

2nd Annual

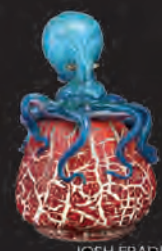
Chevy Chase fine Art festival

October 2nd - 3rd
Sat./Sun. 10am - 5pm

FREE ADMISSION

Outdoors on Wisconsin & Western Ave.
@ Bloomingdale's Plaza, Chevy Chase, MD

the shops at
WISCONSIN PLACE



Potomac ALMANAC

NEWCOMERS &
COMMUNITY GUIDE

2021-2022

SEPTEMBER 29 - OCTOBER 5, 2021

ONLINE AT POTOMACALMANAC.COM

Potomac REAL ESTATE

July, 2021 Top Sales

IN JULY, 2021, 92 POTOMAC HOMES
SOLD BETWEEN \$2,562,500-\$550,000.



3 11804 Forum Hill Court
— \$2,328,800



5 11404 Glen Road
— \$2,250,000



8 10629 Willowbrook Drive
— \$1,910,000



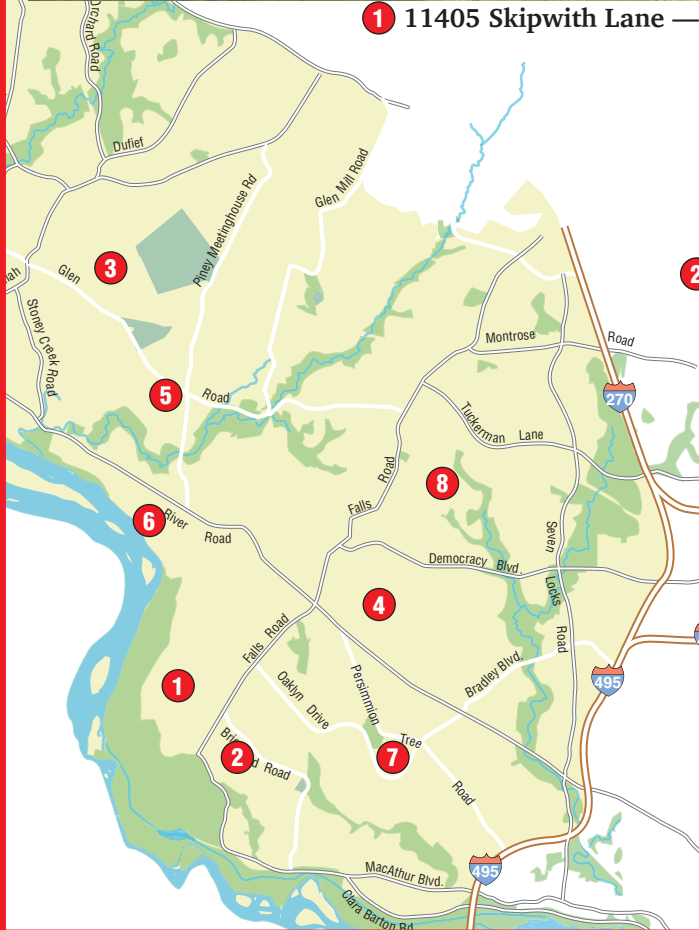
1 11405 Skipwith Lane — \$2,562,500



4 10004 Bencross Drive — \$2,250,000



2 8704 Brickyard Road
— \$2,465,000



Address.....BR FB HB Postal City.....Sold Price... Type.....Lot AC. Postal Code ... Subdivision..... Date Sold

1	11405 SKIPWITH LN	6	5	1	POTOMAC	\$2,562,500	Detached	2.78	20854	GREAT FALLS ESTS.	07/22/21
2	8704 BRICKYARD RD	4	4	1	POTOMAC	\$2,465,000	Detached	2.34	20854	FAWCETT FARMS	07/22/21
3	11804 FORUM HILL CT	6	7	1	POTOMAC	\$2,328,800	Detached	2.00	20854	PALATINE	07/28/21
4	10004 BENCROSS DRIVE	6	4	1	POTOMAC	\$2,250,000	Detached	2.00	20854	FALCONHURST	07/09/21
5	11404 GLEN RD	5	5	2	POTOMAC	\$2,250,000	Detached	2.00	20854	SADDLE RIDGE	07/20/21
6	10621 RIVERS BEND LN	6	7	1	POTOMAC	\$2,200,000	Detached	1.20	20854	NONE AVAILABLE	07/23/21
7	8529 RAPLEY PRESERVE CIR	4	5	2	POTOMAC	\$1,950,000	Detached	0.46	20854	AVENEL	07/23/21
8	10629 WILLOWBROOK DR	5	5	1	POTOMAC	\$1,910,000	Detached	0.56	20854	KENTSDALE ESTS	07/12/21

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HTTP://WWW.CONNECTIONNEWSPAPERS.COM/NEWS/2021/JUL/16/POTOMAC-HOME-SALES-JUNE-2021/

NEWS

Potomac Day Back Oct. 23

Scenes from the last Potomac Day in October, 2019

Mark your calendars for Oct. 23, 2021 because Potomac Day is back with the traditional business fair, parade, car show and more. Reserve your spot early as these sell out quickly and everyone is excited to be back in action. Call Jennifer at the Potomac Chamber of Commerce at 301-299-2170.



NEWCOMERS & COMMUNITY GUIDE

Potomac Almanac Guide to Potomac River



The Falls

Potomac is bordered by more than 12 miles of the C&O Canal National Historical Park, including the towpath and the Potomac River. Living in Potomac provides opportunities to enjoy the sights and sounds of the river with outdoor activities ranging from an easy stroll to a challenging hike; a flat bike ride of a few miles to multi-day bike trips; rock climbing; world-class whitewater kayaking or a gentle paddle on flatwater. Wildlife is abundant and birders flock to the area. All outdoor areas of the C&O Canal National Historical Park are open daylight hours year round. Visitors pay an entrance fee at the entrance to Great Falls Tavern Visitors Center at Falls Road and MacArthur Boulevard, but access everywhere else is free. Three-day pass for a vehicle is \$20; a person on foot, bicycle or horse is \$10; motorcycle is \$15; annual passes, lifetime and senior citizen passes are also available.

See www.nps.gov/choh

Great Falls Tavern Visitor Center and Olmsted Overlook

Visitors Center: Open Wednesday through Sunday, 9 a.m. to 4:30 p.m.

11710 MacArthur Blvd.
301-767-3714

ABOUT THE FALLS:

From The Geologic Story of Great Falls and the Potomac River Gorge published by the U.S. Geological Survey in 1980: "In its seaward course, the Potomac River crosses many small rapids and cas-



The canal boat at the Chesapeake & Ohio Canal National Historical Park.

cares, but these are insignificant in comparison with the foaming fury of Great Falls, where the river drops 12 meters in about 180 meters and is channeled into a narrow rock-walled gorge less than 25 meters wide in places. In the summer the flow may be less than 38,000 liters a second, but during floods the flow commonly reaches 40 million liters a second. The average flow pouring over the falls is 349,000 liters of water every second and in a year, more than 9.5 trillion liters, enough water to flood the entire District of Columbia to a depth of 55 meters, converting the Washington Monument into a tall lighthouse."

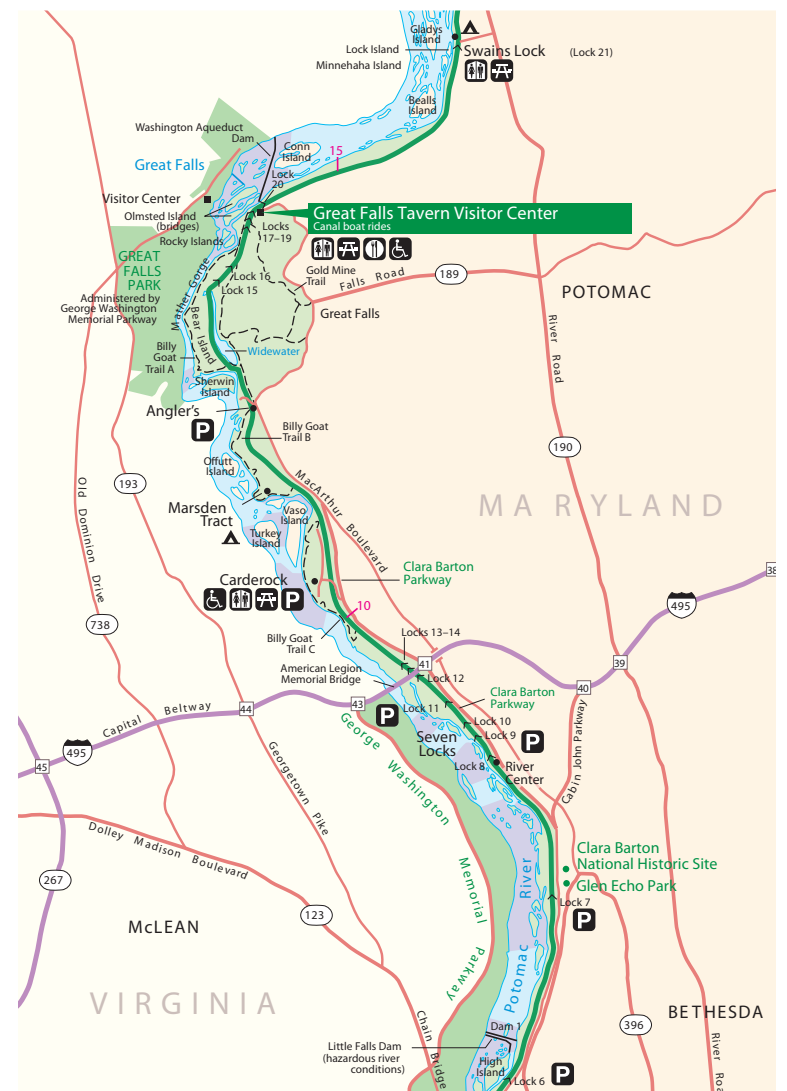
If you haven't seen Great Falls, it's time. Enter the C&O Canal National Historical Park at the inter-

section of Falls Road and MacArthur Boulevard. (See above.)

For up close views of Great Falls, walk 0.2 miles over the Olmsted Island Bridges to the overlook at the end. Bridges and boardwalks traverse a rare floodplain terrace environment, ending with an observation deck over the spectacular views of the Falls and the head of Mather Gorge.

INSIDER'S TIP

The Gold Mine Trail can be accessed at the top of the entrance to Great Falls, at the intersection of Falls Road and MacArthur Boulevard, or near the Great Falls Tavern Visitor's center. Trails, which can be used for running or walking, include some steep inclines but are easier and shorter than the famous



Great Falls Tavern Visitor Center and Olmsted Overlook

11710 MacArthur Blvd.
301-767-3714

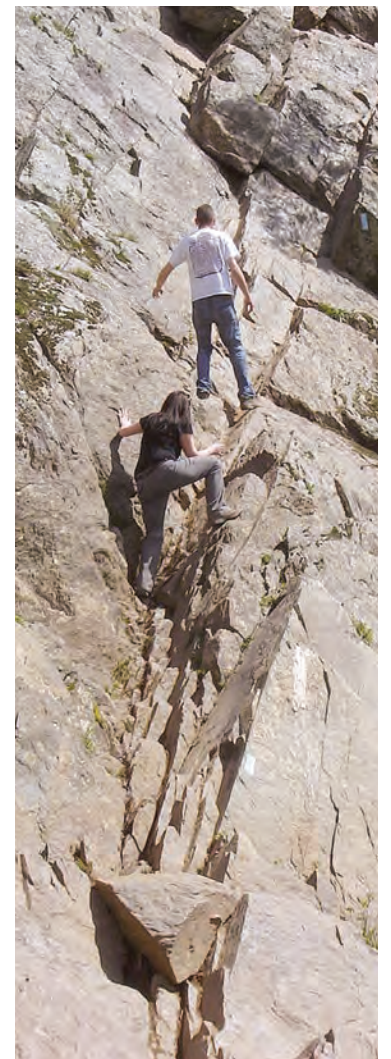
Billy Goat Trail. See the remains of an old building that was used from 1900- 1939 to mine gold.

MULE DRAWN BOAT RIDES

Take a trip back in time to the 1870s and ride along the historic C&O Canal in a boat pulled by mules, sometime in the future. Experience rising eight feet in a lock while park interpreters in period clothing describe what life was like for the families that lived and worked on the canal. The boat is not operating in 2020 due to the pandemic but stay tuned and remain optimistic that it will begin again in 2021.

BILLY GOAT TRAIL

Thousands hike the Billy Goat Trail. See GUIDE TO, PAGE 8



WWW.CONNECTIONNEWSPAPERS.COM

NEWCOMERS & COMMUNITY GUIDE

Mandatory Vaccination for County Employees?

Councilmembers Hans Riemer and Will Jawando introduced legislation this week that would require the vaccination of County employees against COVID-19, while also permitting documented and approved medical accommodations.

Bill 34-21- Personnel and Human Resources – COVID-19 Vaccination Required, provides that all individuals employed by Montgomery County, regardless of their merit system status or representation by an

employee organization, would be required to provide proof of being fully vaccinated for COVID-19 with a vaccine approved by the Food and Drug Administration (FDA) within seven days of notification from the county. Employees who fail to present proof of vaccination will be placed on unpaid leave and will need to provide proof that they have received at least a first dose of their vaccination within seven days and be fully vaccinated within 40 days of the date they

were placed on unpaid leave.

“Vaccination mandates are routine in many settings, such as school, and they work. The FDA-approved COVID-19 vaccines have now been administered to hundreds of millions of Americans. The data is conclusive — they are safe and effective at limiting

prevent further spread, it is imperative that all county employees are vaccinated as well,” said Jawando.

Those who received an approved exemption may still be required to wear masks, get tested, social distance or follow other protocols.

The COVID-19 vaccination requirement is exempt from collective bargaining, therefore all County staff are required to comply.

Over 22% of Montgomery County employees across departments have either reported being unvaccinated or

have not reported their vaccination status.

The departments with the highest rates of employees that reported being unvaccinated include the Department of Transportation, Department of General Services and Alcohol and Beverage Services. Daily updated data and information on the vaccination status of county employees can be found here. <https://montgomerycountymd.gov/covid19/data/case-counts.html#mcg-vaccinations>

“Unfortunately the vaccination rate for County employees is well below the County population.”

the transmission and deadly consequences of this disease,” said Riemer.

“Unfortunately the vaccination rate for County employees is well below the County population. Requiring vaccination for County employees will help keep our workforce, their families, and the residents they serve, safer.”

“Montgomery County leads the nation in vaccination rates for large counties; however, to stay ahead of this terrible virus and

It is time to re-emerge and become social again!
Join PANC to make new friends, reconnect with old ones and become involved in our local community.



CHECK OUT
PANC.clubexpress.com
FOR EVENTS AND ACTIVITIES

Like to help others?



**Potomac
Community
Village**

**Volunteer with us. Meet new neighbors.
It's all about helping Potomac seniors
remain in their homes as they age.**

to learn more or to volunteer:

**info@PotomacCommunityVillage.org
240-221-1370**

HOME SERVICES

Cabinet Makeover

Before & After

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Paul Ginnetti
Home Depot Installation Services
Local Team Leader

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240-945-2683

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Potomac’s Parks: A Healthy Sampling

Potomac is home to a remarkable diversity of parks — national parks, state parkland, county parks, conservation parks, equestrian parks, parks with adaptive playgrounds, parks with trains, dog parks, parks with ice skating rinks, parks that offer access to the Potomac River where the water is flat and inviting, and parks that offer access to the Potomac River where the water can be deadly. Here, in an annual tradition, is our guide to much of what Potomac’s parks have to offer.

1 Carderock Recreation Area

See www.recreation.gov

Search “Carderock Recreation Area Pavilion”

Reach this 200-acre part of the park from the Clara Barton Parkway at the Naval Surface Warfare exit. Rock climbers visit Carderock daily for its famous cliffs. The recreation area includes playing fields, a large picnic pavilion available by reservation and access to the Potomac River and different portions of the Billy Goat Trail.

2 Old Angler’s Inn Access

Across from 10801 MacArthur Blvd.

Between Carderock and Great Falls; visitors can get to the towpath and the River across from Old Angler’s Inn on MacArthur Boulevard. A popular spot for kayakers and stand-up paddleboarders.

3 BILLY GOAT TRAIL

Access from the Old Angler’s site or from the Great Falls Tavern Visitors Center or Carderock. Thousands hike the Billy Goat Trail every year, with access from the Old Angler’s site or from the Great Falls Tavern Visitors Center or Carderock. The loop between the C&O Canal and Potomac River is less than five miles long but has steep and rocky sections. No flip flops, please.

4 Great Falls Tavern Visitor Center and Olmsted Overlook

11710 MacArthur Blvd.

See www.nps.gov/choh

5 Swain’s Lock

10700 Swain’s Lockhouse Road (off River Road)

Campsites are available at Swain’s Lock, one of the largest of the canal lockhouses. The lockhouse is now part of the canal quarters program.

See <https://www.canaltrust.org/programs/canal-quarters/>

6 Pennyfield Lock

End of Pennyfield Lock Road (off River Road)

Pennyfield Lock was President Grover Cleveland’s favorite destination when he went on fishing excursions, according to the Potomac Master Plan. Built in 1879.

7 Lockhouse 8

6100 Clara Barton Parkway

From the south, “Seven Locks” (locks 8-14) raise the C&O Canal more than 50 feet in a little over a mile as it approaches the American Legion Bridge at the Washington Beltway. Lock 8 is the beginning of this large scale uplifting of the canal. This lock was also the first lock built using red sandstone from the quarry at Seneca.

8 Blockhouse Point Conservation Park

14750 River Road

Those who know this 630 acres of land call Blockhouse Point the jewel of Potomac. The natural and cultural resources at Blockhouse Point are amongst the most valuable in the country.

9 Violette’s Lock

End of Violette’s Lock Road (off River Road)

Violette’s Lock offers one of the more beautiful views of the sunset over the Potomac River.

10 Riley’s Lock

13025 Riley’s Lock Road (off River Road)

Riley’s Lock features a boat ramp on Seneca Creek, the busiest in Montgomery County, that allows easy access to a quiet and inviting part of the Potomac River for canoes, kayaks, stand-up paddleboards and small motorboats.

11 Adventure Conservation Park

10801 Glen Road, Potomac

This 14-acre neighborhood conservation area established in 1969, includes areas set aside for bird-banding.

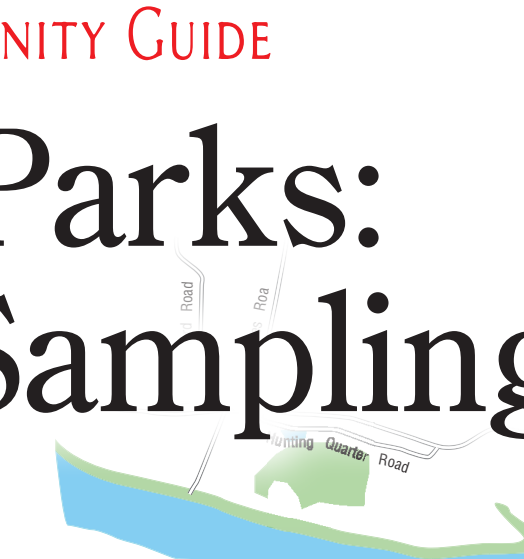
12 Falls Road Golf Course

10800 Falls Rd.

301-299-5156

www.montgomerycountygolf.com

Falls Road Golf Course was completed in 1961 on 150 acres of former farmland, and includes an 18-



Huntington Miniature Train

15 Robert C. McDonell Campground

7701 Tuckerman Lane

See www.montgomery-parks.org for permits

16 Cabin John Ice Skating Rink

10610 Westlake Drive

[http:// www.cabinjohnice.org/](http://www.cabinjohnice.org/)

301-765-8620

An assortment of programs including lessons and rental times. Note: Because of the pandemic, all participants must have a completed COVID-19 Waiver to be allowed entrance. See the website for details.

17 Pauline Betz Addie Tennis Center

7801 Democracy Boulevard

301-765-8650

Features six indoor tennis courts, a lounge area, and two locker rooms with showers. Professional on-site racquet restringing and regripping is also available. Private and group lessons and seasonal court rentals.

Note: The tennis center is open during the pandemic. See <https://www.montgomeryparks.org/parks-and-trails/cabin-john-regional-park/indoor-tennis-centerfor> details.

18 C.P. Huntington Miniature Train

7410 Tuckerman Lane

301-765-8670 Train Information

The miniature train is a replica of an 1863 C.P. Huntington, a locomotive purchased by the Southern Pacific Railroad, with five passenger cars, and carries visitors on a ten-minute, two mile ride through the park. Note: Because of the pandemic, the train is currently closed.

Dog Park

10900 Westlake Drive

Located near the miniature train, this half-acre dog park is enclosed allowing dogs to run and exercise off-leash. The facility is open 9-5 p.m. Dog-park users are encouraged to use the Westlake Drive parking lot. Dogs should be on a leash before entering and exiting the park.

Tai Chi Court

7400 Tuckerman Lane

The Tai Chi Court at Cabin John Regional Park is the first Tai Chi court in Montgomery County and joins only a few of its kind in the nation. Built through a public/private partnership between MNCP-PC, Montgomery Parks and the Wu Wei Tai Chi Club, the Tai Chi court is a 48-foot-diameter circle of flagstone incorporating the shape of a yin/yang symbol and surrounded by benches in a serene natural setting.

19 Hadley’s Playground at Falls Road

12600 Falls Rd.

Falls Road Local Park, which showcases the award-winning Hadley’s Park, allows all youth to play together. In 1986, the park system acquired the 20-acre park, including soccer, baseball and other sports fields. Hadley’s Park is fully accessible, and its accessible theme, equipment, design and surface, have been emulated by approximately 250 playgrounds across the country to allow people with all abilities to play together. The baseball field and other amenities at Falls Road Local Park are made possible by the support of Bethesda Chevy Chase Baseball.

20 Potomac Horse Center

14211 Quince Orchard Rd.

potomachorse.com • 301-208-0200

County-owned and privately run, this large facility offers lessons at all levels year round, summer camp, birthday parties and special events. Featuring riding classes for “Mini Mites” (5-8 year old children) through adults of all levels, including therapeutic horseback riding. Classical Dressage, Combined Training, and a Hunter/Jumper program are available with riders competing under different trainers.

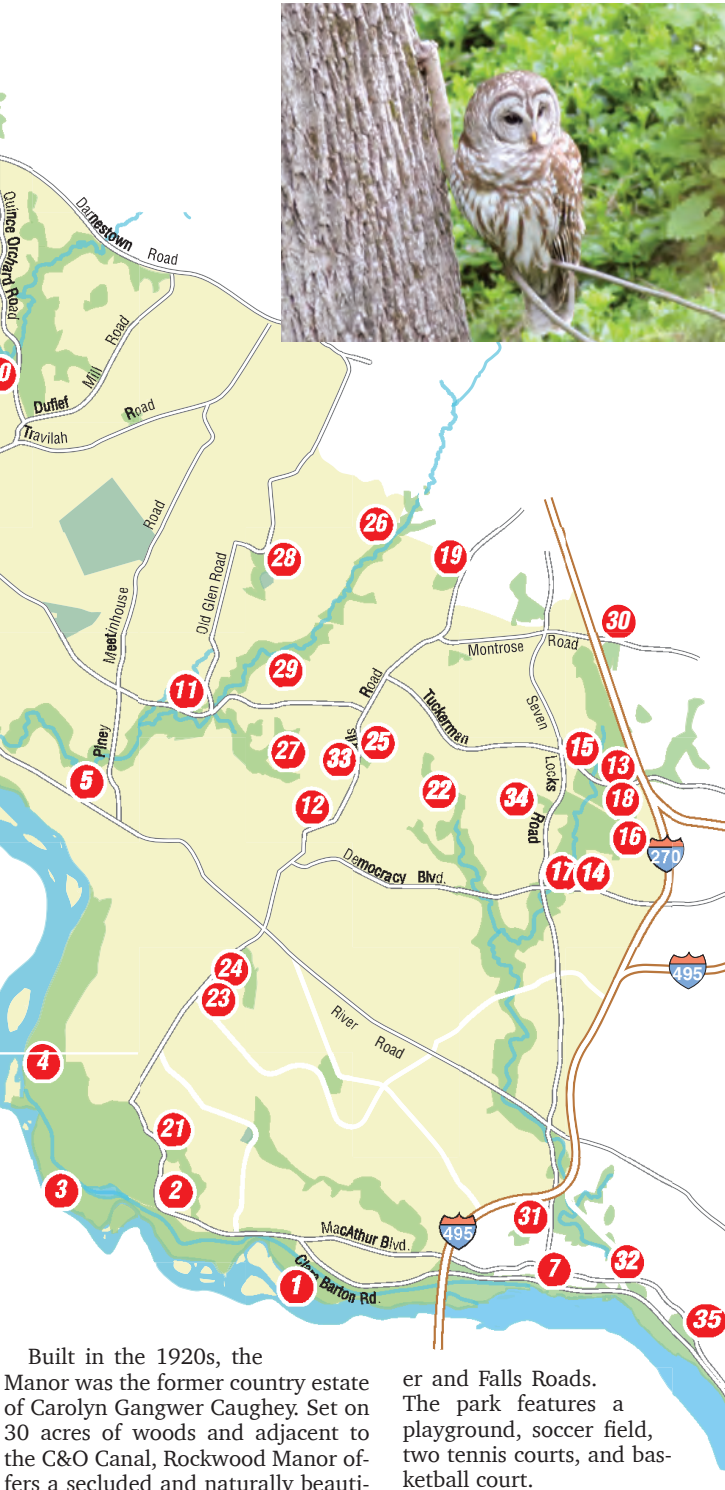
Note: The pandemic has stopped shows and other events this year, but in-house clinics and more are still available. See the website for details.

21 Rockwood Manor Educational Center and Special Park

11001 MacArthur Boulevard

301-563-7510

<https://www.montgomeryparks.org/parks-and-trails/rockwood-manor-park/>



Built in the 1920s, the Manor was the former country estate of Carolyn Gangwer Caughey. Set on 30 acres of woods and adjacent to the C&O Canal, Rockwood Manor offers a secluded and naturally beautiful venue, and has hosted first-ladies, international diplomats, and was the site of the National Girls Scout Camp. Rockwood Manor’s overnight lodgings are available for destination weddings, multi-day business retreats or training sessions, family reunions, workshops, weekend or weekday getaways and other events. Facilities for weddings, meetings, with overnight accommodations and dormitories for youth groups.

22 Buck Branch Neighborhood Park

8704 Bells Mill Road Acquired in 1986, 7.1 acre park with colorful playground, youth soccer field, and lighted tennis courts.

23 Avenel Local Park

10551 Oaklyn Drive.

Acquired in 1989. The 20.7 acre park features three tennis courts, two basketball courts, three soccer fields and a softball field and playground.

24 Heritage Farm Neighborhood Park

9520 Hall Road.

Acquired in 1970. This 30-acre park sits near the intersection of Riv-



er and Falls Roads. The park features a playground, soccer field, two tennis courts, and basketball court.

29 Gregercroft Neighborhood Park

12021 Gregercroft Rd.

Acquired in 1969. Provides the Glen Oaks and Potomac Green neighborhoods with a playground and natural surface trail. The area is wooded and nearby Watts Branch Stream Valley Park.

30 Tilden Woods Local Park

6800 Tilden Lane

Acquired in 1961. The 7-acre park includes a playground, two lighted tennis courts, a softball field, basketball court and a picnic area. The Tilden Woods Park Activity Building, which includes kitchen facilities, can accommodate up to 96 people once the pandemic is over.

31 Seven Locks Local

6922 Seven Locks Road

Acquired in 1974. The 11.6-acre park features a playground, soccer field, lighted tennis courts and a sheltered picnic area.

32 Cabin John Local Park

7401 MacArthur Boulevard

Acquired in 1933. The six-acre park features a playground area, accessible softball field, accessible multi-use field, accessible and lighted tennis courts, accessible basketball court, and accessible picnic area.

33 Potomac Community Center

11315 Falls Road

240-777-6960

www.montgomerycounty.gov/rec

This is Montgomery County’s busiest community center, providing a variety of recreation activities for all ages such as open gym, arts and crafts, exercise/ leisure classes,

group support meetings and socials, senior adult activities through the Potomac neighborhood, Senior program, area and county-wide sports programs, summer camps, programs for individuals with special needs, children and adult holiday parties, volunteer opportunities and more. Facilities include a gymnasium, exercise room, meeting rooms, art room, lounge area, community room and social hall. The outdoor area includes two baseball fields, lighted basketball and tennis courts, and a former in-line hockey rink. The Center offers table tennis, billiards and foosball, a gymnasium, weight room, social room, meeting rooms, and hundreds of classes through the Montgomery County Recreation Department.

Note: All Montgomery County community and recreation centers are currently closed because of the pandemic.

34 Bette Carol Thompson Scotland Community Center

7700 Scotland Drive

301-777-8075

Now named the Bette Carol Thompson Scotland Community Center, the rebuilt facility opened in November 2014. The center is located within the 10-acre Scotland community, between Seven Locks Road and I-270, which is a community that originated as one of the earliest African American settlements in Montgomery County.The community’s 100 townhomes now house a diverse and multicultural population within the larger Potomac area. The center offers residents of all ages a variety of programs and experiences. Among them are yoga, sports, cooking, music, dance, community celebrations and seasonal events. A larger gymnasium and modern interiors are a focal point. Upgrades to the site include improved landscaping and parking, meeting green building and sustainability goals; energy guidelines, and the Americans with Disabilities Act.

35 Glen Echo National Park

7300 MacArthur Blvd.

www.glenechopark.org

Originally a Chautauqua retreat, then an amusement park, Glen Echo National Park now hosts a variety of arts, environmental and history programs. Classes are offered in pottery, painting, photography, glass art, silversmithing, textiles and other arts, as well as in dance, writing and music. The famous 1921 Dentzel Carousel in the center of the park has been giving rides to the public for 90 years.

Adventure Theatre ([www.adventure theatre-mtc.org](http://www.adventuretheatre-mtc.org), 301-634-2270) is one of the area’s longest running children’s theater companies, and the Puppet Co. Playhouse (www.thepuppetco.org) offers shows as well as was for children to be involved.

Note: Glen Echo Park has some live streaming and recorded classes, virtual exhibitions, activity downloads for kids, Facebook Live events, and more while activities are limited because of the pandemic. See website for details.

36 McKee Beshers Wildlife Management Area

Located on River Road in Western Montgomery County

Most everyone knows about the sunflower fields in McKee-Beshers Wildlife Management Area, a 2,000-acre tract in a mixture of woodlands,

wooded bottomland and managed wetland impoundments (green-tree reservoirs). The wildlife management area shares a common boundary with the National Park Service Chesapeake and Ohio Canal to the south and borders Seneca Creek State Park, a 1,200-acre public hunting area, on the east. McKee-Beshers WMA provides habitat for a great diversity of wildlife species including deer, wild turkey, waterfowl, over 200 species of songbirds, and numerous reptiles and amphibians. Biologists deliberately flood forests during the fall and winter in “greentree reservoirs.” These attract colorful wood ducks as well as other waterfowl which migrate through or spend the winter here. Hikers will find trails for miles and miles, meandering through the forests, fields and wetlands. Hunters enjoy the pursuit of white-tailed deer, wild turkey, woodcock, squirrels, waterfowl and many other species. Roads are maintained and suitable for hiking, nature photography, birding, hunting and other recreational activities. Visitors to the management area should be aware of biting insects, mosquitoes and ticks from April-December. Area is wet most of the year, wear appropriate footwear.

37 Serpentine Barrens Conservation Park North

Piney Meeting House Road

Serpentine Barrens Conservation Park is made up of three units: East, North and South. The units total more than 350 acres.

38 Serpentine Barrens Conservation Park

The Serpentine Barrens Natural Area is considered one of the most important natural areas in the county because of its unique geology and plant community. Serpentine ecosystems are globally rare and occur intermittently in an arc east of the Appalachian Mountains from Alabama to Maine. The trees are unusually small relative to their age because of the challenging growing conditions of serpentine soils. Therefore, forests appear to be early successional, but in reality are in a climax condition. Oaks as old as 175 years old will have a diameter of trees you would expect to be one or two decades old. More than 60 species of birds have been detected in the park, including a significant number of forest interior dwelling species such as Louisiana waterthrush, scarlet tanager, ovenbird, pileated woodpecker, and barred owl.

39 Callithea Farm Special Park

15000 River Road

<https://www.montgomeryparks.org/parks-and-trails/callithea-farm-special-park/>

Callithea Farm Park is a 97-acre property located adjacent to the M-NCPPC equestrian trails at Blockhouse Point Conservation Park and the C&O Canal. Horse boarding is available.

40 Highland Stone Neighborhood Park

8716 Post Oak Road

Acquired in 1975. This 2.5-acre park serves the Highland neighborhood with a playground, gazebo and short walking path. This park is maintained without the use of pesticides.

Potomac Almanac Guide to Potomac River



Swain's Lockhouse



FROM PAGE 5

Trail every year, with access from the Old Angler's site or from the Great Falls Tavern Visitors Center or Carderock. The loop between the C&O Canal and Potomac River is less than five miles long but has steep and rocky sections. Bring water and wear good walking shoes. No flip flops or ballet slippers. Allow plenty of time to stop and enjoy spectacular views of the cliffs, Potomac River passing through the gorge and sensitive vegetation and rare plants. This hike is marked by light blue trail blazes to keep visitors from trampling on Bear Island's many rare

plants and sensitive vegetation. The trail can be rough and rocky with steep climbs. But the trail is one of the most popular hikes in all of the metropolitan area, which can be done by people of all ages.

INSIDER'S TIP: The park service seeks volunteer trail stewards willing to hike parts of the trail, educate visitors at the trailheads, protect the natural resources of Bear Island, ensure visitors are prepared for the strenuous hike, share stories about the sensitive vegetation, and reduce trampling of the Bear Island's many rare plants. Active trail stewards carry park radios for

emergency communication and receive basic first aid training to help with minor injuries. www.chohvip.org/billy_goats/

CARDEROCK RECREATION AREA

Rock climbers visit Carderock daily for its famous cliffs. The recreation area includes playing fields, a large picnic pavilion available by reservation and access to the Potomac River and the Billy Goat Trail.

Reach this 200-acre part of the park from the Clara Barton Parkway at the Naval Surface Warfare exit.

INSIDER'S TIP

Get involved on the river by joining the Bike Patrol, becoming a Billy Goat Trail Steward, or volunteering to help run the Canal Boat, or serving as a docent at the River Center. The Level Walker Program is the most popular volunteer activity of the C&O Canal Association. There are 69 levels, defined by the association along the canal, which vary from 1.2 miles to 5.66 miles. Volunteers are expected to walk their assigned area and report at least once a year, preferably more. Level Walkers report on the condition of the towpath and any hazards they encounter by reporting to the Association.

See <http://www.chohvip.org/>



Campsites are available at Swain's Lock.

OLD ANGLER'S INN

Access the park across from Old Angler's Inn, 10801 MacArthur Blvd., a Potomac institution since 1860 for users of the canal or for patrons interested in food, drinks or live music in an idyllic setting. Indoor and outdoor seating.

A popular spot for kayakers and stand-up paddleboarders, and a great spot to find outdoor adventure companies teaching beginning to advanced paddleboarding, kayaking and canoeing. Hiking enthusiasts have quick access to the Billy Goat Trail from here, or those who simply want to take an evening stroll or bike ride along the Burma Road or around Widewater, the area of the canal used for turning large boats around. Parking available across from the restaurant not at the restaurant.

See <https://oldanglersinn.com/>
10801 MacArthur Blvd.
301-365-2425

SWAIN'S LOCK

10700 Swain's Lockhouse Road (off River Road)

Campsites are available at Swain's Lock, one of the largest of the canal lockhouses. The lock

SEE POTOMAC RIVER, PAGE 10

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NEWCOMERS GUIDE

Where to Give Locally In the Potomac Area

Local nonprofits need your help to help others

We list many kinds of nonprofits in and around Potomac: food banks, animal adoption, arts, environment, housing; find what appeals to you, and pitch in. It's fair to say that most organizations would like financial contributions and volunteers.

Manna Food Center

Manna Food Center, the main food bank in Montgomery County, strives to eliminate hunger through food distribution, education, and advocacy. Manna provides food to 32,000 individuals each year and helps distribute rescued food to soup kitchens, food pantries and emergency shelters county-wide. Nearly every social service organization in Montgomery County relies on Manna to provide food to their clients.

You can drop off food donations Monday through Friday from 8 a.m. to 3 p.m. at: the Warehouse, 9311 Gaither Road Gaithersburg, MD 20877

(301) 424-1130 info@mannafood.org www.mannafood.org

Mercy Health Clinic in Gaithersburg is a non-sectarian, non-profit, community health clinic committed to providing high quality medical care to eligible patients free of charge. It serves around 2,000 patients annually with more than 50 volunteer physicians and over 100 medical and administrative volunteers. "At Mercy, we believe that we all benefit when everyone in our community has access to health care." The clinic is located at 7 Metropolitan Court, Suite 1, Gaithersburg, MD 20878. Phone 240-773-0300 or visit www.mercyhealthclinic.org.

Interfaith Works provides shelter, food, and clothing to low-income and homeless neighbors. Offices are at 114 West Montgomery Ave., Rockville, 20850 www.iworksmc.org.

Potomac Community Resources, Inc. promotes the full inclusion into community life of teens and adults with developmental differences by providing over 35 therapeutic, recreational, social, educational, and respite care programs. PCR's in-person programs remain suspended, but you can participate in our engaging videos online, <https://pcr-inc.org/pcr-videos/> Donations to PCR make a difference in the lives of individuals with developmental differences and their families. Eighty-six percent of every dollar donated goes directly to its programs. Updated resources page, pcr-inc.org/community-resources/community-links/

Offices located at 9200 Kentsdale Drive, Potomac, 20854. Phone 301-
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365-0561 or visit <http://pcr-inc.org/>

Montgomery County Coalition for the Homeless (MCCH) a community-based nonprofit organization, is a leading provider of permanent housing, intermediate housing, emergency shelter, and supportive services for people experiencing homelessness. MCCH programs serve 1,600 men, women, and children each year, providing 60 percent of the emergency shelter beds in the county.

600-B East Gude Drive, Rockville, 20850, 301-217-0314 www.mcch.net.

ArtStream performances feature adult actors with intellectual and developmental disabilities including autism and other social and behavioral needs. Actors, volunteer mentors and theatre professionals work as a team to create original performances for live audiences. ArtStream offers drama and life-skills classes and programs in military hospitals. The group is based in Chevy Chase and normally holds programming throughout the region, but right now the virtual programs are thriving. 8401 Connecticut Ave. Ste 1230, Chevy Chase, 20815, 301-565-4567 www.art-stream.org.

Shepherd's Table is a nonprofit organization in downtown Silver Spring, supported by volunteers, religious organizations, government, businesses, foundations, and individual donors. It provides help to people who are homeless or in need by providing basic services, including meals, social services, medical support, clothing, and other assistance. 8210 Dixon Ave., Silver Spring, 20910, 301-585-6463 www.shepherdstable.org.

The Fisher House program supports members of the military and their families when they travel great distances for specialized medical care. Fisher House Foundation donates "comfort homes," including at Walter Reed in Bethesda. These homes enable family members to be close to a loved one at the most stressful times.

Fisher House Foundation, Inc., 12300 Twinbrook Pkwy, Suite 410, Rockville, 20852, 301-294-8560, info@fisherhouse.org or www.fisherhouse.org.

KindWorks seeks to inspire action for a kinder world by meeting pressing community needs and building community by mobilizing individuals to assist in many kinds of volunteer service. They are working with refugees from Afghanistan in addition to many other things.

KindWorks, Inc., 7979 Old Georgetown Road, 10th Floor, Bethesda, 20814; Call 301-246-2452, email info@DoKindWorks.org or visit www.dokindworks.org.

Friends in Action is a program that provides intensive case management to low income Montgomery County

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THESE FLOWERS HAVE A LOT OF FIGHT IN THEM.

The Alzheimer's Association Walk to End Alzheimer's® is full of flowers, each carried by someone committed to ending this disease. Because like flowers, our participants don't stop when something's in their way. They keep raising funds and awareness for a breakthrough in the fight against Alzheimer's and all other dementia.

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NEWCOMERS & COMMUNITY GUIDE

C&O Canal Explorer: Mobile App for Self Exploration

A mobile app, “C&O Canal Explorer,” will aid users in exploring the 184.5 miles and 20,000 acres of the Chesapeake and Ohio Canal National Historical Park. The mobile app includes over 600 points of interest in the park mapped in a searchable format, allowing users to find at-a-glance hiking trails, historic sites, trailheads, parking and more. The app also calculates the distance from a user’s location to nearby amenities and points of interest, with the ability to view both upstream and downstream of a current location. The app was developed by the C&O Canal Trust, the official nonprofit partner of the Chesapeake and Ohio Canal National Historical Park, which works in partnership with the National Park Service and local communities to raise funds to preserve the park for future generations.

See www.canaltrust.org/plan/explorer-mobile-app or download from your app store.

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house is named for Jess Swain, a lock-keeper in the early 1900s whose father helped in the excavation and construction of the canal. After running a boat rental and refreshment stand at Swain’s Lock for almost a century, the family ceased operations in 2006. Now part of Canal Quarters and available for overnight stays. Up to seven friends can spend up to three nights here, experiencing life on the canal. Lockhouse 21 is furnished to depict 1916 and tells the story of the Swain family, generations of whom helped build and run the C&O Canal.

<https://www.canaltrust.org/programs/canal-quarters/>

PENNYFIELD LOCK

End of Pennyfield Lock Road (off River Road)

The three-mile walk from Pennyfield Lock to Violette’s Lock takes you through many kinds of bird habitat and around Blockhouse Point. Pennyfield Lock was President Grover Cleveland’s favorite destination when he went on fishing excursions, according to the Potomac Master Plan. The Pennyfield Lock House, built in 1879 inland from the lock house, was the home of lock-keeper Charles W. Pennyfield.



Old Angler’s Inn.

INSIDER’S TIP

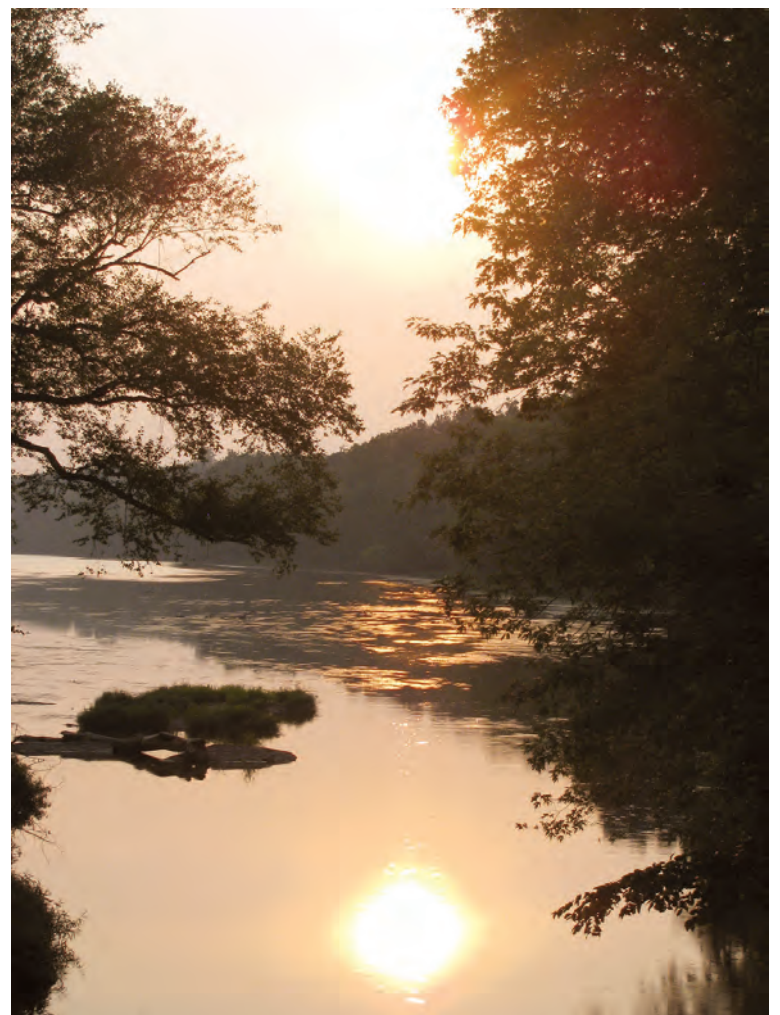
Pennyfield Lock is also home to a lockhouse built in 1830 that you can rent by the night. The Canal Quarters Interpretive Program invites visitors to stay in a historic lockhouse for a day and night to learn about the living conditions of a lockkeeper’s family.

See <https://www.canaltrust.org/programs/canal-quarters/>

BLOCKHOUSE POINT: INSIDER’S TREASURE

Those who know this 630 acres of land call Blockhouse Point the jewel of Potomac. The natural and cultural resources at Blockhouse Point are amongst the most valuable in the country. The park contains a variety of exceptional and rare habitat, including mature upland forest, floodplain forest, wetlands, streams and river-rock outcrops. Nine species of threatened, endangered or watchlist species of plants have been identified in the park, along with 25 species of fish, nine species of amphibians, four species of reptiles, 39 species of nesting birds and 10 species of mammals.

During the Civil War, the 19th Massachusetts Infantry built three blockhouses in 1862 to guard Violette’s Lock and Pennyfield Lock, taking advantage of panoramic views from Blockhouse Point. Union sentries kept watch for Confederate movements across the river and at area fords. Source: National Park Service <http://Newcomers>



Violette’s Lock.



Blockhouse Point Conservation Park.

comers & Community Guide See www.nps.gov/choh/planyourvisit

Blockhouse Point Conservation Park

14750 River Road

<https://www.montgomery-parks.org/parks-and-trails/blockhouse-point-conservation-park-trails/blockhouse-point-civil-war-experience/>

INSIDER’S TIP

Montgomery County developed a brochure so people can walk the footsteps of Union Soldiers. Blockhouse Point is an area to enjoy peace, solitude, and an example of

the natural and cultural resources of Potomac that rival the most valuable in the country.

VIOLETTE’S LOCK

Violette’s Lock Road (off River Road)

Violette’s Lock offers one of the more beautiful views of the sunset over the Potomac River.

RILEY’S LOCK

13025 Riley’s Lock Road (off River Road)

Riley’s Lock features a boat ramp on Seneca Creek, the busiest in Montgomery County, that

allows easy access to a quiet and inviting part of the Potomac River for canoes, kayaks, stand-up paddleboards and small motorboats. There is a new accessible kayak launch there. The Seneca Creek Aqueduct, opened in 1833 and made of red sandstone, allowed thousands of canal boats to move across Seneca Creek from 1833 to 1924, the year of the canal’s closing. The aqueduct was protected by Union garrisons during the Civil War.

COVID-19 UPDATES

Prior to visiting any parks or trails, visit MontgomeryParks.org/COVID-19.

ENTERTAINMENT

Ongoing Entertainment

LOCK DEMONSTRATIONS. 11 a.m., 1 p.m. and 2 p.m. (30 minutes long). Saturdays and Sundays. Chesapeake & Ohio National Historical Park at Great Falls, 11710 MacArthur Blvd. Join park staff as they operate Lock 20 and demonstrate how it works. Lock 20 is next to the Visitors Center at the park.

RIDE THE CAROUSEL. 10 a.m. - 6 p.m. Saturdays and Sundays through Sept. 26, 2021. Glen Echo Park, 7300 MacArthur Blvd. The 1921 Dentzel Carousel was installed in 1921 and celebrates its 100th Anniversary all season long. Purchase tickets at <https://glenechopark.simpletix.com/>. \$5 per person for a four-hour time slot. See <https://glenechopark.org/carousel/> for additional information regarding covid protocols.

CABIN JOHN PARK MINIATURE TRAIN RIDE. 10 a.m. - 6 p.m. Saturdays and Sundays. 7410 Tuckerman Lane. Scenic two-mile, 15-minute train ride through Cabin John Regional Park. Tickets are limited and can be pre-purchased online at ActiveMontgomery.org -- \$2.50. (Children two and younger ride for free with an adult.) See <https://www.montgomeryparks.org/parks-and-trails/cabin-john-regional-park/miniature-train/>

BETHESDA CENTRAL FARM MARKET, Sundays, Open year round, 9 a.m.-1:30 p.m., March-December. (9:30am-1:30pm, January-February, closed Thanksgiving weekend) in the lot of Bethesda Elementary School. One of the largest farmers markets in the region, with more than 100 vendors and artisan food producers year-round. The market features table seating, music, local Maryland winery and farm brewery tastings, kids club activities, chef demos, and more. <https://bethesda.centralfarmmarkets.com/>

INDOOR SWIM HOURS. Shriver Aquatic Center, 5900 Executive Blvd, 240-777-8070 See. <https://www.montgomerycountymd.gov/rec/Resources/Files/aquatics/KSAC.pdf>

ICE SKATING. Cabin John Ice Rink, 10610 Westlake Drive. Cabin John Ice Rain has numerous public skate sessions every day of the week. See cabin-johnice.org for details.

POTOMAC COMMUNITY CENTER. 11315 Falls Road. The Potomac Community Center has reopened. Table tennis, volleyball, badminton, basketball, pickleball, open gym and more <https://www.montgomerycountymd.gov/rec/Resources/Files/potomac-2021schedule.pdf> for details and hours.

POTOMAC VILLAGE FARMERS MARKET. Thursdays, 3 p.m. to 6:30 p.m. Potomac United Methodist Church, 9908 South Glen Road. Potomac Village Farmers Market operates all Thursdays, May

through November.

PARK RANGERS AVAILABLE. 10 a.m. to 3 p.m. on Thursdays, Fridays, Saturdays and Sundays. Chesapeake & Ohio National Historical Park at Great Falls, 11710 MacArthur Blvd. Park rangers are available to provide maps and information. See <https://www.nps.gov/choh/index.htm>

PUBLIC ART. Bethesda is filled with public art. Browse a portion of the collection of public art on <https://www.bethesda.org/bethesda/public-art> for descriptions of projects and locations. Includes "Tunnel Vision," produced by the Bethesda Arts & Entertainment District, which showcases the work of 12 selected artists inside the Metro Tunnel that runs under Wisconsin Avenue.

BETHESDA STREETERY: 11 a.m. to 10 p.m. Tuesday-Sunday. To create additional seating outdoors, the Bethesda Streeterly is set-up as open seating with all tables placed at least six feet apart and a limit of four people permitted per table. Restaurant patrons are invited to dine within this open-air area after picking up food and beverages from local Bethesda restaurants. Tables will be cleaned after each use.

- ❖ Norfolk Avenue, between St. Elmo Avenue and Cordell Avenue
 - ❖ Norfolk Avenue, between Cordell Avenue and Del Ray Avenue
 - ❖ Woodmont Avenue, between Elm Street and Bethesda Avenue
 - ❖ Veterans Park, corner of Norfolk and Woodmont Avenues
- See <https://www.bethesda.org/bethesda/bethesda-streeterly>

LOCUST GROVE NATURE CENTER, 7777 Democracy Blvd. Outdoor exhibits, natural features, and trails are open every day from dawn to dusk. In the Upper Meadow, look for Monarch butterflies, caterpillars and eggs on the milkweed in summer. Check out the dogbane for iridescent dogbane beetles. Listen for wrens and bluebirds near the bluebird nest boxes. Watch for box turtles crossing the path in the early morning. <https://www.montgomeryparks.org/parks-and-trails/cabin-john-regional-park/locust-grove-nature-center/> for planned activities.

JOSIAH HENSON MUSEUM AND PARK. Park is open from sunrise to sunset. Museum hours are Friday to Sunday, 10 a.m. to 4 p.m. 11410 Old Georgetown Road. The life and challenges of Reverend Josiah Henson, enslavement in Maryland, and the ongoing struggles of racial equality and justice on the former plantation property of Isaac Riley where Henson was enslaved. Henson, whose 1849 autobiography, *The Life of Josiah Henson, Formerly a Slave, Now an Inhabitant of Canada*, inspired Harriet Beecher Stowe's novel, *Uncle Tom's Cabin*. \$5 adults, \$4 youth, \$4 seniors. See <https://www.montgomeryparks.org/parks-and-trails/josiah-henson-park/>

imal Well-Being) is the non-profit partner of the Montgomery County Animal Services and Adoption Center (MCASAC) working through MCASAC to keep homeless pets healthy and happy while awaiting adoption. Goals are: Reduce the number of animals that come to MCASAC; pamper, protect, and provide emergency veterinary care for animals inside MCASAC; educate and engage the community in causes for animal welfare. Visit <http://www.mc paw.org>.

PetConnect Rescue was founded in 2005, in the wake of Hurricane Katrina, and has evolved into a vibrant animal rescue organization. Their mission is to save the lives of abandoned dogs and cats and place them in loving and permanent homes.

PO Box 60714, Potomac, 20859; 1-877-838-9171; info@petconnectrescue.org. www.petconnectrescue.org

C&O Canal Trust: By giving to the C&O Canal Trust, you will be joining a growing movement of citizens across the country who are taking personal responsibility for the future of "America's best idea" - our national parks. Give thanks for the C&O Canal you enjoy today and invest in its future. www.canaltrust.org

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EDITOR & PUBLISHER

Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

EDITORIAL

PHONE: 703-778-9415

E-MAIL:

almanac@connectionnewspapers.com

CONTRIBUTING WRITERS

Carole Dell, Kenny Lourie,
Peggy McEwan, Ken Moore

Contributing Photographers

Deborah Stevens, Carole Dell

Art/Design:

Laurence Foong, John Heinly,
Ali Khaligh

Production Manager

Geovani Flores

ADVERTISING

For advertising information
sales@connectionnewspapers.com
703-778-9431

Display Advertising:

Kenny Lourie 301-325-1398

klourie@connectionnewspapers.com

Debbie Funk

Display Advertising/National Sales
703-778-9444

debfunc@connectionnewspapers.com

David Griffin

Marketing Assistant

703-778-9431

dgriffin@connectionnewspapers.com

Jerry Vernon

Executive Vice President

703-549-0004

jvernon@connectionnewspapers.com

CIRCULATION

circulation@connectionnewspapers.com

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Scan Hardly Believe It



By **KENNETH B. LOURIE**

Life goes on. My warranty has been extended for another 90 days as all three scans from Sept. 23rd indicated stable and/or no new metastases. News with which I am extremely fond of saying, I can live. Though the radiologist's report that I received lists both non small cell lung cancer and papillary thyroid cancer as "the indication," my endocrinologist feels what I have is thyroid cancer and likely have always had thyroid cancer. I wish I could say that will be for the lawyers to argue. but peculiarities of law and the three-year statute of limitations in Maryland makes a final resolution unlikely. Therefore, I will continue to live with my amazing good fortune and possible misdiagnosis as part and parcel of how I roll.

And how I roll, as you regular readers know is chemotherapy, targeted therapy, immunotherapy and targeted therapy once again - in that order, and diagnostic scans every three weeks in the beginning and eventually and presently, every three months. As such, over these nearly 13 years of being a cancer patient, I figure I've probably had at least 50 CT scans and another 20-plus MRIs, plus an occasional PET scan. The point being that over the years, I've done an awful lot of waiting for scan results with my life/immediate future hanging in the balance. And 'balance' is exactly what one needs to endure these incredibly anxious situations. Though I'm fairly experienced at this juncture, the actual moment of truth when I receive the email containing my results is oft-putting to say the least and downright heart-stopping to say the most.

However, my personality is perfectly suited for these ongoing challenges. I never presume the worst. I never woe is me. I never bemoan systemic delays in communicating the results to me. As my close friend John would most definitely say: "It is what it is, and it will be what it will be." I never put the proverbial cart before the horse. I can take it. No problem. My wife, Dina, on the other hand, cannot. For her, the results cannot arrive soon enough. Granted, immediate feedback would be much preferred. But, that's never been the process. I can accept it. Dina, not so much.

That being said, I will admit that after all these years/scans/waiting for results, I have become less able to take it all in stride. It's as if a layer of patience and understanding of the process has been worn away with time. Even though I've mostly received good news (unexpectedly given my original "13 month to two year" prognosis - in Feb., 2009), I have had my share of disappointing news. But on the whole, I've been one of the luckier cancer patients. Still, each scan I wait for results is hardly an adventure in wonderland. I am constantly wondering and worrying when the other shoe will drop (the bad news). In fact, opening up the email that contains my scan results literally takes my breath away.

Not to be negative, which I'm not, but during the Team Lourie meeting in late Feb., 2009 when I first met my oncologist and were given all the medical reports/assessments of my recent X-Rays, CT scan, PET scan and surgical biopsy from the pulmonologist, thoracic surgeon, pathologist and internist, it was clear and convincing from all these doctors that I had lung cancer. And my prognosis? Grim, and it was no fairy tale. It was surreal to hear and nearly impossible to process. I have what? When I was told the survival statistics by my oncologist of stage IV non small cell lung cancer patients (me): 2 percent survive beyond two years, my brother asked if there are exceptions. To which my oncologist replied to me: "Could you be the one? Sure." Little did I know that the doctor was being literal. One was the answer. Ever since I heard that, I felt my days were numbered. All these several years later, I'm not exactly counting days, but neither am I counting chickens. I live quarter to quarter and am grateful to do so.

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

Where to Give Locally In the Potomac Area

FROM PAGE 9

families. Families are assigned to an FIA case manager that will help create goals in areas of education and employment, health and mental health, parenting, budgeting, home management, and practical life skills. 301-762-8682 www.iworksmc.org/friends-in-action.

Montgomery Countryside Alliance promotes sound economic, land-use and transportation policies that preserve the natural environment, open spaces, and rural lands in Montgomery County's Agricultural Reserve for the benefit of all Washington Metropolitan area residents.

Write PO Box 24, Poolesville, MD 20837, call 301-461-9831 email info@mocoalliance.org or visit www.mocoalliance.org.

Spirit Club Foundation Inc. is a non-profit organization organized to ensure that people with disabilities and other health-related challenges have the opportunity to exercise and learn about fitness and nutrition in an integrated setting.

Spirit Club Foundation, PO Box 443, Kensington, MD 20895, SpiritClubFoundation.org

MCPAW (Montgomery County Partners for Animals) www.ConnectionNewspapers.com

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