concert. 7 p.m. at Focus Bethesda at Positano's Restaurant, 4948-4940 Fairmont Ave., Bethesda. Shawna's fourth album, "Forest Fire," coming later this month. \$15-18. Visit www.focusmusic.org or call 301.221.9000 for more.

MONDAY/SEPT. 18

Taste of Lettuce. 6 p.m. at Mon Ami Gabi, 7239 Woodmont Ave, Bethesda. Five-course reception and dinner with wine pairings, to exploring Lettuce Entertain You restaurants from the DC Metro Area. \$75 Call 703-707-0233 for more.

SEPT. 22-24

34th Annual Middle Eastern Festival. Various times at Saints Peter & Paul 10620 River Road. Featuring authentic Middle Eastern food, music, giftware, raffles, pastries and jewelry, playground, moon bounce, face painting and spin art. Free. Call 301-765-3400 or visit peterpaulpotomac.org

SEPT. 23-24

Montgomery Teachers Art Exhibition. Various times at The Yellow Barn Studio & Gallery, Glen Echo Park, 7300 MacArthur Blvd.,

SUNDAY/SEPT. 24

Tiger Trot 5K Run/Walk. 8:30 a.m. at the Connelly School of the Holy Child, 9029 Bradley Blvd. Holy Child's 7th Annual Tiger Trot 5K Run/Walk. Fees vary by age. Visit www.holychild.org/tiger-trot-2017/ for more.

THURSDAY/SEPT. 28

Decade of Design Celebration. 6-9 p.m. at The DC Design House, 9004 Congressional Court, Potomac. This year's Design House is dedicated to Ann Lambeth, who was a supporter of the cause and the design community, open Sept. 30-Oct. 29. \$35, proceeds from boutiques and designer sales, with most items in designers' spaces available to purchase, are donated to Children's National Visit www.dcdesignhouse.com/ for more.

SATURDAY/OCT. 8

Ride for the Reserve Farm Bike Tour. 8 a.m.-3 p.m. start at Poolesville Golf Course, 16601 West Willard Road, Poolesville. \$75. Visit RidefortheReserve.org for more.

THURSDAY/OCT. 19

Presentation on Eleanor Roosevelt. 12:30 p.m. at Potomac Community Center, 11315 Falls Road. Sponsored by Potomac Community Village, a non-profit volunteer network of neighbors and friends geared to enhancing the quality of life for older Potomac residents. Call 240-221- 1370, info@potomaccommunityvillage.org or visit www.PotomacCommunityVillage.org for more.



ART BY RUTH MARCUS AND TOM SEMMES

Meet the Artists, Friday, Sept. 8, 6-9 p.m. at the New Masters Art Gallery, 12276 Wilkins Ave., Rockville. "Points of View", featuring paintings by Ruth Marcus, Tom Semmes, Katherine R. Richards, and Karash Payne. Visit www.newmastersartgallery.com/ for more.

MARYLAND VIETNAM WAR STORIES

Mini-Series Premiere

Jane McCarthy, a former U.S. Army nurse, is a Maryland Vietnam Veteran featured in the series on Maryland Public TV on Saturday, Sept. 9 in advance of the PBS premiere of The Vietnam War, a 10-part series by Ken Burns and Lynn Novick.


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PHOTOS BY PEGGY McEWAN/THE ALMANAC

Main entrance to the newly rebuilt Wayside Elementary School.



Workers finish area around the flagpole outside Wayside Elementary School on Friday, Sept. 1.



Lilit Bayburtian's fourth grade classroom at Wayside Elementary is ready for opening day. The new school includes all new desks, chairs and other furnishings.

Wayside Students Move into New Building

FROM PAGE 3

Michela explained that the building is a Gold Certified LEED building and they are working now to become a State of Maryland green school. Among the environmentally friendly innovations are water bottle filling stations on

the water fountains.

Becoming a green school in the state program is part of the school's curriculum and the students participate, she said.

One final thing Michela was especially excited about were the completely unfinished

classrooms off a corner of the second floor. "The building is designed for the addition of four additional classrooms," she said. "They can be finished off if the school population grows and we will not have to use portable classrooms. I think that is a great design feature."

On Vacation with Our Lady of Mercy's Roo

How to keep a school community connected during the dog days of summer? By launching a social media campaign led by a dog.

Our Lady of Mercy Catholic School in Potomac launched its own version of Flat Stanley in June, with the goal of keeping the students, parents and staff connected over the summer break. The campaign is called #FLATROO. Roo is a 12-year old Boxer who belongs to Mercy's pastor, Father Bill Byrne. She is an integral part of the school community and the lives of the students. Roo greets the students every morning at carpool drop-off, spends time in the classrooms with them, and attends most of the student and parent events at the school. She has her own desk, and her photo can be found in the staff section of the yearbook.

Each student was given a paddle with a photo of Roo on it before they left for the summer. Their instructions were simple: take Flat Roo in your suitcase wherever you travel, take pictures of her, and then send in the photos to be posted on social media.

Flat Roo traveled to destinations all over the world including: Russia, Poland, Germany, New England, South Carolina, Saratoga Springs, Orlando, Nebraska, Texas, Louisiana, Tennessee, and the Maryland Shore.



Ella and Edmund Tetteh at Universal Orlando



Linda Budney at the Brandenburg Gate in Berlin



Saratoga Springs Race Track with Michael Anderson



Father Bill Byrne in Seattle

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Trehan

FROM PAGE 5

will be dancing and music. Trehan said she will do her painting during the reading of two poems from Palaparty's collection.

To prepare she said she has immersed herself in the works: "The Girl" and "Bride at Age 11"

"It's very emotional, it brings out many things you don't think about," she said. "Especially the child brides, they never had a life."

Trehan grew up in India and graduated with a Bachelor of Arts in interior design from the Women's Polytechnic Institute. She worked as an interior designer in India and after moving to the United States.

Nine years ago, she retired to devote her time fully to her art work. About 18 months ago, she was invited to do a portrait of Indira Gandhi to be used in a play about the former prime minister of India.

"That was different," she said. "I painted it at home and took it to the performance."

Because of that though she was invited to be part of Saturday's artistic collaboration. It is being produced by D.C. based arts organization, Spilling Ink, a multi arts organization with a mission to create and perform arts of India and the diaspora in hopes of deepening audience understanding of India's artistic contributions in the United States and around the world, according to its website.

The performance will be held at 7 p.m. Saturday, Sept. 9 at First Congregational United Church of Christ, 945 G St. NW, Washington, D.C. Tickets are \$30, which includes a signed copy of "Symphony of the Bells" or \$20 for general admission. To purchase tickets, visit www.spillingink.org.

C2 To Open

FROM PAGE 4

to help their kids get into the college of their dreams, but they will also now have a place where students from kindergarten through high school can receive outstanding tutoring help and educational support."

C2 helps students gain acceptance into some of the country's top colleges, according to the latest U.S News & World Report's Best College Rankings. In 2017, 749 C2 students will attend Top 50 National Universities, with 49 more headed to Top 50 Liberal Arts Colleges. C2 has also helped students gain access to top STEM College programs with 208 students accepted at top 10 engineering universities.

The company also shows its commitment to the community with the C2 Community and School Giveback Program which provides a variety of events and offerings such as free homework help, workshops, complimentary college planning services via the College Roadmap program, free SAT and PSAT practice tests, as well as local scholarship opportunities and community celebrations.

Families and students interested in learning more about C2 should call 301-825-5095 or visit www.C2educate.com.

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-Thomas A. Edison

Nothing To Do With Cancer, Almost



By KENNETH B. LOURIE

How lucky am I? In the last two days, I have been the extremely lucky, though presumably random, recipient, of not one but two unsolicited phone calls offering me FREE accommodations at any number of Marriott and Hilton hotels, fairly reputable brands, I'd say. All I have to do is transport my wife, Dina, and myself to the agreed-upon hotel during the designated window of opportunity and voila, a semi-unencumbered vacation for two awaits. And believe me, the offer couldn't have come at a better time. Let's be honest, what more than a cure does a "terminal" cancer patient need than a reasonably priced, stress-free get away from his every day? Need I even characterize that previous question as rhetorical?

Now since I hung up rather quickly, I don't have all the details, other than their phone numbers of course. Because, as you might imagine, I still have a few questions I'd like answered — you know, to optimize the benefits/coordinate the timing of our vacation. But the 'unsolicited' nature of the call didn't enable me to organize my thoughts and ask all the appropriate questions. Nevertheless, the opportunity seems worthy of a follow-up phone call.

Ideally, what I'd like to do is bracket my vacation/air fare and the miscellaneous travel expenses I'm undoubtedly going to incur around the respective properties' availability. Meaning, I'd like to fly once and stay twice; staying in their respective properties in the same city/location switching out of Marriott after my first free weekend stay and then booking into the Hilton for my next free weekend stay (and I'd be willing to pay for my mid-week excursion during the transition). In effect, making the trip a two-for-one as opposed to a not-going-at-all. And in so arranging, using as much of corporate America's largess and marketing budget as is cleverly possible for a non-corporate America employee to exploit. Not having pursued this possible presumption quite yet because I've just had chemotherapy on Friday and I'm not really in the mood to tangle with a fast-talking, smooth operator, who though he/she may have my best travel plans at heart, may not exactly be feeling my strain. So I'm going to wait a few days until I regain my bearings — and patience, and tolerance and call them back unsolicited at a time convenient for me but possibly not so for them and see if we can make a deal.

Because, to tell you the truth, if I could coordinate two hotel reservations — along with all the amenities with which I'm likely to be showered for accepting these extraordinarily generous offers, combined with some free air miles I've accumulated with United Airlines/their travel partners, this indeed could be the trip that my oncologist encouraged us to take when he first delivered the life-changing/life-ending prognosis: "13 months to two years" back in late February 2009. Further adding that, before starting chemotherapy, was as good as I would likely feel for a long time. And as I have come to learn, the quality of my life is very important to my oncologist.

At that time however, I didn't feel the need and/or wasn't motivated to follow my oncologist's suggestion; I wanted to get started on my treatment. Now, eight and half years later, perhaps the timing is better, especially given that it presents itself at the beginning of a new Redskins football season. And if I may quote the late, great, former, head coach of the "Over the hill gang," George Allen: "The future is now." So let me sift through the offers this week and see if I can indeed take the "trip we've always dreamed of." I know it's often said that you can't go back. Maybe we can still go forward.

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



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