

# Potomac

## ALMANAC

Allison Hawley and Ken Kemp in rehearsal for the Potomac Theatre Company's "Last of the Red Hot Lovers."

# 'Hot' Comedy

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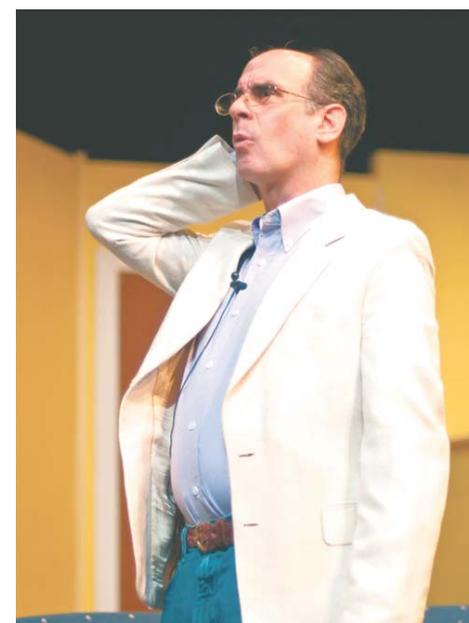
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Wendy Katzen as Jeanette Fisher



Ken Kemp as Barney Cashman

PHOTOS BY HARVEY LEVINE/THE ALMANAC

## 'Last of the Red Hot Lovers'

Potomac Theatre  
Company opens  
comedy this Friday.

BY COLLEEN HEALY  
THE ALMANAC

This weekend, The Potomac Theatre Company presents Neil Simon's play "The Last of the Red Hot Lovers." The main character, Barney Cashman, is a down-to-earth restaurant owner who has been married for over 20 years. He reaches middle age and feels life has passed him by a bit and decides to have an affair — thus chaos ensues.

Ken Kemp (Barney) can relate to his character on a personal level because they are the same age and have been married for a

long time. "He has an everyman quality that appeals to me. Barney means well but nothing turns out right for him. As an actor, it is rare to play someone that you can relate to. When you reach middle age and have been married a long time, you begin to question your own mortality and think about the things you haven't done. That is what motivates Barney and what people can relate to. He wants one magical moment to enjoy what he missed out on. Audiences will enjoy this play because Neil Simon has a

gift for dialogue that is wickedly funny. The plot is simple and is something we can relate to. The types of characters and how they change as the encounters unfold are the gems in this play."

Wendy Katzen (Jeanette) feels the play is "not a typical Neil Simon play with each line being funny. This one is very character driven and there is a message in

**"He has a gift to be able to get to the human condition. There is a subtext of what is going on in their own lives."**

— Norm Seltzer

SEE COMEDY, PAGE 5



Carole Steele as Elaine Navazio



Allison Hawley as Bobbi Michele

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**Naomi Nxumalo and Racquel Madlala**



## Graduation 2010

Family and friends fill the steps outside Constitution Hall waiting for the doors to open for the 2010 Walt Whitman High School graduation ceremony on Monday, June 14.



**Sara Papirmeister, Christy Chong and Carolyn Colton.**



**Jenna Mahaffie, Kyle Schliefer and Luke Rozansky**

# 'Just Tryan It'

**Children's Triathlon will be held June 27 to honor Ryan Darby.**

BY SUSAN BELFORD  
THE ALMANAC

**H**uffing and puffing through their first mile run in January 2007, 10 moms could not imagine themselves completing a full triathlon. After nine months of training, all 10 completed the Iron Girl Triathlon under the team name, "Just Tri It." As they ran more races, their core group grew from 10 to 12, and sometimes more than 16 participated.

"I call it exercising via peer pressure," said Mollie Darby. "We have become a therapy and support group for each other. We have laughed, cried, pushed, sweated and cared for one another throughout the training."

The friendships have grown stronger because of their common goal to become triathletes, because they are all moms — and because they face their problems as a team.

Four and one-half months ago, on Christmas Eve, Mollie and Chris Darby were devastated when their six-year-old son Ryan was diagnosed with leukemia. When the "Just Tri It" women learned of Ryan's illness, they immediately decided to hold an event to develop awareness of childhood cancer,

SEE CHILDREN'S, PAGE 5

## Bromberg Exhibits Works at The Art Gallery

**Family, upbringing fosters artistic vision.**

BY COLLEEN HEALY  
THE ALMANAC

**V**eronika Herman Bromberg's father was a film director and cameraman and her mother studied comparative literature and translation.

"My parents were from the Czech Republic and growing up I was always around the arts." She studied art, art history and studio art in school and worked at the Guggenheim Museum and The Metropolitan Museum of Art.

But Bromberg's greatest vision and application of all her years of study came when she lived in Venice. "In Italy everything is an inspiration. I would lose myself in the alleyways and bridges; observing everything. The intensity of light at every time of day would reflect off these ancient build-

ings. I would translate that into my paintings."

Her multimedia pieces often reflect current issues and newsworthy events. Her pieces represent ideas such as: women's progress moving forward into the future, or finding comfort and warmth in one's own environment.

In "Girl Power," a miniature chair is transformed into a three-dimensional piece with objects — fake eyelashes, a baby doll, the Queen of Hearts — covering the chair like a collage. Her piece titled "Worlds (move) Apart" represents the 2008 earthquake in China using twigs, clay, broken glass and tiles. Using a round box as a base and clay, she created a cracked surface representing the shaken earth and shattered lives. Around the sides of the box is a collage of overlapping newspaper clippings offering a reminder of the tragic disaster.

In addition to painting, she is also an avid nature photographer and feels that she is an "observer of life. I use the camera as a tool to translate the image of a moment in time and a particular detail. I also gravi-

### At The Art Gallery

Veronika Herman Bromberg is the guest artist at The Art Gallery of Potomac this month. The gallery is located at 10107 River Road in the space that was formerly The Surrey. Hours are Thursday-Sunday 12-4. For more information call 240-447-9417.

tate towards detail images rather than the big picture. What also inspires me is setting up the composition of architectural structures, designs, buildings and details. Many of my photographs contain a view of a particular architectural element attempting to achieve a specific moment in time and place with an eye towards filling the lens with symmetry, light and color."

Bromberg hopes "people who see my art will walk away with an appreciation of my work and be able to interpret it in their own way. I hope they have some kind of feeling about the color, vitality and serene approach I take to my paintings."

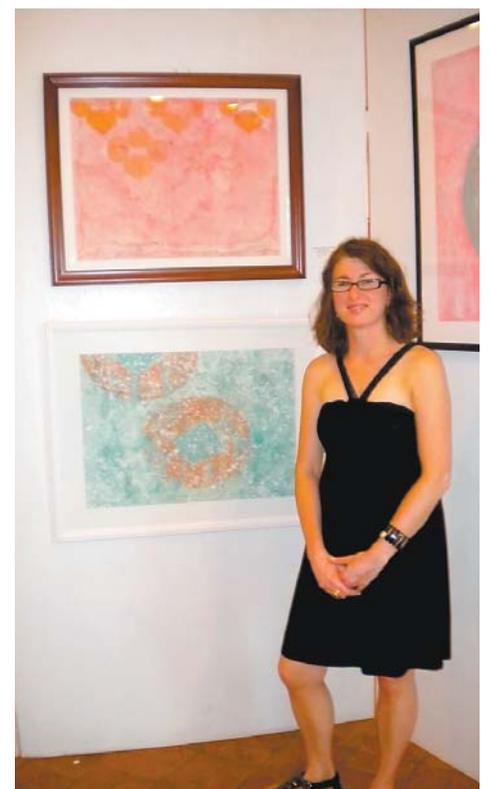


PHOTO BY COLLEEN HEALY/THE ALMANAC

**Veronika Herman Bromberg with her paintings.**

POTOMAC ALMANAC ♦ JUNE 16-22, 2010 ♦ 3

# OPINION

## Be Part of the Pet Almanac

Send us your photos and stories of your favorite creatures for our July edition.

**W**e love our pets. Dogs and cats and other creatures great and small are essential members of our families. They offer us unconditional love, joy, comfort, companionship, humor. We know our children benefit from learning to empathize, care for and love our family pets.

We don't hesitate when it comes to spending on their health care or rearranging our lives around basic needs.

To celebrate, we plan to publish the Pet Almanac, including your family's pets, in late July.

**EDITORIALS** We invite photos of your pets with you, your children or with whole family. We'll prefer photos that picture the pets with their humans.

We also invite children's artwork of their pets.

We also welcome short stories (200 words or less) about your pet. Tell us a funny story, or explain how your pet helped you or a member of your family through a tough time. Tell us about how you came to adopt or rescue your pet. Tell us how your favorite places to go with

your pet, or how you solved a particular challenge concerning your pet.

We haven't forgotten horses, fish, birds, reptiles and amphibians, guinea pigs, hamsters, and other more unusual pets — we hope for photos about them all.

Be sure to identify the full names of everyone pictured in any photos, include information such as breed and age of the pet and children pictured, and (very important) the community where you live.

### Expertise for Annual Community Guides

**W**hat tips do you have for someone new to the area? What interesting, almost secret, places would you like to have learned about earlier when you moved in?

We invite you to share the expertise you've gained in living in your hometown with your neighbors and with people new to the area in our Newcomers and Community Guides, coming later this summer.

Almanac staff members and interns are already working on the annual Newcomers and Community Guide, which will publish at the end of August.

We invite residents, businesses and organizations to send us suggestions. We invite calendar listings for major events for the upcoming year, information on how to get involved in nonprofits and charities, details about your club or other organization.

When are the major festivals, celebrations and other events at your church or temple or

We prefer digital submissions, delivered on CD or via email. Please send in submissions as soon as possible, but at least before July 10. E-mail to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com), and write "Pets" in the subject line. You can mail submissions to Potomac Pet Almanac, 1606 King St., Alexandria, VA 22314.

Please be sure to include the name of the artist or author, and name of the hometown, along with address and phone number to be used for verification purposes only.

mosque?

We also invite readers to contribute directly to the newcomers and community guides. Send us a short letter: what do you love about your community? Tell us about one special place you've discovered. Does your family have different favorites in different seasons? How did you get involved in your town? Share your favorite park. Tell us about your favorite annual event.

Helping pets adapt to new surroundings can be a big part of any family's move. Share tips you have for acclimating a pet to a new home. Do you have a favorite dog park?

Send your comments and submissions to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com) or mail to Potomac Almanac Newcomers Guide, 1606 King St., Alexandria, VA 22314.

— MARY KIMM,  
[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

## Better Planning: It's in the Water

BY NAT WILLIAMS  
THE NATURE CONSERVANCY

**I**n Maryland we've been awaiting good news on the Chesapeake Bay for some time, and fortunately this spring, we have some: annual surveys done on crabs and seagrasses reported greater numbers for both of these important species. Their improved populations offer hope that we are moving in the right direction for the Bay.

**COMMENTARY** But this very welcome news about our local waters was tempered by witnessing the tragic oil spill in the Gulf of Mexico, one that took the lives of 11 rig workers, threatens the livelihoods of thousands of people, and may damage the Gulf's web of life for generations. At nearly 5,000 square miles and growing, the huge Gulf oil slick is larger than the entire surface of the Chesapeake Bay.

As tragic as this spill is, the Gulf is not alone. For example, in the past two decades, our own Potomac River has experienced several damaging spills from diesel fuel and pesticides, resulting in major downstream fish kills. Furthermore, every strong downpour that hits our region pushes stormwater and sewer infrastructure beyond its limits, sending billions of gallons of untreated sewage pouring into the Potomac every year.

While clearly the scale of this water pollution is different, they highlight a similar need

— coordinated planning that balances peoples' use of our waters with the natural values that keep our waters healthy. Of course, these natural values are not just important to wildlife, but also for people. For example, some 4 million people in the Washington, D.C. region depend on a healthy Potomac River for their drinking water.

Fortunately, there are signs we will be doing better in the near future for the Potomac River, the Chesapeake Bay, and even the Atlantic Ocean off of Maryland's shores.

In 2009 a partnership was launched on the Potomac River between the National Park Service, Army Corps of Engineers, Interstate Commission on the Potomac River Basin, and The Nature Conservancy to provide state and local jurisdictions information that will help them make good decisions about maintaining and restoring healthier water flows on the Potomac.

Better planning was also the focus for the Chesapeake Bay this May, too. Last week the Obama administration released a coordinated federal strategy for Chesapeake Bay restoration, the result of a Presidential Executive Order issued a year ago. The plan provides clear goals and deadlines for restoring the Bay's clean water, sustaining its fish and wildlife, conserving land, and providing better public access. An important component of this plan is a specific "pollution diet" for the Bay that will spell out how much pollution needs to be removed from each tributary river, and how those reductions will be achieved across the

entire watershed. Progress and accountability for this strategy will be monitored with milestones, the first coming at the end of 2011.

And just as the Potomac River and Chesapeake Bay flow into the Atlantic Ocean, so has better water planning. Right now Maryland's Department of Natural Resources is working to identify the uses off our coast — everything from shipping, to whale migration, to potential offshore wind turbine sites. The Nature Conservancy is contributing to this effort by providing the guiding mapping technology that shows where outstanding natural areas and resources exist.

As the situation with the Gulf oil spill continues to evolve, we can do two things. First, we can offer our friends there the support they will need to control the spill, and restore the web of life that sustained families and businesses. Second, we can take steps here at home to plan and protect the healthy waters that sustain our own families and livelihoods, to prevent a similar tragedy from occurring in the first place.

For more information on planning related to the Potomac River, Chesapeake Bay, and the waters off Maryland's coast, please visit [nature.org/marylanddc](http://nature.org/marylanddc).

*Nat Williams is director of The Nature Conservancy in Maryland/DC, a non-profit organization whose mission is to preserve the diversity of life on Earth. The organization cares for more than 75 preserves in Maryland and Virginia, including co-ownership of Bear Island at Great Falls Park. [nature.org/marylanddc](http://nature.org/marylanddc)*

## POTOMAC ALMANAC

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# Children's Triathlon To Honor Ryan Darby

FROM PAGE 3

to help children with cancer and their families and to honor Ryan and his family.

They resolved to host a children's triathlon to raise money for the Georgetown Hospital Pediatric Oncology/Hematology Family Assistance Fund.

The inaugural triathlon, called "Just Tryan It," will be held June 27 at 8:30 a.m. at The Landon School. This event is for children ages 6-12.

Race Director Carrie Norry said, "Two hundred children have already registered to participate. The 6-9 year olds will race one lap in the pool, bike 1/2 mile and run 1/2 mile. The 9-12 year olds will swim a two-lap race and run and bike one mile. We are thrilled by the turnout."

The Georgetown Hospital Pediatric Oncology/Hematology Family Assistance Fund was founded nine years ago by Dr. Aziza Shad, director of the Division of Pediatric Hematology-Oncology, Blood and Marrow Transplantation. The Family Assistance Fund, dedicated to helping families whose children have cancer, assists families by providing resources for meeting their financial needs.

Thus far, "Just Tryan It" has raised over \$54,000. Local sponsors are: Counselor's Title, Stohlman Automotive, Ledo Pizza, My Eye Dr., Bank of Georgetown, Advisor Shares, Nauticon, Jon Lowe/Tommy Joe's Golf Classic, Galliher & Huguey, Square

Peg, Big Wheel Bikes, Bethesda Orthodontics/Dr. Peter Coccaro, Jet Blue and the Washington Nationals.

Ryan Darby will serve as the official starter of the race. He will be accompanied by Redskin Hall of Famer John Riggins. Ryan is excited about the triathlon and plans to participate next year. "I'm going to start the race by shouting, 'Crank Up That Diesel! - Dog/Dog' since John Riggins was nicknamed, 'The Diesel.'" Other celebrities on hand will be Miss Maryland, Miss Teen Maryland, University of Maryland and Harvard University basketball players and Screech, the Washington Nationals' Mascot.

Kristen Farren, a "Just Tryan It" board member, enumerated other opportunities available at the race. "There will be a site for a bone marrow registry, so people can get swabbed. We will also have a moon bounce and music. It will definitely be a very enjoyable day for families. We hope supporters will visit our website to purchase tickets for our online raffle. Five items will be raffled off: two round-trip tickets on Jet Blue, a Washington Nationals Base Hit Package, and three bicycles with helmets. Raffle tickets are \$10 each and can be purchased online."

Volunteers are needed to help on



**Ryan Darby with Race Director Carrie Norry, Ryan's mom Mollie Darby and board member Kristen Farren.**

the race day at the pool to monitor the swimmers, to serve as course marshals and at water and food stations. Go to [www.JustTryanIt.com](http://www.JustTryanIt.com) to volunteer. All information about the race is available on the website.

"When cancer hits your life, you have to adjust to a new reality," said Mollie Darby.

## Comedy

FROM PAGE 2

there that people are loving, gentle and decent. The main character finds this out and realizes that what he is looking for he already has in his own life."

Carole Steele (Elaine) agrees that the play is about "characters and relationships and peoples struggle to connect with someone; which is appealing. The human qualities and relationships are as true now as they were in the 1960s."

According to director Norm Seltzer, many of Simon's plays deal with the human experience. "He has a gift to be able to get to the human condition. There is a subtext of what is going on in their own lives. The situations will resonate with the audience because they would have had similar experiences or heard about them. That appeals to people. Like most of Neil Simon's plays there are humorous parts that will tickle peoples' funny bones. I hope people will come to have fun and laugh out loud."

## When & Where

Performances of Neil Simon's "The Last of the Red Hot Lovers" are June 18-27, Fridays and Saturday at 8 p.m., Sundays at 2 p.m., with one exception; Saturday, June 19, curtain will be a 7 p.m., with a reception following the performance.

The venue is Blair Center for the Arts, 10601 Falls Road, on the campus of Bullis School. Tickets: \$20; \$18 students and seniors; 20 percent off prepaid groups of 10 or more. To make reservations, call 301-299-8571.

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# CALENDAR

To have community events listed free in *The Potomac Almanac*, send e-mail to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon for the following week's paper. Photos and artwork encouraged. Call 703-778-9412.

## WEDNESDAY/JUNE 16

**Assertiveness Training.** 5 to 6 p.m. Presented by Ellery Owens, LCSW-C. Free. For information, visit [www.accirockville.org](http://www.accirockville.org). To register, call Affiliated Community Counselors, Rockville, at 301-251-8965 or email [accirockville@gmail.com](mailto:accirockville@gmail.com).

## THURSDAY/JUNE 17

**Story/Stereo: Nicole Cooley and Dawn Potter.** 9 p.m. Free. The Writer's Center, 4508 Walsh Street, Bethesda. Visit [www.writer.org](http://www.writer.org) or call 301-654-8664.

**Parent Your Child Mindfully.** 5:30 to 6:30 p.m. Presented by Vilasini Bala, LCPC. Free. For information visit [www.accirockville.org](http://www.accirockville.org). To register, call Affiliated Community Counselors, Rockville at 301-251-8965 or email [accirockville@gmail.com](mailto:accirockville@gmail.com).

## Introduction to Understanding Anger.

12 to 1 p.m. Presented by Karen Walker, LCSW-C. Free. For information visit [www.accirockville.org](http://www.accirockville.org). To register, call Affiliated Community Counselors, Rockville at 301-251-8965 or email [accirockville@gmail.com](mailto:accirockville@gmail.com).

**Slow Blues and Swing Dance.** 8:15 to 11:30 p.m. Admission is \$8. DJ Mike Marcotte and guests. Beginner workshop from 8:15 to 9 p.m. Dancing from 9 to 11:30 p.m. At the Ballroom Annex of Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Email: [info@capitalblues.org](mailto:info@capitalblues.org).

## FRIDAY/JUNE 18

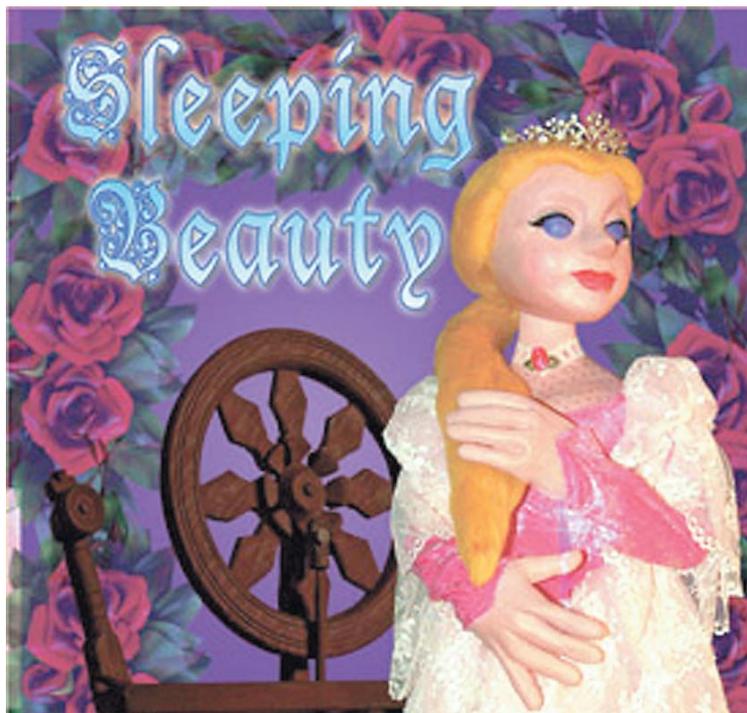
**Contra Dance.** 7:30-11:30 p.m. Admission is \$9. There is a Contra dance lesson from 7:30 to 8:15 p.m. followed by the called dance with the band Jubilea from 8:30 to 11:30 p.m. At the Spanish Ballroom of Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Email: [fdcontra@yahoo.com](mailto:fdcontra@yahoo.com).

**Swing Speak.** 8:30 p.m. to midnight. Admission is \$15. Swing Speak's early repertoire centered around the swing and standards of the 1930's and 1940's, but their musical range soon expanded to include the full range of the American jazz repertoire. Beginner Swing dance lesson from 8:30-9 p.m. is followed by dancing from 9 p.m. - midnight. At the Bumper Car Pavilion of Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Visit [americanswing.org](http://americanswing.org).

## JUNE 18-20

**"A Three Ring Fiasco" and "Once Upon a Time Again."** Two original musical comedies featuring actors with and without disabilities. June 18-20 (Friday at 7:30 p.m.; Saturday and Sunday at 2:30 p.m.) and June 25-27 (Friday at 7:30 p.m.; Saturday and Sunday at 2:30 p.m.) Many Potomac residents will be participating. By ArtStream OnStage Inclusive Theatre Companies. At Rosborough Theater, Asbury Methodist Village, 333 Russell Ave., Gaithersburg. Visit [www.artstream.org](http://www.artstream.org).

**"Spelling Bee."** 7:30 p.m. "The 25<sup>th</sup> Annual Putnam County Spelling Bee" will be performed at Churchill High School. Tickets are \$10/each. Six quirky young people and their three less-than grown up sponsors, portrayed by seniors Stephen Ahn, Ashley Austin, Aaron Braverman, Natasha Lazarev, Pedram Motevalli, Becca Murphy, Josh Simon, Brian Sun and Shelby Sykes, will take the stage in this entertaining musical comedy. At Churchill High School, 11300 Gainsborough Road,



## NOW THROUGH JULY 25

**"Sleeping Beauty."** Thursdays and Fridays at 10 and 11:30 a.m., and Saturdays and Sundays at 11:30 a.m. and 1 p.m. Duration: 45 minutes. Tickets are \$10. At the Puppet Co. Playhouse, North Arcade Building of Glen Echo Park, Glen Echo, Md. Call 301-634-5380. Online Ticketing: [www.thepuppetco.org](http://www.thepuppetco.org)

Potomac. Call 301-469-1243.

## JUNE 18-27

**"Last of the Red Hot Lovers."** Fridays and Saturdays at 8 p.m.; Sundays at 2 p.m.; Saturday, June 19 at 7 p.m. followed by reception honoring Tom Farquhar, Bullis Head of School. Adults are \$20; seniors/students are \$18. Presented by Potomac Theatre Company. At The Bullis School, Blair Family Center for the Arts, 10601 Falls Road, Potomac. For reservations, call 301-299-8571.

## SATURDAY/JUNE 19

**Community Day.** 11 a.m. to 3 p.m. A magic show by Tom Lilly, arts and crafts, face painting, the U.S. Navy Band Woodwind Quintet and Master Gardeners are part of the family-oriented attractions of the 11th Annual Community Day. At Quince Orchard Library, 15831 Quince Orchard Rd., Gaithersburg. Call 240-777-0200.

**Protecting Yourself from the Neighborhood Nuisance.** 2-4 p.m. Every neighborhood has at least one - the dog that runs loose and unsupervised. Whether the owner is nowhere to be seen or is lagging behind because, after all, his dog "likes everyone and just wants to play", walking your dog becomes a nightmare. Speaker: Didi Clement, former Animal Control Officer ([www.pethelp.net](http://www.pethelp.net)). Sponsored by Your Dogs Friend, 11401 South Glen Road, Potomac. Visit [www.yourdogsfriend.info](http://www.yourdogsfriend.info) or call 301-983-5913.

**Swing Dance.** 8 p.m. to midnight. Admission TBD. Beginner swing dance lesson from 8 to 9 p.m. followed by dancing to live music from 9 p.m. to midnight. At the Spanish Ballroom of Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Email: [dance@flyingfeet.org](mailto:dance@flyingfeet.org)

**English Language Conversation Club.** 3-5 p.m. Join in practicing and improving your spoken English with the help of volunteers leading discussions. Drop-in. Registration not required. At the Potomac Library, 10101 Glenholden Drive, Potomac.

**Survivor: Minnie's Island.** 9 a.m. to 5:30 p.m. . Activities will include canoeing, orienteering, fire building, and knot tying. Team-based competition will be good natured with

an emphasis on outdoor skills. Instruction and informational workshops will be offered for children ages 8+ and their parents. Canoes will be available, although you are encouraged to bring yours if you have one. Cost is \$10 per person. RSVP to Deanna at [Tricarico@potomac.org](mailto:Tricarico@potomac.org) by June 16 to reserve a spot. At Minnie's Island, River Center at Lock 8, 7906 Riverside Ave., Cabin John.

**Father's Day Garden Party.** 10-11:30 a.m. Celebrate Father's Day early with your children at a garden party planned for dad. Games, arts and crafts, refreshments. \$20/child. Dads and moms free with child. Ages 3-8. At Rockwood Manor Park, 11001 MacArthur Blvd., Potomac. Visit [parkpass.org](http://parkpass.org) to register.

## SUNDAY/JUNE 20

**Hank Sapoznik and the Youngers of Zion.** 7:30 p.m. Klezmerim Extraordinaire, Instrumental and Vocal Yiddish Music. Tickets are \$25/general, \$18/members of JCC, YGW, AR. At the Jewish Community Center of Greater Washington, 6125 Montrose Road, Rockville. Call 301-424-2590.

**Waltz Dance.** 3 to 6 p.m. Admission is \$8. Beginner waltz lesson from 3 to 3:30 p.m. Dancing from 3:30 to 6 p.m. to the music of Jubilea with Mary Lea, David Wiesler, Paul Oorts, Ralph Gordon. At the Spanish Ballroom of Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Email: [info@waltztimedances.org](mailto:info@waltztimedances.org).

**Family Dance.** 3-5 p.m. Admission is \$5. Spend the afternoon dancing with your children. Live music and dance calling from 3-5 p.m. In the Bumper Car Pavilion of Glen Echo Park, 7300 MacArthur Blvd., in Glen Echo. Contact: [fsgw.org](mailto:fsgw.org).

**Slow Blues and Swing Dance.** 7 to 11 p.m. Admission is \$12/dance, \$17/dance and lesson. The Jamie Lynch Band plays a mix of traditional and contemporary blues music, including classic cover tunes going back through the history of blues music. Slow blues lesson from 7 to 8:30 p.m. followed by dancing. At the Spanish Ballroom of Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Email: [dbarker@glenechopark.org](mailto:dbarker@glenechopark.org).

**Contra and Square Dance.** 7 to 10:30 p.m. Admission is \$12/nonmembers, \$9/FSGW members. Lesson at 7 p.m. followed by dances with Jubilea from

7:30 to 10:30 p.m. At the Bumper Car Pavilion at Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Contact: [fsgw.org](mailto:fsgw.org)

## MONDAY/JUNE 21

**Biofeedback Class.** 1 to 2:30 p.m. "Learning how to lower your pain level using various Biofeedback techniques." Reservations required. For anyone with chronic pain, family members and interested community residents. Sponsored by the Pain Connection. Meets at 7910 Woodmont Ave., Suite 1309, Bethesda. Contact Michael Sitar, Ph.D., 301-718-3588 and/or Pain Connection, 301-231-0008, [www.painconnection.org](http://www.painconnection.org).

## TUESDAY/JUNE 22

**Wishing Chair Performs.** 8 p.m. With multi-instrumentalist Miriam Davidson and songwriter Kiya Heartwood. At the Unitarian Universalist Church of Rockville, 100 Welsh Park Dr., Rockville. Tickets are \$18/door, \$15/advance at [FocusMusic.org](http://FocusMusic.org). Contact David Spitzer at [focusrockville@earthlink.net](mailto:focusrockville@earthlink.net) or 301-275-7459.

## WEDNESDAY/JUNE 23

**"The Gift to Stalin." Film screening and discussion by filmmakers.** 7 p.m. A nine-member delegation of film and media professionals from Kazakhstan will attend the event. At the Magen David Sephardic Congregation, 11215 Woodglen Drive, Rockville. Contact 301-770-6818/[magendavid@mdsdc.org](mailto:magendavid@mdsdc.org).

## JUNE 23-AUG. 8

**"How I Became a Pirate."** At Imagination Stage. Performances on Saturdays and Sundays at 1:30 and 4 p.m.; Tuesday-Friday at 10:30 a.m. Tickets from \$10-\$21. Visit <http://www.imaginationstage.org>.

## THURSDAY/JUNE 24

**Slow Blues and Swing Dance.** 8:15 to 11:30 p.m. Admission is \$8. DJ Mike Marcotte and guests. Beginner workshop from 8:15 to 9 p.m. Dancing from 9 to 11:30 p.m. At the Ballroom Annex of Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Email: [info@capitalblues.org](mailto:info@capitalblues.org).

**Commodores Jazz Ensemble Performs.** 7:30 p.m. Free. At the Bumper Car Pavilion, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call 202-433-2525, or visit [www.navyband.navy.mil](http://www.navyband.navy.mil).

**Firefly Fantasia.** 6:30-9 p.m. Learn about fireflies and how you can attract them to your backyard. As night falls, we'll enjoy the natural light show,

roast marshmallows and make s'mores around the campfire. Bring a flashlight and meet at the campfire ring. \$6 per person. All ages. At Rockwood Manor Park, 11001 MacArthur Blvd., Potomac. Visit [parkpass.org](http://parkpass.org) to register.

## FRIDAY/JUNE 25

**Art & Soul Charity Auction.** 6 p.m. Sponsored by the National Center for Children and Families. Featured Art & Soul artist, Sandi Ritchie Miller, Theory of Everything. At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Tickets are \$100 per person. Call 301-365-4480, ext. 114.

**Swing Dance.** 8 p.m. to midnight. Admission is \$14. Swing Dance with the Boilmaker Jazz Band. Swing lesson with Donna Barker and Mike Marcotte from 8 to 9 p.m. followed by dancing until midnight. At the Bumper Car Pavilion at Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Email: [dbarker@glenechopark.org](mailto:dbarker@glenechopark.org).

**Contra Dance.** 7:30 to 11:30 p.m. Admission is \$9. Contra dance lesson from 7:30 to 8:15 p.m. followed by the called dance to live music by Matching Orange with Eric McDonald (mandolin), Eric Eid-Reiner (piano), and Brendan Carey Block (fiddle). The dance is from 8:30 to 11:30 p.m. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Email: [fdcontra@yahoo.com](mailto:fdcontra@yahoo.com).

**Super Fiesta Latina Party.** 8:15 to midnight. Admission is \$15. Hosted by Fabio and Jennifer Bonini. Lesson from 8:15 to 9 p.m. for Salsa beginners and up. Dancing from 9 p.m. to midnight. At the Ballroom Annex of Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Email: [Jennifer@ForeverDancing.com](mailto:Jennifer@ForeverDancing.com)

## JUNE 25-27

**"A Three Ring Fiasco" and "Once Upon a Time Again."** Two original musical comedies featuring actors with and without disabilities. June 18-20 (Friday at 7:30 p.m.; Saturday and Sunday at 2:30 p.m.) and June 25-27 (Friday at 7:30 p.m.; Saturday and Sunday at 2:30 p.m.) Many Potomac residents will be participating. By ArtStream OnStage Inclusive Theatre Companies. At Rosborough Theater, Asbury Methodist Village, 333 Russell Ave., Gaithersburg. Visit [www.artstream.org](http://www.artstream.org)

## SATURDAY/JUNE 26

**Buyer Seminar.** 11 a.m. to 12:30 p.m. How to Prepare For, Find, and get the Home You Want. At the Cabin John Park Volunteer Fire Station, 8001 River Road, Bethesda. For seminar outlines, see [www.HillSlowinski.com](http://www.HillSlowinski.com) or call Hill Slowinski at 301-320-8430.



## TUESDAY/JUNE 22

**Wishing Chair Performs.** 8 p.m. With multi-instrumentalist Miriam Davidson and songwriter Kiya Heartwood. At the Unitarian Universalist Church of Rockville, 100 Welsh Park Dr., Rockville. Tickets are \$18/door, \$15/advance at [FocusMusic.org](http://FocusMusic.org). Contact David Spitzer at [focusrockville@earthlink.net](mailto:focusrockville@earthlink.net) or 301-275-7459.

# THEATER

## JUNE 18-20

**"Hansel & Gretel: The Witch's Twist."** Presented by Adventure Theatre's "New Plays for Young Performers" series. Featuring young performers from Westland Middle School, Pyle Middle School, Sligo Middle School and Georgetown Day School. Tickets are \$10. All performances will take place at The Round House Theatre, 4545 East-West Highway, Bethesda. Tickets can be purchased through the box office by calling 301-634-2270 or online at [www.adventuretheatre.org](http://www.adventuretheatre.org).

## JUNE 18-27

**"Last of the Red Hot Lovers."** Fridays and Saturdays at 8 p.m.; Sundays at 2 p.m.; Saturday, June 19 at 7 p.m. followed by reception honoring Tom Farquhar, Bullis Head of School. Adults are \$20; seniors/students are \$18. Presented by Potomac Theatre Company. At The Bullis School, Blair Family Center for the Arts, 10601 Falls Road, Potomac. For reservations, call 301-299-8571.

## JULY 2 THROUGH AUG. 15

**"If You Give a Pig a Pancake."** At Adventure Theater. Tickets can be purchased through the box office by calling 301-634-2270 or online at [www.adventuretheatre.org](http://www.adventuretheatre.org). Tickets are \$12 for children 12 and under and \$15 for adults. Group rates are available. Children under the age of 1 are free. At Adventure Theatre, 7300 MacArthur Blvd, Glen Echo, MD,

20812 in the historic Glen Echo Park. Visit [www.adventuretheatre.org](http://www.adventuretheatre.org).

## JUNE 23-AUG. 14

**"How I Became a Pirate."** A giddy, goofy pirate musical for ages 3 and up. Cost is \$10-\$21. Matinee performances Tuesday-Friday at 10:30 AM and Saturday & Sunday at 1:30 and 4 p.m. See website ([www.imaginationstage.org](http://www.imaginationstage.org)) for exact calendar; this show plays in repertory with Pirates! A Boy at Sea. At Imagination Stage, 4908 Auburn Avenue, Bethesda. Call 301-280-1660

## "TINY TOTS"

June 19 — "Animal Crackers," Saturday, 10 a.m.  
June 23 — "World on a String," Wednesday, 10 a.m.  
June 26 — "Second-Hand Stars," Saturday, 10 a.m.  
The Puppet Co. presents "Tiny Tots @ 10," a program designed for our youngest theater patrons (ages 0 - 4). The shows are shorter, the lights stay on, the doors stay open and the show is set up on the floor!  
Performances on select Wednesdays and Saturdays each month at 10 a.m. Tickets, \$5, adults and children (including babies). Reservations strongly recommended. Call (301) 634-5380 visit [www.thepuppetco.org](http://www.thepuppetco.org).

## FINE ARTS

### NOW THROUGH JUNE 29

**"I Can't Believe It's Colored Pencil."** Works by 25 artists of the Metro Washington D.C. Chapter of the Colored Pencil Society of America. At the Dennis and Phillip Ratner Museum, 10001 Old Georgetown Road, Bethesda. Call 301-897-1518.

### NOW THROUGH JUNE 27

**"Fine, Functional... and Fabulous."** The Popcorn Gallery will be aglitter all through June with translucent, brilliant art objects and functional pieces when The Art Glass Center presents "Fine, Functional.... and Fabulous," its annual exhibition at Glen Echo Park. Resident artists, studio artists and faculty members will display bowls, sculptures, and other fine art and functional art glass pieces produced at the Center, Saturdays and Sundays, noon to 6 p.m. Visit [artglasscenteratglenecho.org](http://artglasscenteratglenecho.org) or [glenechopark.org](http://glenechopark.org).



### JUNE 8 THROUGH JULY 3

**Plant Portraits.** Paintings by Eleftheria Williams. At Waverly Street Gallery, 4600 East-West Highway, Bethesda. Call 301-951-9441.

## Winners in Bethesda Painting Awards

The Bethesda Painting Awards announced the top three prize winners last week during the exhibition's opening at the Fraser Gallery. Nora Sturges of Baltimore was awarded "Best in Show" with \$10,000; Katherine Mann of Washington, D.C., was named second place and was given \$2,000, and Deborah Ellis of Alexandria, was awarded third place and received \$1,000.

The nine artists selected as finalists are:

Deborah Addison Coburn, Rockville, MD; Sheila Blake, Takoma Park, MD; Deborah Ellis, Alexandria, VA; James Halloran, Arlington, VA; Katherine Mann, Washington, D.C.; Lindsay McCulloch, Chevy Chase, MD; Michele Montalbano, Burke, VA; Carol Phifer, Fredericksburg, VA and Nora Sturges, Baltimore, MD.

The Fraser Gallery is located at 7700 Wisconsin Avenue, Suite E, in downtown Bethesda and gallery hours are Tuesday – Saturday from 11:30 a.m. – 6 p.m. The exhibition will be on display through June 26.

Entries were juried by Dr. Carolyn Carr, Deputy Director and Chief Curator of the National Portrait Gallery, Smithsonian Institution in Washington, D.C.; Mark Karnes, drawing and painting instructor at Maryland Institute College of Art and Erling Sjøvold, painting professor at the University of Richmond.

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by Michael Matese

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Today's luxury bathrooms are more like exclusive spas. Architects will sometimes enlarge the space by including an adjacent dressing room or place a sliding glass wall to the master bedroom. Sumptuous upgrades include fireplaces, heated floors and towel racks, computerized shower heads, chromatherapy (colored light) tubs and massage tables.

High end home owners see their bathrooms as retreats rather than the water closets of old, so they want to extend their time spent there. To make the environment more enjoyable, today's luxury bathrooms have TV fitted into the mirror, Internet access and a state of the art sound system.

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## PHOTO GALLERY!

### "Me and My Dad"

To honor dad on Father's Day, send us your favorite snapshots of you with your dad and The Potomac Almanac will publish them in our Father's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail digital photos, send to:

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Or to mail photo prints, send to:  
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1606 King St., Alexandria, VA 22314

Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don't send us anything irreplaceable.

# Big Train Hitters, Pitchers Adjust to Wood Bats

Pitchers become more aggressive, hitters face more challenges

BY JON ROETMAN  
THE ALMANAC

Josh Schneider heard the crack of the bat, watched the ball sail and thought he had just surrendered an extra-base hit. "I threw it," the Bethesda Big Train pitcher said, "and I was like, 'Oh man.'"

A rising redshirt junior at Morehead State, Schneider has pitched enough during his life to know a ball rocketed toward the gap equals at least a double. But this time was different. This time the ball wasn't launched off a metal bat. This was summer ball in the Cal Ripken Collegiate Baseball League, where wood is the featured offensive weapon.

"The first time I was out here," Schneider said, "I threw a ball and the kid made good contact with it. In school ball [with metal bats], that ball would have been deep in the gap for an easy double. Our centerfielder was able to track it down and make a routine play."

The fly-ball out, which happened in a pre-season exhibition game, illustrates the transition players go through when making the switch to wooden bat competition. While there is debate on how much, if at all, the use of metal bats benefits hitters, the general perception is metal causes batted balls to travel farther and faster than wood. With wood bats, pitchers are able to be more aggressive while position players realize hits don't come easy — a scenario Schneider is fond of.

"It really helps you confidence-wise," said Schneider, in his first season with Bethesda. "You can really just go right after people and really pound the [strike] zone."

**FROM A PITCHING** standpoint, one of the biggest changes for a hurler when facing a lineup with wood bats is more opportunity for aggression. Pitchers can challenge hitters on the inside part of the plate with less fear of making a mistake. A pitch that misses its location isn't as likely to end up over the fence, and a well-placed delivery has a better chance of resulting in an out — or a broken bat — than a bloop single.

Patrick Keane, a rising sophomore at St. Mary's in California, pitched into the second inning against the Baltimore Redbirds on June 14 at Shirley Povich Field before the game was postponed by rain. The right-hander, in his first year with the Big Train, said he notices a difference in facing a wooden-bat lineup.

"You can work inside a lot more — a lot easier," he said. "Guys don't hit it as well. The ball doesn't carry as well off the wood



PHOTOS BY HARVEY LEVINE/THE ALMANAC

**Markus Melgosa and other Bethesda Big Train hitters must adjust to the use of wooden bats after using metal in college.**

bats. ... It's a huge difference because it opens up a lot more things, a lot more pitches."

Keane allowed three earned runs on four hits in four innings during his first start of the season, a 5-2 loss to the Youse's Orioles on June 5.

Schneider echoed Keane's pleasure with an opportunity for pitch-selection diversity.

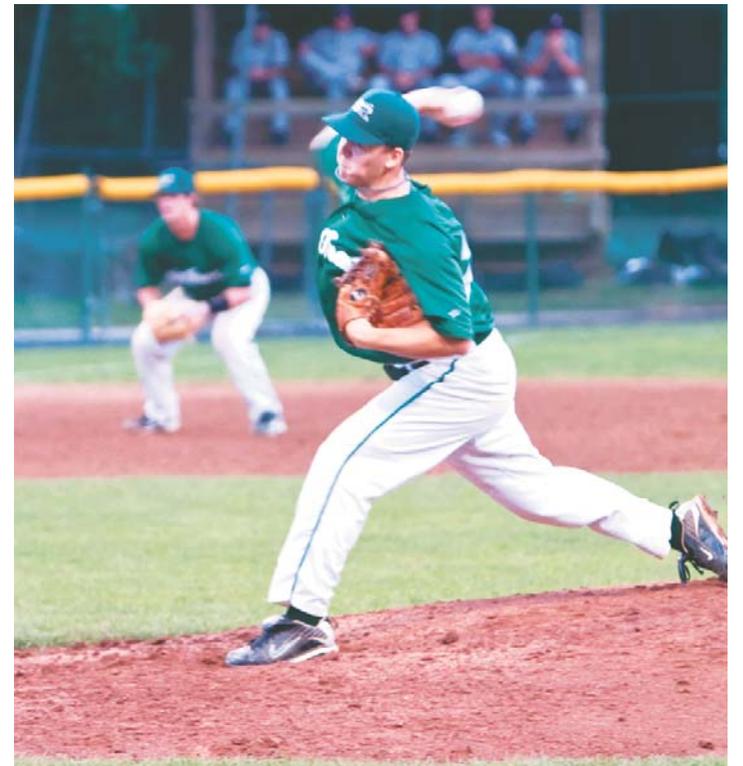
Facing wood bats "lets you use your whole repertoire much more," he said. "You can really get ahead with your fastball and then it gives you a better chance to put them away with your breaking ball or your change up. With a wood bat, it's usually heavier, for the most part, than the metal and they're going to have to get [their swing] going earlier, which is going to help you with your offspeed stuff."

Schneider earned a victory in his first start of the season, pitching the first five innings of a combined shutout against the Alexandria Aces on June 6.

**BIG TRAIN MANAGER** Sal Colangelo said facing wood bats is a good time to develop an aggressive mentality.

"From a pitching standpoint, it's the approach," Colangelo said. "If you [haven't] pitched inside, pitch inside now with the wood bat. A lot of guys like to throw away with aluminum. But you've got to pitch inside with a wood bat. Once you establish your command, you'll be successful."

While a pitcher's job gets easier with the transition to wood, position players face new challenges. Power numbers go down and balls that aren't struck well don't seem to fall for hits quite as easily. As a team, the Big Train is averaging two extra-base hits per contest through six games. Mason Morioka and Cody Freeman each have one



**Josh Schneider and other Bethesda Big Train pitchers can take a different approach when facing hitters using wood bats instead of metal.**

home run for Bethesda.

"I guess you're a little more focused on trying to get [the] barrel" on the ball, said infielder Nick Vickerson, in his first season with the Big Train. "You can miss and still get hits with a metal. You get bigger swings with the metal. You know you're not going to get cheap hits with the wood."

Vickerson, a rising senior at Mississippi State, is hitting a team-high .440 (11-25) and is one of four Bethesda players batting better than .300. Nick Scheenberger (JR, Tulane, .368), Morioka (JR, San Francisco, .333) and Danny Stienstra (SR, San Jose State, .313) are the other three.

Vickerson said finding the right model and size is important when using a wood bat, along with overcoming the fear of

breaking one.

"Probably the first couple times I played I was a little worried about breaking it, when I was younger," he said. "Once you get over that, you can't be afraid to break a bat."

Colangelo said the key to success at the plate is proper technique.

"You've got to use your hands," he said. "If you don't use your hands and throw the head [of the bat], you're not going to be successful. If you don't square it up, you're not going to be successful. It's not an aluminum bat where you're getting jammed and flaring it for a base hit."

Bethesda started the season 3-3. The Big Train host the Herndon Braves at 7:30 p.m. on June 16.

## 5Qs Five questions with Wootton freshman tennis player Alex Hahn

**Q: What location is the farthest from the Washington D.C. metro area that you have traveled?**

A: Cancun, Mexico, for vacation.

**Q: What is the best feeling you can have during a tennis match?**

A: An ace. I don't usually hit those that often, so it feels good when I do.

**Q: Who is your favorite music artist?**

A: Kanye West.

**Q: What is your favorite food?**

A: Korean food.



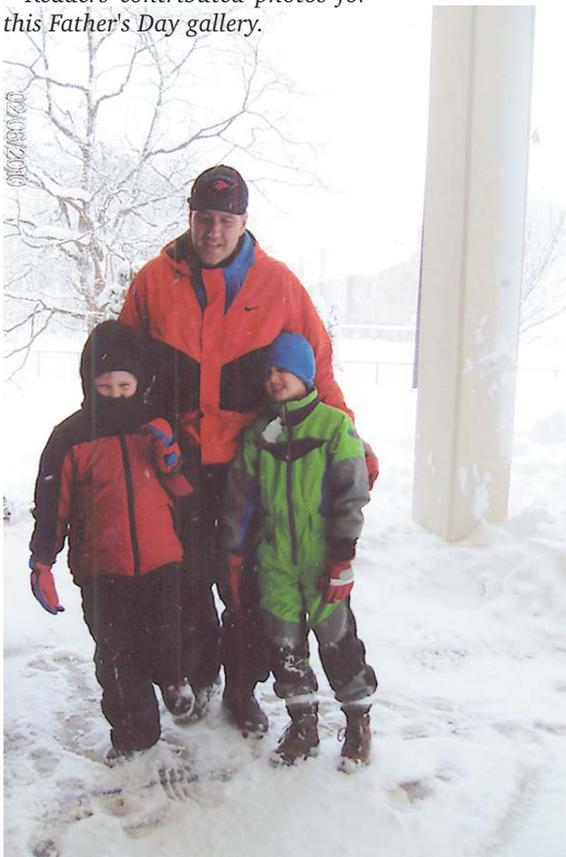
**Q: What do you like to do in your free time?**

A: Hang out, sleep, watch TV.

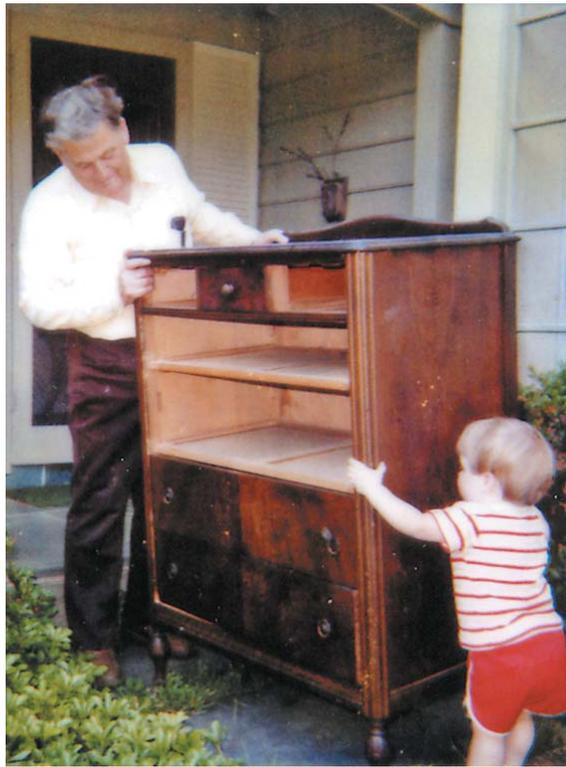
— JON ROETMAN

# ME & MY DAD

Readers contributed photos for this Father's Day gallery.



Jeffrey Koch of Potomac with sons Garrett and Connor in the Blizzard of 2010.



Les Taylor, 69, gets a helping hand from namesake Taylor Cone, 3 years old: "Grandpa, I can do it mine own self." Taylor Cone of Potomac is now 27 years old.



Grandpa Bruce Bortnick of Potomac (neighborhood is Elberon) and grandson Brian Marquardt, age 1, of Rockville, at Grandpa's house. Grandma Robin Bortnick couldn't resist getting a picture of the "twins."



Fred Harich and son Peter taken May 16, 2010.



Benjamin Michael Smith of Springfield has an important discussion with Papa, Michael Prendergast of Potomac.



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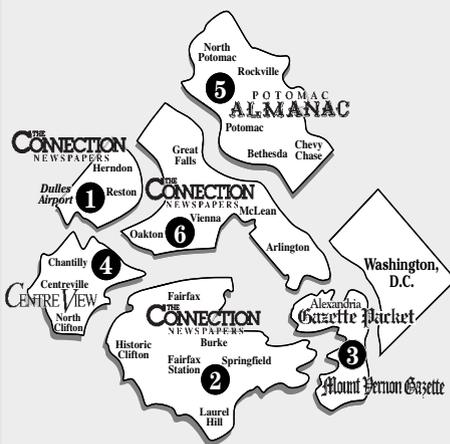
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## Charitable Misgivings



By KENNETH B. LOURIE

I have never been particularly charitable. Oh sure, I've given money here or there, especially when friends, neighbors, co-workers or family members have embraced – and solicited for – a cause. But on the whole, my actions (make that inaction) have left a lot to be desired. Unless of course, there were cookies or candy involved, or self-addressed, pre-stamped envelopes provided; otherwise, my inclination has been, generally speaking, not to “incline.” I have stayed pretty much within my perimeters, not navigating (heck, not even drawing) outside the lines. I have been happy traveling within the imaginary guidelines set for me, set by me, set because of me. Well, that's about to change.

A little perspective goes a long way, and so too does an unexpected stage IV lung cancer diagnosis affect a life-long non-smoker at age 54; and so my perspective has changed (as in, “There are no atheists in foxholes,” a quote most often attributed to World War II journalist, Ernie Pyle), evolved you might say, matured even, and now I'm redrawing some of those lines. I'm certainly not on the front lines, it's more of a rear guard-type action. I'm not addressing and/or stamping those envelopes or calling prospective donors over the phone, nor am I soliciting in public. I'm simply contributing, financially, more frequently than I have in the past. (That's not saying much, but it is saying something.) On the one hand, I figure it's not too late. On the other, I figure, given my prognosis, it's now or never. I don't think I'm making a Faustian-type deal, but neither do I know for sure that unselfish acts made in the face of death won't result in some kind of positive feedback down the line (under the line? up the line? across the line?). Still, I'm a long way from committing myself to a potential spiritual-type purity that might, in fact, alter the course (or is that curse?) of that future line. Nevertheless, I'd rather be safe than sorry, or at least think I'm being safe so maybe I won't be sorry. But who knows, really?

So yes, I suppose there is an ulterior motive. Now, whether a few dollars spread around (by me) to those less fortunate than I (cancer issues not-always-withstanding, although likely underlying every decision I now make; subconsciously probably, consciously definitely) and/or contributing to more charitable endeavors (other than myself) won't likely help me in this life, I can't see how it would hurt, either. Nor am I counting chickens or hatching a plan. I'm simply trying to consider the bigger picture.

It's not like I'm donating all my worldly possessions or going on a pilgrimage to the Promised Land to find the true meaning of life – and death. I'm still living my normal (relatively speaking for a cancer patient receiving chemotherapy every three weeks) life, but trying to work into that “normal” life more dos and less don'ts, and to be more sensitive to those who have not rather than to those who have a lot.

I wouldn't say this benevolence hit me recently. I would say it's been a gradual year-or-so ago awakening, having hit me on Feb. 27, 2009, when my internal medicine doctor first called me with the results of my biopsy. The “m” word has a way of sharpening your focus and maybe even redefining your values a bit.

So here I sit, 15 months later, approximately, doing better than my oncologist expected, and grateful for every result that he has characterized as “above average.” I'm not thinking about death (too much), I'm thinking about life. And not just mine, but others. In a peculiar way, it sort of helps.

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

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# ME & MY DAD



Kara and Kayla Frederick go dirt-bike riding with their dad.



Danielle, 8, dad Eric and Samantha Klein, 11, enjoy their lunch before renting a boat in Annapolis. Photo taken Father's Day 2009.



From left: Edward Healy, Declan Healy, 4, John Healy, and Sean Healy, 7, of Potomac enjoy watching the Nats vs. the O's at Nationals Park. Brendan Healy, 2, was at home napping.



From left: Charles, Mike, Matthew, Laurie, and Grandpa Rich Halverson of Potomac at the Final Four Basketball Tournament in Indianapolis, Ind. Besides sharing his love for Duke basketball, Mike coaches both boys' MSI soccer teams. Matthew says his dad is the best dad in the world (even though Matthew is a UNC fan.)



From left: Dad Matt Myers of Potomac, son Ben Myers, 17, (holding a puffer fish), and brother Andrew Myers, 15, on a scuba diving trip in Puerto Vallarta, Mexico, in August of 2009.



Ariel Wallingsford and her dad, Dan.

Dad (Remmie), Emilie and Charlie Butchko of Potomac enjoy snorkeling at Coki Beach in St. Thomas on March 29, 2010.



The Waldrons enjoy fishing and swimming in the Bahamas. Starting in the back to the right: Dad, Robert, 9, Christopher, 8, and James, 7.



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