

# Potomac ALMANAC

## WELLBEING

PAGE 10

Vivian Wright displays her costume at the second annual Halloween FunFest at St. James' Episcopal Church on Saturday, Oct. 28.

# Happy Halloween

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## 'Lost in Yonkers' In Potomac

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## Creating Balance During the Holidays

WELLBEING, PAGE 10



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SAVANNAH WALNUT  
CERAMIC TILE  
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sq. ft.



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PORCELAIN TILE  
6" X 24"

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sq. ft.



LAMINATE  
TIGERWOOD  
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sq. ft.



MATTE WHITE  
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each



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## Ghosts, Princesses, Superheroes, Oh My

Second annual Halloween FunFest at St. James' Episcopal Church.



Taylor and Sierra Gallum



Rose and Lyric Baker

PHOTOS BY DEBORAH STEVENS  
THE ALMANAC



A Trunk or Treat was held at St. James' Episcopal Church on Saturday, Oct. 28 as part of its annual Halloween FunFest.



Zoe and Ava Henneberger and Messy Monster Ethan Nayback.



James, Joseph, Jimmy Isaaca, Meredith Heffner, Rector and Rachel Maye.



Allan and Zoe Cardno in the Haunted Catacombs.



Audrey and Caroline Harris

WWW.CONNECTIONNEWSPAPERS.COM



Philip Iype



A spooky organ concert entertains the crowd at Saturday's FunFest.



# OPINION

## Potomac Master Plan Threatened — Again

BY GINNY BARNES  
WMCCA PRESIDENT

Montgomery County is fortunate to have grown on the foundation of visionary planning. We have a General Plan and individual area Master Plans. One of the functions of a civic organization like WMCCA is to keep watch over the planning documents. Our Potomac Subregion Master Plan is based on protecting natural resources that contribute to

the public drinking water supply.

### WEST MONTGOMERY COUNTY CITIZENS ASSOCIATION

This accounts for our low density zoning, our numerous stream valley

parks, even how our roads are configured. Key to maintaining all of these assets and protecting drinking water is limiting the expansion of sewer.

This restraint on sewer applies to the “green wedge” residential zone in the eastern county and especially to the Agricultural Reserve. The county is now proposing changes to the Ten-Year Comprehensive Water Supply and Sewerage Systems Plan that would weaken support for low density areas which serve as buffers to water quality protection. They would establish a new pro-sewer policy called “special sewer service area” that changes the basis for recommending a category change from septic to public sewer.

For the most part, sewers require gravity to function and so drain to the lowest land possible — alongside streams. These pipes require massive disturbance to forested stream valleys and allow increased development. When they leak or break (which happens more than we realize), thousands of gallons of effluent pollution are released directly into our creeks.

Properly maintained septic systems are safe and do not constitute the sweeping public health hazard created by broken sewer pipes. Most of us give little thought to what happens when we flush our toilets or pour something down our drains. Yet where that effluent goes and how it gets there is the very basis of our zoning, planning, and community character. We are blessed with abundant open space, a greener community, and clean drinking water because we limit sewer expansion. Please attend our meeting and find out why changes to long held sewer policy apply to every resident

### Next Meeting

The West Montgomery County Citizens Association will meet at the Potomac Community Center on Wednesday, Nov. 8, 7:15 p.m. If schools are closed because of inclement weather, the meeting will be cancelled.

Diane Cameron will speak on “The Danger of Expanding Sewer Pipes into Low Density Zones.” With degrees in both geology and environmental engineering, Cameron is former conservation director for the Audubon Naturalist Society (ANS)

and founder of the Stormwater Partners Network comprised of 23 organizations dedicated to promoting clean water in the region. She specializes in urban watershed protection and restoration using green infrastructure techniques and serves as a consultant to the Natural Resources Defense Council (NRDC). Cameron has guided watershed policy for Conservation Montgomery as a founding board member and currently works as a private consultant. As always, the public is welcome to attend.

of our community.

### Old Angler’s Cove Development Plan

BY GINNY BARNES

Plan # 020170290 proposed 4 lot subdivision on 1.87 acres - R-200 Zone. This land adjoins the C&O National Historic Park (NHP). The current proposal shows no easements to buffer the National Parkland.

While easements appear on maps generated during a previous ownership, this proposed subdivision indicates no easements have yet been required.

Virtually all properties adjoining the narrow corridor of the NHP require easements to buffer parkland, WMCCA will request they be a condition of the subdivision.

### Lawn Pesticides And Chemical Drift

BY KEN BAWER

In October 2015, the County Council enacted Bill 52-14, Pesticides - Notice Requirements - Cosmetic Pesticide Use Restrictions, which would have prohibited the use of certain registered pesticides on private property starting on Jan. 1, 2018. The county is one of the few local jurisdictions to have such restrictions. The council enacted this legislation with a focus on pesticides that included chemicals linked to the risk of developing cancer. Complete Lawn Care, Inc., et al. v. Montgomery County

invalidated certain provisions of Bill 52-14 because the Circuit Court found that county regulation of the use of pesticides on private property is preempted by state law.

On Aug. 16, 2017, the Montgomery County Council directed the Office of the County Attorney to appeal the Montgomery County Circuit Court ruling that overturned the county’s cosmetic pesticides ban. In the meantime, if you are subjected to chemical drift from pesticides applied to a lawn you can file a complaint with the Maryland Department of Agriculture’s Pesticide Regulation Department. Go to the web site: [http://mda.maryland.gov/plants-pests/Pages/professional\\_forms.aspx](http://mda.maryland.gov/plants-pests/Pages/professional_forms.aspx), and find the form on the right hand side called “File a Complaint against a Pest Control Firm or Applicator” (5th document from the bottom) or, go directly to the form at <http://mda.maryland.gov/plants-pests/Documents/complain.pdf>. The completed form can be emailed to: [rob.hofstetter@maryland.gov](mailto:rob.hofstetter@maryland.gov).

All pesticides have restrictions on usage during windy days and/or rain, so you should indicate the approximate wind speed (you can use weather.com for Rockville, for example). You can ask to be informed exactly which chemical compounds were applied. For extra impact, copy: [info@safegrowmontgomery.org](mailto:info@safegrowmontgomery.org), this group is instrumental in the lawn pesticide ban effort.

*If you have any issues or concerns in your neighborhood, contact WMCCA. Input from residents are welcome; WMCCA is glad to review and address issues as they affect the Potomac Subregion Master Plan, zoning, and environmental threats to the “Green Wedge,” creeks and water supplies, and the Agricultural Reserve. Help support its efforts in defending the Master Plan. Renew or become a new member of WMCCA. See [www.wmcca.org](http://www.wmcca.org).*

## Black Bear Hunt Concludes in Western Maryland

### Preliminary results indicate 128 bears killed.

Unpredictable weather conditions in “Mountain Maryland” didn’t hamper hunters from enjoying time afield this week during the state’s 2017 Black Bear Hunting Season.

Preliminary results of the 14th annual hunt reveal that 128 hunters successfully killed a bruin over the four-day hunt in western Maryland despite battling heavy rains, reduced daylight and dropping temperatures.

For just the second year, hunters were al-

lowed to hunt bears in all four western counties: Allegany, Frederick, Garrett and Washington.

Preliminary Statistics from the 2017 Maryland Department of Natural Resources Black Bear Hunt:

- ❖ 128 black bears killed (22 from Allegany County, two from Frederick County, 103 from Garrett County, and one from Washington County.
- ❖ 152 pounds average weight of the bears.
- ❖ 69 percent of bears taken on private land.
- ❖ 5,453 hunters applied for a permit.
- ❖ 1,683 hunters participated.



AUTUMN COLOR BY STEVE OLIVER

## POTOMAC ALMANAC

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

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Elyon Topolosky as Arty, Marnie Kanarek as Bella, and Cole Sitilides as Jay in the Peace Mountain Theatre Company's production of "Lost in Yonkers."



From left: Michael Reilly as Eddie, Cole Sitilides as Jay, and Elyon Topolosky as Arty in the Peace Mountain Theatre Company's production of "Lost in Yonkers."

PHOTOS BY HARVEY LEVINE

# 'Lost in Yonkers' Being Performed in Potomac

Congregation Har Shalom's Peace Mountain Theatre Company presents Neil Simon comedy.

BY STEVE HIBBARD  
THE ALMANAC

Congregation Har Shalom's Peace Mountain Theatre Company is presenting Neil Simon's comedy, "Lost

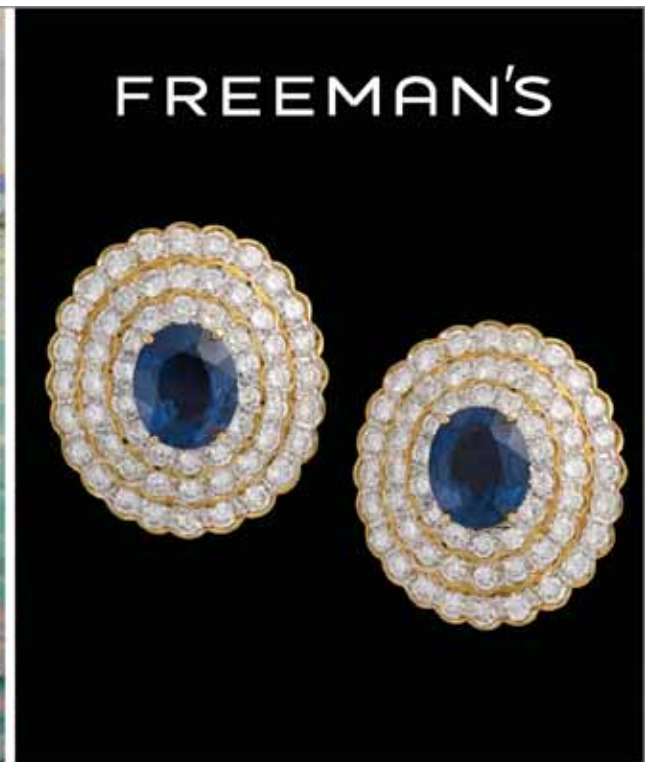
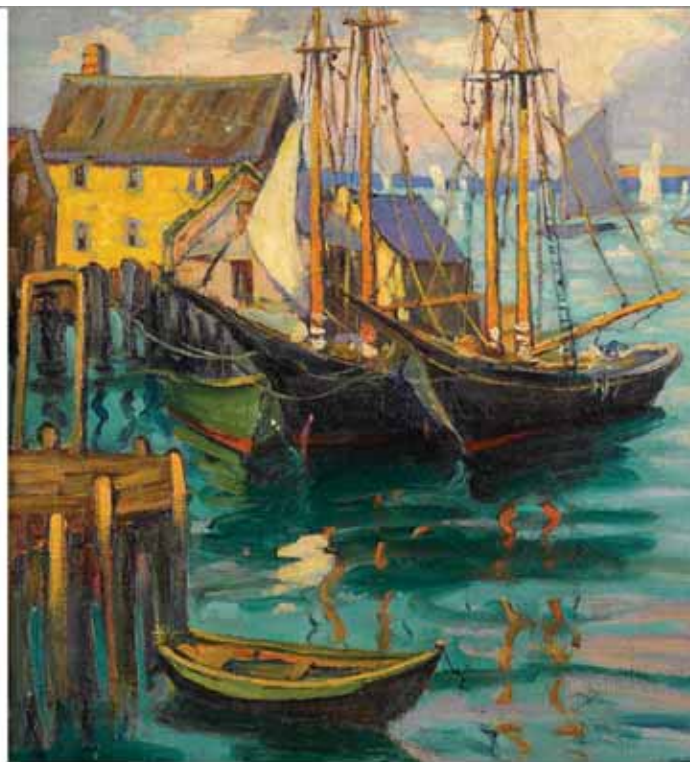
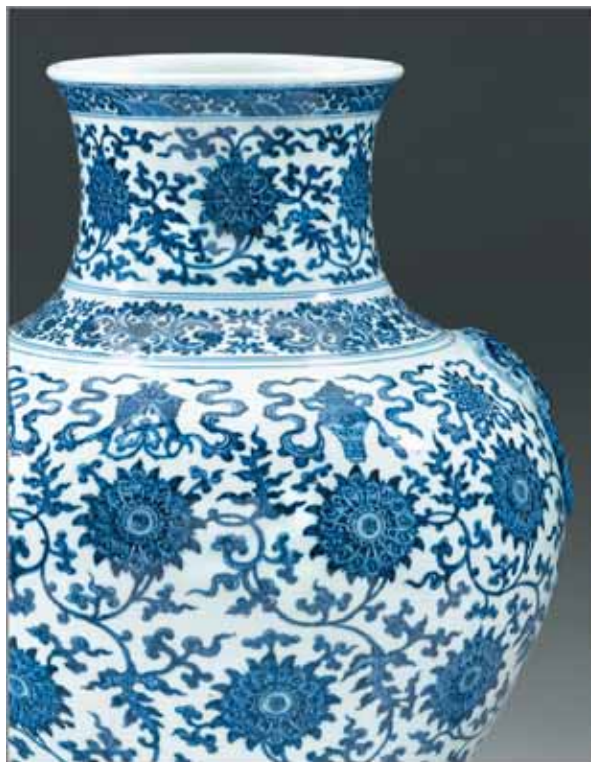
in Yonkers," Nov 2 at 8 p.m. and Nov. 5 at 2 p.m. and 7 p.m. Now in its fourth year of production, Congregation Har Shalom focuses on producing plays by contemporary Jewish playwrights with a message.

Set in Brooklyn, N.Y., in 1942, the play

follows the story as Evelyn Kurnitz who has just died following an illness. Her husband Eddie needs to take a job as a traveling salesman to pay off her medical bills and asks his stern mother if his teenage sons, Jay and Arty, can live with her and their

Aunt Bella in Yonkers. She refuses but after a threat by Bella, she lets them stay. The boys don't like their new living situation and they're afraid of their Grandma, and find it difficult to relate to Aunt Bella. The drama

SEE LOST, PAGE 9



## READY TO SELL? SPEAK TO THE EXPERTS.

Colin Clarke, VP, of Freeman's, America's oldest auction house, will be in **Northern Virginia and Potomac, MD on November 9th and 10th** to evaluate property for inclusion in our Spring 2018 auction season.

For more information or to make an appointment, please contact:  
Colin Clarke | 434.409.4549 | cclarke@freemansauction.com

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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

**Townscapes: Sketching as a Way of Life.** Through Dec. 2, 1:30-4:30 p.m. at the VisArts Center, 155 Gibbs St., Rockville. Class will be sketching in the blocks surrounding VisArts, weather permitting. In inclement weather, sketching is done inside. Saturday classes. Call 301-315-8200.

**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).

**Children's Storytime.** Wednesdays and Saturdays, 10 a.m. at Barnes & Noble Booksellers, 4801 Bethesda Ave., Bethesda. Listen to employees read children's stories. Free. Visit [www.store-locator.barnesandnoble.com/event/4824850-21](http://www.store-locator.barnesandnoble.com/event/4824850-21).

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

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

**Weekly Swing Dance.** Saturdays, 8 p.m.-midnight. The DC Lindy Exchange presents a swing dance with live music in the Spanish Ballroom, Glen Echo Park, 7300

MacArthur Blvd., Glen Echo. Beginner swing dance lesson at 8 p.m., followed by dancing. Admission \$16-\$18, age 17 and under \$12. [www.glenechopark.org](http://www.glenechopark.org).

### Argentine Tango with Lessons.

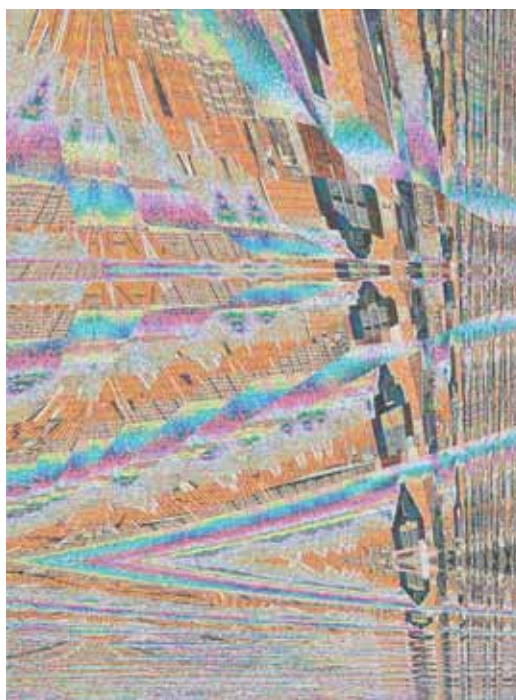
Most Sundays, 6:30-11 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Argentine Tango lessons followed by a Milonga most Sunday evenings. Beginner lesson 6:30-7:30 p.m. and intermediate lesson 7:30-8:30 p.m. Cost is \$15/lesson and includes the Milonga. For just the Milonga,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

**Contra and Square Dance.** Fridays and Sundays 7-10:30 p.m. in the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. The evening can include square dances, mixers, waltzes and other couple dances. All Contra and Square dances are taught, no partner necessary. Lessons at 7 p.m., followed by the called dance with live music at 7:30. \$13 for nonmembers, \$10 for FSGW members, \$5 ages 17 and under. [www.glenechopark.org](http://www.glenechopark.org), 301-634-2222.

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

### Potomac Games Group.

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



## Meet the Artists

**Friday, Nov. 10, 7-9 p.m. at Gallery B, located at 7700 Wisconsin Ave., Suite E, Bethesda. Meet Bob Bradford, Bob Elliott, Allen Hirsh and Samuel Shin, with their photography and digital art exhibits on display through Dec. 2. Visit [bethesda.org](http://bethesda.org).**

ARTWORK BY ALLEN HIRSCH

for Maryland Republican Party. Visit [www.mdgop.org](http://www.mdgop.org).

**Lydia Loveless Live in Concert.** 7 p.m. at the Amp by Strathmore, 11810 Grand Park Ave., North Bethesda. Visit [www.ampbystrathmore.com](http://www.ampbystrathmore.com).

## FRIDAY/NOV. 3

**Meet the Author.** 12:30-2 p.m. at the Potomac Library, 10101 Glenolden Drive. Eric Lichota on his book, "Five Uniforms," the true story of his father during Germany's invasion of Poland,

fighting his way across Europe. Free. Email [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org).

**Artists Reception.** 6-9 p.m. at Artists & Makers Studios 2 at 12276 Wilkins Ave., Rockville. "Alternative Evolution" in the main gallery with Eric Celarier, "Magic Symmetry" with Peter Swift, and "Show Us Your Best Shot" with the Montgomery County Camera Club. Call 240-437-9573 or visit [artistsandmakersstudios.com](http://artistsandmakersstudios.com).

**Wayne Wilentz in Concert.** 7-11 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Call 301-983-8838.

## SATURDAY/NOV. 4

**SOLD Movie Screening.** 10:30 a.m.-12:30 p.m. at Churchill High School, 11300 Gainsborough Road, Potomac. The producer Jane Charles will be attending the screening, along with actress Seirah Royin, and local and national experts on the topic of human trafficking. The goal is to create awareness amongst our community and more importantly engage teens to understand the issue. Visit [www.soldthemovie.com/](http://www.soldthemovie.com/).

**Rob Patrick in Concert.** 7-10:30 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. He Brings The Piano To Life. Call 301-983-8838.

## SUNDAY/NOV. 5

**Rockville 10K/5K.** 8:30 a.m. at King Farm Village Center, King Farm Boulevard and Pleasant Drive, Rockville. Annual race. Visit [www.rockville10k5k.com](http://www.rockville10k5k.com).

**Digestion Author.** 3 p.m. at Bethesda Jewish Congregation, 6601 Bradley Blvd., Bethesda. Dr. Robynne

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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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# ENTERTAINMENT

Chutkan, an integrative gastroenterologist and bestselling author whose 25 year-long medical practice has yielded Gutbliss — a commonsense approach to “healing your gut from the inside out.” Call 301-469-8636, email admin@bethesdajewish.org, or visit www.bethesdajewish.org.

**Tom Saputo in Concert.** 6:30-10 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. He Brings The Piano To Life. Call 301-983-8838.

## WEDNESDAY/NOV. 8

**Students Performance.** 8 p.m. at Montgomery College, 51 Mannakee St., Rockville. Student artists will come together to present what the American Dream means to them through music, dance, and theatre performance in “My aMeriCa: Perspectives on the American Dream.” Visit www.montgomerycollege.edu/pac.

## FRIDAY/NOV. 10

**Spencer Bates in Concert.** 7-11 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Call 301-983-8838.

**Meet the Artists.** 7-9 p.m. at Gallery B, located at 7700 Wisconsin Ave., Suite E, Bethesda. Photography and digital art exhibits by Bob Bradford, Bob Elliott, Allen Hirsh and Samuel Shin, on display through Dec. 2. Visit www.bethesda.org.

## SATURDAY/NOV. 11

**National Philharmonic Orchestra.** 8 p.m. at the Strathmore, 5301 Tuckerman Lane, North Bethesda. Performance includes three of Villa-

Lobos's Bachianas Brasileiras, followed by J. S. Bach's Magnificat, featuring soprano Danielle Talamantes; mezzo-soprano Magdalena Wór; tenor Matthew Loyal Smith; and baritone Kerry Wilkerson. \$25-\$82 and are free for age 7-17. Visit nationalphilharmonic.org or call 301-581-5100.

## NOV. 11-12

**Student Art Exhibition.** Various times at The Yellow Barn Studio & Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Students of Gonzalo Ruiz Navarro, a still-life artist from Spain. Call 240-626-4981 or email alex.bartman@outlook.com.

## SUNDAY/NOV. 12

**Annual Artisan Marketplace.** 11 a.m.-4 p.m. at the Silver Spring Civic Building, 1 Veterans Place, Silver Spring. Crafts, jewelry, food gifts and fine art from women who bring their cultural traditions to life. With every purchase, this helps give the gift of empowerment to a woman pursuing her dreams. Visit www.ewint.org.

**Owl Moon Raptor Festival.** noon-4 p.m. at Black Hill Regional Park Nature Center, 20926 Lake Ridge Drive, Boyds. Hoot hoot hoot. Call 301-528-3480.

**Students Performance.** 2 p.m. at Montgomery College, 51 Mannakee St., Rockville. Student artists will come together to present what the American Dream means to them through music, dance, and theatre performance in “My aMeriCa: Perspectives on the American Dream.” Visit www.montgomerycollege.edu/pac.



**Dixieland Jazz Band in Concert.** 3-6 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Bring instruments and sit in with the Conservatory Classic Jazz Band during the first set. \$10. Call 301-983-8838.

## DEADLINE NOV. 16

**Rockville's Annual Food Drive.** 5 p.m. at Rockville Community Center, 111 Maryland Ave., Rockville. Find a list of food requested by the drive, a list of holiday food items needed and more information at www.rockvillemd.gov/holidaydrive.

**Technology Lecture.** 7-9 p.m. at the Potomac Library, 10101 Glenolden Drive. Victor Resmovic, an IT consultant and cybersecurity and technology teacher, will speak on “Ten Things You Can Do Using the Cloud.” Call 240-221-1370 or email info@PotomacCommunityVillage.org.

**Jamie Sandman in Concert.** 7-10:30

p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. 301-983-8838.

## FRIDAY/NOV. 17

**Wayne Wilentz in Concert.** 7-11 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. 301-983-8838.

## SATURDAY/NOV. 18

**Dinner of Champions.** 7 p.m. at JCC of Greater Washington, 6125 Montrose Road, Rockville. The annual event honors those who have achieved success in the world of sports, and those who have made extraordinary contributions to the community. The dinner benefits the Jewish Community inclusion programs for individuals with special needs. Individual tickets are \$275. Visit www.jccgw.org.

**Rob Patrick in Concert.** 7-10:30 p.m. at Margery's Lounge at Normandie

Farm Restaurant, 10710 Falls Road, Potomac. Call 301-983-8838.

## SUNDAY/NOV. 19

**Tom Saputo in Concert.** 6:30-10 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. He brings the piano to life. Call 301-983-8838.

## THURSDAY/NOV. 23

**Turkey Chase.** 8:30 a.m. at 9401 Old Georgetown Road at Spruce Street. The Turkey Chase 10K Run benefits the YMCA Bethesda-Chevy Chase, YMCA's Youth and Family Services and the Bethesda-Chevy Chase Rotary Club Foundation. Includes a two-mile walk/run; wheelchairs welcome. Registration is \$10 for the Kid's Run, \$20 for the 2 mile race, and \$35 for the 10K. See www.turkeychase.com.

## FRIDAY/NOV. 24

**Terry Lee Ryan in Concert.** 7-11 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. 301-983-8838.

## NOV. 25-DEC. 31

**Winter Lights Festival.** Sunday-Thursday, 6-9 p.m.; Friday-Saturday, 6-10 p.m. at Seneca Creek Park, 11950 Clopper Road, Gaithersburg. Winter Lights is a 3.5-mile drive through a holiday light show at Seneca Creek Park. Additional events include Wine Under the Lights, Run Under the Lights, Leashes 'n' Lights, and, S'More Lights & Trolley Rides. Visit www.gaithersburgmd.gov/leisure/special-events/winter-lights-festival.


## ETHNIC FOOD FESTIVAL



**St. Mark Orthodox Church**  
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 Chicken Kiev, blini, kielbasa, spanakopita, baked  
 goods, and more!

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 recycled-glass jewelry, Lipsense lipstick, hair accessories, hats,  
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November 16, 2017 Six O'clock, pm  
 Normandie Farm Restaurant

Honoring:

Citizen of the Year <b>Dr. John Sever</b>	Business Person of the Year <b>James McWhorter</b>	Youth of the Year <b>Harrison Smith</b>
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## Annual Awards Dinner

Please respond by Friday, November 10, 2017

Mr./Ms. \_\_\_\_\_

Phone No: \_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_\_ Number of Individual attendees-\$58.00 per Person.  
 \_\_\_\_\_ I am unable to attend.

Please choose a dish for each individual:

\_\_\_ # of Chicken “Coq Au Vin”  
 \_\_\_ # of Seared Barramundi w/ Almonds Meuniere (or)  
 \_\_\_ # Roasted Vegetable Plate

Make Checks payable to: **The Potomac Chamber of Commerce, Inc.**  
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**Lunch & Learn author talk**  
*Free, please bring your own brown bag lunch*  
**Friday, Nov. 3, 12:30, Potomac Library**

**Social Lunch**  
**Tues., Nov. 14, 12 noon, Tally Ho Restaurant, Potomac**  
*Participants pay for their own meal*

**10 Things You Can Do Using the Cloud**  
*Free. Thurs. Nov 16, 7 p.m. Potomac Library*

**details at 240-221-1370**  
**www.PotomacCommunityVillage.org**



# Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

## August, 2017 Sales, \$839,900~\$899,000

IN AUGUST 2017, 60 POTOMAC HOMES SOLD BETWEEN \$3,750,000-\$541,000.

**5** 12809  
Huntsman Way  
— \$855,000



**7** 2 Scottview Court — \$850,000



**8** 11610 Toulone riverR — \$839,900



**6** 9437 Lost Trail Way — \$855,000



**3** 11205 Hawhill End — \$865,000



**2** 10622 Great Arbor Drive — \$885,018

Address.....	BR.	FB	HB	Postal	City...	Sold Price...	Type .....	Lot AC	Postal Code.....	Subdivision.....	Date Sold
<b>1</b> 12328 RIVERS EDGE DR .....	6.....	5...	1....	POTOMAC .....		\$899,000 .....	Detached...	2.00 .....	20854 .....	RIVERS EDGE .....	08/22/17
<b>2</b> 10622 GREAT ARBOR DR.....	6.....	3...	1....	POTOMAC .....		\$885,018 .....	Detached...	0.33 .....	20854 .....	RED COAT WOODS .....	08/16/17
<b>3</b> 11205 HAWHILL END.....	4.....	3...	1....	POTOMAC .....		\$865,000 .....	Detached...	0.44 .....	20854 .....	BEDFORDSHIRE .....	08/30/17
<b>4</b> 11204 SPUR WHEEL LN .....	5.....	4...	1....	POTOMAC .....		\$860,000 .....	Detached...	2.00 .....	20854 .....	SADDLE RIDGE .....	08/10/17
<b>5</b> 12809 HUNTSMAN WAY .....	4.....	2...	2....	POTOMAC .....		\$855,000 .....	Detached...	0.25 .....	20854 ...	POTOMAC COMMONS .....	08/11/17
<b>6</b> 9437 LOST TRAIL WAY.....	3.....	4...	1....	POTOMAC .....		\$855,000 .....	Townhouse...	0.12 .....	20854 .....	BEDFORDSHIRE .....	08/28/17
<b>7</b> 2 SCOTTVIEW CT .....	5.....	3...	1....	POTOMAC .....		\$850,000 .....	Detached...	0.28 .....	20854 .....	HORIZON HILL .....	08/22/17
<b>8</b> 11610 TOULONE DR .....	4.....	2...	1....	POTOMAC .....		\$839,900 .....	Detached...	0.39 .....	20854 .....	OLDFIELD .....	08/08/17

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Elyon Topolosky as Arty and Cole Sitilides as Jay in the Peace Mountain Theatre Company's production of "Lost in Yonkers."



Christopher Tully as Louie and Elyon Topolosky as Arty in the Peace Mountain Theatre Company's production of "Lost in Yonkers."



Director David Dieudonne.

PHOTO BY STEVE HIBBARD/THE ALMANAC

# 'Lost in Yonkers' Being Performed in Potomac

FROM PAGE 5

ensues when sibling Louie, a henchman for gangsters who is hiding out, enters their lives.

Director David Dieudonne, 41, of Silver Spring, describes the play as: "A journey of two boys whose father, after experiencing some financial trouble, has to leave them in the care of their stern Grandmother, and it's about them coming to understand the adults around them and their relationship to each other and the relationship to the people in their father's family who they don't know that well. It's really the boys' story."

"I think the play itself is about love denied and about dreams dashed but I think it's also about finding your voice. It's a coming of age story," said Dieudonne, who works as a maître d' at Acadiana Restaurant in Washington, D.C.

Dieudonne, who previously was in "All my Sons" two years ago, said the challenge was in bringing some humanity out of the Grandma. "I wanted the audience to sympathize with her. I didn't want them to leave hating her," he said.

As far as Bella, he said it was about not letting that character's defining disability of



Cole Sitilides as Jay, Elyon Topolosky as Arty, Michael Reilly as Eddie, and Marnie Kanarek as Bella in the Peace Mountain Theatre Company's production of "Lost in Yonkers."

hers disappear into the second act when she finally stands up to Grandma — when she finds her voice. From from the boys' perspective, he said, the challenge was mak-

ing them an active part of the narrative, rather than them sitting in the background as observers. "I think they can get lost in the background with what's going on, es-

pecially between Grandma and Bella," he said.

When he directs, Dieudonne said he likes to give some credit to the audience members. "My job is to tell the story as honestly as possible," he said. "The play stands on its own. I hope that (audiences) take away from it that it's more serious than it is funny."

He continued: "I hope they saw a little bit of themselves in these characters because a lot of the humor in the show is incidental and it's more when people laugh, they're laughing at something they recognize from their own lives. I hope when people leave the show that they have a Grandma that they want to go home to and call and tell they love her."

Congregation Har Shalom's Peace Mountain Theatre Company is presenting Neil Simon's comedy "Lost in Yonkers" Nov. 2 at 8 p.m., and Nov. 5 at 2 p.m. and 7 p.m. Tickets are \$22/advance; \$24/door; \$45/patron sponsor; \$12/students; \$18/group rate of 10 or more.

The venue is located at Congregation Har Shalom, 11510 Falls Road, Potomac. Visit [www.peacemountaintheatre.com](http://www.peacemountaintheatre.com) or call 301-987-2478.

## BULLETIN BOARD

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

### WEDNESDAY/NOV. 1

**Community Meeting.** 7:30-9 p.m. at the Jane E. Lawton Community

## Correction

The story "Interfaith Greenway" in the Oct. 18-24 edition of the Almanac incorrectly identified the Chesapeake Bay Foundation as giving a grant to the project. The grant came from the Chesapeake Bay Trust.

Center, 4301 Willow Lane, Chevy Chase. Montgomery County Council Vice President Hans Riemer and Council President Roger Berliner, the County Planning Department, the County Department of Transportation (MCDOT), and the Washington Area Bicyclist Association (WABA) will discuss bicycling issues in and around Bethesda. Officials will be available to answer questions from the public. To RSVP for this community meeting, visit [councilmemberriemer.com/bethesda-bike-meeting](http://councilmemberriemer.com/bethesda-bike-meeting). To read more about the Downtown Bethesda Plan, visit [councilmemberriemer.com/2017/08/a-bold-new-vision-for-bethesda.html](http://councilmemberriemer.com/2017/08/a-bold-new-vision-for-bethesda.html). To see the Bicycle Master Plan, visit [montgomeryplanning.org/planning/functional-planning/bicycle-master-plan/](http://montgomeryplanning.org/planning/functional-planning/bicycle-master-plan/)

### SATURDAY/NOV. 18

**Rotary Club Tech Clinic.** 10 a.m.-noon at Potomac Library, 10101 Glenolden Drive, Potomac. One-on-One help with computer, tablet, or smart phone for seniors. Sponsored by Rotary Club of Potomac ([www.potomacrotary.org](http://www.potomacrotary.org)). Register for a 30-minute appointment at the information desk or at 240-777-0690.

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SEE BULLETIN BOARD, PAGE 11

## Competing In Seattle

**Bijan Bagheri, son of Fahimeh and Shahram Bagheri of River Falls, has been selected to represent Team Maryland in a tennis competition at the Special Olympics USA National Games in Seattle in July 2018. An Open House "Friend-raiser" will be held Sunday, Nov. 12, 4-6 p.m. at the River Falls Community Center to cheer for Bijan and his partner, Brian Salewski. Donations are requested to help support costs associated with travel to the games. See [smdmontgomery.org](http://smdmontgomery.org).**





# Creating Balance

Advanced planning is one key to holiday harmony.

BY MARILYN CAMPBELL

**T**he stretch of time between Halloween and the New Year can be a source of merriment and joy, but it can also be a cause of stress, say mental health professionals. According to a study by the American Psychological Association more than 60 percent of Americans found the holiday season a frequent source of stress and fatigue. While joy is still the primary emotion, finding a way to create balance and manage the additional demands brought on by the holiday season can make holidays merry.

“Part of managing stress is identifying the causes of stress and being aware of what is going on with you and what is going to trigger you,” said Maria Mangione, Psy.D., clinical psychologist at Washington Center for Weight Loss Management. “Look back at past holiday seasons and ask, ‘What got you sad? What made you nervous? What made you angry? While we’re outside of the holiday season, if you can look back at past seasons and think about the times that you were stressed, you can come up with a toolbox of things that could be helpful to you.’”

From shopping and budgeting to overeat-

ing and dealing with emotional issues, Mangione says crafting a plan in advance of the holiday season is a key to maintaining balance. “When someone is dealing with people or situations, it’s hard to figure out how to deal with it in the moment,” she said. “If people prepare and have a plan in place, they can go on autopilot.”

“The holidays are a time in which we are potentially confronted with a lot added responsibilities outside of our day-to-day,”

**“The holiday cycle starts with Halloween and ... can snowball as people get more and more stressed.”**

— Rachel Trope, clinical exercise physiologist at Washington Center for Weight Management

added Monica Brand, Ed.D., assistant professor, Department of Counseling, Marymount University. “As a result, we can be thrown off and stressed simply because we are not on our usual routine.”

**UNRESOLVED FAMILY ISSUES** often resurface during the holidays and lead to tension. “Overall, our change in routine, increased interaction with family and the ex-

pectations we place on ourselves can all have some impact on our stress levels during the holidays,” said Brand. As a result, people tend to brace themselves for whatever may come their way. A more basic method of avoiding stress is both mentally and physically preparing before company, travel, or hosting duties. Many people do this by creating to do lists, getting organized, and planning before the beginning of their holiday.”

Be mindful of limitations and boundaries and limit the expectations we place on ourselves and others, advises Brand. “If you are one who is so caught up in festivities or is easily overwhelmed, setting reminders on your phone, smartwatch, or having someone hold you accountable in taking breaks from the festivities may recharge your batteries,” she said.

Financial imbalance is a common plight during the holiday season, especially when a desire to give generously outweighs one’s budget. “I cannot stress enough how important it is to set a spending limit for each person you will be shopping for ahead of time, before you go shopping,” said Brian Neely, professor of Accounting & Finance at Northern Virginia Community College.

“It is very easy to get caught up in the festive moment and spend far more than you really need to before you even realize what you have done. This will always result in buyer’s remorse and can strip away the true joy that should go hand-in-hand with the customary giving of gifts.”

Neely says that during the holidays most Americans have been programmed to spend the vast majority of their discretionary income all at once. “The worst aspect of this annual spending spree is that it generally goes on a credit card or two or three and it stays on there for a very long time,” he said. “Once a purchase goes on a credit card, you are still paying for those purchased items for many months afterwards with accrued interest. So now, those presents under the tree on Christmas morning are still increasing in total actual cost until you pay that debt off from your credit cards.”

Avoiding store-issued credit cards is a key aspect of maintaining a sane budget, advises Emily Knarr, visiting faculty member in Marymount’s Department of Accounting, Economics & Finance at Marymount University. “They offer so many promotions during the holidays that it is tempting to take advantage of them, especially if your other cards are maxed out and you still need

SEE BALANCE, PAGE 11



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THE CONNECTION NEWSPAPERS



# Balance for the Holidays

FROM PAGE 10

to buy presents,” she said. “However, even if the terms of the cards and promotions are good, it still affects your credit rating when you take on more debt. It can also be difficult to close the cards once started.”

Neely has developed a foolproof way of managing holiday finances. “I always write out a list showing each item I have purchased for each person and track the amounts I have spent on each person separately each night after I have finished shopping for the day,” said Neely. “Seeing it all written down on paper can really help you curb your enthusiasm when it comes to frantic holiday spending.”

**MAINTAINING AN EXERCISE REGIMEN** is an important part of maintaining balance during the holidays says Rachel Trope, clinical exercise physiologist at Washington Center for Weight Management. “Physical activity is going to increase mood and decrease anxiety,” she said.

Advanced planning is a key to making sure it doesn’t fall by the wayside, advises Trope. “For example, if you’re traveling, take your exercise clothes and shoes,” she said. “If you schedule exercise, you’re less likely to push it off and it’s more likely to be successful. Get a friend that you can meet and exercise with.”

Roll exercise into family traditions. “If you can’t get to a gym, try walking and try integrating your holiday traditions into something active,” said Trope. “Try to establish new traditions that are active that you can enjoy with your family and not take away

from family time or create the stress of having to choose.”

Put pen to paper when you develop a plan. “When you come up with a plan, write it down and put it someplace where you can see it and remind yourself of it,” said Trope. “Write down what kind of reward you’re going to give yourself.”

Stress can lead to overeating during the holidays, and although holiday meals are often associated with decadence, not all those dishes are fat and sugar-laden, advises Sara Ducey, professor of Nutrition and Food at Montgomery College in Rockville. “Our holiday dinners feature many nutritious food choices [such as] poultry and fish, sweet potatoes and squash, peas and other green vegetables and salads and fruits,” she said. “But there are also starchy, fatty and sugary foods [such as] mashed potatoes, rice dishes, cakes and pies and ice cream, whipped cream and marshmallows.”

Ducey recommends variety. “The more types of food you have, the more you and your guests will eat,” she said. “This is called the buffet effect. So offer many [colorful] vegetable dishes to make your buffet look beautiful and inviting ... [But] if you see the food, you will eat it. Keep the food away from the table, so guests have to get up to refill their plates.”

It is easy to get caught in the chaos of the holidays, but it’s important to remember the traditions, values and beliefs that are unique to each family, suggests Brand. “[The holidays] should be a reminder to us that not everyone has the resources, access, or privileged to spend time with the people they love on the holidays,” she said.

## BULLETIN BOARD

FROM PAGE 9

### SUPPORT GROUPS

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

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

## SCHOOL NOTES

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

**Courtney Herzog**, of Potomac, is among 37 McDaniel College (Westminster, Md.) students inducted Sept. 23 into the Alpha Lambda Delta national honor society.

**Howard J. Fan**, of Potomac, graduated from Boston University (Mass.) in September 2017 with a Master of Science in bioinformatics.

**Mohit Garg**, of Potomac, graduated from Boston University (Mass.) in September 2017 with a Doctor of Dental Medicine in dentistry advanced standing.

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## Victory

**Potomac resident and Senior in the Richard Montgomery International Baccalaureate Program, David Williams (#16), scored the game tying goal against Albert Einstein High School in Kensington, Md. just before the end of regulation play and then the game winning goal during double overtime. Meanwhile Goalie David Molot (#0) made multiple saves foiling Einstein’s attempts for a victory.**

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