

# Potomac ALMANAC

## Rocking Out for Charity

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Local eighth-graders Jake Harburg, Matthew Schick and David Waldman, and Max Greenblatt performed as their band Riptide at the Bach to Rock Music School on Sunday, Feb. 8 to raise money for the Childhood Brain Tumor Foundation as part of their Bar Mitzvah charity projects.

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## Battling Back

Joel Rogozinski has relied on friends, family, and fellow firefighters as he recovers from burns sustained in the line of duty.

BY AARON STERN  
THE ALMANAC

**D**angling from a gaping hole in the first floor of a burning home, Joel Rogozinski didn't have time to wonder if he would get out alive. Steam and smoke from the basement fire below filled his fire-retardant pants and scalded his legs. He only knew that he wouldn't be going back out the home's front door that he had come in moments before with the other members of his rescue squad crew from the Rockville Volunteer Fire Department's Station 3 on Hungerford Drive.



PHOTO BY AARON STERN/THE ALMANAC

**Joel Rogozinski — holding the fire truck pinata — with his parents Jacques and Janet and his sister Helena Rogozinski. Last October Rogozinski, a member of the Rockville Volunteer Fire Department who grew up in Potomac, fell through the floor of a Rockville home while battling a fire and sustained burns to 35 percent of his body. After spending 36 days in the hospital Rogozinski is still recovering, and is working towards his M.B.A. He hopes to be fighting fires again within the next year.**

**“The level of camaraderie there I’ve never seen in my life. It’s a deep appreciation for what all of them do ....”**

— Jacques Rogozinski

“You basically just go through your options,” Rogozinski said. As part of the four-person crew the night of Oct. 2, 2008, he had searched both floors of the Rockville home, then served as fire suppression at the top of the basement stairs as the basement fire below was battled. The house had grown hotter and Rogozinski had seen flames outside shooting up from a basement window, and he knew his crew needed to get out. Before he could gather the

hose and escape, the floor swelled, then buckled. He fell through the floor, catching himself with his arms and the pike pole he was carrying.

Having left his radio in the truck, he yelled mayday, the call for a firefighter in trouble, but he quickly realized that no one would be able to come back over the compromised floor to get him. It felt to him like he dangled from the floor forever as his legs burned, though in reality it was probably 30 to 45 seconds.

During that time, the main fire in the basement was brought under control. Realizing that and knowing he had nowhere

else to go, Rogozinski dropped to the basement floor below. He remembered a basement window that he had seen when he had searched for the gas meter to shut off the home's utilities on his way into the home. It was a small window located high in the wall, split by a fixed metal bar. He grabbed the metal bar but as he did, the air space between his hand and glove disappeared; his hand burned and the skin slid off. The suits worn by firefighters are baggy in part to provide an air space between the body and the material to protect them from burning and eliminating that airspace often results in burns, Rogozinski said.

Rogozinski punched the bar out but realized he wouldn't fit through the window with his air tank on, so he took it off and threw it up through the window. He didn't know if he would be able to pull himself through the small, elevated opening, but he tried.

“I figured even if I couldn't make it out someone's going to see that [air tank] and start thinking, ‘Hmm,’” he said. He grabbed the edge of the window and pulled himself up over the cinder block wall, his chest burning as his suit pressed against it. He got halfway through the window before his fellow fire fighters pulled him out.

It was a series of actions that Jim Seavey, chief of the Cabin John Park Volunteer Fire Department and the Volunteer Operations Chief for Montgomery County Fire and Rescue the night of the incident, described as a self-rescue that not many firefighters would have had the composure to conduct.

“The presence of mind and the where-withal ... [that Rogozinski displayed] showed that he's definitely in the top five percentile of our people,” said Seavey.

**MIKE ADER WAS THE OFFICER** in charge of the rescue squad truck that night. He and Rogozinski went through training together as 16-year-old junior members in the spring of 2001 and have been close friends since. Ader was helping to put out the basement fire when the mayday call went out over the radio, but with bad radio reception in the basement it wasn't until he was putting out some remaining hot spots that he heard it. He didn't know who was in trouble, but he searched the basement. He heard a signal from a Personal Alert Safety System device, but the signal stopped

SEE FIREFIGHTERS. PAGE 6

## Saturday Night Fever

Top table tennis talent invades the Potomac Community Center every Saturday night.

BY AARON STERN  
THE ALMANAC

**I**f the idea of playing a casual game of ping pong on a Saturday night sounds like a good way to kick back and relax after a long week, don't go to the Potomac Community Center. Fourteen ping pong tables and dozens of local table tennis enthusiasts replace the pick-up and rec league basketball games that usually occupy the gym, but it is not a place for the casual player.

Players blast balls back and forth across the table at a blurring pace, and many wear

shoes designed specially for the sport. Competitors emerge from the gym to suck down water at the water fountains looking like they just spent a vigorous hour in the weight room. This is not the sport of friendly basement matches or casual college rec room tournaments.

“People think that ping pong, table tennis, is still a basement game,” said Stephen Yeh of Rockville as he stood outside the entrance to the gym on Saturday, Feb. 7. “It's not what you think it is, unless you saw it,” he said jabbing a thumb back over his

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PHOTO BY AARON STERN/THE ALMANAC

**Table tennis provides a level playing field for competitors young and old, male and female, said Herman Yeh, the president of the Potomac Country Table Tennis Club and a member of the Potomac Community Center Advisory Board. Yeh's club has 100 members with 40 more on the waiting list, and hosts some of the most competitive table tennis matches on the East Coast, according to Yeh.**

## Valentine's Day Weekend at Park

Discovery Galleries and the Glen Echo Park Partnership for Arts and Culture will celebrate Valentine's Day weekend with a gallery depicting the historic and iconic buildings of the park. The work of Bethesda-based photographer Daniel Schreiber will be on display and a portion of the proceeds from this photography exhibition and sale will be donated to support the Park's ongoing programs.

The weekend-long exhibition will begin with a Valentine Martini and Wine Reception on Friday, Feb. 13, from 7 p.m. to 11 p.m. Another evening reception will be held on Valentine's Day, Feb. 14, also from 7 p.m. to 11 p.m. Schreiber will be available at both receptions to discuss his work. The exhibition and sale is also open on February 14, from 10 a.m. to 7 p.m., and on February 15, from 11 a.m. to 4 p.m.

Discovery Galleries is located at 4840 Bethesda Avenue in Bethesda. An RSVP is recommended for both evening receptions and can be made to 301-913-9199 or [www.discoverygalleries.com/rsvp](http://www.discoverygalleries.com/rsvp).

## Library Closed Sunday, Monday

All Montgomery County Public Libraries will be closed on Sunday, Feb. 15 and Monday, Feb. 16, in observance of President's Day.

## Yellow Barn High School Art

Yellow Barn Studio instructor and artist Glen Kessler will present the work of his first "High School Scholarship Class" at The Yellow Barn Gallery, Saturday, Feb. 14 through Sunday, Feb. 15. The Gallery is open from noon to 5 p.m. daily. A reception for the artists is scheduled for 3 to 5 p.m., Sunday, Feb. 15, in the gallery. The event, which is hosted in cooperation with the National Park Service and the Glen Echo Partnership for Arts and Culture, is open to the public. Light fare and live music is available at the reception. For more information contact the Yellow Barn Gallery at 301-371-5593 or the National Park Service, Glen Echo, at 301-492-6229.

## March Senior Forum

Montgomery County Councilman Roger Berliner (D-Potomac, Bethesda, Chevy Chase) will host a forum for local seniors on Friday, March 6 from 2 to 4 p.m. in Bethesda to provide advice on financial, personal, and home safety matters. Speakers will include U.S. Sen. Ben Cardin (D-Md.), author Stan Hinden, Montgomery County Police Commander Russ Hamill. The meeting will be held in the Anastasia Room of the Bethesda Chevy Chase Rescue Squad located at 5020 Battery Lane, Bethesda (the intersection of Old Georgetown Road and Battery Lane). Call 240-777-7828 for more information.

Exhibitors at the event will include: Bethesda Chevy Chase Chamber of Commerce, Bethesda Chevy Chase Regional Services Center, Community Partners, Family and Nursing Care Inc., G.R.O.W.S, Interages, Jewish Council on Aging, Meals on Wheels, Montgomery College, Montgomery County Department of Recreation, Montgomery County Fire/Rescue Service, Montgomery County Police Department, Montgomery County Office of Aging and Disability, OASIS, Senior Checked, Senior Connection, Senior Health Insurance Program, Strategies for Independent Living, Suburban Hospital, The Beacon, Top Banana Home-Delivered Groceries, and Vamoose Bus.

## Garagiola To Host Meetings

State Sen. Rob Garagiola (D -15) will host a series of town hall-style meetings at Giant food stores over the next few weeks as he does each year during the Maryland General Assembly to get input from constituents. He will also hand out questionnaires soliciting opinions on fiscal, health care, transportation and energy issues.

The meeting times and locations are scheduled as follows:

- ❖ March 7, 1-2 p.m.: Selby Market, 19610 Fisher Ave., Poolesville
- ❖ March 7, 11 a.m. -noon: Traville – Giant, 9719 Traville Gateway Drive, Rockville.

## NEWS



Local eighth-graders Jake Harburg, Matthew Schick and David Waldman, and Max Greenblatt performed as their band Riptide at the Bach to Rock Music School on Sunday, Feb. 8 to raise money for the Childhood Brain Tumor Foundation as part of their Bar Mitzvah charity projects.

# Rocking Out for Charity

Riptide performs in Bethesda to raise money to fight childhood brain tumors for Bar Mitzvah charity project.

BY AARON STERN  
THE ALMANAC

Music fans young and old filled the lobby auditorium of the Bach to Rock Music School in Bethesda on Sunday, Feb. 8, packing the small space and spilling out the front door onto the sidewalk, cameras aloft, trying to digitally capture the moment.

Inside, the band Riptide opened their four-song set with "Carry on My Wayward Son," by Kansas, then moved on to cover Ozzy Osbourne and Nirvana covers before finishing with their own original song, "Wonderful." That may sound like an ambitious playlist for a group made up of four 13-year old boys, but then their goal is ambitious too.

The group performed last weekend as part of their bar mitzvah charity projects in an effort to raise money for the Childhood Brain Tumor Foundation (CBTF), an organization that raises funds for scientific research, heightens public awareness of child

brain tumors, and improves the quality of life for those affected.

"It's a great way for us to incorporate our love of music with the Jewish cause," said bassist Jake Harburg, a Thomas W. Pyle Middle School eighth grader. Together with bandmates Max Greenblatt, Matthew Schick and David Waldman, they are Riptide. Greenblatt attends the McLean School in Potomac, Schick goes to Landon, and Waldman is a student at Jewish Day School. With wide-ranging influences — they cited Led Zeppelin, the Beatles, and Boston as their favorite bands

**"It's a great way for us to incorporate our love of music with the Jewish cause"**

— Jake Harburg

SEE ROCKING, PAGE 6

**Eighth-graders Jake Harburg, Matthew Schick and David Waldman, and Max Greenblatt performed as their band Riptide at the Bach to Rock Music School on Sunday, Feb. 8 to raise money for the Childhood Brain Tumor Foundation as part of their Bar Mitzvah charity projects. After the show they chatted with nine-year-old Kayla Wenger, who has benefitted from the foundation.**



## BULLETIN BOARD

To submit an item for the Civic Calendar, e-mail [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com) or fax the submission to 703-917-0991. Deadline is Thursday at noon two weeks prior to the event. For questions, call 703-917-6407.

### MONDAY/FEB. 9

**Making Montgomery Green.** 7:45 p.m. at County Council Office Building, 100 Maryland Ave. Learn about how to make Montgomery green. Free. Visit [www.montgomerycivic.org](http://www.montgomerycivic.org) for more.

### FRIDAY/FEB. 13

**Hospice Valentines Day Grief Workshop.** A workshop for widows

and widowers who want to honor and remember their loved ones. 1:30-3 p.m. Free and open to any Montgomery County resident. Montgomery Hospice, 1355 Piccard Drive, Rockville. Registration required: 301-921-4400.

### SATURDAY/FEB. 21

**Free Practice Test.** All students can take a practice SAT or ACT test at Winston Churchill High School. To register, visit [www.mytutor.com](http://www.mytutor.com) or 1-800-698-8867.

### SUNDAY/FEB. 22

**Mind, Body and Soul.** 2:30-7 p.m. at Har Shalom, 11510 Falls Road.

Women can enjoy music, exercises and more. \$36-\$45/person. Registration required, 301-299-7087 ext. 410 or [www.harshalom.org](http://www.harshalom.org) for more.

**Transfiguration.** Geneva Presbyterian Church, 11931 Seven Locks Road, Potomac, will celebrate Transfiguration at 10:30 a.m. with a special service featuring the "Masterpieces of Lent" — a slide presentation of classical art, with accompanying narrative, highlighting the events leading up to Holy Week. 301-424-4346.

### WEDNESDAY/FEB. 25

**Ash Wednesday.** Geneva Presbyterian Church, 11931 Seven Locks Road, Potomac, will hold an Ash Wednesday service at 7 p.m. to

introduce the season of Lent. The service will feature the imposition of ashes, the poetry of Ann Weems and more. 301-424-4346.

### WEDNESDAY/MARCH 4

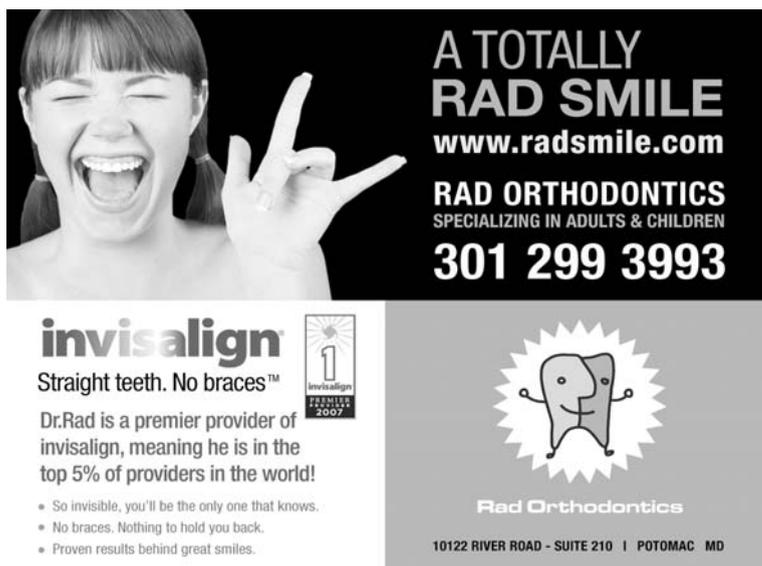
**Workshop.** 7 p.m. at Potomac Library, 10101 Glenolden Drive. Parents can learn how to interact with children. Free. 301-229-1347 to register.

### ONGOING

Montgomery County has launched a new Web site feature called "My Montgomery," which helps residents locate a variety of County facilities and services. "My Montgomery" can be found at [www.montgomerycountymd.gov/](http://www.montgomerycountymd.gov/)

[mymontgomery](http://mymontgomery) and visitors to the site need only type in their address and zip code.

**JSSA** (Jewish Social Service Agency), a non-sectarian community agency, is seeking volunteers over the age of 18 to help enhance the quality of life of individuals and families facing life-threatening or terminal illness. The next training course is scheduled for Mondays, Feb. 23, March 2, March 9, March 23, and March 30, from 5:30-9 p.m. at JSSA's Montrose Road office, 6123 Montrose Road, Rockville. For more information, contact Amy Kaufman Goott, Volunteer Coordinator for JSSA Hospice and Transitions at 301-816-2650, [agoott@jssa.org](mailto:agoott@jssa.org) or visit JSSA on the web at [www.jssa.org](http://www.jssa.org).



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# LET'S TALK Real Estate



by  
**Michael Matese**

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# With the Help of Friends, Family, Fellow Firefighters

FROM PAGE 3

and he never found its source.

By the time he got out to where the rescue crews were assembled Rogozinski was on his way to the hospital. He knew his friend had been burned, but a rumor that he had been intubated was quickly quashed and he thought then that Rogozinski was going to be fine.

"Obviously we were worried about it, [but] I don't think anybody understood the degree or how badly he was burned until after when we saw him in the hospital," said Ader.

## HELENA ROGOZINSKI,

Joel's older sister, in town from Nashville, Tenn. to celebrate Rosh Hashanah, had just gone to sleep in the Rogozinski's Potomac home when the phone rang. She let it go, but when the ringing started again she picked it up. Moments later she was pounding on her parents' bedroom door. Within minutes they were on their way to the hospital. She told her parents, Jacques and Janet, that she would tell her ordinarily stoic, unemotional brother that she loved him. If he told her he loved her she would know it was bad. She got there and told him she loved him. He told her he loved her too.

**"Joel doesn't ever let anything hold him down or let anybody tell him what to do."**

— Mike Ader

Rogozinski suffered burns to 35 percent of his body that night, including second and third degree burns to both hands, his right arm, stomach, and some on his left arm, but it was his legs that were burned the worst. From mid-thigh down to his feet he sustained circumferential second and third degree burns; the burns to the backs of his legs were mostly third degree.

Over the next 36 days at the Wash-



PHOTO COURTESY OF THE ROCKVILLE VOLUNTEER FIRE DEPARTMENT

ington Hospital Center's Burn Center Rogozinski underwent five surgeries and 11 blood transfusions. He spent days on end completely immobile so that the skin grafts — which were done first with pig and cadaver skin, and then with auto grafts from his upper thighs — could set on his legs, arms, and torso. He couldn't scratch his new skin that itched constantly, and as his body constantly leaked fluids his thirst was unquenchable, particularly in the early days of his recovery. His recovery didn't follow a linear progression like that of a broken bone, said his mother, Janet Rogozinski. Instead good days were often followed by bad days, steps forward often followed by steps backwards.

It was a difficult time for Rogozinski and his family, but they had the benefit of an unparalleled support network. There wasn't a single hour of the 36 days that he didn't have at least one person from the fire department there with him. They took eight-hour shifts and brought him homemade meals or meals from anywhere he wanted, including one pizza that travelled all the way with Seavey from Florida. They brought him games, DVDs, and anything else he wanted. There were so many gifts the hospital had to use a spare room to store them all, Rogozinski said.

The gifts ranged from the expected and the requested to the unexpected and the bizarre, and many were humorous. There was the fire truck piñata filled with Snickers bars in homage to Rogozinski's Mexican heritage — he moved with his family to Potomac from Mexico at the age of 12 — and there was the balloon one firefighter brought that proclaimed "It's a Girl!" There

**Joel Rogozinski, 23, on his way home after being released after 36 days at the Washington Hospital Center's Burn Center. During that time he was never without at least one member of the fire department sitting watch over his room. Taking eight-hour shifts, the members of Rockville Volunteer Fire Department Station 3 and other firefighters from around Montgomery County logged more than 1700 hours by his side.**

**"The only true worry I have is that I might not be able to go back in."**

— Joel Rogozinski

was the 20-pound bag of peanuts for no discernible reason, and the fake set of gold teeth — Grillz — because, why not? But there was no better articulation of the typical fire fighter's sense of humor than the intravenous bag full of gravy — "because he was oozing something that looked like gravy," Helena Rogozinski said.

Through the jokes, a sense of unrivaled brotherhood pervaded that, until the accident, Rogozinski's parents had not fully realized.

"That for me is an amazing thing ...," said Jacques Rogozinski. "The level of camaraderie there I've never seen in my life. It's a deep appreciation for what all of them do but it's like you're hurting in your own body."

Janet Rogozinski described the sense among the visitors from the fire department, whether they knew Joel or not, as one of communal pain. In all, Rogozinski's bunk mates from Station 3 and firefighters from elsewhere around the county logged over 1700 straight hours standing watch in Rogozinski's room.

"It was a huge part, I think, of his recovery and how he emerged from it," Janet Rogozinski said.

"It was absolutely incredible to see so many people, and what people are willing to do," Joel Rogozinski said. "If you didn't

have that support ... you'd have time to mope, you'd have time to think about it too much. That made it definitely a lot easier."

**JOEL ROGOZINSKI** was discharged from the Washington Hospital Center on Nov. 7, 2008. He went home to his parents' house to continue his recovery which included periodic checkups, physical therapy, and navigating a litany of pain killers and antibiotics. He still wears compression garments on his legs and his right arm to protect his new skin and to promote nerve regeneration. He can't do all the things he likes to do yet — working out is painful, running isn't an option, and even walking around campus is uncomfortable. Pain comes and goes randomly, and sometimes he gets a 10-second burst that feels like his legs are getting an inch-deep tattoo. But pain is a good sign, he said, because it means his nerves are coming back to life.

True to the way he has always been, his parents said, he has progressed ahead of schedule and isn't slowing down his frenetic pace of life.

Last month Rogozinski moved into an apartment in college park where he is taking classes now in preparation for enrollment in the University of Maryland's M.B.A. program. He remains a constant presence at the firehouse and last month was voted onto the station's board of directors, giving him organizational experience uncommon for firefighters his age, Ader said.

"Joel doesn't ever let anything hold him down or let anybody tell him what to do," said Ader.

He can't go back to fighting fires yet because his skin doesn't have the sensitivity to distinguish hot from cold, but when it does — hopefully a year or so from now — he plans to get back to doing what he wanted to do ever since his older brother Jaime became a volunteer fire fighter when Joel was 14.

For Jacques and Janet Rogozinski that will mean reassuming the mindset that they had towards their son's line of duty before the accident, of loving him and trying not to worry too much about the danger he could be in on any given night of the week. Janet Rogozinski described being the mother of a firefighter as a mixture of pride and denial.

"We bring them to life and then they're out risking their lives," she said.

Joel Rogozinski wouldn't have it any other way.

"The only true worry I have is that I might not be able to go back in," he said.

## They're Rocking Out for Charity in Bar Mitzvah Style

FROM PAGE 4

— the four began playing together at Bach to Rock two years ago.

**LAST YEAR** they decided they wanted to do a benefit concert for their traditional charity project. Harburg suggested CBTF because of two personal connections. He had an uncle that died from a brain tumor and

his older sister Leah, a Walt Whitman High School junior, volunteers with nine-year-old Kayla Wenger at their synagogue, Congregation B'nai Tzedek each weekend. Wenger, who had a brain tumor and benefited from the Childhood Brain Tumor Foundation, was one of at least 100 Riptide fans that packed Bach to Rock Sunday afternoon.

"We're truly so proud for them to choose

this cause," said Wenger's mother, Laurie Wenger. "It's not just for Kayla."

"We were very touched by it," said Eric Wenger, Kayla Wenger's father.

Beyond raising money for children suffering from brain tumors, Schick said that hopefully the fact that the four friends have conquered the insecurities of adolescence and literally put themselves on center stage

can be an inspiration to others their age.

"Maybe [we can] show kids that they don't have to hide what they want to do," Schick said. And worldwide fame wouldn't be bad either. "Maybe we could become a little more famous than we already are," he said. To learn more about CBTF's mission or how to donate, visit [www.childhoodbraintumor.org](http://www.childhoodbraintumor.org).

# PEOPLE



PHOTO BY WENDY STECK MERRIMAN/NORWOOD SCHOOL

Representatives from the Montgomery County Police, First and Second Districts; Cabin John Volunteer Fire Department; Maryland State Police, Aviation Division; and the United States Park Police, Aviation Division gather with Norwood School's Susie Rosenbaum, Middle School Principal, and Nalini Rogers, Chair of the Board of Trustees.

## Rescuers Receive More Recognition

The men and women of the various agencies who rescued nine drivers from the torrent of water unleashed on River Road on Dec. 23 by a ruptured water main continued to be honored last week during two separate ceremonies on Friday, Feb. 6.

In the first ceremony, the Norwood School on River Road gave the emergency responders plaques and drawings to thank them for executing the swift water rescue similar to those done typically on the Potomac River. Located less than a quarter mile from where the incident occurred, the school was closed the day of the incident but helicopter crews that pulled stranded drivers from their deluged cars landed at the school to briefly secure their iced-over rescue baskets before proceeding to local hospitals.

The second ceremony of the day was a luncheon held at the Cabin John Park Volunteer Fire

Department's, Station 10, on River Road, less than half a mile from the site of the water main break. Sponsored by Corstone, Inc., a Rockville-based human resources company, the luncheon reunited rescuers with the victims who were trapped in their cars that morning. Also, the Cabin John Park Volunteer Fire Department and the county's Swift Water Rescue and Tactical Services Team received a United States Flag flown over the U.S. Capitol from U.S. Sen. Barbara Mikulski (D-Md.) and U.S. Rep. Chris Van Hollen (D-Md.). The helicopter crews from the United States Park Police and the Maryland State Police also attended, as did Montgomery County Councilmember Nancy Floreen (D-At large). Corstone presented the fire department with a \$5,000 check that Cabin John chief Jim Seavey said would be earmarked for river rescue equipment.

— AARON STERN

## DAR Honors Volunteer's Dedication

Never underestimate the power of unsolicited, unexpected kindness and compassion. "Every contact you make with people ... in your daily life, you always want to come across R.A.K. — random acts of kindness," said Norman Liebow, the coordinator of the C&O Canal National Historical Park's volunteer-operated Bike Patrol as he received the Potomac Chapter of the Daughters of the American Revolution's Community Service Award on Saturday, Feb. 7.

Liebow received the award, given nearly each year to local volunteers who make significant social contributions without being paid, for his service to the Canal. The members of the bike patrol volunteer their time to ride up and down the Canal's towpath providing guidance and educational information to the park's visitors, and are also equipped to provide first aid care if necessary. Liebow was among the program's first members in 1999 and over the years has garnered several awards for his service.

An avid cyclist who also volunteers his time with local Boy Scout groups, Liebow said at Saturday's ceremony at Normandie Farms restaurant that now, more than ever, unsolicited kindness and the selfless dedication to the greater good was necessary.

"We have a responsibility to ourselves and to oth-



PHOTO BY AARON STERN/THE ALMANAC

Norman Liebow, the coordinator of the C70 Canal National Historical Park's volunteer Bike Patrol program, received the Potomac Chapter of the Daughters of the American Revolution's Community Service Award on Saturday, Feb. 7.

ers during these very, very difficult times," Liebow said.

— AARON STERN



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# CALENDAR

To have community events listed free in  
*The Potomac Almanac*, send e-mail to  
almanac@connectionnewspapers.com.  
Deadline is Thursday at noon for the fol-  
lowing week's paper. Photos and artwork  
encouraged. Unless otherwise noted, all  
events are in Potomac. For more informa-  
tion, call 703-917-6407.

## THURSDAY/FEB. 12

**Celebration.** 2-4 p.m. at the Executive  
Office Building, 101 Monroe St.,  
Rockville. Theme is "Heritage and  
Horizons: The African American  
Legacy and the Challenges for the 21<sup>st</sup>  
Century." Hear music and speakers.  
Free. Visit  
www.montgomerycountymd.gov or  
240-777-1293.

## FRIDAY/FEB. 13

**Home Tours.** Guided tours showing the  
history and personal stories of the  
Mansion at Strathmore, 10701  
Rockville Pike, North Bethesda, 11  
a.m.-3 p.m. Free. Call 301-581-5100.  
**Symphony with a Twist.** Marvin  
Alson and Savion Glover perform at 8  
p.m. in the Music Center at  
Strathmore, 5301 Tuckerman Lane,  
North Bethesda. Visit  
www.BSOmusic.org for tickets.  
**Bethesda Art Walk.** 6-9 p.m. in  
downtown Bethesda. Browse 13  
galleries and more. Free. Visit  
www.bethesda.org for more.  
**Contra Dance.** 7:30-11:30 p.m. at  
Spanish Ballroom in Glen Echo, 7300  
MacArthur Blvd \$9/person. E-mail  
fdcontra@yahoo.com for more.

## SATURDAY/FEB. 14

**Park Movie.** 4 p.m. at Arcade Building  
at Glen Echo Park, 7300 MacArthur  
Blvd. Watch a movie documenting the  
park's 115-year history. Free. Visit  
www.nps.gov/glec or 301-320-1400.  
**Carousel Tours.** Noon at Glen Echo  
Park, 7300 MacArthur Blvd. See how  
it was made, how it works and more.  
Free. Visit www.nps.gov/glec or 301-  
320-1400.  
**Nature Programs.** Enjoy activities,  
stories, animals, hikes and more from  
10 a.m.-3 p.m. at Glen Echo Park,  
7300 MacArthur Blvd. Free for  
members and children under 2, \$5/  
non member. Visit  
www.discoverycreek.org or 202-488-  
0627.  
**Reception.** 6-8 p.m. Potomac artist  
Marshetta Davis is showcasing her art  
at DeJabel Café, 2519 University  
Blvd. West, Wheaton, through  
February. All artwork is on sale. Visit  
www.artsymars.blogspot.com for  
more.  
**Artist Showcase.** Noon-5 p.m. at  
Yellow Barn Studio at Glen Echo,  
7300 MacArthur Blvd. See works from  
"High School Scholarship Class." Free.  
Visit www.yellowbarnstudio.com for  
more.  
**Book Sale.** 9 a.m.-1 p.m. at Potomac  
Library, 10101 Glenolden Drive. Free.  
Books range in price from \$1 to \$50.

## SUNDAY/FEB. 15

**Discover Strathmore.** Jugglers,  
clowns and acrobats will perform on  
the stages at the Music Center at  
Strathmore, 5301 Tuckerman Lane,  
North Bethesda. Free, no tickets  
required. Call 301-581-5100.  
**Park Movie.** 4 p.m. at Arcade Building  
at Glen Echo Park, 7300 MacArthur  
Blvd. Watch a movie documenting the  
park's 115-year history. Free. Visit  
www.nps.gov/glec or 301-320-1400.  
**Carousel Tours.** Noon at Glen Echo  
Park, 7300 MacArthur Blvd. See how  
it was made, how it works and more.  
Free. Visit www.nps.gov/glec or 301-  
320-1400.  
**Nature Programs.** Enjoy activities,  
stories, animals, hikes and more from  
10 a.m.-3 p.m. at Glen Echo Park,  
7300 MacArthur Blvd. Free for



The Ahn Trio will perform 8 p.m. on Feb. 20 at the Music  
Center at Strathmore, 5301 Tuckerman Lane, North  
Bethesda. Visit www.strathmore.org for more.

members and children under 2, \$5/  
non member. Visit  
www.discoverycreek.org or 202-488-  
0627.  
**Artist Showcase.** Noon-5 p.m. with a  
reception starting at 3 p.m. at Yellow  
Barn Studio at Glen Echo, 7300  
MacArthur Blvd. See works from  
"High School Scholarship Class." Free.  
Visit www.yellowbarnstudio.com for  
more.  
**Contra and Square Dance.** 7-10:30  
p.m. at Spanish Ballroom in Glen  
Echo, 7300 MacArthur Blvd. \$12/  
nonmember; \$9/member.

## MONDAY/FEB. 16

**Singing Workshop.** John Horman  
leads a multi-session workshop for  
aspiring singers from 7:30-9 p.m. in  
the Mansion at Strathmore, 10701  
Rockville Pike, North Bethesda.  
Tickets: \$120; call 301-581-5100.  
**Mondays in the Mansion.** Listen to  
music with Aniko Debrecey from 11  
a.m.-12:30 p.m. at the Mansion at  
Strathmore, 10701 Rockville Pike,  
North Bethesda. Tickets: \$15. Call  
301-581-5100.  
**Open House.** 11 a.m. at Fitness for  
Health, 11140 Rockville Pike,  
Rockville. Families can enjoy  
activities, wall games and more. Free.  
Register at www.fitnessforhealth.org/  
openhouse or 301-231-7138.

## TUESDAY/FEB. 17

**Afternoon Tea.** Piano duo Hsein-Ann  
Meng and Wei-Der Huang are  
performing at 1 p.m. at the Mansion  
at Strathmore, 10701 Rockville Pike,  
North Bethesda. Prepaid reservations

10:30 a.m.-2:30 p.m. in the Mansion  
at Strathmore, 10701 Rockville Pike,  
North Bethesda. Tickets: \$75; call  
301-581-5100.  
**Park Movie.** 4 p.m. at Arcade Building  
at Glen Echo Park, 7300 MacArthur  
Blvd. Watch a movie documenting the  
park's 115-year history. Free. Visit  
www.nps.gov/glec or 301-320-1400.  
**Carousel Tours.** Noon at Glen Echo  
Park, 7300 MacArthur Blvd. See how  
it was made, how it works and more.  
Free. Visit www.nps.gov/glec or 301-  
320-1400.  
**Nature Programs.** Enjoy activities,  
stories, animals, hikes and more from  
10 a.m.-3 p.m. at Glen Echo Park,  
7300 MacArthur Blvd. Free for  
members and children under 2, \$5/  
non member. Visit  
www.discoverycreek.org or 202-488-  
0627.

**Art Show.** Noon-5 p.m. at Yellow Barn  
Gallery, 7300 MacArthur Blvd., Glen  
Echo. See the "Paintings by Zoe  
Polach." Free. 301-371-5593 or  
www.yellowbarnstudio.com for more.  
**Tot Shabbat.** 11 a.m. at Congregation  
B'nai Tzedek, 10621 S. Glen Road.  
Preschoolers and early elementary  
school age children can enjoy. Free.  
301-299-0225.

**SUNDAY/FEB. 22**  
**Park Movie.** 4 p.m. at Arcade Building  
at Glen Echo Park, 7300 MacArthur  
Blvd. Watch a movie documenting the  
park's 115-year history. Free. Visit  
www.nps.gov/glec or 301-320-1400.  
**Carousel Tours.** Noon at Glen Echo  
Park, 7300 MacArthur Blvd. See how  
it was made, how it works and more.  
Free. Visit www.nps.gov/glec or 301-  
320-1400.  
**Nature Programs.** Enjoy activities,  
stories, animals, hikes and more from  
10 a.m.-3 p.m. at Glen Echo Park,

members and children under 2, \$5/  
non member. Visit  
www.discoverycreek.org or 202-488-  
0627.

**WEDNESDAY/FEB. 18**  
**Afternoon Tea.** Pianist Fran Hrastar is  
performing at 1 p.m. at the Mansion  
at Strathmore, 10701 Rockville Pike,  
North Bethesda. Prepaid reservations  
required; \$21 plus tax. Call 301-581-  
5108.

**THURSDAY/FEB. 19**  
**Master Class.** The Baltimore  
Symphony Orchestra has a master  
class with the Maryland Classic Youth  
Orchestra at 5 p.m. in the Music  
Center at Strathmore, 5301  
Tuckerman Lane, North Bethesda.  
Free. Reservations required; call 301-  
581-5100.  
**Symphony.** The Baltimore Symphony  
Orchestra performs at 8 p.m. in the  
Music Center at Strathmore, 5301  
Tuckerman Lane, North Bethesda.  
Visit www.BSOmusic.org for tickets.

**FRIDAY/FEB. 20**  
**Chamber Concert.** The Ahn Trio  
performs at 8 p.m. in the Music  
Center at Strathmore, 5301  
Tuckerman Lane, North Bethesda.  
Tickets: \$18-45; call 301-581-5100.  
**Contra Dance.** 7:30-11:30 p.m. at  
Spanish Ballroom in Glen Echo, 7300  
MacArthur Blvd \$9/person. E-mail  
fdcontra@yahoo.com for more.

**SATURDAY/FEB. 21**  
**Clay Workshop.** Carol Zilliacus will  
lead a polymer clay workshop from

10:30 a.m.-2:30 p.m. at the Mansion  
at Strathmore, 10701 Rockville Pike,  
North Bethesda. Tickets: \$75; call  
301-581-5100.  
**Dog Talk.** 2 p.m. at Potomac  
Community Center, 11315 Falls Road.  
Hear a dog trainer talk about how to  
train difficult dogs. Free, but  
registration required,  
www.yourdogsfriend.info or 301-983-  
5913.  
**Art Show.** Noon-5 p.m. at Yellow Barn  
Gallery, 7300 MacArthur Blvd., Glen  
Echo. See the "Paintings by Zoe  
Polach." Free. 301-371-5593 or  
www.yellowbarnstudio.com for more.  
**Contra and Square Dance.** 7-10:30  
p.m. at Spanish Ballroom in Glen  
Echo, 7300 MacArthur Blvd. \$12/  
nonmember; \$9/member.

**MONDAY/FEB. 23**  
**Singing Workshop.** John Horman  
leads a multi-session workshop for  
aspiring singers from 7:30-9 p.m. in  
the Mansion at Strathmore, 10701  
Rockville Pike, North Bethesda.  
Tickets: \$120; call 301-581-5100.  
**Book Discussion.** 8 p.m. at Beth  
Shalom Congregation, 11825 Seven  
Locks Road. Free. Discuss "Not Me" by  
Michael Lavigne. E-mail  
alamp9608@yahoo.com for more.  
**Discussion.** 7:30 p.m. at the Writer's  
Center, 4508 Walsh St. Enjoy a  
discussion with Ellen McLaughlin and  
Tony-nominated Kathleen Chalfant,  
actors in the upcoming Arena Stage  
production of Edward Albee's "A  
Delicate Balance." General admission  
is \$5. For details, call 301-654-8664  
or e-mail postmaster@writer.org.

**TUESDAY/FEB. 24**  
**Afternoon Tea.** Pianist Becky Dukes is

performing at 1 p.m. at the Mansion  
at Strathmore, 10701 Rockville Pike,  
North Bethesda. Prepaid reservations  
required; \$21 plus tax. Call 301-581-  
5108.  
**Concert.** Violinist Julia Fischer performs  
at 8 p.m. in the Music Center at  
Strathmore, 5301 Tuckerman Lane,  
North Bethesda. Tickets: \$38-78; call  
301-581-5100.  
**Tiny Tot Tuesdays.** 10 a.m. or 11:30  
a.m. at Glen Echo Park, 7300  
MacArthur Blvd. The Puppet  
Company has performances for  
children up to age 4 to enjoy. \$5/  
person. Registration recommended,  
www.thepuppetco.org or 301-320-  
6668.

**WEDNESDAY/FEB. 25**  
**Afternoon Tea.** Guitarist Paul Bangser  
is performing at 1 p.m. at the  
Mansion at Strathmore, 10701  
Rockville Pike, North Bethesda.  
Prepaid reservations required; \$21  
plus tax. Call 301-581-5108.  
**Artist in Residence.** Herb and Hanson  
perform at 7:30 p.m. in the Mansion  
at Strathmore, 10701 Rockville Pike,  
North Bethesda. Tickets: \$10; call  
301-581-5100.  
**London Philharmonic.** The London  
Philharmonic Orchestra performs at 8  
p.m. in the Music Center at  
Strathmore, 5301 Tuckerman Lane,  
North Bethesda. Tickets: \$47-117; call  
301-581-5100.

**FRIDAY/FEB. 27**  
**Peking Acrobats.** Chinese acrobats  
perform at 8 p.m. in the Music Center  
at Strathmore, 5301 Tuckerman Lane,  
North Bethesda. Tickets: \$18-45; call  
301-581-5100.  
**Theater Performance.** Imagination  
Stage presents "The Magic of Beauty

and the Beast" at 7:30 p.m. at Reeve  
Studio Theatre, 4908 Auburn Ave.  
\$10/person. Visit  
www.imaginationstage.org or 301-  
280-1660.  
**Contra Dance.** 7:30-11:30 p.m. at  
Spanish Ballroom in Glen Echo, 7300  
MacArthur Blvd \$9/person. E-mail  
fdcontra@yahoo.com for more.

**SATURDAY/FEB. 28**  
**Painting Workshop.** Lillian Fitzgerald  
leads a painting workshop from 10:30  
a.m.-2:30 p.m. in the Mansion at  
Strathmore, 10701 Rockville Pike,  
North Bethesda. Tickets: \$50 plus \$25  
material fee; call 301-581-5100.  
**National Philharmonic.** The National  
Philharmonic Orchestra performs at 8  
p.m. in the Music Center at  
Strathmore, 5301 Tuckerman Lane,  
North Bethesda. Tickets from \$29,  
children 7-17 free. Call 301-581-  
5100.

**SUNDAY/MARCH 1**  
**Dance Performance.** 3 p.m. at  
American Dance Institute, 1570 E.  
Jefferson St. See Robert Moses' Kin  
and Edgewoods Dance Theatre. \$25/  
adult; \$15/student, senior, member.  
Visit www.americandance.org or 301-  
984-3003.  
**Park Movie.** 4 p.m. at Arcade Building  
at Glen Echo Park, 7300 MacArthur  
Blvd. Watch a movie documenting the  
park's 115-year history. Free. Visit  
www.nps.gov/glec or 301-320-1400.  
**Carousel Tours.** Noon at Glen Echo  
Park, 7300 MacArthur Blvd. See how  
it was made, how it works and more.  
Free. Visit www.nps.gov/glec or 301-  
320-1400.  
**Nature Programs.** Enjoy activities,  
stories, animals, hikes and more from  
10 a.m.-3 p.m. at Glen Echo Park,  
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## YMCA Youth & Family Services Parenting Programs: Spring 2009

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**Ending Power Struggles Without Casualties** Two sites!  
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approaches that will change the patterns of interaction and develop cooperation within the family.  
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Wednesday, March 4, 7:00 - 9:00 p.m. Free Potomac Library, 10101 Glenolden Dr., Potomac  
Monday, March 9, 7:00 - 9:00 p.m. Free Long Branch Library, 8800 Garland Avenue, Silver Spring

**RESPECTO: cómo manejar la actitud negativa.**  
¿Está observando mucha "actitud" negativa en sus niños? Este taller le ayudará a menjar respuestas  
contradictorias, la conducta insolente, el lenguaje inadecuado y los comportamientos no cooperati-  
vos. Se discutirán las estrategias para construir un ambiente familiar más respetuoso. Se agradecen  
donaciones. **Este taller será en español.**  
Registación/Información en español: (301) 252-4154  
Miércoles 11 de Marzo, 7:00 - 9:00 p.m. Gratis.  
Biblioteca de Silver Spring 8901 Colesville Rd., Silver Spring

**Take out the papers and the trash!!! Giving Kids a Purpose through Chores**  
An essential aspect of raising confident and caring children is to involve children at an early age in  
activities that contribute to something greater than themselves. Discover how to design a family plan  
including logical consequences that reduce the need for punishments whenever chores are  
neglected. *Interpretación en Español disponible si se registra con anticipación.*  
Wednesday, March 18, 7:00 - 9:00 p.m. Free White Oak Library,  
11701 New Hampshire Avenue, Silver Spring

**Step-Parenting: Realistic Expectations**  
What are the factors that make it more difficult to earn the respect and cooperation of step children?  
We will explore the importance of creating new rituals in the family while maintaining respect for dif-  
ferences among family members.  
*Interpretación en Español disponible si se registra con anticipación.*  
Thursday, March 26, 7:00 - 9:00 p.m. Free Bethesda Library, 7400 Arlington Rd., Bethesda

**Life Lessons Learned Through Sports** Dr. Caroline Silby  
Sports have the potential to empower or defeat young people. Dr. Caroline Silby, Sport  
Psychologist, will detail ways that parents can use athletics to encourage the development of a  
healthy child and maximize the positive benefits for a lifetime.  
*Interpretación en Español disponible si se registra con anticipación.*  
Tuesday, March 31, 7:00 - 9:00 p.m. Free Davis Library, 6400 Democracy Blvd., Bethesda  
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# Top Table Tennis Talent Invades Community Center

FROM PAGE 3

shoulder to the frenetic activity behind him.

The Potomac Country Table Tennis Club plays at the Potomac Community Center every Saturday and Wednesday night, though membership is not required to play on those nights. Bi-annual tournaments sanctioned by USA Table

Tennis, the national governing body for the Olympic sport of table tennis, attract players from up and down the East Coast, and many of those who come to play at the Potomac Community Center are ranked nationally, as the club is one of the most competitive in the country, said club president Herman Yeh of Potomac, no relation to Stephen Yeh.

“It’s hard to play here unless you’re at a certain level,” said Bob Benson, a computer programmer from Northern Virginia. “I mean you can’t just come here at first. You gotta start somewhere first. It’s good just to play with friends or play just [casually]. Then you get where you think you’re fairly good and then you come here and you find out — you’re not good,” he said with a laugh.



PHOTO BY AARON STERN/THE ALMANAC

**Nationally-ranked table tennis players Stephen Yeh and Raghu Nadmichettu played one another on Saturday, Feb. 7 at the Potomac Community Center. Nadmichettu won. He hopes to make U.S. National Team and the 2012 Olympics for table tennis.**

**THE CLUB** got its start in the late 1980s when local families started putting together weekend games in local high school gyms and cafeterias before moving into the Potomac Community Center in 1988, the same year that table tennis became an Olympic sport. Over the years it has grown to 100 members today, with a waiting list of around 40 people.

The club has members of all ages and genders, which is part of the beauty of table tennis, said Herman Yeh. The games at the Potomac Community center provide a microcosm of the sport itself,

which offers a level playing field place where reflexes, wits and stamina determine winners and losers, and where age and strength mean far less than foresight and sidespin.

Benson took up the sport nearly a decade ago after rupturing his Achilles tendon playing tennis, and table tennis offers him a rigorous physical challenge while being easier on his body.

Playing table tennis strengthens the senses and abilities that it requires — cardiovascular stamina, hand-eye coordination, strategic thinking — meaning that it can be played for many years and can simultaneously help older players stay fit and healthy, Herman Yeh said.

“You can play your whole life until you’re sick or can’t move. But I’m almost 70 ... and we have people 80 still running,” he said.

**THOUGH ORIGINALLY** an English derivative of tennis, table tennis is popular in Asian countries - China in particular - and at least 40 percent of the club’s membership is of Asian background, said Herman Yeh.

“It’s more like a national sport there,” he said.

The rules of table tennis are more specific than the casual player probably realizes, said Stephen Yeh. For one the ball must be served after tossing it at least six inches above an open palm, and serves must be directed off the back end of the table and not the sides. Games are played to 11 with players switching serve every two points.

Quick reflexes and good stamina are essential to being a good player, said Dominique Flexer of Tysons Corner, Va.

“You need to get very fit to play table tennis because it’s a lot of reflex,” said Flexer, who is a serious badminton player and is currently training for a triathlon. “In term of physical [abilities] you need to be really quick but very soft at the same time ... I play other sports and I find table tennis the most challenging.”

As important as being physically fit is being mentally agile, said Stephen Yeh, who began playing at the age of 12 growing up in New York City.

“You need [reflexes], but your mind has to think fast to play on a high level,” he said. “The ball’s going back and forth and you’re already thinking three or four shots ahead what you want to do to the guy. I play everybody different. I don’t play the same game. Everybody [has a] weakness, so I see the weakness and I just pound on it. And they do the same to me. That’s where the fun begins.”



PHOTO BY AARON STERN/THE ALMANAC

**The Potomac Country Table Tennis Club takes over the gymnasium of the Potomac Community Center every Wednesday and Saturday night, attracting highly-skilled players, many of whom are ranked nationally. Newcomers are welcome, but should be prepared for a game that is not the casual basement sport many people consider it to be.**

SPECTACULAR OPEN HOUSES

February 14 & 15



When you visit one of these Open Houses, tell the Realtor you saw it in the Almanac. For more real estate listings and open houses visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com), click the Real Estate links on the right side.

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7623 Coddle Harbor Ln.....\$559,000.....Sun. 1-4...Nancy Mannino.....W.C. & A. N. Miller.....301-915-9393
9332 Reach Rd.....\$799,000.....Sun. 1-4...Joyce Rausnitz.....Long & Foster.....301-785-2009
2416 Stratton Dr.....\$585,000.....Sun. 1-4...Diann Gottron.....Long & Foster.....301-523-1811
9800 Tibron Ct.....\$1,649,000.....Sun. 1-4...Leslie Friedson.....Long & Foster.....301-455-4506

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23 Arch Pl. #378.....\$365,000.....Sun. 1-4...Alma Brito.....Long & Foster.....240-497-1700
227 Midsummer Dr.....\$674,900.....Sun. 1-4...Debbie Cohen.....Long & Foster.....202-288-9939
14013 Natia Manor Dr.....\$774,900.....Sun. 1-4...Gary Rudden.....Congressional Residential..240-403-0399

Bethesda

4914 Brookeway Dr.....\$788,500.....Sun. 1-4...Danielle Montgomery..Danielle Montgomery.....301-346-8122
5908 Lone Oak Dr.....\$1,879,000.....Sun. 1-4...Traci Levine.....Long & Foster.....301765-0161
9000 Quintana Dr.....\$779,000.....Sun. 1-4...Betty Gardiner.....Long & Foster.....301-325-0599
6105 Walhonding Rd.....\$1,850,000.....Sun. 1-4...Hans Wydler.....Long & Foster.....301986-6405
5408 Whitley Park Terr.....\$627,300.....Sun. 1-4...Leslie Friedson.....Long & Foster.....301-455-4506

To add your Realtor-represented Open House to these weekly listings, please call Kenneth Lourie

703-917-6475 or e-mail the info to: [klourie@connectionnewspapers.com](mailto:klourie@connectionnewspapers.com)

All listings due by Monday at 3 pm.

# SCHOOLS



**Debra Lieberman's Morning Class at Geneva Day School were an attentive audience for local author and former teacher Bobbie Hinman.**

## Literature For Little Ones

**Author Bobbie Hinman shares her two award-winning books with Geneva Day School preschoolers on Thursday, Feb. 5. Hinman is the author of children's books about mischievous fairies. Her first, 2007's "The Knot Fairy," features the fairy who visits sleeping children and purposefully tangles their hair. In 2008, she followed with "The Sock Fairy." This fairy steals socks, leaving only mismatches. More information is available at her Web site, [www.bestfairybooks.com](http://www.bestfairybooks.com).**



PHOTO BY DEBRA LIEBERMAN

## VOLUNTEER

**Counseling & Career Center** is looking for volunteers to help in the lives of women. Opportunities include information and referral specialists, general office assistants, internships and externships in counseling and more. Call Alyssa Philipp at 240-777-8300 or e-mail [alyssa.philipp@montgomery](mailto:alyssa.philipp@montgomery)

countymd.gov. Located at 401 N. Washington St., Suite 100, Rockville.

**JSSA**, a nonsectarian social service agency serving the greater Washington, D.C., area, needs volunteers to shop for and visit with frail elders who live in their own homes. Each volunteer shop-

per in this program will receive a list, by phone or in person, from the older adult, purchase the items and then deliver the groceries.

Volunteers must have their own transportation. For more information or to volunteer, call Diane Hays-Earp, 301-816-2639.

## SCHOOL NOTES

To have an item listed mail to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon for the following week's paper.

**Tamara Freilich** of Potomac, daughter of Dr. Daniel Freilich and Dr. Erin Freilich, and Gabrielle Sandler of Potomac, daughter of Robert S. Sandler and Benita Sandler, were named to the dean's list at Emory College.

**Margaret Relle**, Class of 2011 at Skidmore College, earned honors for the fall semester. She is the daughter of Brian and Mary Lou Relle of Potomac.

**Urania Dagalakis** of Potomac, daughter of Dr. Nicholas G Dagalakis and Artemis K Dagalakis, was named to the honor list of Oxford College, the two-year liberal arts division of Emory University located in Oxford, Georgia, for the 2008 fall semester.

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**JSSA — High Schoolers Can Relate!** This co-ed eight-session group will address social skills issues for high schoolers with disabilities who have difficulty relating to their peers. Learn skills for making friends, initiating and maintaining conversation, expressing feelings, and understanding nonverbal cues. Group meets on Mondays, March 16-May 4; 4-5 p.m. at JSSA, 200 Wood Hill Road, Rockville. Call 301-816-2633 to register.

**JSSA — Sibling Support Group.** This co-ed six-session group is for siblings of children with physical or developmental disabilities. Topics include: education on different disabilities, coping strategies (e.g., anxiety, anger and other emotions related to having a sibling with a disability), and how to improve communication between parents and children. Dates and times TBD. Group meets at JSSA, 200 Wood Hill Road, Rockville. Call 301-816-2633 to register.

**JSSA — Support Group for Parents of**

**Children with Asperger's, Autism, PDD-NOS.** Parent group to share coping strategies and community resources, develop networks, and gain support. No charge. Group meets on the first Tuesday of every month: Feb. 3, March 3, April 7 and May 5; 7-8:15 p.m. at JSSA, 200 Wood Hill Road, Rockville. Call 301-816-2633 to register.

**JSSA — Family Support Group.** In this ongoing monthly group, parents and family members of children with disabilities share their joys and sorrows, hopes and fears, coping mechanisms and strategies for living for today and planning for the future. No charge. Two groups offered: third Tuesday of every month, Feb. 17, March 17, April 21, May 19 and June 16; 7:15-8:45 p.m. at JSSA, 6123 Montrose Road, Rockville. Pre-registration required: 301-610-8371. Second group meets on Tuesdays, beginning Feb. 4; 10:30-11:30 a.m. at JSSA, 200 Wood Hill Road, Rockville. Pre-registration required: 301-610-8357.

**JSSA — Educational Seminars for Family Members Caring for Children and Adults with Developmental Disabilities.** Sponsored by JSSA, Montgomery County DHHS Aging and Disability and ARC of Montgomery County. Feb. 4 Camp, Recreation and Social Opportunities; March 4 Employment and Volunteer Opportunities for

Road, Potomac. Call 301-299-7087. This is a continuing course for those who have completed a basic Hebrew siddur series of classes using Level I of "Alef Isn't Enough." This course is designed to open the door to understanding the Hebrew of prayers. The fee is \$30 in addition to registration fee.

**First Church of Christ, Scientist holds testimony meetings** every Wednesday at 7:30 p.m. at 100 Nelson St. Rockville. Free child care and parking is provided. Call 301-762-8222.

**Rockville Presbyterian Church** welcomes

People with Disabilities; April 1 Guardianship: Who, What, Where, When, Why and How; and May 6 Technology and Assistive Equipment Options. Programs held from 6:45-8:45 p.m. at the Rockville Public Library, 21 Maryland Ave., Rockville. No charge. Call 240-777-1216 to register.

The Jewish Social Service Agency (JSSA) is hosting a **support group separated and divorced women** Tuesdays, 6-7:30 p.m. at JSSA, 200 Wood Hill Road, Rockville. Find mutual support and emotional sharing. Call 301-816-2633 to register.

**The Wellness Community** - Greater Washington, D.C. offers free, regularly scheduled support groups for people with cancer and their caregivers. Location: The Wellness Community-Greater Washington, D.C., 5430 Grosvenor Lane, Suite 100, Bethesda. Call 301-493-5002 or [twcdc@thewellnesscommunity.org](mailto:twcdc@thewellnesscommunity.org).

The Jewish Social Service Agency (JSSA) is hosting a **support group for newly widowed spouses** on the second and fourth Wednesday and Friday of every month, 9:30-11 a.m. at JSSA, 6123 Montrose Road, Rockville. For adults who have lost a spouse in the last year. Prospective members are requested to wait 2-3 months have passes since the death. Pre-registration required, call 301-816-2669.

all Presbyterians for Sunday School, worship service, refreshments and fellowship after worship. They also provide comfort and solace with spiritual support and organized funeral services. Located at 215 West Montgomery Ave., Rockville. Call 301-762-3363.

**Shalem Institute** offers a guided mid-day **Prayer Peace Circle**, on Wednesdays from noon-12:45 p.m. in the Shalem Meditation Room & Library, 5430 Grosvenor Lane, Suite 140, Bethesda. For more information, contact 301-897-7334 or visit [www.shalem.org](http://www.shalem.org).

## PETS OF THE WEEK



**Reba**

Reba is a 3-year-old, 40 pound, spayed, female Shepherd mix. Reba is a little shy at first, but bonds quickly with humans. She's smart, knows many commands and loves chasing balls or going for car rides. Reba would do best with a patient adopter who will cherish her.



**Gremlin**

Gremlin is a 9 and half-month-old, spayed, female DSH kitten. Gremlin is a little busy imp that loves to explore and tussle. She cuddles with humans and gives away "love nips" if she likes you. Active Gremlin will do best with an equally active playmate at an adopter's home.

*Partnership for Animal Welfare (PAW) is an all-volunteer, not-for-profit group. To adopt an animal, volunteer or make a tax-deductible donation, visit [www.paw-rescue.org](http://www.paw-rescue.org), call 301-572-4729 or write to PAW, P.O. Box 1074, Greenbelt, MD 20768.*

## FAITH NOTES

To have an item listed free in The Potomac Almanac, e-mail to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon for the following week's paper. Photos encouraged. If you have any questions, call 703-917-6407.

**The Seven Locks Baptist Church**, 11845 Seven Locks Road, Potomac, holds **weekly prayer meetings**, Wednesday in the sanctuary at 6:45 p.m. Call 301-279-9388.

**"Prayer Book Hebrew,"** Tuesdays from 6:45-7:45 p.m. at Congregation Har Shalom, 11510 Falls

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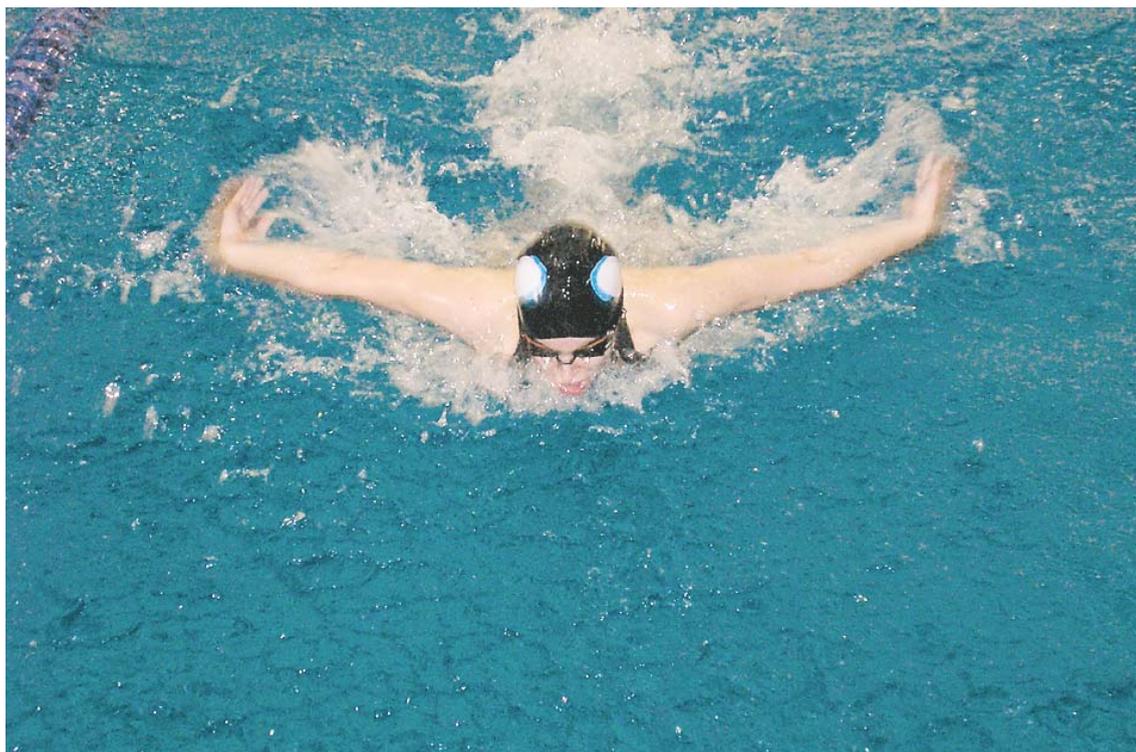


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Work alone does not suffice—the effort must be intelligent.

—Charles B. Rogers

# SPORTS



Whitman junior Danielle Schulkin came in second place in both the 100-yard butterfly and 100-yard backstroke races.



PHOTOS BY MARK GIANNOTTO/THE ALMANAC

Churchill freshman Chris Wysocki prepares to start the 200-yard freestyle race of last Saturday's swim meet at Germantown Indoor Pool.

## Twins Deliver Right on Time

**Churchill sweeps boy's and girl's division swimming titles.**

BY MARK GIANNOTTO  
THE ALMANAC

It was surprising to see head Churchill swim and dive coach Rodney Van Tassell so calm with his dominant girl's team trailing Walter Johnson throughout last Saturday's Division I Championships.

Team score updates had been posted progressively during the morning's proceedings, and little by little Walter Johnson's

lead had been shrinking — from 26 points through four events, to 11 points through 12 events, and nine through 20 events.

Still, with just four events left, Churchill trailed after coming into the championships undefeated and the prohibitive favorite to win the county title over perennial contender Walter Johnson.

"Don't worry," Van Tassell said pointing on the meet sheet to the entries of top-seeded juniors and twins Kathy and Karen Chen. "We're gonna dominate the breast stroke."

The Chens did not disappoint, cruising to the top-two spots in the day's 22<sup>nd</sup> event — the girl's 100-yard breast stroke — to give Churchill a clean sweep of the Division I Championships, winning both the boy's and girl's team competitions. The girls finished

with a score of 432, 13 points ahead of WJ. Meanwhile, the boys dominated the rest of the field with a team score of 451, almost 100 points ahead of second-place WJ.

The tense build-up has become a familiar theme for the two sisters, who all season long have been swimming's version of a baseball closer since the breast stroke is ordinarily late in meets.

"Usually what happens is it really comes down to the breast stroke in most of the dual meets," said Cathy, after winning the 100-yard breast stroke in 1:07.84 followed closely by second-place sister Karen's time of 1:08.27. "So we were just saying we had to do whatever we do normally and make sure we maintained that intensity."

Because they are both so strong in the breast stroke event, the two have switched

**"It's ... a sister rivalry no matter who wins."**

—Churchill junior Karen Chen

off grabbing first-place medals this year. Usually the winner gets to decide where the two get to eat afterwards.

"It's kind of like a sister rivalry no matter who wins," said Karen, who along with her sister also competed in the 200-yard individual medley. (Cathy finished in fourth with a time of 2:16.15, while Karen came in fifth with a time of 2:16.64).

"They have a lot of pride in their breast stroke and for being twins and being so close together, they really do a nice job of competing with each other but not getting too bent out of

SEE CHURCHILL, PAGE 15

## '33-29:' Vikings Looking for Vengeance

**After one-loss season, Whitman wrestling has its eyes on a second-straight regional title.**

BY MARK GIANNOTTO  
THE ALMANAC

As Whitman wrestling coach Derek Manon and captain Steven Fisher walked into their practice room last week, the question of what the final score of the team's match a week earlier against Sherwood was brought up.

"33-29," they both responded simultaneously.

"That score is burned in my brain," added Manon.

Such fired-up talk is merited for this Vi-

king squad, whose loss to the Warriors two weeks ago goes down as the lone blemish on its dual-meet record this season. A year after making it to the state semi finals, Whitman has followed it up by building its case to be considered a full-fledged dynasty and will look to cement its status Wednesday at the 4A/3A regional duals — wrestling's version of a playoff.

The Vikings are the No. 2 seed and will face No. 3 seed Springbrook in the opening round Wednesday at 5:30. The winner moves onto the regional finals that follow later that night.

But this season's march towards the postseason has been far different for this senior-laden squad. Last year, the Vikings were almost nobody's pick to make it through the regionals, and responded by shocking all the doubters. This year, with almost every significant contributor returning, Whitman was all but given the mantle of best team in the region.

"There was a lot of talk early in the year, like Whitman should breeze through the region," said Manon after his Vikings officially solidified a spot in the regional duals with wins over Bethesda-Chevy Chase and Walter Johnson this weekend. "I told them, 'We're going to get everyone's best effort,' and Sherwood came out wrestling hard, guns blazing."

"It was an eye opener in the sense that it



**Whitman senior Aaron Norris (171 pounds) is one of five veteran Viking wrestlers with more than 18 wins this season, helping the team live up to much of the preseason hype surrounding it early on.**

let everyone here know we aren't invincible," said senior Aaron Norris. "We do need to keep working hard and getting better. We had a lot of mistakes, I feel, in that

SEE EYEING, PAGE 15

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26 Antiques

29 Misc. for Sale

101 Computers

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-Thomas A. Edison

## SPORTS

### Dying To Find Out, Sort Of



By KENNETH B. LOURIE

I have to admit, the pain was a bit unusual, and it had migrated so, at my wife, Dina's, insistence, I made the trek to my HMO's emergency room, relayed my symptoms to the receptionist and took a seat in their waiting room.

All things considered, the wait wasn't interminable, nor was it hours; of course, it wasn't minutes, either, but given the holiday-nature of the day, it could have been much worse.

And apparently, so could the diagnosis. After having my vital signs taken by a nurse, and answering questions from a physician's assistant, there was no clear picture (heck, at this point, it wasn't even blurry, it was completely befuddling, even after the chest x-ray was viewed) to explain my discomfort. It was so befuddling that the physician's assistant actually involved a doctor.

He asked me the standard questions. My answers offered no standard help. So much so, that I remember asking the doctor, if it only hurt when I make certain movements, perhaps I shouldn't make those movements; and then watching as the doctor shrugged his shoulders and said, "Yes, probably." And so I was excused, with the ever-popular: "If it gets worse, come back." And symptom-wise, it didn't; it got better, until five days later.

That's when the same physician's assistant called back. Still puzzled by my pain and lack of symptoms, she had, on her own initiative sought out the opinion of a Radiologist to review my chart/x-ray. Based on that consultation, I was urged to go to my nearest HMO pharmacy, that evening, to pick up a precautionary prescription to begin taking immediately. The concern was, despite being asymptomatic, perhaps I had a touch of pneumonia. And so it continued.

The next day, still improving and symptom free, my HMO called to tell me that they had ordered a CT Scan. Somewhat perplexed by their uncharacteristic speed, I nonetheless complied and went the very next day. TWO HOURS after completing the scan, my primary doctor called to discuss the results. Unfortunately — and surprisingly — there was cause (given my age and health history) for concern.

Perhaps I'd like to schedule an appointment to discuss the findings, my doctor suggested. "No, just tell me," I said. And so he did. There were lesions on my lungs that might be malignant. WHAT! Still unsure, however, the doctor scheduled an appointment with a pulmonary specialist as soon as possible. Two hours later, ON THE SAME DAY, the appointment was made for the next afternoon, with a P.E.T. scan to follow, all of which seemed incredibly fast and efficient given my previous experiences with this same HMO. Nevertheless, I was appreciative of their record-breaking haste.

The pulmonary doctor didn't interpret the x-ray and CT scan as the cancer threat that my primary care doctor and radiologist had (canceling the P.E.T. scan in the process), but nonetheless, suggested I return in a week, take a second x-ray and see what develops. And so I did. Still symptom free.

A week later, I'm back with the pulmonary specialist, second x-ray in hand. The second x-ray confirmed the doctor's suspicions that maybe I had indeed had pneumonia and so two weeks after the initial fact, I was once again excused; with the "We'll call you if ..." goodbye.

THE NEXT DAY, the pulmonary doctor calls back to say that, upon further review with yet another radiologist, he now wants to me to see another doctor, a thoracic surgeon.

Five days later, I see the thoracic surgeon, x-rays and CT scan in hand. Likewise puzzled by what he sees, he apologized for his inconclusiveness and says he too, would like to review the x-ray and scan with his radiologist to get a better understanding. A biopsy and/or surgery are certainly possible but he's not sure. Moreover, he's not sure another diagnostic test (P.E.T. scan, M.R.I.) would clarify anything. Let him review everything he asks, and he'll get back to me, probably in the next day or two.

THE NEXT DAY, the thoracic surgeon calls back to tell me that he now thinks I should have the P.E.T. scan and to schedule it as soon as it's convenient. And so it continues.

Four weeks later and still wondering. I wouldn't say I'm worrying yet, however, but I am beginning to have a little trouble falling asleep.

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

# Wootton Beats Churchill in Hockey

## Patriots turn to the intangibles to grind out 3-2 victory.

By MIKE WEINER  
THE ALMANAC

In 2008, Wootton's ice hockey club won the public school state championship with a deadly combination of skill and depth. After graduating two full lines worth of impact seniors, though, this year's unbeaten Patriots rely on a fundamental aspect of hockey — hustle. In the first round of the MSHL Public School Playoffs against rival Churchill, Wootton's hustle saw it through its most challenging contest yet en route to a 3-2 victory.

Wootton, a team that has employed the 10-goal mercy rule in five of its 12 games this season, finally broke free of an unrelenting Churchill squad on a critical forecheck that came with only 2:27 left to play. Senior winger Jon Cohen intercepted an errant pass in the Bulldogs' offensive zone and shuffled the puck across the ice to fellow senior front-liner Dylan Skarupa, setting up a two-man breakaway against Churchill's Griffin Farha. Skarupa fired a slapshot at the net that glanced off of Farha's

left leg pad and caromed straight to Wootton's PJ Hall, who knocked the puck home for what would go down as the deciding goal.

Cohen's hustle to steal the puck is merely one example of a mindset that has become a trademark of this Patriots' team.

"It's our bread and butter," said Cohen, who had a goal and an assist in the victory. "Rebounds, what people call 'dirty goals', it's our thing."

After scoring 96 goals this season, Wootton may be regarded as an offensive juggernaut. But it is their commitment to defense, hustle, and intensity that make them the odds-on favorite to win the state championship for the second-straight season. Wootton elected to play with only two lines against Churchill, and yet it was the hustle of apparently tireless forwards that won them the game.

"Our guys are really strong off turnovers



PHOTO BY MIKE WEINER/THE ALMANAC

**Wootton senior Jon Cohen contributed to the winning goal in Monday night's 3-2 Patriot victory over Churchill in the first round of the MSHL Public School**

and in transition. They really thrive off of that," said coach Dave Evans.

Churchill made sure early that this game would be nothing like their 6-0 loss to the Patriots in the regular season, during which they were dominated in every facet of the game. Churchill asserted themselves early, dominating the puck for minutes at a time. The Bulldogs were not at a loss for opportunities as well, and had a number of breakaway chances throughout the course of the contest. David Finder, a senior forward, had three separate breakaway opportunities against Wootton's Chris Hogan but was unable to capitalize. Churchill's de-

fensive effort was impressive as well, holding down a Wootton team that averaged eight goals per game in the regular season.

"We knew they were going to fight every last second and they did," Evans said. "It was a very tough game."

# Churchill Sweeps Swim Division Titles

FROM PAGE 13

shape when one beats the other," added Van Tassell.

ON THIS DAY, though, the two decided to go with the rest of the team to a nearby Wing Stop. There certainly was plenty to celebrate once they got there as Churchill heads into this weekend's county championships. Among the standouts on the boy's side for the team were junior Chris Verbancouer (2<sup>nd</sup> 200-yard IM, 2<sup>nd</sup> 100-yard butterfly, 2<sup>nd</sup> 200-yard medley relay) and senior Drew Fisher (2<sup>nd</sup> 200-yard IM, 3<sup>rd</sup> 100-yard freestyle). Senior



HARVEY LEVINE/THE ALMANAC

**Senior Dorothy Yu was one of several impressive swimmers for Churchill, which now moves onto this weekend's county championships.**

Michael Stanton also won the diving competition.

Aside from the Chen sisters, senior Dorothy Yu and freshman Natalya Ares were the superlatives amongst a number of solid Churchill girls. Yu and Ares were both a part of the Bullfrogs' second-place 200-yard medley and 400-yard freestyle relays. Yu also took third place in the 200-yard IM and

fourth in the 100-yard backstroke, while Ares finished in third place in the 100-yard butterfly and 50-yard freestyle.

Whitman came in third place in the girl's competition, led by juniors Lauren Poole and Danielle Schulkin. Both were a part of the Vikings first-place 200-yard medley relay team, while Schulkin finished second in the 100-yard butterfly and 100-yard backstroke. Poole took first in the 200-yard freestyle. Freshman Victoria Kuhn won the 100-yard backstroke. The Whitman boy's finished in sixth place.

Wootton finished in fourth place in the girl's competition and third place in the boy's side of things. Junior Jordan Lesser led the way with a third place finish in the diving competition.

# Eyeing Second-Straight Regional Title

FROM PAGE 13

match and we've been working to improve on them."

If things go according to plan, No. 2 seed Whitman (13-1) and No. 1 seed Sherwood (13-1) should get a chance to rekindle the magic from a dual meet that saw the two teams split 14 matches right down the middle at seven wins apiece. The final margin came down to bonus points — winning by pin, technical fall, or major decision.

The main reason for Whitman's staggering success the past two seasons has been the continuity up and down its lineup from last year — especially in the higher weight

classes. Many teams struggle to find experienced wrestlers in the upper weights — let alone several of them. Whitman has no such problem.

The Vikings' Eric Beverly (152-pound weight class, 18-0 record), Fisher (160-pounds, 22-4 record), Norris (171 pounds, 24-3), Taylor Leighton (189 pounds, 22-3), and Danny Lee (215 pounds, 22-2) have all delivered with lofty preseason expectations following them around throughout the season.

Or as Manon puts it, "Those are our big guns."

Now they move onto the regional duals,

where the matches are long, arduous, and intense, with no one wanting to give an inch. One bonus Whitman already has is that with so many wrestlers back from last season, they've been through and emerged victorious from this process before.

"The regional duals, it all comes down to ... getting pins and not getting pinned and that's what it came down to in the Sherwood match," said Fisher.

"We know everyone wants to beat us, we have a target on our backs," Norris said. "We're trying to ward everyone off and just keep on winning."

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