

Potomac ALMANAC

Senior Living

PAGE 4

Some super-sized decorations are out on Coach Street in Potomac awaiting the day and trick or treaters.



Halloween Is Coming

SEE PAGE 6 FOR HALLOWEEN EVENTS

Harriet Tubman: "Walk a Mile in My Shoes"

PAGE 3

Tech Conference For Teens

PAGE 3

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PHOTOS BY DEB STEVENS/THE ALMANAC



6 8908 Copenhaver Drive — \$875,000



4 12458 Ansin Circle Drive — \$912,500



1 11817 Hunting Ridge Court — \$935,000



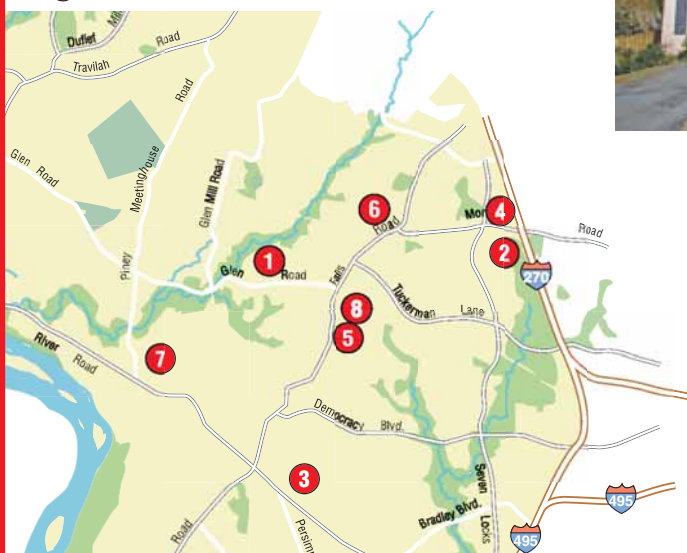
2 11829 Goya Drive — \$930,000



7 10900 Tara Road — \$865,000



3 9708 Conestoga Way — \$930,000



Address	BR	FB	HB	Postal	City ..	Sold Price	Type	Lot AC	PostalCode	Subdivision	Date Sold	
1 11817 HUNTING RIDGE CT	4	..	2	..	1	POTOMAC	\$935,000	Detached	0.36	20854	COUNTRY PLACE	08/06/19
2 11829 GOYA DR	5	..	3	..	1	POTOMAC	\$930,000	Detached	0.25	20854	WILLERBURN ACRES	08/09/19
3 9708 CONESTOGA WAY	6	..	2	..	2	POTOMAC	\$930,000	Detached	0.34	20854	MASS AVE HIGHLANDS	08/12/19
4 12458 ANSIN CIRCLE DR	3	..	3	..	1	POTOMAC	\$912,500	Townhouse ..	0.03	20854	PARK POTOMAC	08/16/19
5 2 SPRINKLEWOOD CT	4	..	3	..	1	POTOMAC	\$895,000	Detached	0.32	20854	PINE KNOLLS	08/29/19
6 8908 COPENHAVER DR	5	..	3	..	1	POTOMAC	\$875,000	Detached	0.28	20854	COPENHAVER	08/28/19
7 10900 TARA RD	5	..	4	..	1	ROCKVILLE	\$865,000	Detached	2.57	20854	POTOMAC VIEW ESTS	08/15/19
8 9117 ROUEN LN	6	..	3	..	1	POTOMAC	\$858,000	Detached	0.44	20854	LAKE NORMANDY ESTATES ..	08/23/19

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Janice Curtis Greene as Harriet Tubman. Greene will speak as Tubman at 7 p.m. Thursday, Oct. 24 at Potomac Community Center. The free program is sponsored by Potomac Community Village and is open to all.

Harriet Tubman Portrayal Comes to Potomac Community Village

BY PEGGY McEWAN
THE CONNECTION

The public is invited to hear Janis Curtis Greene, a nationally noted storyteller, as she recounts the life and stories of Harriet Tubman. Born a slave, Tubman escaped and rescue an estimated 70 enslaved people, including family and friends, using a network of antislavery activists and safe houses known as the Underground Railroad.

Greene, also known as Janice the Griot (storyteller), is known for her storytelling and her portrayals of historic African American women.

The program is sponsored by Potomac Community Village, a nonprofit “neighbor helping neighbor” organization begun to help Potomac residents stay in their homes as they age.

Marcia Akresh, Chair of Programs for Potomac Community Village, said the group

tries to have a speaker or special program once a month.

She said she visited the Harriet Tubman museum in Cambridge, Maryland and thought it was wonderful.

“Everyone thinks they know Harriet Tubman,” she said. “But it’s just about how she lived, what it was like [to be enslaved].”

Though she has never heard Greene perform, Akresh is excited about the upcoming program with Greene taking on the persona of Tubman.

Greene has a long history of storytelling and learning about Tubman.

“About 30 years ago,” Greene said, “I began listening to Mother Mary Carter Smith on WEAA Morgan University radio. Her program was called, “Griot for the Young and Young at Heart.” Later I was asked to tell a story at a Kwanzaa event, and I used a story from an anthology of African tales, and everyone thought I was a professional. So, I embarked on a career of Storytelling. I

joined the Griots’ Circle of Maryland and the National Association of Black Storytellers (NABS) both of which were founded by Mother Mary Carter Smith. I later became the President of the Griots’ Circle and am now serving as the President of NABS.”

In the African tradition a Griot inherits his or her title from a family member but that was not the case for Greene.

“I am not from a family of storytellers; however, most families, especially African American families, have histories that are not written and are only passed down orally,” she wrote.

She said that Harriet Tubman was her first historical re-enactment, one she has done for almost 20 years, “using that time to delve more deeply into her character.”

“To me Harriet Tubman is the bravest person in history. She was a colored, enslaved woman, with a disability after her blow to the head. She was illiterate and

usually had barely enough money to live on. She never used any of those as an excuse not to help somebody. Her life was completely selfless, pouring herself out like a libation,” Greene said. “In a time when so much is wrong, I want people to look at Harriet Tubman and draw on her strength to do the right thing, to have the courage to stand up to fight injustice, prejudice, racism, hatred and so many other issues that plague our world.

I want the audience to see Harriet Tubman as a person who believed in God to direct her path. I want them to learn at least one thing that they did not know about Harriet Tubman than they knew before the program.”

“Walk a Mile in My Shoes,” the Harriet Tubman story, will be held from 7-9 p.m., Thursday, Oct. 24 at the Potomac Community Recreation Center, 11315 Falls Road. The program is free and open to all. For more information call 240-221-1370.

Inspiring Teens to Explore the Role of Technology

Code A Wish plans Nov. 16 conference.

The Code A Wish organization is a student run organization, and our mission is to inspire today’s teens to explore the changing role of technology in their lives and their future. We have created The Future Summit to help educate teens about our evolving world, and we are now open to any teens interested in attending. The Future Summit will take place on Nov. 16, from 9-3, at the Hilton Gaithersburg.

We are a group of high school students launching a free technology conference for teenagers in the area. The

conference is completely free of charge as it is sponsored by a non-profit organization. We have invited a number of highly regarded experts in the technology field (including local tech entrepreneurs) to speak, such as “Inc. 30 under 30” and “DC 25 under 25”, and our hope is that teenagers are inspired and can understand what is coming in the future.

The bulk of the summit will include speakers in the tech and business industry to share about their professions in STEM and the future of our world.

Many teens aren’t aware of the huge impact technology will have on our future. With industries like automation and coding booming, most teens have no idea what the workplace might even look like by the

time they get jobs. Now, as teens are starting to make decisions about their future, this is the perfect time to make sure they know what they should expect.

We have invited many leaders in hot tech industries such as automation and machine learning, as well as passionate entrepreneurs from various tech startups. These highly qualified speakers are excited to talk about their professions and the future of our world and to help educate today’s teens.

A few of the speakers: Laura Angle Lead Technologist at Booz Allen Hamilton; Robert Dempsey, ML Engineer, Technical Leader, Author, Speaker; Alex Kaplunovich, Innovator, Machine Learning and Cloud Leader; Sagar Gaikwad, Director, Engineering at Capital One Center for Machine Learning.

We want The Future Summit to motivate teens to explore STEM fields more in depth, whether it be through coding, engineering, or any other STEM field, in order to prepare themselves for their future.

To sign up for this free event with lunch served, go to our website signup page: <http://codeawish.org/conference-sign-up/>

If you wish to learn more about our organization or the speakers, please contact us at: faithcheung@codeawish.org

Twitter: www.twitter.com/codeawish

Instagram: [@codeawish](https://www.instagram.com/codeawish)

Our Website: www.codeawish.org

*Submitted by Faith Cheung and Justin Wang
Founder and President, Code A Wish
Richard Montgomery High School*

Walk a Mile in My Shoes...

Dr. Janice Curtis Greene, a famous storyteller & actor, will present an in-character portrait of Harriet Tubman-the renowned 19th century American abolitionist and political activist from Maryland.

This program is free & open-to-all
Thursday, October 24, 7 - 9 pm
Potomac Community Center, 11315 Falls Road

Call 240-221-1370 for more details
www.PotomacCommunityVillage.org

Senior Living

2.4 Million Older Adults in U.S. Identify as LGBT

The joys and obstacles of coming out later in life

BY MARILYN CAMPBELL
THE CONNECTION

A married father of five, George Murphy seemed to have it all. The successful construction company he founded, afforded him luxuries such as private school tuition for all of his

children, a sprawling home in McLean, Va., and a marriage that spanned more than three decades. Still, something was missing: a satisfying romantic life.

"I loved my wife but I was not sexually attracted to her," said Murphy, now 62 and in a seven-year relationship with a man 20

years his junior. "I've known since I was 16 that I was attracted to men, but I kept it hidden. I grew up in southern Virginia and there's no way it would have been acceptable."

According to the American Psychological Association, more than 2.4 million adults over 65 in the

United States identify as lesbian, gay, bisexual or transgender, with many coming out later in life. During October, Lesbian, Gay, Bisexual and Transgender (LGBT) History Month, advocates are working to raise awareness of the particular issues facing older adults.

"Many of the issues are emotional," said Bethesda marriage and family therapist Carol Barnaby. "If you think about it, feeling like you're being forced to lead a double life can cause a laundry list of issues."

Anne Whitty grew up in a devoutly Irish Catholic home, one that disavowed any romantic relationship that wasn't heterosexual. "We were taught that relationships with someone of the same sex were one of the worst types of sins," she said. "But I've known that I was lesbian since I was 30."

Now the 62 year old grandmother of four, who is married to a 73-year-old woman, says she feels liberated and finally able to live as she feels she was intended. "I'd felt a low-grade depression for most of my adult because there was a part of me that I tried to pretend didn't exist," she said. "When I was growing up, that was something that we didn't even discuss, so I was never able to get help."

"Being forced to live most of your life as someone you're not can be overwhelmingly stressful and lead to depression," adds Barnaby. "So many older adults – and younger people too – use alcohol and even drugs, to squash those feelings, which in reality only compounds them."

Seniors like Whitty, whose sexuality is at odds with their religious upbringing, can find themselves suddenly disconnected from an important part of their lives, says Barnaby. "To be accepted is something that most of us want, but when you're suddenly rejected by a source of comfort that you've had for 40 or 50 years, it can lead to incredible loneliness, especially if you've also been rejected by some family and friends."

Suddenly experiencing discrimination for the first time in one's life can be perplexing, advises Barnaby. "For those who've never had to deal with being treated differently because of the way they looked, suddenly being singled out as a minority can be tough."

In spite of the emotional obstacles that those who decide to come out after a marriage and family, the outcome makes the effort worthwhile. "I feel like I'm finally free," said Murphy.

BULLETIN BOARD

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

MONTH OF OCTOBER

Giant Food Community Bag

Program. At Giant Food Store, Falls Road, Potomac, Potomac Bridge and Hiking Trails Association (PBHTA) celebrates its selection as a Giant Food Community Bag Program beneficiary in Potomac. The program is a reusable bag program that facilitates community support with the goal to make a difference in the communities where shoppers live and work. PBHTA will receive a \$1 donation every time the \$2.50 reusable Community Bag is purchased at this location during October, unless otherwise directed by the customer through the Giving Tag attached to the bag. Learn more at PBHTA.org. For information on the Giant Food Community Bag Program, visit giantfood.bags4mycause.com.

HIGH SCHOOL POETRY CONTEST

The Gaithersburg Book Festival announces its annual high school poetry contest is now open for submissions. First and second place winners will receive \$250 and \$100, respectively. Third place and fan favorite winners will receive \$50 and \$25, respectively. Winners will be unveiled at the Gaithersburg Book Festival on May 16, 2020, at its new, temporary location – Bohrer Park at Summit Hall Farm, 506 S. Frederick

Ave., Gaithersburg. To participate, students must be enrolled in grades 9-12 at a public or private school, or be in a homeschool program, for the 2019-2020 school year. Additionally, entrants must reside in Maryland, Virginia or the District of Columbia. Poems must be the original work of the student and must not have been previously published online or in print. Poems must be submitted electronically via web at <https://tinyurl.com/yvvgdpl> by midnight ET on Thursday, February 20, 2020. Complete rules and regulations can be found online at <https://www.gaithersburgbookfestival.org/gbf-programs/poetry-contest/>. Questions can be emailed to writingcontest@gaithersburgbookfestival.org.

SATURDAY/OCT. 26

Get Rid of Unwanted Medication.

10 a.m. to 2 p.m. At Rockville City Police Station, 2 West Montgomery Ave., Rockville. The Rockville City Police Department and the Montgomery County Sheriff's Office offer a safe, free and anonymous way to dispose of unwanted prescription drugs during National Drug Take-Back Day. In cooperation with the Drug Enforcement Administration, city police and county sheriffs will accept leftover — including expired — prescription drugs. To make it quick and convenient, officers will be outside with easy drive-up and drop-off access, so there is no need to get out of your vehicle. Learn more about National Drug Take-Back Day at www.dea.gov.



You can read any of this week's 15 papers digital editions here:

www.ConnectionNewspapers.com/PDFs



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*Visit WIHS.org/FreeTickets for program details and updates. Subject to terms and availability.

★ SHOW HIGHLIGHTS ★

THURSDAY OCT 24, 7PM
Barn Night | "Halloween on Horseback"

FRIDAY OCT 25, 7PM
Military Night | Puissance High Jump

SATURDAY OCT 26, 6:30PM
World Cup Night | President's Cup

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2019 North/West Fairfax County Distinguished Citizen Dinner
Recognized by Potomac District ISA

CALENDAR

4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Honoree
Frederick P. Boerent
President & CEO,
AOG Wealth Management

Chair
Gary Fan
President & CEO,
Paradise Consulting, Inc.

Date: Thursday, October 24, 2019
Time: 6:00 p.m. Reception
Hon d'oeuvres & Cash Bar
7:00 p.m. Dinner & Program
Location: River Bend Country Club
375 Walker Road, Great Falls, Va. 22066

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For more information, please contact:
Ray Potomac
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Phone: 301-460-3000 | Fax: 301-364-0013
Raymond.Potomac@scouting.org
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The Potomac Chamber of Commerce Presents

Annual Awards Dinner

November 19, 2019 Six O'clock, pm
Normandie Farm Restaurant

Honoring:

Citizen of the Year	Business of the Year	Youth of the Year	Grand Marshal
Friends of the Library	Falls Road Veterinary Hosp	Caleb Robinson	Ellen Cromwell

Annual Awards Dinner
Tuesday, November 19, 2019 6:00PM - 9:00PM
Please respond by Friday, November 12, 2019

Mr./Ms. _____

Phone No: _____ Email: _____

____ Number of Individual attendees (\$60.00 per Person)
____ I am unable to attend.

Please choose a dish for each individual:

____ # of Grilled Filet, Sauce Bearnaise
____ # of Filet of Cod Stuffed with Crab Imperial-Citrus Drizzle (or)
____ # Roasted Vegetable Plate

R.S.V.P and checks payable to: **The Potomac Chamber of Commerce, Inc.**
PO Box 59160, Potomac, MD 20859 • 301-299-2170

ENTERTAINMENT

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

THURSDAY/OCT. 24

Baby and Toddler Storytime. 10:30 a.m. At Potomac Library, 10101 Glenolden Drive, Potomac. A storytime experience for our youngest library users and their caregivers. These 20-30 minute storytimes introduce a diverse collection of books, songs, rhymes and bounces developmentally appropriate for children from birth to when they start walking. This is a wonderful way to introduce your child to the joys and culture of reading in a positive and fun atmosphere. This storytime is designed so the baby will be in their caregiver's lap and the grownup is actively involved in the program.

Stay and Play. 11 a.m. At Potomac Library, 10101 Glenolden Drive, Potomac. For babies and toddlers, an open play program at the Potomac Library. We provide the toys and music-you bring the smiles! This program is for children aged 0 - 6 years old along with their families.

FRIDAY/OCT. 25

BOOtanical Family Festival. 5:30-8:30 p.m. At Brookside Gardens, 1800 Glenallan Ave., Wheaton. Cost is \$18. Children can dress in their favorite costume, participate in a garden costume parade, paint a pumpkin, try a pumpkin treat, and top the evening off listening to award winning storyteller Gary Lloyd present "Pumpkin Tales for the Young," telling tales more funny than scary. Space is limited. Register



Ride the Cabin John Train

The miniature trains are replicas of the 1863 C.P. Huntington, a 4-2-4T steam locomotive purchased by the Southern Pacific Railroad and named in honor of Collis P. Huntington, President of the Southern Pacific Company. June – August, OPEN Saturdays & Sundays 10am-6pm, OPEN Daily (Tues-Fri) 10am-5pm, 10 a.m.-6 p.m. at Cabin John Train. An activity great for families, each child under 2 rides free with a paying adult (\$4). Tickets can be purchased online at ActiveMONTGOMERY.org or on site the day of. Visit ow.ly/geOC30oa52p for more.

children ages 3 - 12. Parents are free. Please register each child expecting a pumpkin.

Monster Mash Family Dance. 7-9 p.m. At Twinbrook Community Recreation Center, 12920 Twinbrook Parkway, Rockville. Come in costume. Pumpkin decorating. Refreshments sold by Twinbrook PTA. Cost is \$4/person. Register at www.rockvillemd.gov/registration.

"Port Authority." 8 p.m. At the

Writer's Center, 4508 Walsh Street, Bethesda. Quotidian Theatre Company launches its 2019-20 season with a powerful re-staging of Conor McPherson's "Port Authority." The play is the tale of the lost loves and missed opportunities of three generations of Dublin men. Fridays and Saturdays at 8 p.m.; Saturdays and Sundays at 2 p.m. Tickets are \$35 Regular, \$30 Seniors, \$20 Students/Writer Center Members, and \$20 for patrons 30 years of age

and under on all Fridays. Tickets for the general public are available at Brown Paper Tickets (<https://www.brownpapertickets.com/event/4313871>) or by contacting the Quotidian Theatre Company box office at 301-816-1023 or qtcboxoffice@gmail.com.

FRIDAY-SUNDAY/OCT. 25-27

Halloween Eye Spy Trains. Friday, 4-6 p.m.; Saturday-Sunday, 10 a.m.-6 p.m. Bring the kids to ride Halloween Eye Spy Trains and search for all the characters hidden along the tracks. Great for families of all ages, Montgomery Parks' Cabin John Miniature Train will take a ride through "Trainsylvania." Visit ow.ly/Ktjy50vSaTz for tickets.

SATURDAY/OCT. 26

Potomac Conversation Club. 11 a.m. At Potomac Library, 10101 Glenolden Drive, Potomac. Practice English conversation in a friendly and relaxed setting. New members are always welcome. No registration. Join in at any time. For more information, call 240-777-0690.

Story Telling at the Tavern. 1 to 4:30 p.m. At Great Falls Tavern Visitors Center, 11710 MacArthur Blvd., Potomac. Come close and gather around as guest storytellers from Voices in the Glen share spooky tales about people and events along the canal. Common folk tales of the 19th century will also be shared. Each story set will last about 15 minutes with short breaks in between. Program is free and open to the public. Event is family-friendly but some stories may not be suitable for small children.

Halloween Haunt. 2-4 p.m. At Thomas Farm Community Center, 700 Falls Grove Drive, Rockville. Come in costume. Paint a pumpkin, play Halloween games, take part in crafts, jump in a Moon Bounce. Cost is \$8/residents; \$10/nonresidents. Register at www.rockvillemd.gov/registration.

Artist Tom Greaves. 2 p.m. Artist talk at Galleries at BlackRock Center for the Arts, 12901 Town Commons Drive, Germantown. Free. Featuring his "Middlemost Draft." In a series of assemblages depicting the middle of an unfinished short story, Greaves challenges the viewer to question what is real and what is fake as we consider how our unintentional and perhaps unknown biases shape what we believe to be the truth. Visit www.tomgreavesart.com

Washington Conservatory of Music. 8 p.m. At Westmoreland Church, One Westmoreland Circle, Bethesda. Music of Brahms, Bozza, Dukas, Messien. Featuring Abel Pereira, horn; Nurit Bar-Josef, violin; and Audrey Andrist, piano. Free. Contact Kathy Judd at kjudd@washingtonconservatory.org.

SUNDAY/OCT. 27

Normandie Jazz Jam. 2:30-5:30 p.m. at Normandie Farms Restaurant, 10710 Falls Road, Potomac. The seven-piece Conservatory Classic Jazz Band opens with various music styles, New Orleans, Chicago, New York and more. Surprises occur when jammers join in to share their musical talents. Food and drinks enhance the experience. Free for youth and jammers; \$10 for others. Email labeaver1@verizon.net or call 240-447-2054.

Haunted House. 4-6 p.m. At Clara Barton Community Center, 7425 MacArthur Blvd., Cabin John. Your path will be haunted by spectral entities from beyond the grave, witches will tell your fortune (this includes both children and adults), games will test your nerves and skills. All ages are welcome, free of charge, though children under 12 are most likely to be spellbound. Little ones may want a hand to hold. There will be small gifts for the kids and refreshments for all. Call 240-777-4910.

SEE CALENDAR, PAGE 7

Men fully alive

Admissions Open House
Sunday, October 27 from 12:30-4:00 pm
 HEADMASTER'S PRESENTATION AT 2:00

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- Oak Hill/Henderson Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
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ENTERTAINMENT

FROM PAGE 6

Through the Looking Glass. 5 p.m. At Bradley Hills Church, 6601 Bradley Boulevard, Bethesda. Join The Thirteen for an exploration of some of the most beloved English-language composers. Featuring Tallis' symphonic-in-scope Gaude gloriosa Dei mater, Britten's touching and powerful Hymn to St. Cecilia, Pulitzer Prize-winning composer Caroline Shaw's Fly Away I, selected repertoire from the distinctly-American Sacred Harp repertoire, and more, this concert promises to be a display of virtuosity and artistry. Tickets for The Thirteen may be purchased by visiting <https://www.thethirteenchoir.org>.

Come Together for Abbey Road. 5-10 p.m. At Outta the Rabbit Hole, 17511 Redland Road, Rockville. Featuring "One Sweet Dream: An Evening of Abbey Road" with the Magical Mystery Girls, America's premier all-female Beatle tribute band, and Dr. Kenneth Womack, an authority on the Beatles and their cultural influence. Tickets range from \$40 to \$80 Visit Kenneth Womack, visit KennethWomack.com or WonderwallComm.com.

Gathering Time at Focus Rockville. 7:30 p.m. At Tikvat Israel Congregation, 2200 Baltimore Road, Rockville. Gathering Time, a Long Island folk-rock trio, re-creates the music of some of the greatest Jewish musicians of the rock era in this special Jews Who Rock show. Tickets are \$18 in advance at <https://www.focusmusic.org/event-3479251> and for members, \$20 at the door. Contact Mike Amster at michael.j.amster@gmail.com or 301-957-0178

MONDAY/OCT. 28

Dance and Laughter for Total Wellness. 11 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Attention Seniors! Want to stay healthy and happy while having fun? Try Potomac Library's new Dance and Laughter for Total Wellness class! Dance styles include Bollywood, Bhangra, and Zumba, with laughter exercise techniques for warming up and cooling down.

TUESDAY/OCT. 29

Teen Writers' Club. 6:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Teens ages 13-18 with a passion for writing are invited to join our Teen Writers' Club. You'll learn new writing techniques, get practice in different writing exercises, share your work, and learn how to critique the work of others. Author Neal Gillen leads the club, which meets on the 2nd and 4th Tuesday of each month from 6:30-8 p.m.

WEDNESDAY/OCT. 30

Toddler Time Peek-a-Boo Halloween. 10 a.m. to noon. At Lincoln Park Community Center, 357 Lincoln Ave., Rockville. Mini peek-and-find Halloween items, crafts, games, snacks and more for kids ages 1-5. Cost is \$7, residents; \$10, nonresidents. Register at www.rockvillemd.gov/registration.

THURSDAY/OCT. 31

Halloween Storytime. 10:30 a.m. At Potomac Library, 10101 Glenolden Drive, Potomac. For preschool and Kindergarten, babies and toddlers — stories, songs, and rhymes. Costumes are encouraged.

Stay and Play. 11 a.m. At Potomac Library, 10101 Glenolden Drive, Potomac. For babies and toddlers, preschool and Kindergarten. An open play program at the Potomac Library. We provide the toys and music-you bring the smiles! This program is for children aged 0 - 6 years old along with their families.

Trick or Treat. 6-8 p.m. At Lincoln Park Community Center, 357 Lincoln Ave., Rockville. Stop by Lincoln Park while you're out trick or treating on Halloween evening. Get some candy and visit the hot-chocolate bar. Register at www.rockvillemd.gov/registration.

FRIDAY/NOV. 1

Artist's Reception. 6-9 p.m. At Artists & Makers Studios 1, 11810 Parklawn Dr., Suite 210, Rockville. Featuring "Earth Works" with Barbara Bell and Loren Scherbak, "Snapshot" with Russell Palanzo, and "Land, Sky, and Sea" with Barbara Quinn. Visit A&M1 and enjoy the galleries, along with open studios, all of A&M's artists, soothing Solo Acoustic Guitar with David Ziegele in the lounge, and folk band Blackwood & Brass with Scottish Smallpipe, Mandolin, and Percussion. Enjoy wine, soft drinks and light refreshments, art and music. Through Saturday, Nov. 23. Gallery Talk on Nov. 19, 7-9 p.m. with Phil Hutinet – Editor, East City Art.

NOV. 1-3

Ethnic Food Festival. Fri., Nov. 1 (12-8 p.m.); Sat., Nov. 2 (11-7 p.m.); and Sun., Nov. 3 (12-4 p.m.). At St. Mark Orthodox Church, 7124 River Road, Bethesda. The festival is known for its delicious Russian and other Eastern European food specialties, such as piroghi, piroshki, halupki, blini, borscht, pirog, Chicken Kiev, Beef Stroganoff, kielbasa, spanakopita, and assorted side dishes. Shop for bread rolls and other tasty baked goods; or browse through our collection of religious books, gifts, and icons. Visit the Lucky Draw room. Watch an icon writing demonstration on Sunday from 1-4 p.m. Free parking and admission. www.stmarkoca.org.

POTOMAC ALMANAC

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Newspaper of **Potomac**
A Connection Newspaper

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**Potomac Almanac is published
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Obituary



Kurt Josef Lidl, of Potomac, MD, died on Thursday, October 10, 2019, of aggressive metastatic kidney cancer. He was born on May 11, 1968, in Rockville, MD, to the late Marilyn (Morton) Lidl and the late Ernst Lidl. He is survived by his partner of 31 years and wife of 23 years, Debbie, their sons, Zach and

Leo, and his sister, Grace.

His family moved to Smithsburg in 1973 to build a house and establish a small farm, where they later raised cows and goats, gardened, planted thousands of trees, and built other structures themselves. The community spirit of the folks on their road and the nearby area stayed with Kurt throughout his life.

After graduating from Middletown High School in 1986, he attended the University of Maryland in College Park, where he studied Electrical Engineering and later Zoology and Classics, made many lifelong friends, and watched many movies. Kurt left college in 1992 before obtaining a degree to become a very early employee of UUNET, the first commercial Internet Service Provider. While there, he also helped start the first commercial Web hosting service and contributed to standards and protocols still in use on the Internet today. He spent his remaining years working on computer hardware, operating systems, applications, networking, and security at start-ups and established companies, as well as contributing to multiple open source projects, like FreeBSD.

Kurt was a devoted husband and father. He and Debbie had great fun traveling extensively before having children. They also enjoyed traveling with Zach and Leo, particularly in Hawaii, California, New York City, and Ocean City. He loved building things with his sons and helping them learn about everything from computer hardware internals to forms of government to growing pumpkins. He shared his passion for science fiction and movies with his family. Kurt was saddened that they would not be able to finish watching the last two seasons of Star Trek: The Next Generation together but was extremely pleased that they all made it to the theater in July to see the most recent movie in the Marvel Cinematic Universe. He stayed active practicing karate with his sons, earning his black belt third degree at the age of 50.

Kurt was incredibly thankful and appreciative of all of the help, comfort, and kind words from friends near and far following his diagnosis, for him as well as for his family.

A celebration of life will be held in November on a date and in a location to be determined.

In lieu of flowers, memorial contributions can be made to the FreeBSD Foundation (<<https://www.freebsd.foundation.org/donate/>>), the American Chestnut Foundation (<<https://www.acf.org/store/donate/>>), or the Freedom from Religion Foundation (<<https://ffrf.org/donate/>>).

Expressions of sympathy may be offered to the family at www.staufferfuneralhome.com.

“Maturation”



By KENNETH B. LOURIE

When I heard this word used recently, twice, I thought it was one of my father's made-up words like “surgerize” and “conflinction” risen from his memory to finally enter the world of Merriam-Webster. And so they have, sort of. Apparently, “maturation” is a word some doctors use to answer any and all questions asked by patients inquiring as to why something or other health wise is happening to them. In short, “maturation” means wear and tear. If Mick Mulvaney were the doctor, he might have said: “It happens all the time. Get over it!” Fortunately, he wasn't. Rather, he is the acting White House Chief of Staff, a man who likewise may be asking his doctor a few questions. The answers to which will likely not be “maturation.” “What were you thinking?” might be first and foremost.

For a cancer patient (yours truly) who has survived above and beyond the call of his oncologist's original prognosis, “maturation,” to quote Boston Red Sox television announcer - and Hall of Famer, Dennis Eckersley, “Is a beautiful thing.” Diagnosed at age 54 and a half when all bodily functions were “performing within normal parameters,” to quote Commander Data from “Star Trek: Next Generation,” thinking I'd outlive my original prognosis from late February, 2009, and have senior-type moments 10-plus years later, was unrealistic, if I were to interpret my oncologist's rather grim demeanor.

Yet here I am, Medicare card in wallet and still writing cancer columns as if cancer was only an astrological sign rather than the dreaded - and feared disease, that it is. However, having cancer doesn't mean that I don't experience similar aches and pains as the rest of you. It simply means “Other than that, Mrs. Lincoln, how was the play?” A sarcastic reference to the fact that other things are still occurring, despite the obvious. Cancer doesn't preclude other older age medical realities from rearing their predictable ugly head: gray hair, bone loss, muscle weakness, memory loss, to name a few; it just complicates them and in so doing, confuses you.

It complicates them by ignoring them for fear that they are cancer-related and thus life-threatening and visiting a doctor would merely confirm your worst fear: dying/death, an upside down version of what you don't know not hurting you. And by neglecting to see a doctor, the symptoms (for me, it was a pain in my upper left arm/shoulder which turned out to be a rotator cuff problem) becomes worse and more severe than it otherwise would have become if you simply went to the doctor in the first place, and you end up suffering needlessly because it's actually not cancer, it's “maturation.” So you're confused like “Bob's Big Boy” used to be: You don't know whether to stay or go.

When you're diagnosed with a “terminal” disease,” you want to live, but it's extremely difficult not to think about dying. It dominates your brain and preoccupies your mind. Old age and living a full retirement become signposts in the distance that you can never quite read. And since you can never quite read them, you're not really prepared for what they say. Some of what they say - or infer, is that you're going to be visiting doctors more regularly than you ever have, and it's not necessarily all bad. It's merely a sign of your times which are now changing and you're living beyond a certain age, unexpected as it may have initially been suggested. As such, maintenance will be required to keep the older body and brain functioning. Ignoring symptoms, as my doctors have made clear to me, is NOT GOOD. Neither is assuming that such and such or so and so is good, bad or indifferent. It is what it is and it may be something or it may be nothing. Presuming facts and feelings which are not yet in evidence is a bit like putting the cart in front of the horse.

I know I'm afraid of dying. What these more recent pains and subsequent visits to the doctors have also shown me is that I can't be afraid of living.

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

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