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# Potomac ALMANAC

A sea of riders pushed slowly through the Avenel subdivision with a stop at the Avenel Park for food and water as part of the World T.E.A.M. Face of America 110 mile, two-day journey.

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# On a Mission

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Potomac To Get  
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PHOTO BY SUSAN BELFORD/THE ALMANAC

MAY 2-8, 2018

ONLINE AT POTOMACALMANAC.COM



# Potomac REAL ESTATE

## February, 2018 Sales, \$530,000~\$803,546

IN FEBRUARY 2018, 26 POTOMAC HOMES  
SOLD BETWEEN \$3.125,000-\$530,000.

PHOTOS BY DEB STEVENS/THE ALMANAC



**3 1979  
Lancashire Drive  
— \$725,000**



**7 11290  
Glen Road —  
\$630,000**



**4 11619  
Regency Drive  
— \$679,900**



**1 11421 Beechgrove Lane — \$803,546**



**2 8910 Barrowgate Court — \$799,900**



**6 14801 River Road — \$630,000**

Address .....	BR	FB	HB	Postal City	Sold Price ...	Type .....	Lot AC	PostalCode .....	Subdivision .....	Date Sold		
1 11421 BEECHGROVE LN .....	5	..	2	1	POTOMAC	.....	\$803,546	Detached .....	0.25	..... 20854	..... BEDFORDSHIRE	..... 02/08/18
2 8910 BARROWGATE CT .....	4	..	2	2	POTOMAC	.....	\$799,900	Townhouse .....	0.05	..... 20854	..... FOX HILLS	..... 02/26/18
3 1979 LANCASHIRE DR .....	5	..	3	0	POTOMAC	.....	\$725,000	Detached .....	0.23	..... 20854	..... POTOMAC WOODS	..... 02/13/18
4 11619 REGENCY DR .....	3	..	2	1	POTOMAC	.....	\$679,900	Detached .....	0.29	..... 20854	..... REGENCY ESTATES	..... 02/28/18
5 7823 HEATHERTON LN .....	4	..	3	1	POTOMAC	.....	\$648,000	Semi-Detached .....	0.10	..... 20854	..... INVERNESS KNOLLS	..... 02/01/18
6 14801 RIVER RD .....	5	..	5	1	ROCKVILLE	.....	\$630,000	Detached .....	4.71	..... 20854	..... DARNESTOWN OUTSIDE	..... 02/02/18
7 11290 GLEN RD .....	4	..	2	2	POTOMAC	.....	\$630,000	Detached .....	2.31	..... 20854	..... POTOMAC OUTSIDE	..... 02/28/18
8 10717 MUIRFIELD DR .....	3	..	3	1	POTOMAC	.....	\$530,000	Townhouse .....	0.03	..... 20854	..... INVERNESS NORTH	..... 02/26/18

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## Face of America Biking through Potomac on journey to Gettysburg.

BY SUSAN BELFORD  
THE ALMANAC

A sea of riders pushed slowly through the Avenel subdivision with a stop at the Avenel Park for food and water. The 600-strong group was thrilled to be a part of making a difference for the military — bikers waved American flags and teams of riders were sporting the red, white and blue. At least 100 or more riders were cycling using hand-bikes or recumbent bicycles.

The World T.E.A.M Face of America ride left the Pentagon in Arlington early on Saturday, April 28 for a 110 mile, two-day journey through the hills of Maryland and Pennsylvania to Gettysburg, Pa. They were joined in Gettysburg by another group of riders making their way south from Valley Forge, Pa. The annual Face of America ride celebrates the American Spirit and honors disabled and able-bodied military — both veterans and active duty.

Michael Cotts, a retired military veteran, summed up the ride, “This ride saved my life. I have PTSD — and I was so thrilled to see people cheering us and making us feel so valued.”

World T.E.A.M. has been organizing and directing Face of America for nearly two decades. The first Face of America in 2000 saw two teams of adaptive and able-bodied cyclists ride from each coast and meet under the Gateway Arch in St. Louis, Mo. In 2002 and 2003, the ride honored the ci-



PHOTOS BY SUSAN BELFORD/THE ALMANAC

**Participants in the World T.E.A.M. Face of America 110 mile journey stopped at the Avenel Park on Saturday, April 28.**

vilian and military victims of the September 2001 attacks on America. More than 1,000 athletes rode from Ground Zero in New York City to the Pentagon in Arlington, Va. in September, 2002. The following September, more than 600 riders completed

this three-day journey. Since 2006, the Face of America has honored injured and disabled military veterans from wars and conflicts worldwide with inclusive rides between the capitol in Washington and the Civil War battlefields of Gettysburg. In

2016, a new route from Valley Forge, Pa. was added to include a greater number of athletes in the ride.

The mission statement of World T.E.A.M. states that the organization “brings adaptive and able-bodied athletes together by empowering, enabling and engaging individuals through inclusive athletic events. For 25 years, our organization has used athletics to challenge men, women and children with disabilities to accomplish goals they never thought possible. In all our events — whether mountain climbing, biking, white water rafting or many other sports — we include both adaptive and able-bodied participants.”

Six hundred thousand dollars was raised by the riders and their teams in this Gettysburg ride alone. Col. Greg Gadson was the top individual fundraiser. Gadson lost both legs on May 7, 2007 in Iraq; he returned to Walter Reed and took up hand cycling to maintain his physical fitness. His first Face of America was two years later. The West Point football star is an honorary NY Giant and has two SuperBowl Rings. He has acted in the movie “Battleship” and has ridden 110 miles every year since 2009.

“This ride is so important for all who participate,” Executive Director Jon Brideau

SEE WORLD T.E.A.M., PAGE 8

## Potomac To Get First Medical Marijuana Dispensary

Some neighbors oppose location.

BY PEGGY MCEWAN  
THE ALMANAC

A medical marijuana dispensary, Potomac’s first, is planned to open late this summer at the Potomac Oak Shopping Center at the corner of Travilah and Glen roads.

Zen Leaf, a division of Verano Brands, a homeopathic pharmacy in Howard County, will operate the dispensary.

Some neighbors of the area surrounding the small shopping center do not feel that the dispensary will be a suitable neighbor.

Darren Weiss, vice president and general counsel for Zen Leaf Dispensaries, said that mostly a medical cannabis dispensary has no major impact on a community. “It’s no different than having a retail pharmacy, restaurant or any business that serves customers,” he said.

Nevertheless, the neighbors have started a petition on Change.org in opposition to the plan which will be sent to Montgomery County Executive Isiah Leggett and members of the County Council.

WWW.CONNECTIONNEWSPAPERS.COM



**Interior view of a typical medical marijuana dispensary operated by Zen Leaf.**

Though writers of the petition acknowledge that, “Unlike other Maryland counties, Montgomery County has no zoning restrictions that would prevent the dispensary from being located here ...” they urge county officials “to amend the zoning code to block medical marijuana dispensaries from such inappropriate locations.”

As of Monday, April 30, Change.org shows that 46 people have signed the petition

“I think the concern of a great many

people is this is in the middle of nowhere,” said Katherine Marshall, who lives just off Glen Road. “I’m concerned there will be more traffic on these country roads, people driving the roads after using the product.”

After choosing the site, representatives of the dispensary met with neighboring tenants, Weiss said. He said it was a good meeting with no opposition but when the company heard neighbors had an online discussion going, they arranged a community

meeting for Friday, April 27 at the shopping center.

Marshall said she estimates there were at least 30 concerned citizens at the meeting.

“At least 90 percent of the neighbors who were there were not questioning the efficacy of the product,” she said. “They wonder why here. Potomac Holistics is not far. [Potomac Holistics is a medical marijuana dispensary in Rockville about five miles from the Potomac Oak site.] I wish it were someplace else, we already have 10 [cannabis dispensaries] in Montgomery County, we don’t need it in little Potomac Oak Shopping Center.”

Montgomery County Department of Permitting Services “permits the dispensaries as they would any other commercial retail permit.” No special zoning requirements were adopted by Montgomery County for medical marijuana dispensaries — again they follow the permitting regulations for a commercial retail establishment. The manufacturing of cannabis is considered light manufacturing and the growers come under agriculture,” said Jessica J. Fusillo, community outreach and public relations manager for the department.

According to Maryland Medical Cannabis

SEE MEDICAL MARIJUANA, PAGE 7

POTOMAC ALMANAC ♦ MAY 2-8, 2018 ♦ 3



# OPINION

## State Decisions Affect Local Issues

BY GINNY BARNES  
WMCCA PRESIDENT

**A**s a civic organization, most of the West Montgomery County Citizens Association's work takes place at the local level. We are well acquainted with the County Council, Planning Board, County Executive agencies, the Board of Appeals, and Hearing Examiner. Though we interact less frequently with our state legislators, we know our delegation is busy in Annapolis working to improve our lives.

**WMCCA** Lawmakers concluded the 2018 session by passing legislation to ban bump stocks and one called a "red flag" law that allows judges to temporarily remove firearms from people considered a danger to themselves or others.

Another bill would put Maryland at the forefront of requiring social media platforms to track all political ads, keep copies of them, and record which users are being targeted. State elections officials could use the data to detect bad actors or foreign interference.

The Federal tax cut had the effect of increasing taxes for most Marylanders. A bipartisan coalition in the Assembly agreed to changes to modestly alleviate the hike for 58 percent of residents while targeting relief for the working poor and some retirees. Attorney General Brian Frosh has said the 2018 session made "great strides" increasing consumer protections. We look forward to learning how it did so. District 15 legislators always impart enthusiasm for their work, giving us both an overview as well as glimpses into the daily dramas attendant to lawmaking. Please plan to attend.

### UPDATE ON WATER & SEWER PLAN

BY KEN BAWER

A vote on the draft Ten Year Water and Sewer Plan was supposed to happen at the County Council meeting on April 17. Strong objections were raised by some councilmembers to the

### Next Meeting

Each year following the legislative session, the West Montgomery County Citizens Association invite the local delegation to give updates on their work in the Maryland General Assembly and the work of the State Legislature. Speakers will include state Sen. Brian Feldman and District 15 Delegates Kathleen Dumais, David Fraser-Hildago, and Aruna Miller. Their efforts to improve the lives of citizens in their district and throughout Maryland are always important.

The meeting will be held Wednesday, May 9, 7:15 p.m. at the Potomac Community Center. The public is welcome to attend.

Elrich Amendment, which was supposed to limit sewer sprawl (and the inevitable increases in house sizes, higher building density, more impervious surfaces, and the resulting increased stormwater runoff that degrades streams with sediment and contaminants).

The objections were made by councilmembers who, we believe, were looking out for the legitimate interests of homeowners on septic systems. In fact, our original proposal was for a much less restrictive requirement to trigger a septic survey, but our suggested wording was changed somewhere along the way.

We are currently working on revisions to the Plan (to reinsert our original language) in response to those legitimate concerns about the need for pro-active measures before septic systems actually fail. We are suggesting the use of our original proposed language which added "imminent failures" (as appropriately defined) along with "actual failures" as reasons for triggering a septic survey. Thus, owners would not have to wait for an actual septic system failure to request a survey.

This is in contrast to the language used to trigger the Glen Hills area surveys in which properties with "anticipated" problems that might theoretically happen decades in the future could be granted septic to sewer conversions. We are perplexed as to why none of the councilmembers suggested making this simple change and then holding the vote during the April 17 meeting. The Plan may now be sent back to the Transportation, Infrastructure,

Energy, and Environment (T&E) Committee to work on revised language.

### WHAT IS THE MONTGOMERY COUNTY QUIET SKIES COALITION?

BY BARBARA HOOVER

The Montgomery County Quiet Skies Coalition (MCQSC) is a group of concerned citizens and community associations in Montgomery County whose daily lives are severely impacted by new flight paths and procedures into and out of Reagan National Airport (DCA). These newly formed flight paths send hundreds of disruptively loud, low-altitude flights over our homes, schools, parks, and businesses each day. MCQSC represents neighborhoods with approximately 7,500 homes, 20,000 residents, and numerous K-12 schools.

The Coalition is committed to working with residents, elected officials, the FAA and others to resolve the excessive levels of noise, air pollution, and health and safety risks imposed on our communities by the FAA's flight paths and procedures at Reagan National Airport (DCA). More information can be found on their website: <https://sites.google.com/site/208xxquietskies/home>.

The local neighborhoods currently impacted are: Avenel, Bannockburn, Brookmont, Burning Tree Village, Cabin John, Carderock Springs, Fort Sumner, Glen Echo Heights, Glen Echo Town, Glen Hills, Green Acres, Goldsboro, Kenwood Park, Mohican Hills, Persimmon Tree, Potomac, Potomac Highlands, River Falls, Rock Creek Forest, Springfield, Sumner, Tulip Hill, Westmoreland Hills and Overlook, Wood Acres, Woodrock, and Wyngate.

The next MCQSC meeting is scheduled for Thursday, May 10 at 7:30 p.m. at Brookmont Church, 4000 Virginia Place, Bethesda. For new members, there is an optional New Member Orientation at 7 p.m. The Regular Meeting starts at 7:30 p.m. MCQSC meets every-other-month on the second Thursday of the month at 7:30 p.m.



### Whitman Talent Show

Whitman High School's Talent Show 2K18: Cirque, held April 12-14, was part rock concert, part dance performance, plus sketch comedy, with multimediam sound, light and film. From left are Luke Walker, Ethan Dodd, Siya Dalton, Casey Bettencourt (singing), Ben Wolstein, Ellie Trainor, Lily James, Lucas Polack, Ava Chenok, and John Blackwelder.



From left are Adam Isaacs, Ethan Askarinam, Ethan Dodd, Siya Dalton, Ethan Hughes (singing), Patrick Wright, Luke Walker (behind Patrick), and Chris Brown.

## POTOMAC ALMANAC

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

Newspaper of Potomac  
A Connection Newspaper

An independent, locally owned weekly newspaper delivered to homes and businesses.

1606 King Street  
Alexandria, Virginia 22314

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Potomac Almanac is published by Local Media Connection LLC

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PHOTO BY PEGGY MCEWAN

A chick looks out at the world from its trailer home at Rocklands Farm in Poolesville Saturday.

# Back Home

Chicks return to the farm after a week away.

BY PEGGY MCEWAN  
THE ALMANAC

Spring made a visit to the area on April 21, bringing a clear sunny day, perfect for a ride out River Road with a couple of chicks.

Baby chickens, that is.

It was chick return day at Rocklands Farm in Poolesville. The end of a week-long Chick Rental program the farm offers each year to give people the opportunity to care for chicks in their own homes.

This year, the farm rented out about 240 pairs of chicks, said Greg Glenn, co-founder and farm manager at Rocklands Farm.

Glenn said he thinks the chick

program is a great way for families to unite in caring for new life and talking about where food comes from. The chicks will soon become fryers, Glenn said.

As the chicks were returned, there were last goodbyes, leaving fond memories for adopters to take home for the year ahead.

"It was great," said Ophelie Chevalier, of Washington, D.C. She and her family have rented chicks before.

"This time it was really funny," she said. "The chicks followed [the children] around the house and we took them to school one morning."

Chevalier said she feels her child

SEE CHICKS RETURN, PAGE 7

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## WELLBEING

# Erasing the Stigma

**Mental Health advocates  
work to tear down  
barriers to treatment.**

BY MARILYN CAMPBELL

**I**t was during college when Laura Greenstein began to notice that something was not quite right. “I noticed that things that were creating anxiety on a daily basis, they weren’t just situational,” she said. “My anxiety was grabbing onto anything that it could. If I was running late, I would start to panic. Any small thing became a big issue.”

“My mother has always been supportive, but when [my anxiety] got to a certain point some close friends and family began to stigmatize it,” said Greenstein, who now works for the National Association for the Mentally Ill (NAMI) in Arlington. “They would say, ‘You’re not doing enough.’ It was difficult to feel that I wasn’t being fully accepted.”

After months of therapy and recent session with a psychiatrist who prescribed medication, Greenstein said that she is beginning to feel some relief. She even began blogging about her experience. “This was my first time sharing my story,” she said. “It’s been a really validating process. Being open can really improve your outlook.”

During May, Mental Health Awareness Month, Greenstein and other mental health advocates are sharing the ways in which negative perceptions about mental illnesses can impact those who suffer from it. NAMI reports that approximately 1 in 5 adults and children in the United States are experiencing mental illness in a given year. Only 41 percent of those adults received mental health treatment, while slightly more than half of children aged 8-15 received those services. One of the roadblocks to treatment, say mental health professionals, is the stigma surrounding mental health.

“Micro-aggressions towards individuals with mental illness are very common, such as assuming that someone with a mental illness is inferior, stupid, or not in control of their own behaviors,” said Jessica McLaughlin, Ph.D., assistant professor of psychology at Montgomery College. “Because of our society’s misperceptions of mental illness, many individuals struggling with mental health problems feel ashamed and isolated. They may even feel like it is not appropriate to seek help. “[And] being on the receiving end of these hurtful comments and beliefs actually worsens symptoms.”

With a theme of “Cure Stigma,” NAMI activists are encouraging people to educate themselves and eradicate the stigma which can be a roadblock to those who suffer from mental illness to get the treatment they need. They were afraid of being labeled, so they suffered in silence.

This is particularly true with teenagers and pre-teens, advises Stacie Isenberg, Psy.D., a child psychologist who specializes in anxiety disorders. “A mental illness stigma may cause a teen or pre-teen to be hesitant to admit to her or himself that they are having a mental health problem, to share with a parent, teacher, or pediatrician about their problem, and to seek mental health treatment,” she said.

The stigma surrounding mental illness is an important issue that often goes unrecognized, says McLaughlin. “Individuals with mental illness face both overt and covert discrimination,” she said. “For



PHOTO COURTESY OF LAURA GREENSTEIN

**Laura Greenstein is using her personal experience with anxiety to help others who suffer from mental illness.**

example, there is an assumption that people with mental illness are violent or crazy, which is not true. However, our belief in these myths can affect someone’s ability to find employment or obtain housing.”

“Education is a powerful tool in combating mental health stigma, and community-wide, mental health awareness campaigns are helpful,” added Isenberg. “Individually, kids often search online to check out what their symptoms mean. Education from credible websites, and those of mental health organizations often provide clarity and guidance for those seeking help.”

Allowing those who might be experiencing symptoms of a mental illness to speak freely about their condition without fear of judgment can remove barriers to treatment advises McLaughlin. “That means asking how we can help, listening with an open mind, and being nonjudgmental,” she said. Sometimes it can be a tremendous help just to let someone know that they have someone to lean on and that they are not alone.”

People can also fight the stigma of mental illness by being accepting and supportive of people who are experiencing mental health issues, and by modeling this acceptance for their children, suggests Isenberg. “Employers can encourage employees to use mental health days as needed, and to permit longer lunch hours or flexible dismissal or arrival at times to accommodate therapy appointments,” she said. “Similarly, schools can work with families to allow kids to use free periods, lunch periods, etc. to attend therapy when an after-school time is not available and the need for treatment is significant.”

A family’s attitude about the mentally ill can affect a child’s willingness to ask for help, advises Isenberg. “A child who comes from a family that does not consider mental health issues to be real or problematic may be reluctant to share with her or his parents,” she said. “Similarly, kids whose friends stigmatize mental health issues, or kids who don’t talk much about personal issues with friends, are often unsure about sharing with their friends. On the contrary, kids who believe their families and friends will be sensitive and supportive to them are more likely to be open with them about any concerns they are having.”

McLaughlin says the conversation needs to happen on a national level. “One of the most important things our nation could do is make therapy services more easily accessible,” she said. “We should encourage individuals to seek treatment, not make them feel embarrassed. There is nothing more courageous than someone who is willing to advocate for their own mental health.”

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# Chicks Return to the Farm

FROM PAGE 5

dren Solenne, 9; Clovis, 6; and Ulysse, 4, learned a lot from having the chicks and watching them grow.

And, she said, they had many discussions about the fact that the chicks had to go back to the farm.

Solenne said she thought the chicks were really cute. "I liked playing with them," she said. "I especially liked when they snuggled with me." Danielle and her three young children drove from Arlington to return the four chicks they rented. She agreed it was fun having the chicks for a week and said she would definitely recommend the experience to others.

"They started out as little yellow fluff balls and then their wings came out," she said.

Kevin Breen, who grew up in Potomac and is now a National Park Ranger in Washington, D.C. helped Glenn with the returns, taking chicks out of boxes, putting them into a livestock trailer and answering questions.

"He is the chicken whisperer," Glenn said.

Justin Rommel, 10, of Bethesda, returned Chet and Larry, his chicks for a week.

"We did this because our cousins did this before and we thought it was really cool," he said.

And it did turn out to be really cool, he said. "It was just really sweet."

He didn't even mind taking care of them.

"You have to check on them three times a day," he said. "When they poop, you just put bedding on it."

Renters get two chicks, a sturdy cardboard box, bedding, feed, bowls and care instructions. The rental period is for one week, this year from April 14-21.

Several boxes came back decorated with drawings of chickens, some had stickers, hearts and spring flowers on them, offering home décor for the chicks. Almost everyone had names for their chicks. The most common name seemed to be Peeps, but there were others like Chick-a-Dee and Cackle. One family named their chicks Ding and Dong because the chicks got so excited when the doorbell rang.

Another large groups of chicks were named for relatives or Disney characters: Rosie, Lilly, Dori and Lori, Daisy and Daffo-



PHOTO BY PEGGY MCEWAN

**Justin Rommel, 10, of Bethesda, puts his chick Chet in the trailer at the end of chicken rental week on Saturday.**

dil.

And, it turned out, the chick rental was not just for families with young children.

Lu Anne, from Damascus, said she has rented chicks for the last three or four years.

"They are just darling, it's like my nurturing thing," she said. "It was just a lot of fun."

As the chicks came back and took up residence in the converted livestock trailer, families took advantage of the day to enjoy the farm. Cattle were grazing in a field nearby and there was a flock of laying chickens off in the distance. A sow had four or five newborn piglets snuggled against her.

Nearby, Scout, the farm dog, dropped a stick at the feet of whoever he thought would be willing to play fetch with him. Most people got the message and obliged.

Glenn said that at the end of June they would have another rental program, with ducklings instead of chicks.

That program has a pickup date of June 30 and drop off on July 7. For more information visit [www.rocklandsfarmmd.com](http://www.rocklandsfarmmd.com), select Education at the top, then duckling rental.

said. "At MMCC we make sure the people involved are OK to be involved, and they have finances in place. It is expensive to do a build-out of a dispensary site." Those expenses include a safe a secure location with 24-hour security and a permanent, secured safe for storing the product, she said.

Regulations determining where a dispensary can be located vary according to county, she said.

"I completely understand everyone's concern [about having a medical cannabis dispensary nearby], White said. "One thing that might help ease their minds is that the dispensaries are not like a liquor store or even a vape shop. There is no consuming at all allowed on site and there are no edibles legal in Maryland at this point."

## Medical Marijuana Dispensary

FROM PAGE 3

Commission, there are 46 licensed dispensaries in Maryland, 11 of which are in Montgomery County.

Zen Leaf has four dispensaries in the U.S., in Nevada, Illinois and two others in Maryland: one in Jessup, the other in Waldorf.

Maryland legalized the use of medical cannabis in 2014 but, because of the extensive application process, the product first reached the shelves Dec. 1, 2017, said Jennifer White, from the Maryland Medical Cannabis Commission.

The commission issues licenses for growers, processors and dispensaries, she said.

"It's quite a long application process," she

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**You Mean Next Week Tuesday?**

By KENNETH B. LOURIE



Today, Sunday, April 22, I am not on any real – or imagined, deadline pressure, quite different than my previous column ("You Mean Tomorrow Tuesday?"), published April 25. This column isn't due until nine days from now, since my copy editor returns from vacation that Tuesday. And of course, since there's no abbreviated/immediate-type deadline, and it's a relatively quiet weekend at home (as opposed to the "triple threat" Tuesday I wrote about last week), Chino, in addition to any of our other four cats, are nowhere to be found. Certainly, they're all sleeping. I mean, it is 12:30 pm. In fact, as I get up to investigate, Chino is sleeping on the very same chair he ended up on last week. This week however, when I have minimal deadline pressure, Chino has minimal Kenny interest. At present, he is not the least bit involved in the creative process, other than as a point of reference, that is.

And just as Chino is minding his own business – for now, I am able to mind mine and stay on task. It is so much easier to do so when my writing pad is not the exact midpoint and/or crossroads for where Chino is and for where he wants to be. Therefore, I have no excuses for not maintaining a creative flow as pen is put to paper. No cat interruptions or interference whatsoever. To quote my late father, I have no "encumbrances" – at the moment.

More so even than Chino walking right to left across my desk (and back of course). I just received an email from my oncologist, yes on the weekend, telling me that my two scans taken on Wednesday, April 18, continue to show "stable." News, with which I'm extremely fond of writing – properly, I can live. As much as I could likewise live with tumor "shrinkage" as well, I am ALWAYS pleased when I see my new favorite word: "stable," in any communication from my doctor. For a cancer patient still undergoing treatment – as I am, or for any cancer patient in remission, a "stable" result is hardly the problem. The problem is growth and/or movement or appearance elsewhere in the body. (For lung cancer patients, movement to the brain, which occurs in approximately 30 percent of patients, is the predominant worry. As such, I get a brain MRI regularly.)

So, no scan-result pressure. No post-chemo side-effect pressure. No newspaper and/or deadline pressure. And no cat-related pressure compounding any of the aforementioned pressures. Ergo, the 'pressure' is officially off. And when the 'pressure' is off, my creativeness is on. Though this may not be the best column I've ever written, it's certainly been one with the least amount of 'encumbrances.'

And speaking of my father, Barry, who died in in 2006, and now my mother, Celia, who died two years later, almost to the day, what I am particularly grateful for is the timing of my diagnosis/prognosis: it all happened after they had died. They never knew. My first symptom manifested four weeks after my widowed mother was laid to rest. They both know now though as I regularly update them when I visit their gravesites at the cemetery. And though the conversations are mostly one-sided, still, it brings me comfort and a peculiar sort of joy to share the details of my treatment and the miscellaneous pressures I experience, some of which I've mentioned and some of which I haven't. Many of those my parents knew about, and were often topics of discussion – while they were alive.

I was lucky then and I continue to be lucky now. Great parents before and an amazingly fortunate post-cancer-diagnosis after. Whoever I have to thank: thank you.

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



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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

**Photography Exhibit: "The Space Around Us."** Through May 20, gallery hours at Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo, Md. "The Space Around Us: Photographs by Ira Tattelman." Tattelman, a registered architect and full-time artist, and guest curator Iason Demos will feature photos that call attention to the planned and unplanned outcomes of human actions. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org).

**Art Exhibit: Color Combustion.** Through June 27, office hours at Serendipity Labs, 4500 East West Highway, Suite 125, Bethesda. The Abstract Artists' Collective presents a group exhibition of work by women painters at Serendipity Labs. Eleven painters are included in the show: Tory Cowles, Lauren Chelec Cafritz, Camilla David, Jennifer Duncan, Patsy Fleming, Eleanor Glatty, Marthe McGrath, Michele Morgan, Hester Ohbi, Debra Perkins, and Helen Power. Visit [serendipitylabs.com/our-locations/serendipity-labs-bethesda-md/](http://serendipitylabs.com/our-locations/serendipity-labs-bethesda-md/).

### FRIDAY/MAY 4

**Opening Reception.** 6-9 p.m. at Artists & Makers Studios 1, 11810 Parklawn Dr., Suite 210, Rockville and Artists & Makers Studios 2, 12276/12280 Wilkins Ave., Rockville. Artists & Makers Studios are welcoming May at two locations with three solo exhibits and one mother/son exhibit, featuring the artwork of Rosana Azar, Michael Kraniski, Jun Lee, and Susan and Michael Makara in the galleries of both studio centers. These four exhibits will showcase resident artists' open studios for browsing as well. These exhibits continue through May 23. Visit [www.artistsandmakersstudios.com](http://www.artistsandmakersstudios.com).

### FRIDAY-SUNDAY/MAY 4-6

**The Landon Azalea Garden Festival.** Perkins Garden and the Landon campus, 6101 Wilson Lane, Bethesda. The annual festival dates back to the mid-1950s when Landon's founders, Paul and Mary Lee Banfield opened the newly acquired azalea garden to the public. Call 301-320-3200 or visit [www.landon.net](http://www.landon.net).

**"Radium Girls."** At Rockville Little Theater, F. Scott Fitzgerald Theatre, 603 Edmonston Drive, Rockville. Showtimes: Friday, May 4 at 8 p.m.; Saturday, May 5 at 8 p.m.; and Sunday, May 6 at 2 p.m. Visit



## Holi DC

The annual festival of colors in the nation's capital, Holi DC, will give families and friends a chance to playfully throw colors at one another and create fun and happy memories. The yearly festival draws about 5,000 people of all backgrounds, ages, and religious identities. Sunday, May 6, 11 a.m.-5 p.m. at the ISKCON of DC Temple, 10310 Oaklyn Drive, Potomac. \$5 entry fee. Visit [www.iskconofdc.org](http://www.iskconofdc.org).

[www.rlt-online.org](http://www.rlt-online.org).

### SATURDAY/MAY 5

**Montgomery County GreenFest.** 11 a.m.-4 p.m. at Jesup Blair Local Park, 900 Jesup Blair Drive, Silver Spring. The 4th Annual Greenfest, Montgomery County's largest environmental festival is designed to create opportunities for residents, businesses, nonprofits and neighbors to come together, share ideas and learn about local environmental initiatives. Visit [montgomerycountygreenfest.org](http://montgomerycountygreenfest.org).

**Mountain Dulcimers of Northern Virginia.** 12:30-3:30 p.m. at Great Falls Tavern, 11710 MacArthur Blvd., Potomac. Visitors may try their hand at playing a mountain dulcimer, percussion instrument, or simply sing along. Programs at Great Falls Tavern are free, but there is an entrance fee to the park per vehicle. Call 301-767-3714.

**National Philharmonic.** 8 p.m. at the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. The National Philharmonic, led by Maestro Piotr Gajewski. Tickets are \$28-\$88 and are free for young people age 7-17. Visit [nationalphilharmonic.org](http://nationalphilharmonic.org) or call 301-581-5100.

**Washington Conservatory of Music Chamber Concert.** 8 p.m. at Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. Audrey Andrist, solo piano — From Baroque to Broadway. Andrist will present a program of music spanning centuries and genres beginning with music by CPE Bach, to the Davidsbündler Dances by Robert Schumann, and a group of

engaging transcriptions including music from musical theater and Jerome Kern's left-hand-alone transcription of "All the Things You Are." Free (donations welcome). Visit [www.westmorelanducc.org/](http://www.westmorelanducc.org/).

**35th Annual "An Evening with Strauss" Waltz Ball.** 8 p.m.-midnight at the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Olde Vienna with Alexander Mitchell, Ralph Gordon, Elke Baker, Barbara Heitz, and Jonathan Jensen will perform. This special benefit dance for Glen Echo Park includes a Viennese Waltz lesson from 8-9 p.m., followed by a program of classical waltzes from 9-midnight. \$30. Tickets sold at the door only from 7:40 pm. No partner required. Call 202-238-0230 or 301-634-2222, or visit [www.WaltzTimeDances.org](http://www.WaltzTimeDances.org).

**Tribute to Luther Vandross.** 8 p.m. At the Robert E. Parilla Performing Arts Center, Montgomery College, 51 Mannakee St., Rockville. Featuring America's Idol Ruben Studdard as he pays tribute to the legendary singer Luther Vandross. Visit [www.montgomerycollege.edu/pac](http://www.montgomerycollege.edu/pac).

### SUNDAY/MAY 6

**Holi DC.** 11 a.m.-5 p.m. at the ISKCON of DC Temple, 10310 Oaklyn Drive, Potomac. Holi DC, the annual festival of colors in the nation's capital, will give families and friends a chance to playfully throw colors at one another and create fun and happy memories. The yearly festival draws about 5,000 people of all backgrounds, ages, and religious identities. \$5 entry fee. Visit [www.iskconofdc.org](http://www.iskconofdc.org).

## World T.E.A.M. Face of America

FROM PAGE 3

said. "It is a fundraiser that will support all adaptive sports — and it is also an event that promotes camaraderie and friendships. The ride is all about helping others. It's an athletic event that comes from the heart." One team of retired military was from Puerto Rico. They were here supporting their fellow vets and enjoying the cooler weather. "It is just wonderful to be part of a team and know we are making a difference," one member said. "We have problems in Puerto Rico but this ride brings a different focus to our lives. It feels so good to support our fellow military men and women."

Team Adaptive from Arlington, Va. raised \$45,709.43. One of the members of the team, Danny Holloway was participating with his dad, retired Navy Admiral Dan Holloway. Danny Holloway had just purchased a bike, clothing, pump, helmet, clothing, arm and leg sleeves — all the paraphernalia

that is needed by a biker. "My wife asked why I didn't just donate the money that I spent on getting ready for the ride — but the fun is in the participation and doing it with my dad and my team. It is really inspirational. I have taken maybe six rides — but here I am — hoping to finish 120 miles. I know it will be painful, but I'm just excited to be here, raising money for such a wonderful cause."

Joann Dickson-Smith was diagnosed with multiple sclerosis (MS) 25 years ago. She rode her first 110 mile ride in 2017 and returned again this year.

Charles Miller (US Army Captain, Ret) lost his sight to Retinitis Pigmentosa, an inherited disorder. He said, "We are only limited in our own minds about what we can and can't do." Riding a tandem bicycle with pilot Scott Nickel, the Gainesville, Fla. athlete successfully completed his first Face of America ride to Gettysburg last year as a member of Team Strength & Honor.