

### Addie's Restaurant Opens in Park Potomac

NEWS, PAGE 2

River Falls pool closed its season with an annual dog swim on Sunday, Sept. 10. Phoebe Cohen brought Stella to the pool.

# End of Season Swim

### Churchill To Dedicate Field to Long-time Coach

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### Honoring Those Who Support C&O Canal

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## NEWS

# Addie's Restaurant Opens In Park Potomac.

BY SUSAN BELFORD  
THE ALMANAC

**A**ddie's Restaurant is open for business in Park Potomac. Formerly located in an old yellow house close to the Strathmore Center, it is now in a larger and more modern space — and yet it maintains the same feel as the previous restaurant because of owner Jeff Black's continued dedication to make the restaurant a tribute to his grandmother, Addie Black.

A large photo of Addie displaying her "catch of the day" while wearing high heels and bell bottoms is front and center next to the long "Texas" bar that serves as a gathering place for the Happy Hour crowd. A map of Texas, Black's home state, is also displayed and a wall of memorabilia from Addie's era is featured in one of the smaller dining rooms to keep the feel of Jeff Black's "grandma's house."

The restaurant was launched three weeks ago and is already a popular dining location for lunch, Happy Hour and fine dining. The Happy Hour menu, served from 3-7 pm Tuesday through Friday, features vintage sodas such as Nehi Grape, Root Beer and Big Red and \$6 glasses of wine and beer.



**A photo of Addie Black, the owner's grandmother, displaying her "catch of the day" while wearing high heels and bell bottoms.**

Happy Hour food ranges from smoked mussels and salads to burgers and a raw bar.

The dinner menu offers selections ranging from a customized Tower of Seafood to Yellowfin Tuna, Beef Tournedos, Crab and Shrimp Puffy Tacos and Chesapeake

SEE ADDIE'S, PAGE 10

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## Farewell To Summer

**Dog Swim at  
River Falls Pool.**



**Zeus**



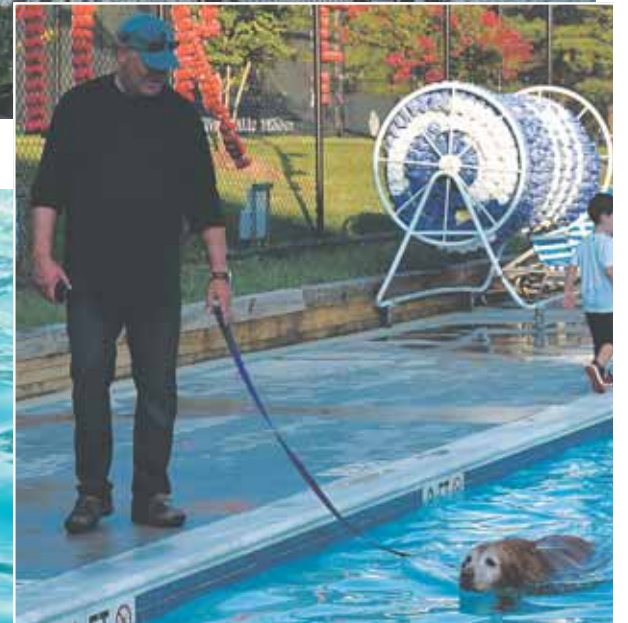
**River Falls pool closed its season with an annual dog swim on Sunday, Sept. 10.**



**Bodie**



**Ellie**



**Steven Abramson with Buddy**

PHOTOS BY DEBORAH STEVENS/THE ALMANAC

## Churchill To Dedicate Baseball Field to Long-time Coach

**Chuck Stevens coached at the school for 25 years.**

BY PEGGY McEWAN  
THE ALMANAC

**F**ormer students and staff of Winston Churchill High School will gather Friday, Sept. 15 to dedicate the school's baseball field in honor of the late Chuck Stevens, known as the founder of Churchill baseball.

"His baseball record speaks for itself," said Scott Sorkin, Churchill class of 1986 and head of the alumni group that organized the naming. "He was just an incredible man and

mentor."

Stevens was the school's first baseball coach, starting the program when the school opened in 1964. During his 25 years as coach his teams won 214 games including the state title in 1979, the County Championship in 1978 and they competed in the County playoffs every year between 1978 and 1986.

He was also an assistant football coach and coached the junior varsity team to an undefeated season in 1977.

Sorkin said he remembers Stevens as well prepared and a

"brilliant tactician." He said he learned to always be prepared himself, a lesson he still follows.

Stevens taught physical education and driver's education at Churchill until his retirement in 1990. "The ballfield was an extension of the classroom for Coach Stevens," Sorkin said.

Stevens was inducted into the Maryland State Baseball Coaches Hall of Fame in 1992 and the Churchill Hall of Fame when it was started in 1995.

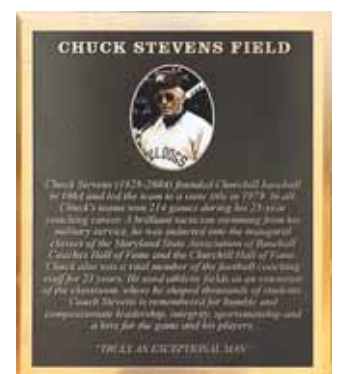
The Dedication Ceremony will take place at half time of the Churchill vs. Gaithersburg High

School football game Friday. Festivities begin at 4:30 p.m. with a welcome by Sorkin followed by a video presentation prepared by Chris Nazarian, Class of 1985 and a talk by Mike Zarchin, former Churchill assistant principal and friend of Stevens.

Sorkin's four children and other family members are expected to be at the school for the dedication.

The celebratory weekend will end with an alumni baseball game on the newly named Steven's Field on Saturday from 9:30 a.m. to noon.

For more information visit the Facebook page Churchill Chuck Stevens Field or email Scott Sorkin at ssorkin@blandsorkin.com.



**The plaque to be installed at the Churchill High School baseball field in honor of Chuck Stevens. A dedication ceremony will be held Friday during the Churchill-Gaithersburg football game.**



# Honoring Those Who Support C&O Canal

## “Park After Dark” fundraiser this Saturday.

BY SUSAN BELFORD  
THE ALMANAC

The C&O Canal is a place to catch one's breath, to relax and meditate, enjoy nature, the changing of the seasons, the flora and birds. This Canal is a mecca for those who love to walk, run, bike, hike bird watch, fish, kayak, photograph, canoe and more. It is Potomac's playground located in its own backyard.

Potomac residents go daily, weekly or just once in awhile but it is estimated that the C&O Canal Park is the most visited U.S. national park — and that over 5 million visitors come every year.

The National C&O Canal Park access is made possible by the dedication of members of the Canal Trust and the C&O Canal Association, the volunteers who give their time and energy, and the organizations and individuals who donate funds to support the many projects which are needed to keep the canal beautiful, safe and usable. Two will be honored at the Sept. 16, “Park After Dark” event which will be held from 6-10 p.m. inside the Park at the Historic Tavern.

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. The Canal Pride Award for Volunteer Service will be presented to C&O Canal Trust volunteer Jim Heins.

Potomac resident Ami Aronson will be accepting the William O. Douglas award on behalf of the Bernstein Family Foundation. “I am so proud that the Bernstein Foundation was



Ami Aronson

selected for this honor,” she said. “The Bernstein family are 6<sup>th</sup> generation Washingtonians and I have lived in Potomac for more than 16 years. My family and I use the canal on an almost-daily basis. I run all the trails, my son loves to fish there and we all enjoy that it provides us with a place that is safe and restores the human spirit in these troubled times. My grandfather Leo, who founded our family foundation loved history. He would have been particularly pleased that the award we received is named after Supreme Court Judge Douglas, who virtually saved the canal for all of us. Just think what it would have been like if it were a super-highway. We are happy to carry on our grandfather's legacy and to give back to this special park.”

Volunteer of the Year Jim Heins has an extensive history serving the C&O National Park. Visitors might see him installing heavy benches, painting the mule barns, pounding in more than 200 directional signs or leading a group of Garden Club members through Riley's Lock House to RedStone Mill. The former MCPS administrator is a long-time member of the C&O



Jim Heins

Canal Association, founded in 1954 by Douglas.

“I became interested in volunteering for the Association when they had the floods in 1996 and they really needed help,” he said. “Now I volunteer at least 300-500 hours every year. In 1999, they developed the bike patrol program and my wife and I were two of the original bike patrollers.”

“The attitude or all of us who volunteer in the Park is that we love the Park and this is a good way to give back that we enjoy,” said Heins. “These volunteers are just a wonderful group of people to know. Most are members of the Canal Association and volunteering together makes us a close-knit family. I like the problem-solving of how to install a 200 pound bench, dig footings, mix and put in 300 pounds of concrete — and the finished result.” Earlier this year, Heins was honored by the National Park Service as the recipient of the 2017 Hartzog Award for Enduring Service.

A few tickets are still available for Park After Dark, “Cheers to 10 Years.” To purchase tickets for the event or to make a donation, go to [www.canaltrust.org/parkafterdark](http://www.canaltrust.org/parkafterdark).



## Labor Day Art Shows

Artist Jasmin Smith displays her work during the art shows throughout Labor Day weekend at Glen Echo Park.



PHOTOS BY DEBORAH STEVENS/THE ALMANAC  
Marilee Hall, Marthann and Grant Lebar, and Leila Hall



Nalini Lamba-Nieves and artist Jessie Dearo

## POTOMAC ALMANAC

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## News

# A Place for Discovery

Bullis holds ribbon-cutting ceremony.

By Susan Belford  
The Almanac

**T**he Bullis School introduced its innovative high-tech Gerald L. Boarman Discovery Center to the student body and staff on the first day of the 2017-2018 school year, Tuesday, Sept. 5. A ribbon-cutting ceremony with student representatives from each grade (K-12) launched the new learning center which features 20-plus classrooms and labs, study and lounge areas, a student center, a Telepresence Room, Digital Media Studio and more.

The state-of-the-art building was designed by Duda | Paine Architects of North Carolina and built by Coakley & Williams Construction, Inc. The building is LEED certified, making use of bio-retention ponds and other design elements to conserve energy and increase water efficiency. Besides the new classrooms, the building includes a state-of-the-art Fabrication Lab, an Entrepreneurship Center, a multi-use studio theater with retractable seating, a Bullis Innovation Technology Lab (BITLAB), a student center, bookstore and café, and a rooftop terrace.

With the additional classroom space at



**Student representatives from each grade (K-12) launched the new learning center at a ribbon-cutting ceremony.**

Bullis, the school is able to maintain small class sizes while expanding the size of the student body.

SEE DISCOVERY, PAGE 11

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**KING STREET IN  
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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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# Home LifeStyle



PHOTO COURTESY OF ANTHONY WILDER DESIGN BUILD/PHOTO BY MORGAN HOWARTH

**Blues and greens are great in bedrooms because of their calming effect, says Dana Schwartz, designer at Anthony Wilder Design/Build.**

## The Psychology of Color

### Using color to set the mood in a space.

BY MARILYN CAMPBELL

**W**hen it comes to interior design, color has the power to make or change the feel of a room. Whether cheerful and inviting for a kitchen or serene and comfortable for an office, the right shade can be transformative.

"Colors trigger emotional reactions, associations, and memories," said Jerome Short, Ph.D., associate professor of psychology, George Mason University. "The red spectrum colors tend to elicit more arousal and the blue spectrum colors tend to elicit more calmness. People's favorite colors often boost their mood and disliked colors lower their mood."

Part of designing a space is using color to create mood and feel, says interior designer Nadia Subaran of Aidan Design. In fact, she employed this technique when designing a kitchen space for a recent client. Her goal was to create a room that would be a calming place for the homeowner to derive inspiration for party planning, so she chose a light shade of blue.

"The vintage aqua in the china pantry was meant to evoke a calm and happy space to envision and plan for gatherings and social events," said Subaran. "We wanted the aqua in the cabinetry and on the ceiling to inspire creativity. It's a highly functional space, but it's also one that celebrates that which is being housed and organized."

Lighter, neutral colors help lighten a space and make it feel larger, said

Dana Schwartz, designer at Anthony Wilder Design/Build. "Darker, moodier colors can help a room feel cozier and create a dramatic effect."

"Neutrals like white, black, gray and brown are valued for their flexibility," added Amanda Mertins, president, Patina Polished Living in Alexandria. "You simply add or subtract color to liven up or calm things down. Choosing room colors depends on your personal taste and the room's purpose."

Warm colors such as red and orange often elicit a range of feelings from warmth to anger, said Short. "This may be due to our associations with blood, face flushing, or stop signs," he said. "Cooler colors like blue and green often elicit feelings from relaxation to sadness. This may be due to our associations with a blue sky [and] grass."

When it comes to interior design, "red is known to pump adrenaline, so keep red to a minimum in nurseries or bedrooms,"

said Schwartz. "Blues and greens are great in bedrooms because of their calming effect. Yellows and oranges have an energetic effect, great for communal spaces like kitchens, dining rooms, and bathrooms."

"Choose a color that inspires you or a color that you love," said designer Melissa Cooley of Case Design/Remodeling, Inc. "Choose a color that is reminiscent of your childhood, favorite car or perhaps flowers," she said. "It will help create a positive emotion upon entering the space. Color creates

**"Neutrals like white, black, gray and brown are valued for their flexibility. You simply add or subtract color to liven up or calm things down."**

**— Amanda Mertins, president, Patina Polished Living**



**Dark colors, such as those in this room by Susan Nelson of Home on Cameron, can add warmth to a space.**

PHOTO COURTESY OF SUSAN NELSON

an emotion; therefore create the space you wish to feel. This is a perfect example where beauty is truly in the eye of the beholder. Make sure to carry that color throughout the space, creating a cohesiveness within the space."

The amount of natural light a room receives can also play a role in color selection, says Cooley. "In a basement space, limited sunlight can sometimes cause a damper on one's mood," she said. "A pop of color even in a bathroom can enlighten and lift one's emotion. Adding a pop color creates an oasis or a place of bright escapism."

Color can be added to a room in a variety of ways, advises designer Susan Nelson of Home on Cameron in Alexandria. "Typically walls are painted, but it's important to remember that accessories and furniture ...

are other ways to insert color into a room."

When choosing colors for an outdoor space, play off natural elements. Air and water tones such as blues, soft greens and light neutrals bring a sense of tranquility and calm to a space because they are reminiscent of water views and blue skies, advises Madeline Fairbanks at Country Casual Teak.

"Create a calm, cool retreat by mixing blues and whites that remind us of waves, water and sand to sooth the nerves and invite relaxation," she said. "Earth and fire tones like rich browns, oranges and reds can energize and animate a space and bring inviting warmth outdoors. Warm colors are thought to stimulate the senses and whet the appetite, so are perfect for outdoor spaces where guests will be entertained."



PHOTO COURTESY OF SUSAN NELSON

**In this room by Susan Nelson of Home on Cameron, the soft gray and lavender tones provide a backdrop for the brightly colored sofa and accessories.**



# Home LifeStyle

The 2017 DC Design House, located in Potomac, Md., will be open to the public from Saturday, Sept. 30 until Sunday, Oct. 29.

COURTESY OF THE DC DESIGN HOUSE



This Fairfax kitchen was enlarged to create a space for entertaining for a family of five.

PHOTO COURTESY OF NICELY DONE KITCHENS AND BATHS

## 2017 Design House Designers Revealed

The designers who will transform the 10th Annual DC Design House were announced recently.

Among the 23 men and women who will give the Potomac, Md. home a makeover are Alexandria-based designers Susan Nelson and Todd Martz; Lisa Tureson of Herndon; Margery Wedderburn of Great Falls; Mary Amons of McLean; Josh Hildreth of Reston; Keira St. Claire-Bowery of Cabin John, Md.; and Bethesda, Md.-based designers Kelley Proxmire, Lorna Gross, Marika Meyer, Erica Burns, Karen Snyder and Camille Saum.

The selection process is competitive and being chosen to design one of the home's rooms is considered

one of the most prestigious honors in the industry.

The Washington, DC Design House, a nonprofit entity, began in 2008 as a design show house event for the Washington, D.C. area. Each year, local designers donate their time and talent to makeover a grand home that opens to the public for tours. Proceeds raised from tour ticket sales benefit Children's National Health System.

This year, the home is located at 9004 Congressional Court in Potomac, Md., and will be open from Sept. 30 through Oct. 29. Tickets are \$35. Visit [www.dcdesignhouse.com](http://www.dcdesignhouse.com).

— MARILYN CAMPBELL

## 1970s Kitchen Gets Makeover

When a Fairfax family of five decided that their 1970s-era kitchen needed to be brought into the 21st century they enlisted the help of Nicely Done Kitchens and Baths. The homeowners also wanted more space for entertaining and to accommodate their large family.

"This was a particularly interesting project," said designer Cathy Goss of Nicely Done Kitchens and Baths. "It involved incorporating four different functions into one uniquely-sized space."

Two adjacent rooms were combined to allow space for an island, pantry, command center and a station for cooking and the subse-

quent clean-up. The design team removed a wall between the kitchen and dining room to create a larger kitchen area. They also incorporated two different backsplashes into the design: a marble subway tile with a marble accent under the range hood and a cut stone surface at the glass cabinets. LED under-cabinet lighting accents the quartz counters.

"The cabinetry is a beautiful example of reverse raised panel paired with eclipse glass doors," said Goss. "The project resulted in a beautiful and ultra-functional centerpiece to this Fairfax family's home."

— MARILYN CAMPBELL

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# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Food Pictures.** at Photoworks, 7300 MacArthur Boulevard. Foodies: A Juried Photography Exhibition, on display Sept. 15-Oct. 22. Meet the juror Debra Moser, Friday, Sept. 15. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org).

**Pups on the Patio.** 4-7 p.m. every Thursday at Silver, 7150 Woodmont Ave., Bethesda. Guests can enjoy drinks, appetizers and dinner with their pets outside on Silver's patio. Visit [www.eatatsilver.com](http://www.eatatsilver.com).

**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 per single vehicle.

## CAMPS, CLASSES & WORKSHOPS

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

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

**Registration is Open.** for Montgomery County Recreation and Montgomery Parks Summer Programs and Activities. Email [ProgramAccess@MontgomeryParks.org](mailto:ProgramAccess@MontgomeryParks.org). Visit [www.MontgomeryParks.org/access](http://www.MontgomeryParks.org/access).

**Toca Summer Soccer Camp.** 6-8 p.m. through August 9 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.

**My Gym Potomac Camp.** 1-4 p.m. Aug. 7-Sept. 4 at My Gym Potomac, 11325 Seven Locks Road. My Gym camp includes themed games and craft, gymnastics, sports, and snack. \$40 for members, \$45 for non-members. Email [potomac@mygym.com](mailto:potomac@mygym.com) or call 301-983-5300.

## 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](mailto:info@potomaccommunityvillage.org) or visit [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org).

## 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](http://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



## Middle Eastern Festival

**Volunteers make the custard triangles for the 34th Annual Middle Eastern Festival being held Sept. 22-24 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](http://peterpaulpotomac.org).**

philanthropy supporting the park. \$200-\$250. Call 301-714-2233 or visit [www.canaltrust.org/](http://www.canaltrust.org/)

**Poolesville Anniversary.** 8 a.m.-4 p.m. at Whalen Commons, 19701 Fisher Ave., Poolesville. Celebration includes food, music, races, and skateboard contest. Visit [www.poolesvilleday.com/](http://www.poolesvilleday.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](mailto: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](http://www.focusmusic.org) or call 301.221.9000.

## 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.

## 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](http://peterpaulpotomac.org)

## SEPT. 23-24

**Montgomery Teachers Art Exhibition.** Various times at The Yellow Barn Studio & Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call 240-626-4981 or email [alex.bartman@outlook.com](mailto:alex.bartman@outlook.com).

## 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/](http://www.holychild.org/tiger-trot-2017/).

## 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/](http://www.dcdesignhouse.com/).

## SATURDAY/SEPT. 30

**National Public Lands Day.** 11 a.m.-4 p.m. at Piney Branch, Rock Creek Park in Mount Pleasant., Participants will remove invasive plants and pick up trash in the area, which is designated as one of Rock Creek Park's SOLVE sites, (Sustaining Our Public Lands with Volunteer Energy.) Visit [www.rockcreekconservancy.org](http://www.rockcreekconservancy.org).

## SATURDAY/OCT. 7

**Taste of Bethesda.** 11 a.m.-4 p.m. at Woodmont Triangle, Bethesda. Nearly 50 restaurants and five stages of entertainment to Bethesda's Woodmont Triangle. Call 301/215-6660 or visit [www.bethesda.org](http://www.bethesda.org).

## 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](http://RidefortheReserve.org).

## 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](mailto:info@potomaccommunityvillage.org) or visit [PotomacCommunityVillage.org](http://PotomacCommunityVillage.org).

## SATURDAY/OCT. 22

**Royce Hanson Awards.** 3-5 p.m. at the BlackRock Center for the Performing Arts, 12901 Town Commons Drive, Germantown. For recognition of outstanding commitment toward the protection of Montgomery County's Agricultural Reserve. \$75. Visit [www.blackrockcenter.org](http://www.blackrockcenter.org).

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## News



From left are Karyn Simon, Lisa Raker, Amy Gleklen and Rhonda Kaufman.

## Addie's Opens

FROM PAGE 2

Fisherman's Stew — a favorite served at the original Addie's Restaurant. Dinner for two can include the Allen Brother's Rib-Eye, Mediterranean Whole Roasted Sea Bass and a Whole Roasted Spatchcock Chicken.

The Seafood Tower offering is the most distinctive item on the menu — and unlike other restaurants' Seafood Towers. Served as a three-tiered platter, the Tower can be ordered in three different sizes and is created to be shared and enjoyed. Diners choose from a list of 25 seafood selections which change on a daily basis. Some of the options include a Half-chilled Lobster Tail, Tuna Tartare, a Tempura Soft-Shell Crab, Maryland Blue Crab Claw, Razor Clams and Nori and Hijiki Seaweed Salad. There are also items on the Tower menu that do not include seafood.

Potomac residents Lisa Raker, Rhonda Kaufman, Amy Gleklen and Karyn Simon had celebrated each other's birthdays at the previous Addie's for many years. "We were broken-hearted when it closed two years ago — but when we heard it was re-opening at Park Potomac, we were thrilled," said Raker. "The mussels and salads are terrific and we love the atmosphere. We will definitely return."

Waitress Renee Schoch explained that the restaurant serves only the freshest farm-to-table



**Addie's Restaurant is located at 12435 Park Potomac Ave.**

food and the menu changes daily depending on what fresh foods are available. "All the seafood is locally sourced," she said. "We also have our own barista and we serve Rise Up Organic coffee roasted in Easton, Md."

Chef Jeff Black moved to the D.C. area some 20 years ago from Texas to study culinary arts. Black has grown his management company, the Black Restaurant Group which he owns and operates with his wife Barbara Black and Jon Linck. They own six different restaurants in the D.C. area: Black's Bar and Kitchen, Bethesda; Black Market Bistro, Garrett Park; Black Salt, Washington D.C.; Republic, Tacoma Park; Pearl Dive Oyster Bar and Black Jack, D.C.; and Addie's in Park Potomac. Each establishment's menu and atmosphere is different.

Reservations are recommended for the restaurant dining room. The restaurant is located at 12435 Park Potomac Ave., Potomac. Addie's is closed on Monday. See [www.addiesrestaurant.com](http://www.addiesrestaurant.com).



**Inside Addie's Restaurant**

## JOIN THE FIGHT FOR ALZHEIMER'S FIRST SURVIVOR.



At the Alzheimer's Association Walk to End Alzheimer's®, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease. Register today at [alz.org/walk](http://alz.org/walk).



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





An outdoor patio is located on the top of the building.

## Discovery Center

FROM PAGE 5

"I am just overwhelmed right now with the realization that after 19 months of planning and building, we are seeing the kid's reactions to the innovative education they will be able to take advantage of," Head of School Gerald L. Boorman said. "This building will facilitate everything we want to do and will provide kids with state-of-the-art educational and growth opportunities. We are so pleased with the way it has turned out, how it fits with our campus design and with the spirit of innovation that will take place here."

The building has classrooms and labs for the lower, middle and upper schools. There are lounges for seniors, meeting rooms for group projects and state-of-the-art laboratories that offer both outdoor and indoor spaces for science experiments. In the BITLAB, students will be able to design and fabricate their inventions using 3-D printers, woodworking and welding tools.

"Seniors in the STEM Capstone program must complete an independent study program," said STEM teacher and BITLAB coordinator Matt Zeigler. "They have the opportunity here to be creative in their field of interest — robotics, medical devices or other topics — and to actually produce their own inventions. I'm excited that all students at Bullis will have the opportunity to take advantage of the BITLAB and all that it offers."

Mark Walter, the Lower School STEM teacher, is thrilled with his classroom which includes an outdoor patio. "We will study life, earth and physical science. This setting is perfect for studying weather, for growing plants and for teaching all aspects of science. For instance, if we are studying weather, the kids can immediately run outside to study the barometer or to do an experiment. The kids get so excited when they are learning experientially."

The building also has an outdoor patio located on the top of the building, furnished with seating and a firepit. The café on the first floor provides a meeting place for students as do the lounges. There are many spaces available for individual study, meeting with teachers or for group work. In the rooms, the desks are movable and the chairs allow for book bags to be stored beneath and all are on wheels for group work or to change the layout of the classroom.

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-Thomas A. Edison

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## "Kenny's Story"



By KENNETH B. LOURIE

Ordinarily I wouldn't have given the Lyrica television commercial too much attention. But there sat a spokesperson named Kenny, his name clearly printed in red script on top of a white oval located above his right breast pocket on his custom-work shirt, a middle-aged white man like me, holding his left foot across his right knee talking about a medical problem that we both feel: the "shooting, burning, pins and needles of diabetic nerve pain." It was odd seeing someone named Kenny on television referring to a problem that not-on-television Kenny also has, though my symptoms are not from diabetes; they're from eight and half years of chemotherapy. Nevertheless, as Babe Ruth said about the sound of his throat-cancer-ravaged voice on "Babe Ruth Day" at Yankee Stadium on April 27, 1947: "It feels just as bad."

Campaign to date, according to ISpot.tv, within the last 30 days, "Kenny's Story," as it's identified, has had "74 commercial airings." And though I don't think for a moment that this Kenny could be confused with that Kenny, considering that he's an auto mechanic who "grew into a free-wheeling kid" and "enjoyed every step of fatherhood," and I'm not 'free-wheeling,' not a father and know zero about cars, I do feel his pain — literally.

Now the fact that the words of advice are coming from someone named Kenny does give me pause however. Not that all Kennys have identical personalities or life's experiences but knowing how little familiarity I have with this product makes me distrust him somehow. My name is Kenny and I'm not prepared to make those statements. How can he?

It reminds me of a long-ago M\*A\*S\*H episode when Major Frank Burns was feeling paranoid (as he said: "I'm only paranoid because every one's out to get me") because he thought "someone else is using my face." None of which makes any more sense than my not believing spokesperson-Kenny just because his name happens to be Kenny.

But there's no accounting for viewer reaction, probably. That's likely why there were a total "1,271 airings" of Lyrica diabetic nerve pain commercials nationally over the last 30 days. "Kenny's Story," at 74 airings, was a small percentage of at least a dozen variations on this theme as well as a parallel campaign to address Fibromyalgia, a similar condition also treated by Lyrica.

It's odd, of the multiple spots that have appeared on television, all of which show people living active lives — and being grateful for using Lyrica, only three: "Kim's Salon," "Michael," and yours truly are "given-named." All the others: "Coach," "Grandpa," "School Teacher," "Keep the Beat Going," "Helping Others", as a few examples, are not.

I'm wondering if "naming"/invoking names in these spots does in fact personalize the experience for viewers in a way that the pharmaceutical companies think is counter productive? Maybe naming the spokesperson/sufferer causes a reaction among Kims and Michaels that yours truly is feeling/writing about?

Moreover, given that "Big Pharma" probably doesn't want to limit its reach by excluding a segment of the market because of name recognition possibly lends some credence to the presumption that using a name to identify the individual in one of these spots is rare because it's unhelpful. As it relates to these spots and their names, perhaps less is more, given how many research/clinical dollars (hundreds of millions of dollars we're often told) are invested in the process of bringing FDA-approved products to market? Accordingly, I suppose "Big Pharma" can't afford to leave any potential stone/"prescriptee" unturned.

I certainly don't know the answers to any of these questions. I can only wander — and wonder what it is that makes sense here and where I fit into their universe. The commercials have hit their intended target: me, a patient with "shooting, burning, pins and needles ..." but I have to tell you: I don't like "Kenny."

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



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