



# Flash E-Fax

News & Information

February 18, 2008

**RSVP TODAY** for tomorrow's breakfast featuring the Olney Town Center Advisory Committee's Illustrative Concept Plan for the Olney Town Center. The breakfast will be held at the Inn at Brookeville Farms and the cost is \$15. Register online at [www.olneymd.org](http://www.olneymd.org) or by calling the Chamber office at 301.774.7117.

## Chamber Welcomes New Members:

### BB&T Bank

*Jainaba Cessay*

15509 New Hampshire Ave.

Silver Spring, MD 20905

T: 301.625.2141 F: 301.384.1726

Email: [jcessay@bbandt.com](mailto:jcessay@bbandt.com) Web: [www.bbandt.com](http://www.bbandt.com)

*Financial Center leader of the BB&T in Cloverly and Silver Spring.*

### Light House Construction and Electrical Services, LLC

*Sanford Malakoff*

3608 Stoney Castle Street

Olney, MD 20832

T: 301.948.8281

E: [mjmalakoff@aol.com](mailto:mjmalakoff@aol.com)

Web: [www.lighthouseelectricinc.com](http://www.lighthouseelectricinc.com)

*We are an electrical contracting firm for residential work and also a home improvement company.*

### Matousek International Services, Inc.

*Pedro G. Matousek*

4208 Charley Forest Street

Olney, MD 20832

T: 301.260.1299 F: 301.260.1229

E: [wmatousek@aol.com](mailto:wmatousek@aol.com)

*Imports and exports auto parts, tires, cars, shop tools, shop equipment, dental products and more.*

## 2007-2008 OCC Member Plus Sponsors

### Platinum

Sandy Spring Bank

### Bronze

Aspen Hill Club, Austin Wealth Management, Maryland Sports Medicine Center with Dr. David Higgins, Metro Metro and Associates, and Quinter Design

## Announcements:

► **Moving Sale:** Embroidery Express is excited to announce that we will be moving to the Olney Town Center in March. We are having a BIG SALE with 25 – 50 % off much of our in stock clothing and gifts. Lots of great bargains to be found!!!! Call 301.774.4322 or visit [www.EEolney.com](http://www.EEolney.com) for more information.

► **Spring Break Camp:** Funfit Family Fitness Center is having a Cheerleading Spring Break Camp for 4.5 - 8 year olds, has early-bird pricing and is for beginners. Kids will learn stunts, tumbling and gymnastic skills, strength training, yoga and nutrition. Call 301-975-0099 or register or visit us online at [www.funfit.us](http://www.funfit.us).

► **Reminder:** MGH 3<sup>rd</sup> Annual Art Show on Friday Feb. 22.

► **For Your Health:** "Taking Charge of Your Health: Cardiovascular Disease is Optional," a free community seminar, will be presented by Pharmacist Brian Sanderoff on Wednesday, February 27, 7-8:30 p.m., at Brooke Grove Rehabilitation and Nursing Center, 18131 Slade School Road on the Sandy Spring campus of Brooke Grove Retirement Village. This seminar challenges the belief that diseases are something that happen to people but are beyond their control. "Not so," says Dr. Sanderoff, a radio talk show host and herbal and nutritional counselor. "Chronic cardiovascular diseases such as high blood pressure, cholesterol and heart failure can be avoided if the true causes are properly understood." For reservations, contact Susan Frazier, 301-924-2811, option 3, or [SFrazier@bfg.org](mailto:SFrazier@bfg.org).

► **Reminder:** Olney Lions Pancake Breakfast on Saturday, Feb. 23 at St. John's Episcopal.

► **In the News:** Joel Stein wrote about Dream Dinners in the current issue of the TIME magazine ("Outsourcing Home Cooking" Food Section, page. 61) He enjoyed the exciting recipes and said that "the appeal of the meal-assembly approach saves you having to think. The moms at Dream Dinners didn't have to worry about what was for dinner when they came home from work." Are you too busy to make dinner? Dream Dinners Cloverly Street is offering packaging service to all Olney business owners. Kids can make free chocolate treats on Feb 12. Contact Yihung Mohs at [CloverlyStreetMD@dreamdinners.com](mailto:CloverlyStreetMD@dreamdinners.com) or call 240.515.8983 for details.

► **February Biz Buzz:** The Olney Chamber's February Biz Buzz will be held on Thursday, Feb. 28 from 5:30-7:30 p.m. at the Norbeck County Club in the Norbeck Room.