

Potomac ALMANAC



Adam Bregman, 4, plays the ring toss game at Beth Shalom Congregation's Purim Carnival on Sunday.

Lower Those Speed Humps

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PHOTO BY HARVEY LEVINE/THE ALMANAC CALENDAR, PAGE 8 ♦ SPORTS, PAGE 12 ♦ CLASSIFIED, PAGE 14

MARCH 23-29, 2011

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Too High

BY SUSAN BELFORD
THE ALMANAC

Since the installation of the Eldwick Way speed humps on March 14, Eldwick Homes Association member Frank Augustino has received phone calls from at least 30 upset neighbors complaining about the speed humps — and the “car-jarring” way they are constructed. Residents are protesting that the entrance and exit to the hump is not a smooth transition and even at low speeds, they feel the impact.

Augustino spoke with Montgomery County Department of Transportation officials Art Holmes and Tracey Wroe who did agree to rectify the situation to satisfy the Eldwick residents. The residents are waiting and hoping for an agreeable and timely resolution but Augustino has not yet been notified by DOT of how they plan to fix the problem.

Members of the neighborhood’s association had found that the speed humps on the newly paved Eldwick Way were not being built according to the plans designed by the Montgomery County Traffic Engineering and Operations Department and approved by the county and the Eldwick Homes Association.

IN OCTOBER 2010, association members Augustino, Allan Cohen and Steve Landsman met with Montgomery County’s traffic engineer Wroe to discuss the re-installation of speed humps on Eldwick Way after the repaving. They requested that the speed humps not be re-installed since Eldwick Way no longer met the eligibility criteria.



Frank Augustino examines the speed hump on Eldwick Way.

They suggested a 3-way stop sign at Fox Hollow Road and Eldwick Way or the installation of a pedestrian crosswalk along the road or warning signs such as “Slow,



The measure checks the speed hump’s height.

PHOTOS BY SUSAN BELFORD/THE ALMANAC

POTOMAC ALMANAC EDITOR STEVEN MAUREN
703-778-9415 OR
POTOMACALMANAC@HOTMAIL.COM
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Replaced speed humps anger Eldwick Way residents.

Children may be present.”

After taking a survey of residents, 60 percent stated that they wanted the speed humps removed. Thirty-five percent opposed removal. However, Montgomery County requires that 80 percent of homeowners must agree in order to change speed humps in a community. Thus Montgomery County directed that the speed humps be re-installed. They did agree to build speed humps of the “flat top” design, rather than the “standard” type that were previously on Eldwick Way.

On Monday, March 14, as the speed humps were being installed, Augustino and Cohen were shocked to find out that the speed humps were not the requisite three inches high. Augustino measured and found that the hump was at least six inches at the top of the 6 foot on-ramp. The way the hump is designed is that there is a six-foot on-ramp, a 10-foot flat area and a 6-foot down-ramp. This is designed to be easier for cars to go over than the “standard” ramp. In other words, the height should be less than the height of the previous speed humps which were 12 feet long with a higher peak height of 3 and half inches. But the new speed humps are much higher, making it more pronounced and difficult for cars to drive over.

“They need to be built correctly,” said Augustino. “It’s costing a lot in county taxpayer dollars to build these ramps — and they need to be done to the specification. If they are too high, the county will have to fix them.”

In the Montgomery County Department of Transportation’s “Speed Hump Fact Sheet,” it states that a speed hump is to be no more than 3 inches high.

Fighting Against Blindness

Potomac resident focuses on fundraising for research.

BY SENITRA MCCOMBS
THE ALMANAC

More than 10 million Americans of every age and race suffer vision loss from blinding diseases, according to the Foundation Fighting Blindness. Potomac resident Donna Burke Tehaan is one of those 10 million.

Last month, she was appointed as a national trustee for the Foundation Fighting Blindness in honor of her dedication to the “Foundation’s urgent mission to drive the research that will provide preventions, treatments and cures for people affected with Retinitis Pigmentosa, macular degeneration, Usher syndrome, and the entire spectrum of retinal degenerative diseases.”

Although she became a member in 1992, Tehaan’s involvement increased once she was named president of the Foundation Fighting Blindness Montgomery chapter in 2002.

“It’s very challenging to get around to achieve your goals when you have something like this, but it’s not a death sentence. There’s no shame in it. I think it’s important that we let people know that something’s being done about it. The Foundation is just an incredible organization,” she said.

Tehaan added that her mission is to “let people know that hope is the Foundation Fighting Blindness.

“I feel pretty certain that ... they are going to be the link to a brighter tomorrow for everyone especially through their gene therapy studies. They have restored vision in some teens and young adults,” she said.

SHE RECALLS one young boy whose sight

SEE TEEHAN, PAGE 4

Potomac Explosion Under Investigation

The Montgomery County Fire and Explosive Investigators, Montgomery County Police and the FBI are coordinating the investigation into an explosion outside a residence in the 9200 block of Inglewood Drive on March 16.

On Wednesday last week at 9:15 p.m., Montgomery County Fire and Rescue crews were dispatched to the area of Harrington Drive/River Road/Newbridge Drive in Potomac in response to numerous 911 calls reporting the sound of an explosion in the area. Upon arrival, first responders encountered an unusual odor in the area. Hazardous Materials teams, Fire and Explosive Investigators and additional firefighters were immediately dispatched to the scene.

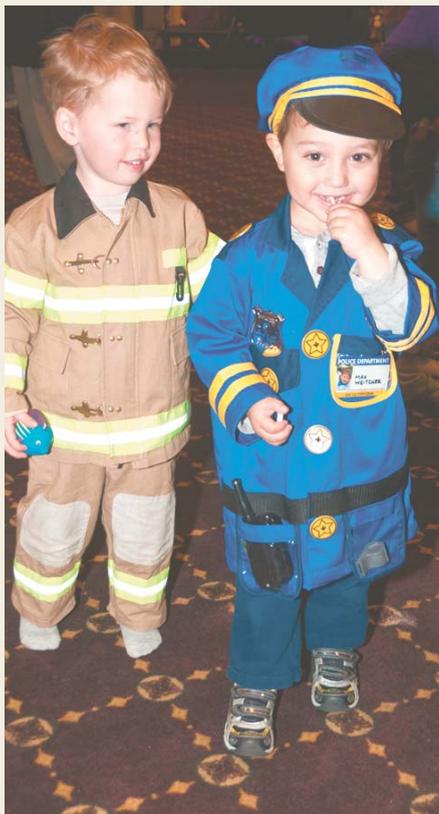
First arriving firefighters discovered a window blown out in the residence. Fire and Explosive Investigators located an explosive device that had detonated in



This necklace, found at the scene, may be related to the incident, according to fire investigators.

front of the residence resulting in damage to windows and the interior of the house. No one was home at the time of the blast and initial damage is estimated at \$25,000.

Anyone with information pertaining to this incident is urged to call the Montgomery County Fire and Explosives Tip Line at 240-777-2263. Callers can remain anonymous and the tip line is available 24-hours a day.



Firefighter Wyatt Roth, 3, and police officer Max Weitzner, 3.



Joyous Celebration

Jeremy Goldstein, 10, shoots rockets at the "Alien Invasion" at Beth Sholom Congregation's Purim Carnival on Sunday, March 20.

PHOTOS BY HARVEY LEVINE/THE ALMANAC



Rabbi Nissan Antine of Beth Sholom, with his 4-year-old daughter, Johanna.

Teehan Named Trustee for Foundation Fighting Blindness

FROM PAGE 3

was restored through the Foundation's research so that he was able to ride his bike and interact more with his peers.

"It's rewarding to know that I'm doing a small part in helping to make a difference and giving others the opportunity to do so," she adds.

After having trouble while driving at night, Teehan made a doctor's appointment where she was diagnosed with Retinitis Pigmentosa (RP).

RP refers to a group of inherited diseases that causes a gradual decline in vision because photoreceptor cells (rods and cones) die.

Teehan was surprised to be diagnosed with RP in her early '20s especially since there was no history of the disease within her family.

"Today I have about 5 degrees of peripheral (side) vision and very little night vision. When I look at someone sitting next to me, I can see maybe one eye," she said.

EARLIER IN THE WEEK, an old friend came up to her at the grocery store and she didn't recognize her until the woman said her name.

Teehan acknowledges that she had to become "a sort of logistic engineer in getting things done because it's not as easy to go from point A to point B."

Despite the daily challenges brought on by having RP, Teehan is motivated by her children to maintain a normal lifestyle as

much as possible and not allow the disease to get the better of her.

"When I was raising my children, I had to be very creative to ensure that they didn't miss out on any of the activities they were in," she said.

Her two children are involved in many of the fundraising events with her, even selling wrist bands with Braille on them to fund research for Retinitis Pigmentosa.

Some years later, her younger brother, Glen, was also diagnosed with RP. Although they both have the disease, Teehan notes that her brother's "day vision isn't affected anywhere to the degree" he is yet they're in the same family.

"It's important that we do all we can as a family so that we can help make retinal disease a thing of the past," she said.

IN 2008, she joined up with long time member / National trustee Jody Kelly to co-chair a number of events for the Foundation including Northern Virginia/D.C. Metro VisionWalk in 2008 where they raised \$220,000 and the 2010 Northern Virginia



Event Co-chairs Jody Kelly and Donna Burke Teehan at the Foundation Fighting Blindness' Northern Virginia Dining in the Dark event on Dec. 16. Both Kelly and Teehan are affected by retinitis pigmentosa, a retinal degenerative diseases that causes progressive loss of vision. The event raised nearly \$300,000 to fund research for treatments and cures to retinal degenerative diseases.

PHOTO BY RYAN T. GOULD

cial group of Foundation Fighting Blindness leaders whose continued support and active volunteerism fuels our sight-saving research efforts," said Bill Schmidt, Foundation Fighting Blindness CEO.

Not only do events like the Northern Virginia Dining in the Dark dinners and Vision Walk raise funds for research efforts, but they also help spread public awareness about the effects of retinal degenerative diseases.

"At the Dining in the Dark dinners, we have the audience sit in complete darkness for 30-35 minutes so that people have a chance to experience what it's like for someone who is blind to eat, their meal-cutting and drinking," Teehan said.

She hopes to continue her fundraising and awareness efforts as a national trustee for the Foundation Fighting Blindness.

When she isn't visiting and spreading awareness about retinal degenerative diseases to the Foundation's 50 volunteer-led chapters across the U.S., she enjoys being a part of a book club via audio books.

For more information on Foundation Fighting Blindness, visit its website www.FightBlindness.org.

Dining in the Dark dinners where they collectively raised \$500,000.

In addition, they also spearhead the first-ever Montgomery County VisionWalk in 2010, exceeding the \$65,000 goal.

"These passionate women have made significant contributions in a variety of ways, and we're proud to appoint them to a spe-

NEWS



PHOTO COURTESY OF CABIN JOHN PARK VOLUNTEER FIRE DEPARTMENT

Up for Auction

Jason Goldberg, left, and Ari Katz are two of the many Cabin John Park Volunteer Fire Department firefighters who will be auctioned off at the Firefighter Bachelor Auction on Thursday, March 24. Bidders will win a date with their favorite firefighter. The event will take place at kstreet lounge, 1301 K Street, NW, Washington, D.C. from 7 p.m. until 2 a.m. All proceeds go to the Cabin John Park Volunteer Fire Department. Tickets can be purchased through event brite by visiting <http://firefighter.eventbrite.com>

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PHOTO BY COLLEEN HEALY/THE ALMANAC

'A Night at the Oscars'

Members of the planning committee for the St. Raphael Inaugural gala and auction pose before the festivities. The theme of the gala was "A Night at the Oscars" and the funds raised benefited the new educational building.



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OPINION

Racing for the Cure

Global Race for the Cure is Saturday, June 4.
Run, walk, sleep in or pitch in.

Last year, Komen Global Race for the Cure conducted a study of breast health in the Washington Metropolitan area, showing that women diagnosed with breast cancer here are more likely to die from breast cancer than the national average.

One conclusion is that health care infrastructure in the area is overly fragmented, producing significant hurdles for many women, particularly women who are poor or whose first language is not English.

In announcing grants to local organizations and kicking off registration for the 2011 Komen Global Race for the Cure, the organization cited the diverse population locally as a reason for more aggressive outreach here.

In Arlington, for example, there are women from at least 128 different countries speaking at least 95 languages. The event brings almost 50,000 runners and walkers to the National Mall in June and raises millions of dollars for breast cancer outreach and education.

Some women are afraid of the screening process, some are worried about cost, some don't have a way to travel to medical appointments, some don't know what resources are available, some don't understand the benefits of early detection or the urgency of follow-up, and many aren't aware of the success of modern cancer treatments, believing a cancer diagnosis is a death sentence.

In the current environment, some immigrant women worry that accessing programs for the uninsured could lead to issues with immigration.

EDITORIAL Based on its findings, Komen announced local grants of about \$4.5 million to improve both patient and provider education and to reduce fragmentation to enhance capacity to screen and provide follow-up care.

Two grants will focus on provider education, helping doctors and other breast health providers develop a better understanding of the myths, fears and needs of the different cultural populations of the women they serve. The

grants will encourage partnerships between providers in the region so that patients can be easily and efficiently referred from screening all the way through to survivorship, limiting difficulties with travel and work requirements, wait times, and financial assistance.

Eleven grants focus on patient education in a culturally competent manner to convey the importance of screening, effectiveness of modern treatments and survivorship. Among local organizations receiving grants: Arlington Free Clinic, From Education to Access; Prevent Cancer Foundation - Celebremos la vida!: Providing Educational Outreach and Screening, in Alexandria; Vietnamese Resettlement Association - Breast Cancer Education, Screening and Follow up, in Falls Church; Nueva Vida - Comprehensive Support Services for Latinas with Breast Cancer; American Association on Health and Disability - Bridging the Gap: No Woman Left Behind, in Rockville.

The 2011 Komen Global Race for the Cure will take place on Saturday, June 4, 2011.

You can run or walk the 5K, or even "Sleep In for the Cure," and there are special activities for children 12 and under.

For more, visit www.globalraceforthe cure.org or call 703-416-RACE (7223).

LETTERS TO THE EDITOR

Legacy Of Deceit?

To the Editor:

The combination of violating the Potomac Master Plan and circumventing the public process is a formula for a very bitter battle. It appears that Ike Leggett, our County Executive who ran for office on a platform of greater public transparency, has succumbed to the greatest political pitfall of all in thinking he is above due process and that he knows better than his constituents. He has singlehandedly decided that Montgomery County needs more soccer fields and that Nick Marvell's 31-year-old organic farm on Brickyard Road has no public benefit. He directed the school board to terminate the organic farm lease and enter into a lease agreement with Montgomery County who is in turn now contemplating a lease agreement with MSI, a private soccer advocacy group whose consultants have been reported be hand-in-hand with Mr. Leggett's representatives as this whole plan has played out.

His decision on the Brickyard property is not in keeping with the Potomac Master Plan, yet he has instructed his office staff to tell citizens that it is in keeping with the Master Plan. I know it is not in keeping with the intent nor the letter of the Master Plan because I have personally spoken with writers of the Potomac Master Plan, and what Mr. Leggett is doing is not according to this plan. As Mr. Leggett has announced that he is not running for office again, it is very difficult for me to accept that this is the type of legacy that he wishes to leave in Montgomery County.

The press and several local blogs have attempted to pit soccer lovers against environmentalists on this issue, when this is not the issue at all. Montgomery County has well over 200 soccer fields, and there are many more in Mr. Leggett's soccer fields expansion plans. Montgomery County only has one Organic Seed Farm and once it has gone it will never be able to exist again due to the presence of genetically modified crops within the broader Agricultural Reserve in Montgomery County.

The issue is that there has been a breach of public trust; a complete circumvention of the public process; a potential loss of a unique characteristic of Montgomery County; and just plain bad planning. The roads leading to the Marvell Farm are not designed, nor capable of handling the traffic that these fields will require to be a successful operation. The immediate neighbors who will be most impacted by this proposal were not notified nor consulted. The broader community has not been asked whether they think that the existence of a local, profitable, sustainable and successful business is a public benefit. Soccer lovers and environmentalists alike should be outraged by this lack of process.

Mr. Leggett and his representatives have made it pretty clear that they are not going to listen to what people say no matter what is said about necessary processes, procedures, and just plain common sense. We do not live in a monarchy, and Mr. Leggett must follow and be guided by the Potomac Master Plan. He must not make his legacy in Montgomery County one of lies, subterfuge and deceit.

Barbara Hoover

West Montgomery County Civic Association

Project Supports Quake Victims

To the Editor:

As the gravity of the situation in Japan became more and more apparent, the SMV, which is the student body council of the German School of Washington, D.C., decided that we could not just watch these horrors unfold and take no action ourselves. Being half-Japanese myself, there was an even stronger motivation to use our position in the SMV to help.

In Japan, we have a tradition of folding one thousand paper cranes for someone that is in dire need of help. It is believed that the folding of one thousand paper cranes will grant the one receiving them a wish and will ensure them to live a long and happy life. Senbazuru, as they are called in Japan, have grown into an internationally known symbol of peace and moral support. We started our own initiative to fold 1000 paper cranes, spread across the 5th-12th grades, and on Tuesday, March 22, we will present them to the Japanese embassy. Boxes and boxes of folded paper cranes were hand crafted by the students of each grade, and many of our teachers also took part in this project. As student leaders, the student council, wanted to make our students aware of the earthquake/tsunami in Japan and show our support and deepest condolences for all the victims of this disaster.

Kimberley Curschmann, a sophomore, has also started her own initiative to raise money for these victims by selling her handmade origami paper crane earrings. Profits from the

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1606 King Street
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PUBLISHER

Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com

EDITORIAL

PHONE: 703-821-5050
E-MAIL:
almanac@connectionnewspapers.com

EDITOR

Steven Mauren, 703-778-9415
smauren@connectionnewspapers.com

SPORTS EDITOR

Jon Roetman,
703-224-3015
jroetman@connectionnewspapers.com

ASSOCIATE EDITOR

Steve Hibbard, 703-778-9412
shibbard@connectionnewspapers.com

CONTRIBUTING WRITERS

Cissy Finley Grant, Carole Dell,
Kenny Lourie, Ken Moore

Art/Design:

Geovani Flores, Laurence Foong,
John Heinly, John Smith

Production Manager:

Jean Card

ADVERTISING

PHONE: 703-821-5050
FAX: 703-518-4632

ACCOUNT EXECUTIVES

Display Advertising:
Kenny Lourie 703-778-9425
klourie@connectionnewspapers.com

Employment:

Barbara Parkinson
703-778-9413
bparkinson@connectionnewspapers.com
Andrea Smith 703-778-9411
Classified Advertising
asmith@connectionnewspapers.com

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Peter Labovitz

President/CEO

Mary Kimm

Publisher/Chief Operating
Officer
703-778-9433
mkimm@connectionnewspapers.com

Jerry Vernon

Executive Vice President
jvernon@connectionnewspapers.com

Wesley DeBrosse

Controller

Debbie Funk

National Sales
703-778-9444
debfunk@connectionnewspapers.com

Jeanne Theismann

Special Assistant to the Publisher
703-778-9436
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LETTERS

FROM PAGE 6

sale of the earrings are going to the school's Japanese Tsunami Quake Fund.

Nobody's efforts will be able to make up for all the losses and hurt that were caused by the earthquake and tsunami. But one thing is for certain — every little bit helps. It is so easy to forget how fortunate we are, until these kinds of events jolt us awake. Our hearts and deepest condolences go out to everyone who has been effected by this tragedy.

The German School of Washington D.C. is a pre-K-12 private German school in Potomac. All classes are taught in German, the curriculum matches that of schools in Germany and the students receive the same high school diploma one would be able to attain in Germany.

Hannah Schmitt
President, Student Council
German School Washington D.C.
Potomac

Educational Alternative

To the Editor:

Nick Maravell has been renting the 20 acres from the school system for 30 years, running an organic farm and serving as one of the region's most stalwart activists and mentors on behalf of organic farming all while. Now the school system wants the land back to create soccer fields.

Can it be said that Montgomery County has no other land with which to create soccer fields? At the very least you'd like to think that the County Board of Education would partner with the County Parks Department to add soccer fields to park lands and then partner with Nick Maravell and the Maryland Association for Environmental and Outdoor Education Green Schools Program to create the premier learning opportunity for all Montgomery County students at Nick's farm.

Such a location would provide opportunities for hands-on learning in all academic subjects for students in every grade level. It would provide internships and work programs for students who best thrive in experiential learning settings — not just in math and science, but also language arts, communications, business development, etc. For example, look at Growing Power <http://www.growingpower.org/> and The Edible Schoolyard at <http://www.edibleschoolyard.org/about-us>.

It is an outrage that the Montgomery County Board of Education is so short-sighted and lacking in focus on the extraordinary opportunity the farm presents for its students. While it has the opportunity to create one of the best learning opportunities and partnerships in the nation, instead it is willing to destroy an ecological wonder. Is this decision-making strategy the right role model for our youth?

This plan should immediately be stopped.

Judy Tiger

former coordinator of youth & community gardens in D.C.

BULLETIN BOARD

THURSDAY/MARCH 24

JCC Senior Speakers. 10:30 a.m. Cost is \$5. Rockville Major Phyllis Marcuccio on the City of Rockville, Initiatives and Direction. At Ring House, 1801 E. Jefferson St., Rockville. Call Debby Sokobin at 301-348-3760.

FRIDAY/MARCH 25

Financial Planning. "Estate, Financial and Tax Planning for People Living with Chronic Illness." Presented by Martin Shinkman of the RV4TheCause program, a national charitable initiative designed to educate professional advisors on how they can help clients whose families have been impacted by chronic illnesses. At Fox Hill Performing Arts Center, 8300 Burdette Road, Bethesda. Visit www.RV4TheCause.org.

MONDAY/MARCH 28

Parent Workshop: Parenting as a Team. 7 p.m. Free. This workshop will address areas of conflict and how to come up with a cooperative plan so that you can present a united front. At the Potomac Library. To register, call 301-229-1347 or email parenting@ymcadc.org.

TUESDAY/MARCH 29

Impact of Budget. 7:30 p.m. The Friends of the Clara Barton Community Center and the Cabin John Citizens Association invite you to attend a dialogue with a representative from the Montgomery County Rec Department. The county will present the impact of next year's county budget on the center. At 7425 MacArthur Blvd., Call 301-229-0010.

Lunch and Learn. Noon to 1:30 p.m. "Frontotemporal Dementia vs. Alzheimer's Disease — What's the Difference?" — Seating is limited and lunch will be provided. RSVP in advance by contacting Nicole McMonigle at Arden Courts of Potomac, 10718 Potomac Tennis Lane, Potomac. Call 301-983-3620 or email potomac@arden-courts.com

LET'S TALK Real Estate



by **Michael Matese**

United You Stand

Buying a new home can be an exciting prospect. You've done your homework, you know what you want, you just have to find it. There are a few things you need to remember when house hunting.

Always be united. If the seller sees that one person loves the house while the other person is on the fence, they may use this information to sway one or influence the other.

Leave your ego at home. If you're looking at a home and you like it, but there's something that doesn't appeal to you, ask the question nicely about it. Being rude gets you nothing except the likely event that you end up paying more for the home than you would have otherwise. It also makes the seller reluctant to try to work with you to reach a compromise.

Be skeptical. Not 'I don't believe anything you say' skeptical, but a little bit of it is healthy and can help with the negotiations. Everything is negotiable except the location of the house, and a Realtor can help you with this. She'll know what to keep an eye out for, what the seller is willing to compromise on and what they're not.

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POTOMAC ALMANAC

ENTERTAINMENT



MARCH 25, 26, 27

“The Mousetrap.” Potomac Theater Company’s production of Agatha Christie’s stage thriller, “The Mousetrap,” is scheduled for March 25, 26, 27. Fridays and Saturdays 8 p.m., Sundays at 2 p.m. Performances at The Blair Family Center for the Arts at the Bullis School, 10601 Falls Road, Potomac. 301-299-8571. www.potomactheatreco.org



SUNDAY/MARCH 27

Christopher Sala in Concert. 3 p.m. Free. The Golden Age of Cornet with Jeffery Watson on piano. At Westmoreland Congregational UCC Church, One Westmoreland Circle, at Massachusetts and Western Avenues.

NOW THROUGH MARCH 27

“The Mousetrap.” Potomac Theater Company’s production of Agatha Christie’s stage thriller, “The Mousetrap.” March 25, 26, 27. Fridays and Saturdays 8 p.m., Sundays at 2 p.m. Performances at The Blair Family Center for the Arts at the Bullis School, 10601 Falls Road, Potomac. 301-299-8571. www.potomactheatreco.org

NOW THROUGH MARCH 26

Donations Accepted for Thrift Sale. Monday through Thursday, 9 a.m. to 4 p.m.; Tuesday 7 a.m.; Wednesday evening until 8 p.m. No furniture or electronics. The thrift sale/flea market is Friday from 8 a.m. to 4 p.m.; Saturday 8 a.m. to 1 p.m. At St. Francis Episcopal Church, 10033 River Road, Potomac, across from Safeway in Church Hall. Tax donation slips available. Call Carol Jarvis at 301-299-4296 or jarvis.carol@gmail.com.

WEDNESDAY/MARCH 23

Juan de Marcos and the Afro-Cuban All-Stars. 8 p.m. Tickets are \$25-\$52. At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. For more information or to purchase tickets, call 301-581-5100 or visit www.strathmore.org.

Nathan and Noble Jolley, Jazz. 7:30 p.m. Tickets are \$12. Nate and Noble, Jr. will team up with fellow musicians Tim Green (saxophone), Christie Dashiell, (vocals) and Eric Wheeler (bass). At the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. For more information or to purchase tickets, call 301-581-5100 or visit www.strathmore.org.

Discovering Your Roots. 9:30 a.m. to 2 p.m. Features Constance Potter and Katherine Vollen from the National Archives, Marlene Katz Bishow, President of the Jewish Genealogy Society of

Greater Washington and Milton Goldsamt, Ph.D., Genealogical Researcher. At Temple Beth Ami, 14330 Travilah Road, Rockville. This program is presented by the Greater Washington Women’s Chapter of the Brandeis National Committee. Cost is \$30 for members and \$35 for non-members. Lunch is included. Reservations are required. Contact Maxine Kretchmar at 301-530-7253. All proceeds will be donated for library resources.

THURSDAY/MARCH 24

Slow Blues and Swing Dance. 9 to 11:30 p.m. Admission is \$8. Beginner lesson at 8:15 p.m. With DJ Mike Marcotte and Guests. At the Back Room at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call Donna Barker at 301-634-2231 or go to info@CapitalBlues.org or www.CapitalBlues.org.

“Leave the Winter Blues Behind” with Blues Pianist, Daryl Davis. 6-7:30 p.m. Free. Davis has appeared with such top artists and ensembles as Chuck Berry, Muddy Waters’ Legendary Blues Band, Presley’s Jordanaires and The Coasters. RSVP no later than March 21 at 301-983-3620 or email potomac@arden-courts.com. Arden Courts of Potomac, 10718 Potomac Tennis Lane, Potomac.

FRIDAY/MARCH 25

Blues and Soul Fusion Dance Party. 9 p.m. to midnight. Admission is \$10. Soul Swing Lesson from 8 to 8:30 p.m.; dancing from 9 p.m. to midnight. At the Back Room at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. For more information visit <http://www.dancebuddies.com/AllThingsBlues.htm> or contact Ken Roesel at 703.282.4187 or at DanceBuddies@Starpower.net.

Rally for the Cure Event. Help raise money for a cure for breast cancer by playing tennis, or taking a Pilates or cycling class. Doubles tennis social from 7 to 10 p.m. Pilates class from 7-8 p.m.; and 8-9 p.m.; Cycling class from 7-7:45 p.m. At the Potomac Tennis and Fitness Club.

FRIDAY/MARCH 25, SATURDAY/MARCH 26

Thrift Sale. Friday from 8 a.m. to 4 p.m.; Saturday 8 a.m. to 1 p.m. At St. Francis Episcopal Church, 10033 River Road, Potomac, across from Safeway in Church Hall. Call Carol Jarvis at 301-299-4296 or jarvis.carol@gmail.com.

SATURDAY/MARCH 26

Community Health Fair. 10 a.m. The City of Rockville will host a free community health fair with health screenings, nutrition workshop, fitness demonstrations and fun activities for kids. At the Twinbrook Community Recreation Center, 12920 Twinbrook Parkway, Rockville. Contact Cynthia Bangali, 240-314-8317 or cbangali@rockvillemd.gov.



Ryan Kanfer performs “Teddy Bear” with Eliana Rubinovitz, Morgan Dolginow, Ryan Kanfer, Elana Stein and Sean Dunn.

APRIL 1, 2, 3, 8, 9,

“Blast 2011 Revolution.” At Winston Churchill High school. 7:30 p.m. Friday and Saturday April 1, 2, 8, 9; matinee on 2:30 p.m. Sunday, April 3. An energetic, sparkling, and song and dance soundtrack of change across society, music, and life! The show is performed by 200 student singers, dancers, musicians, and technicians. Reserved tickets are \$20/person; open seating is \$14/person. Purchase online at www.wchsmusic.com or at the lobby box office outside the Bish Auditorium, 11300 Gainsborough Rd., Potomac.

Sock Hop. 9 p.m. Come to a genuine '50s and '60s style Sock Hop at Tikvat Israel in Rockville. Featuring the Rock & Roll Relics, one of the premier oldies musical acts in the region. Dress is casual; letter sweaters, poodle skirts, and saddle shoes are optional. Admission is \$12/person in advance and \$15/person at the door. To purchase your ticket, call 301-762-7338, email (tikvatoffice@gmail.com), or mail payment to Tikvat Israel, 2200 Baltimore Rd, Rockville.

MARCH 26 TO MARCH 30

Spring Change-Over Sale. The five non-profit organizations that make up the Montgomery County Thrift Shop have scheduled their Annual Spring changeover sale and \$3 Bag day. Half price sales days 9:30 a.m.-4 p.m.: Saturday, March 26, to Wednesday, March 30. Located at 7125 Wisconsin Avenue, Bethesda. Call 301-654-0063.

SUNDAY/MARCH 27

Christopher Sala in Concert. 3 p.m. Free. The Golden Age of Cornet with Jeffery Watson on piano. At Westmoreland Congregational UCC Church, One Westmoreland Circle, at Massachusetts and Western Avenues.

Cajun/Zydeco Dance Party. 3:30 to 6 p.m. Admission is \$15. With the band Jesse Lege & Joel Savoy with the Foghorn Trio. Introductory dance lesson from 3 to 3:30 p.m.; dancing from 3:30 to 6 p.m. At the Bumper Car Pavilion at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call Michael Hart at 301-762-6730 or go to www.DancingbytheBayou.com.

Shrimp and Oyster Feast Fundraiser. 1 to 5 p.m. Sponsored by the Bethesda-Chevy Chase Rescue Squad Alumni Association. In the Anastasia Room in the Rescue Squad, 5020 Battery Lane (at Old Georgetown Road), Bethesda. Tickets are \$40 and must be purchased in advance. Call 301-977-6634. Visit www.bccrs.org or email info@bccrs.org.

MONDAY/MARCH 28

American Youth Philharmonic. 7 p.m. The American Youth Philharmonic, led by Music Director Daniel Spalding, will be joined by AYPO Director of Percussion Ensemble Doug Wallace and guest artist Jonathan Rance performing Philip Glass’ Concerto Fantasy for Two Timpanists and Orchestra. Other repertoire includes Scheherazade by Rimsky-Korsakov. Tickets for both concerts are



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\$14 adults, \$10 seniors (65+), \$10 college students. At the Music Center at Strathmore. Visit www.aypo.org.

Sierra Hull & Highway 111. 7:30 p.m. Tickets are \$20/advance; \$25/door. IMT Rockville: Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. Call 301-754-3611 and visit www.imtfolk.org.

Beth Shalom Book Club. 8 p.m. The book that will be reviewed is “Gertruda’s Oath” by Ram Oren. Meets at Beth Shalom Congregation, 11825 Seven Locks Road, Potomac. Contact Tanya Lampert alamp9608@yahoo.com

TUESDAY/MARCH 29

Fund-raiser. Normandie Farm Restaurant will donate 15 percent of all lunch and dinner proceeds to the American Red Cross to provide support to the Japanese people following the earthquake and tsunami. At Normandie Farm Restaurant, 10710 Falls Road, Potomac. Call 301-983-8838. Visit www.popovers.com.

THURSDAY/MARCH 31

Slow Blues and Swing Dance. 9 to 11:30 p.m. Admission is \$8. Beginner lesson at 8:15 p.m. With DJ Mike Marcotte and Guests. At the Back Room at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call Donna Barker at 301-634-2231 or go to info@CapitalBlues.org or www.CapitalBlues.org.

FINE ARTS

MARCH 31 TO APRIL 25

Prints Charming. Free. Paper works with Philip Bennet, Cindy Cole, Dorothy Frye, Linda Goldberg, and Westen Muntain. Meet the Artist's Reception is Sunday, April 3 from 1:30 to 3:30 p.m. At the Dennis and Phillip Ratner Museum, 10001 Old Georgetown Road, Bethesda. Call 301-897-1518.

NOW THROUGH MARCH 27

Expressionist Journey of Multi Media. By Vian Shamounki

Borchert. At Kentlands Mansion Gallery's Second Floor, 320 Kent Square Road, Gaithersburg. Call 301-258-6394 for viewing appointment.

NOW THROUGH MARCH 27

An Expressionist Journey of Multimedia. Oil paintings of Cathy Abramson and Carolyn Jackson, and multimedia paintings of Vian Borchert. The body of work includes figuratives, abstracts, landscapes, and portraits. At the Kentlands Mansion Gallery, 320 Kent Square Road, Gaithersburg. Contact Andi Rosati at

301-258-6394 or arosati@gaithersburgmd.gov or visit the Mansion's web page at www.gaithersburgmd.gov/kentlandsmansion.

NOW THROUGH MARCH 28

Metal Magic. Copper, steel, metal wall sculptures. With artists Susana Garten, David Hubbard, Brian Jerome Murphy, Marla Rudnick and Elizabeth Steel. A Meet the Artist's Reception is Sunday, April 3 from 1:30 to 3:30 p.m. At The Dennis and Phillip Ratner Museum, 10001 Old Georgetown Road, Bethesda. Call 301-897-1518.

NOW THROUGH MARCH 29

Exhibition of Fine Art Glass. "Emerging Voices - An Artist's Journey Class." The exhibition will display for sale the works by local artists Jennifer Carroll, Steve Gibson, Kristi Provasnik, Eluned Schweitzer, Lynda Slayen, and Mary Wactler. At The Art Glass Center at Glen Echo, Jerry Zayde Slep Gallery, 7300 MacArthur Blvd., Glen Echo. Call 301-634-2273.

APRIL 2-3

Four Figurative Artists. Noon to 5 p.m. Nancy Abeles, Jan Rowland, Elaine Lozier, and Cathy Sawdey explore different imagery and meanings. A reception is Saturday, April 2 from 5 to 7 p.m. At the Yellow Barn Gallery, 7300 MacArthur Blvd., Glen Echo. Call 301-371-5593.

NOW THROUGH APRIL 2

International Symmetry. Photographs by Don Bandler and New Work by Gallery Artists. At Waverly Street Gallery, 4600 East-West Highway, Bethesda. Call 301-951-9441 or visit www.waverlystreetgallery.com.

POTOMAC THEATRE COMPANY

PRESENTS

Agatha Christie The Mousetrap



Produced & Directed by Barry Hoffman

March 11 -27, 2011

Preview Pay-What-You-Can Thursday, March 10
Fridays & Saturdays* at 8, Sundays at 2

*EXCEPT Saturday, March 12:
Showtime is 7 p.m., followed by a Meet the Cast Party for All Audience Members!
DON'T MISS IT!

Adults: \$20, Seniors/Students: \$18
Prepaid groups of 10 or more receive 20% off!

The Bullis School, Blair Family Center for the Arts
10601 Falls Road, Potomac, MD 20854

All seats reserved: Call 301 299-8571 and we'll call you back!

Weekly Produce Club in Potomac

The Sandy Spring CSA (Community Supported Agriculture) is a weekly produce club that delivers fresh produce in Potomac. Members buy a share of produce for 25 weeks, starting the week of May 9. Then each week they pick up their share at McLean School on Lochinver Lane in Potomac. There are 12 other locations around the metro area.

The produce is organic and includes veggies, fruit, flowers and herbs. Plus you can order milk, cheeses, eggs, bread.

This is a way for families to eat healthier and develop appreciation for high-quality food and the farmers who grow it. All the site details can be found at www.sandyspringcsa.com/join.

Contact Erin Johnson at erin@sandy springcsa.com or 301-438-3927.

- Dates: May 11 to Oct 26
- Hours until 7p.m. or later to accommodate commuters
- Shares can be split with neighbors or family members
- Produce comes from Lancaster Farm Fresh Coop, 75 organic farmers
- Vegetable shares contain 7-10 items, including some fruit;
- Fruit, flower and herb shares are available;
- Weekly share price is \$29.68 (\$742 for 25 weeks)
- Pick-up location: McLean School, 8224 Lochinver Lane, Potomac

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Potomac REAL ESTATE

Top 2010 Sales in Avenel



3 4 Beman Woods Court, Potomac — \$1,580,000



1 18603 Rapley Gate Terrace, Potomac — \$3,400,000



5 9409 Crimson Leaf Terrace, Potomac — \$1,400,000



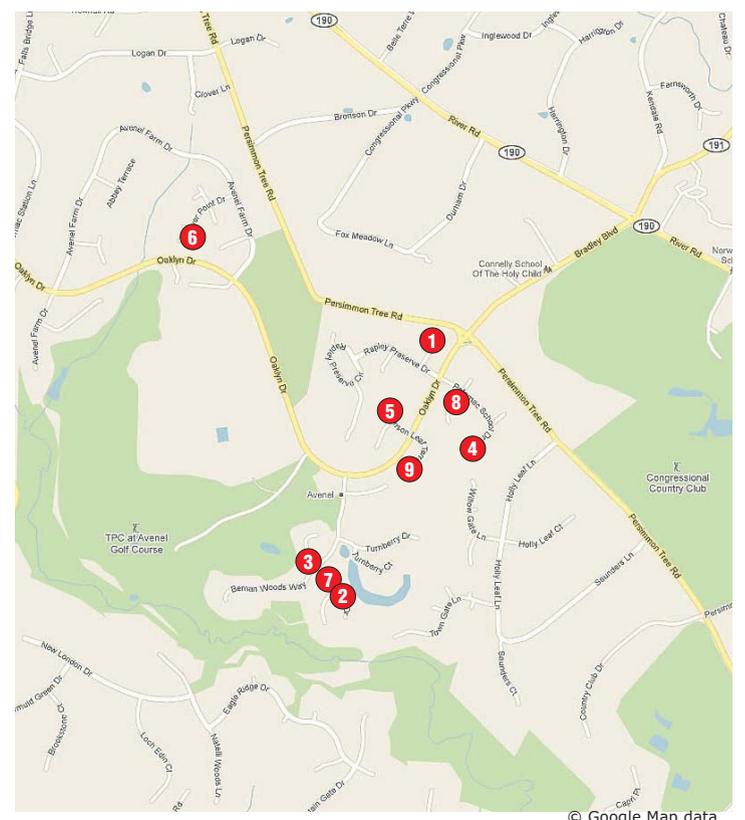
8 8532 Potomac School Terrace, Potomac — \$1,305,000



9 9304 Crimson Leaf Terrace, Potomac — \$1,250,000

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Subdivision	Date Sold
1 8603 RAPLEY GATE TER	7	7	2	POTOMAC	\$3,400,000	Detached	0.90	AVENEL	01/22/10
2 7931 SANDALFOOT DR	4	4	1	POTOMAC	\$1,675,000	Detached	0.16	AVENEL	12/30/10
3 4 BEMAN WOODS CT	5	5	1	POTOMAC	\$1,580,000	Detached	0.24	AVENEL	09/03/10
4 9217 POTOMAC SCHOOL DR	4	3	2	POTOMAC	\$1,454,577	Detached	0.37	AVENEL	12/08/10
5 9409 CRIMSON LEAF TER	5	4	2	POTOMAC	\$1,400,000	Detached	0.54	AVENEL	06/30/10
6 10001 FLOWER GATE TER	4	4	1	POTOMAC	\$1,400,000	Detached	0.46	AVENEL	10/08/10
7 7939 SANDALFOOT DR	5	5	1	POTOMAC	\$1,350,000	Detached	0.23	AVENEL	06/03/10
8 8532 POTOMAC SCHOOL TER	4	4	1	POTOMAC	\$1,305,000	Detached	0.75	AVENEL	02/03/10
9 9304 CRIMSON LEAF TER	5	4	1	POTOMAC	\$1,250,000	Detached	0.50	AVENEL	04/20/10

SOURCE: MRIS, INC. FOR MORE INFORMATION ON MRIS, VISIT WWW.MRIS.COM.



© Google Map data

HOME SALES

In February 2011, 16 Potomac homes sold between \$2,400,000-\$195,000.

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot	AC	Subdivision
13308 EVENING RIDE WAY	5	4	1	POTOMAC		\$2,400,000	Detached	0.87		MERRY GO ROUND FARM
9904 RIVER VIEW CT	6	6	2	POTOMAC		\$2,200,000	Detached	1.33		MARWOOD
11720 WOODTHRUSH LN	6	5	1	POTOMAC		\$1,750,000	Detached	0.92		GREEN BRIAR PRESERVE
9215 BELLS MILL RD	6	5	1	POTOMAC		\$1,475,000	Detached	0.50		PINE KNOLLS
11221 GLEN RD	4	4	1	POTOMAC		\$1,460,000	Detached	4.13		POTOMAC OUTSIDE
10116 MEYER POINT TER	4	4	1	POTOMAC		\$1,319,900	Detached	0.40		AVENEL
10000 GLENOLDEN DR	5	4	1	POTOMAC		\$1,075,000	Detached	0.51		POTOMAC VILLAGE
7801 STABLE WAY	4	3	1	POTOMAC		\$1,070,000	Detached	0.21		RIVER FALLS
10402 BROADFIELD CT	5	4	1	POTOMAC		\$1,069,000	Detached	0.24		PINEY GLEN VILLAGE
12519 LINDA VIEW LN	5	4	1	POTOMAC		\$1,000,000	Townhouse	0.04		WHEEL OF FORTUNE
11525 SPRINGRIDGE RD	5	4	0	POTOMAC		\$905,000	Detached	2.00		DARNESTOWN OUTSIDE
11743 GAINSBOROUGH RD	5	3	0	POTOMAC		\$885,000	Detached	0.62		WILLERBURN ACRES
11912 LEDGEROCK CT	4	2	1	POTOMAC		\$830,000	Detached	0.36		COUNTRY PLACE
10810 DEEP GLEN DR	4	3	0	POTOMAC		\$765,000	Detached	2.00		RIVER OAKS FARM
10209 GARY RD	4	2	1	POTOMAC		\$750,000	Detached	0.62		POTOMAC HILLS
10517 TYLER TER	4	3	1	POTOMAC		\$750,000	Detached	0.29		BELLS MILL VILLAGE
8621 RED COAT LN	4	2	1	POTOMAC		\$749,000	Detached	0.26		FOX HILLS
508 WATTS BRANCH PKWY	4	3	1	POTOMAC		\$730,000	Detached	0.24		FALLSWOOD
8440 BELLS RIDGE TER	3	3	1	POTOMAC		\$695,000	Townhouse	0.05		BELLS MILL ESTATES
11712 SMOKETREE RD	4	2	1	POTOMAC		\$520,000	Detached	0.22		REGENCY ESTATES
10863 DEBORAH DR	3	2	2	POTOMAC		\$487,500	Townhouse	0.05		INVERNESS FOREST TH
9712 PLEASANT GATE LN	4	2	0	POTOMAC		\$450,000	Detached	0.05		AVENEL
10708 MUIRFIELD DR	3	2	2	POTOMAC		\$367,500	Townhouse	0.03		INVERNESS NORTH
7715 SCOTLAND DR	3	1	1	POTOMAC		\$195,000	Townhouse	0.05		SCOTLAND COMMUNITY

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REAL ESTATE NOTES

Sales associates and teams **Coldwell Banker Residential Brokerage** in Potomac have earned the company's International President's awards. The winners include:

- ♦ International President's Circle — **Valerie Puddington**;
- ♦ President's Club — **Marc Infeld and Debra Marko**;
- ♦ International President's Circle — **Franklin Holliday and Rokhsan Fallah**;

Joan Reilly, branch vice president of **Coldwell Banker Residential Bro-**

kerage in Potomac, recently announced the office's Top Agents for January 2011:

- ♦ **Valerie Puddington** was the Top Listing Agent.
- ♦ **Rokhsan Fallah and Frank Holliday** were the Top Sales Team.
- ♦ **Debra Marko and Madhu Anand** were the Top Producing Team.

The following sales associates and teams at **The Coldwell Banker Residential Brokerage North Potomac / Rockville** have earned the company's International President's awards. The

winners include:

- President's Club
 - ♦ **Rita Young**
 - ♦ **Kay Waters**
 - ♦ **Sharon Mulholland**
 - ♦ **Christine Minutoli**
 - ♦ **Jerry Rotter**
 - ♦ **Christine Sherman**
- Group and Team Achievements:
- President's Club
 - ♦ **Mark Smith and Julie Robinson**
 - ♦ **Laurie Roberts, Ron Roberts and David Roberts**

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Call Specific Agents to Confirm Dates & Times.

Potomac (20854)

10633 Willowbrook Dr.	\$1,699,900	Sat/Sun 1-4	Autumn Ambrose	Potomac Heritage	240-453-9444
10801 Boswell Ln	\$1,325,000	Sun 1-4	Amy Luu	Long & Foster	301-251-3040
11404 Falls Rd	\$1,149,000	Sun 1-4	Leslie Friedson	Long and Foster	301-455-4506
11409 Falls	\$1,838,000	Sun 1-4	Norman Domingo	XRealtyNET	888-838-9044
12630 Travilah Rd	\$1,300,000	By Appt.	Anne Killeen	Washington Fine Prop.	301-706-0067
14 Arlive Ct	\$759,900	Sun 1-4	Irene Wertheimer	Weichert	301-455-6095

Bethesda (20817)

5501 Roosevelt St	\$2,195,000	Sun 1-4	Jane Fairweather	Coldwell Banker	240-223-4663
6811 Rannoch Rd	\$1,499,000	Sun 1-4	H Lee Cronin	Keller Williams	703-636-7300
8016 Thornley Ct	\$849,500	Sun 2-4	Toni Cunningham	Prudential Carruthers	301-924-8200

North Potomac (20878)

116 Ridgepoint Pl	\$459,900	Sun 1-4	Elaine Koch & Assoc.	Long & Foster	301-742-8516
161 Kent Oaks Way	\$899,900	Sun 1-4	Mike Aubrey	Re/Max Metro	301-947-6500

Rockville (20850, 20852)

4 Monterra Ct	\$1,199,000	Sun 1-4	Leslie Friedson	Long and Foster	301-455-4506
502 King Farm Blvd	\$359,000	Sun 1-4	Leslie Friedson	Long and Foster	301-455-4506
10101 Grosvenor Pl #1116	\$539,900	Sun 1-3	Anna Masica	Long & Foster	240-423-7000
11750 Old Georgetown Rd #2208	\$338,720	Sat/Sun 11-6	Bob Lucido	Toll MD	410-979-6024
11750 Old Georgetown Rd #2316	\$393,395	Sat/Sun 11-6	Bob Lucido	Toll MD	410-979-6024
11750 Old Georgetown Rd #2424	\$395,890	Sat/Sun 11-6	Bob Lucido	Toll MD	410-979-6024
11750 Old Georgetown Rd #2515	\$519,790	Sat/Sun 11-6	Bob Lucido	Toll MD	410-979-6024
11800 Old Georgetown Rd #1227	\$439,780	Sat/Sun 11-6	Bob Lucido	Toll MD	410-979-6024
11800 Old Georgetown Rd #1310	\$419,885	Sat/Sun 11-6	Bob Lucido	Toll MD	410-979-6024
11800 Old Georgetown Rd #1428	\$459,920	Sat/Sun 11-6	Bob Lucido	Toll MD	410-979-6024

For an Open House Listing Form, call Deb Funk at 703-778-9444 or e-mail debfunk@connectionnewspapers.com

All listings due by Monday at 3 P.M.

Whitman Baseball Enters 2011 'Experienced but Young'

Vikings look to build on last season's run to region semifinals.

BY JON ROETMAN
THE ALMANAC

Whitman baseball coach Joe Cassidy stood near the third-base dugout discussing the Vikings' season outlook when he described the team in a potentially confusing manner.

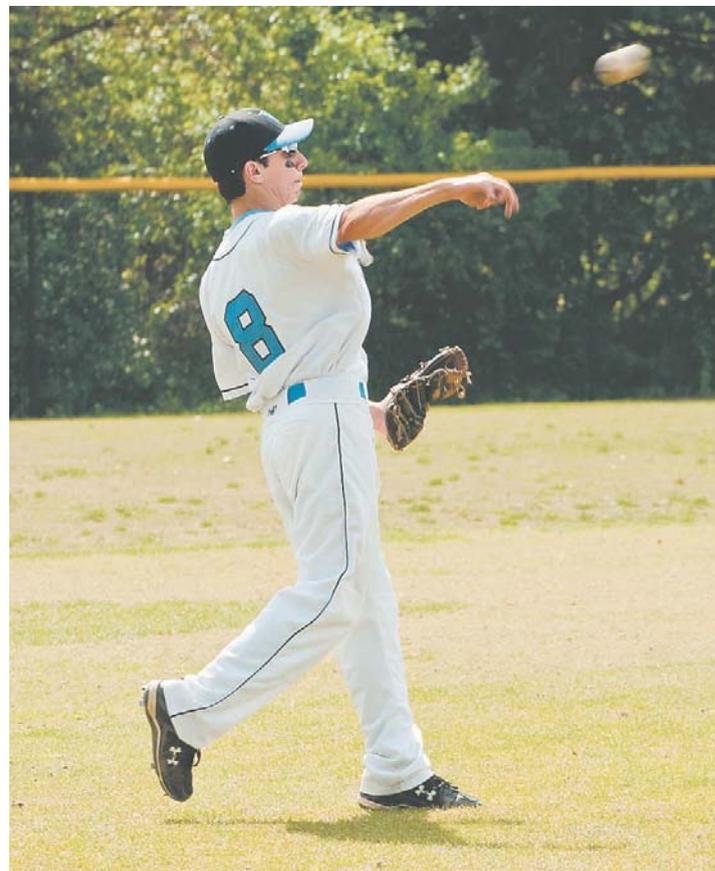
"We're experienced but young," Cassidy said, "if that makes sense."

Whitman graduated nine seniors from last year's team that reached the 4A West Region semifinals, but only two of the nine were significant contributors. This season, the Vikings have only three seniors, but several of the team's younger athletes have game experience.

Cassidy made clear his team's potential for another deep postseason run. Defending state champion Sherwood is considered the region favorite, but after the Warriors, Cassidy said, things are wide open. Whitman has the talent to compete, but with several sophomores playing key roles, the Vikings will have to prove they belong.

"I know a lot of people think we're going to be good, but I don't want their heads to get too big," Cassidy said. "Since we're young, we've still got to go out and earn it. People are not going to throw their gloves down and be like, 'Oh my God, it's Whitman.' They're not going to be intimidated by us."

Whitman's best player is junior shortstop Michael Flack. The three-year starter is a power hitter at the plate and the ace of Whitman's pitching staff. Last season, Flack hit .453 with three home runs and 19 RBIs in 20 games. He was the only Viking to hit a home run. On the mound, he was 2-3 with a 3.43 ERA, allowing 32 hits in 34 2/3 innings.



Paul Balland, seen last season, is one of three seniors on the Whitman baseball team.

"He's a year older, a year stronger, a year bigger [and] worked real hard in the offseason," Cassidy said. "He's taken more of a leadership role this year as a junior. He kind of deferred to the seniors his first two years because there were big senior classes. It wasn't that he didn't want to or he couldn't lead, it was more out of respect."

Whitman's three seniors are its captains: center fielder James Dionne, right fielder Henry Kuhn and third baseman Paul Balland. Dionne, listed at 5-foot-9 and 155 pounds, provides the Vikings with speed on the base path.

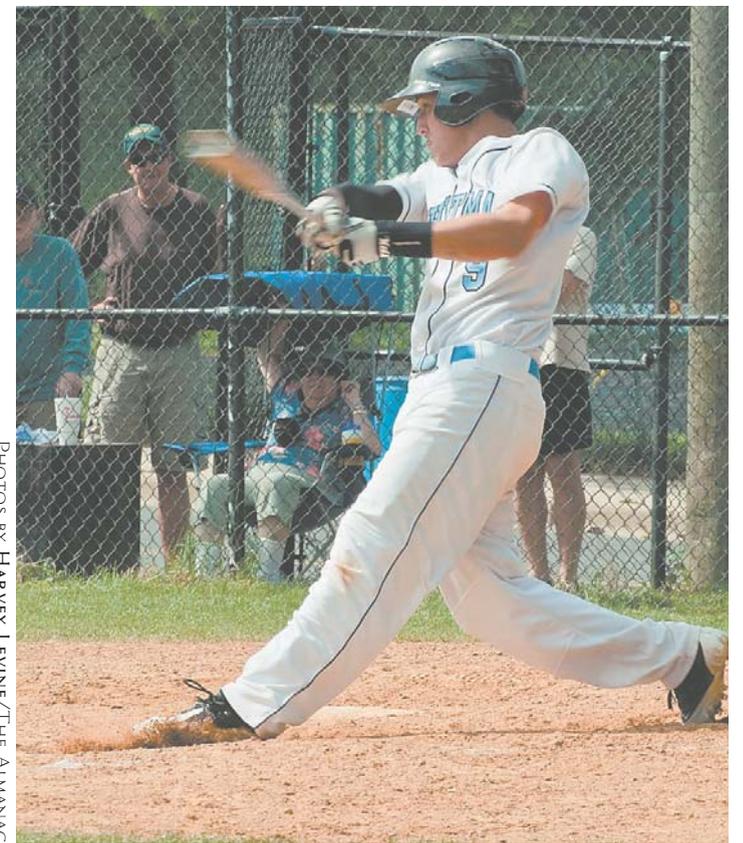
"He's not the biggest kid, but he's probably got one of the biggest hearts of any kids I've ever coached," Cassidy said. "He's

quick as a cat. He hits little slow rollers [or] bunts and gets on first and it's: boom, boom; a couple pitches and he's on third."

Kuhn was the school's starting quarterback since his sophomore year. He did not play baseball as a junior.

Along with Flack, sophomore Gabe Steinberg and junior Mike West will be Whitman's starting pitchers. Junior Ryan McGill was expected to be the No. 2 starter, but suffered a broken foot during the winter. He will be out until May at the earliest, Cassidy said.

Sophomore Nick Bode will start at catcher until junior Josh Biel returns from injury. Sophomore Dan Duffy will start at first base. Junior Sam Avayou will start at second base.



Junior shortstop Michael Flack, seen last season, is Whitman's top power hitter and the ace of its pitching staff.

If Flack is on the mound, Avayou will move to shortstop and sophomore Andrew Castagnetti will play second.

Cassidy said the majority of this year's Vikings view baseball as more of a priority than past Whitman teams.

"We've finally got kids here that it seems to be baseball [first] and [then] other sports," Cassidy said. "A lot of other kids play a lot of other things and it would be: they wrestle or play football or basketball, and then baseball. But now it seems [there's more emphasis on baseball]. It helps because they're enthusiastic, they want to be out here [and] they seem to be coming together as a close-knit group."

Whitman is scheduled to face Magruder on the road at 3:30 p.m. on March 23.

SPORTS BRIEFS

Whitman Softball Opens With Lopsided Victory

The Whitman softball team opened the 2011 season with a 12-2, six-inning victory over Einstein on Monday at WHS. Sophomore pitcher Helen Rosenthal earned the victory for the Vikings. Senior Sarah Macy and juniors Rachel Sisco, Shannon Ishimoto and Abby Fisher each recorded hits.

"It helps us realize that we can be strong," Sisco said of the 10-run win, "and we should really practice hard so we can [continue to] be strong."

Sisco, Ishimoto and Katie Wollmer will comprise the Whitman outfield for the third consecutive season. Sisco is in cen-

ter field and Ishimoto in left. Wollmer started at third base for Whitman on Monday, but will soon move back to her spot in right field.

"They've been our outfield since their freshman year, and they're juniors now," head coach Anne Marie O'Donoghue said. "They're very strong [and] they work really well together."

Macy, the team's lone senior, is at first base. Sophomore Syndey Gertzog is the team's catcher and Fisher is at second base.

"We don't have dominant pitching," O'Donoghue said, "so we really have to, defensively, play almost perfect and then we've got to get the bats going."

Whitman will travel to face Magruder at 3:30 p.m. on March 23.

— JON ROETMAN

Churchill Baseball Loses Opener

The Churchill baseball team lost to defending state champion Sherwood, 2-1, on Monday. Each team scored a run in the fourth inning before Sherwood scored the game-winner in the sixth.

Churchill will host Magruder at 1:30 p.m. on March 26.

Sports Updates On Twitter

Follow sports editor Jon Roetman on Twitter at @jonroetman for sports updates around Montgomery County and Northern Virginia.



Junior center fielder Rachel Sisco, seen last season, is one of the top hitters on the Whitman softball team.



PHOTO BY JULIA O'DONOGHUE/THE ALMANAC

Bullis School uses vegetables from its own garden to supply the dining hall salad bar.

Schools Supply Fresh, Local Food

Some local schools incorporate gardens into their curricula.

BY JULIA O'DONOGHUE
THE ALMANAC

When Cadyn Harrington brought home cilantro from the Bullis School garden a few weeks ago, her mother used the herb to tint Cadyn's smoothies and eggs green for Saint Patrick's Day.

"I like to eat [vegetables from the garden] at little bit more. Gardens are kind of convenient. You don't have to go to the store and buy the vegetables if you have a garden," said Cadyn, a third-grader at Bullis, a private school in Potomac, Md.

"[The vegetables] are fresher. They are straight out of the garden and all you have to do is clean them," said Ethan Isaacson, another third-grader in Cadyn's class.

Third-grade teacher Carolyn Cohen incorporates the vegetable garden into many of her science lesson plans, teaching the students about sustainable farming along the way.

A few weeks ago, Cadyn, Ethan and other third-graders planted sugar snap peas, picked cilantro and learned how to compost. In April, Cohen plans to teach her students how to plant potatoes and peanuts.

"We put the seeds about an inch apart using a tape measure," said Cohen.

Students get to take home some of the produce they personally grow but many of the garden plots

at Bullis are used to supply vegetables to the school's cafeteria, particularly the salad bar, said Susie Zimmermann, a Bullis spokesperson.

"We have plots for faculty and staff use too but quite a few of our plots are just for the dining hall," said Zimmermann.

Bullis labels the food at the salad bar that comes from the school garden and the program — started by alumni a couple of years ago — is extremely popular. Bullis is in the process of building a second set of elevated garden beds, which will nearly double the amount of growing space available at the school, said Zimmermann.

EDUCATORS are turning their attention toward teaching better eating habits as the United States continues to struggle with escalating rates of obesity, particularly among younger children.

In 2006, approximately 26 percent of Maryland teenagers surveyed between ages 13-18 were considered obese or overweight, a rate nearly three times as high it was in 1970, according to information on the Maryland government website.

Like most other parts of the country, very young Maryland children tend to even heavier than teenagers. In 2006, approximately 30 percent of children between 2 and 5 years old tracked through Maryland Pediatric Nutrition Surveillance were considered obese

or overweight.

The news in the Northern Virginia suburbs isn't much better. A 2007 survey sponsored by Inova Health Systems showed that 40 percent of children in the City of Alexandria and 25 percent of children in Arlington and Fairfax counties were either over

"We have plots for faculty and staff use too but quite a few of our plots are just for the dining hall."

— Susie Zimmermann,
a Bullis spokesperson

SEE PRIVATE SCHOOLS, PAGE 15

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THE CONNECTION NEWSPAPERS

Excuse Me



By **KENNETH B. LOURIE**

Not that I want to use my having cancer as an excuse, but let's be honest: it's a pretty good one to have, as far as excuses are concerned. So far as diseases are concerned, however, it's a lousy one, which ironically is the indisputable reason why it's such a good excuse – for almost anything.

Part of my learning to live with my cancer diagnosis/prognosis has been self-discipline – not giving into it, if at all possible; and trying not to use it as a reason to not do something that someone might want or need me to do. It's been extremely difficult, though, to maintain that balance between participating/paying for things that one would consider normal – under everyday-type non-terminal circumstances, and shutting down completely and not doing/paying for anything because I have cancer. "Playing the cancer card" is how Mary, my sponsor, has characterized this almost-reflex action over these last two years.

Generally speaking, it's nearly impossible to get me to do something now, that I don't want to do or am disinclined to even consider. In my subconscious, it's a battle between "Why bother? I have cancer" to "How is it going to benefit me?" And the longer I live with this insidious disease, the more focused on my own pursuits I become and the less flexible in accommodating other's intentions, the best of them though they may be.

If there were a switch to turn off the nonstop, cancer-dominated mindset, I would. It would make life so much easier. But when you have an ace in the hole – so to speak, or a Jeannie in a bottle or some magical power/possession (Lord of the Rings), the drain and demand on your emotional resources is incalculable. Sometimes, resistance is futile; you give in and are assimilated by The Borg. Other times, you find strength you didn't know you had and you persevere.

Having cancer is the ultimate trump card (with all due respect to "The Donald"). Practically speaking, how does one get a terminal patient to do something/anything that he or she doesn't want to do? It's almost a rhetorical question. After I say, "I don't feel like it," how exactly are you going to make me "feel like it?" You can't! Because most of the time my subconscious is reminding me – although I really don't need a reminder, that I have cancer. Moreover, there's very little that can be said – or done to get me to forget that fact and do whatever, unless I can see – or be convinced somehow, that there is some cancer-related benefit to yours truly. Every day, I fight this selfish self-indulgence. But how can I forget my circumstances? I can't! How can I presume that there are some life-saving medical facts not yet in evidence? I can't! How can I not think that I'm going to pre-decease the people I love the most? I can't! How do I not act like every day could be my last – at age 56, even though my parents lived well into their 80's? Stage IV lung cancer; that's how, and why.

The weight of these emotions – and the wait until the premature end of my life empowers me, sort of. I have cancer, what's your excuse?

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

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Rock On: Students Discuss Favorite Types of Music

BY DANIELLE COLLINS
FOR THE ALMANAC

When you turn on your iPod, which songs do you like to play? Perhaps you are a rock fan, turning the volume up whenever a Beatles or Rolling Stones song starts. Maybe you are a country fan, jamming to Brad Paisley and Keith Urban as they belt out songs with thick country accents. You might even be a fan of more modern, Top 40's music, getting excited when you hear the lyrics of Lady Gaga or Ke\$ha. You might just be somewhere in between. So, Churchill students, what kind of music do you like to listen to?

Some students love rock bands, listening to both old and new music. Junior Alex Narrow says his "favorite type of music is definitely rock. I love U2 and The Who in



particular. Rock is what my dad grew up listening to so he has influenced my tastes a lot. I find myself listening to a lot of the same songs he likes. I don't listen to modern, Top 40's hits very much."

Alex Zohore, a senior, agrees, saying, "My favorite music genres are alternative and rock.

Radiohead is my favorite band, but I also enjoy folk music. I listen to a lot of Johnny Flynn and Death Cab for Cutie as well. To find new music and keep track of artists I like, I read music blogs and interviews. I also try to go to concerts to see the bands live."

Other students prefer the newest pop music from today's latest artists. Sophomore Alex Boukhvalova listens to, "New pop and hip-hop music. I love current artists like Katy Perry, Taylor Swift and Lady Gaga. I listen to a lot of Top 40's hits on the radio, and I love listening to Hot 99.5! I like that type of music because it is catchy and has a



Alex Boukhvalova

great beat to dance to."

Most students, however, listen to many genres of music and love all different kinds of bands. For junior Brenna Means, "I listen to a wide variety of music, but I especially love The Veronicas. I tend to listen to whatever songs are played on the radio. Some of my friends are really good at finding new artists and discovering new bands, but I decide what I like from what I hear. I use the Shazam app on my iPhone, which lets you hold your phone up to the speak-

ers of a radio when a song is playing and it will automatically tell you the name of the song and let you purchase it."

Similarly, senior Ben Ruiz de Gamboa listens to "all genres of music except for country. Some of the artists I like are Muse, Kid Cudi, and Three Days Grace. I would say my musical taste includes both top hits and more alternative bands, so I try to listen to a bit of everything."

Jenna Goldstein, a junior, says, "I really like to listen to soft rock music. Train is my favorite band, but I also love to listen to the songs on the Glee soundtrack and Jack Johnson! I also enjoy some country music like Rascal Flatts."

As for me, my musical preferences are a mixture of country (Brad Paisley is a personal favorite), pop (I can't get enough of Taylor Swift), and the jazzy melodies of Frank Sinatra (my grandfather's influence). My iPod is a melting pot of music with too many artists to keep track of! But whatever your music tastes may be, there's plenty out there to listen to!

Private Schools' Gardens Supply Fresh, Local Food

FROM PAGE 13

weight or at-risk of being overweight.

EXPERTS at the Center for Disease Control attribute the rise in childhood obesity nationwide to a lack of exercise and poor diet among young people. Locally, the Inova survey found that 70 percent of students in Alexandria, Arlington and Fairfax do not eat enough fruits and vegetables every day.

There are several efforts to curb childhood obesity through public policy measures. First Lady Michelle Obama has made childhood obesity her top legislative priority. In Virginia, the General Assembly recently passed a bill that would increase the amount of physical education students are required to receive in school each week.

Burgundy Farm Country Day School, just outside the Interstate-495 in the Alexandria area, has a gardening program open to children, faculty and staff in the fall and spring. Located on the site of an old dairy farm, this private school also has an operating barn where students take care of goats and hens and a rooster on a regular basis.

Burgundy families get to take home farm fresh eggs from the school hens on a regular basis, according to Erin Futrowsky, Burgundy's communications director. Faculty members also get access to the eggs approximately once every six weeks, she added.

"Sometimes the program takes a little explaining. At first, some people are confused about what we do here. They think we are teaching the kids to farm," said Futrowsky.

Still Suzanne Badoux, who runs the dining services at Episcopal High School, said she has seen a trend toward students and



Bullis School is doubling the size of its garden this spring, adding 700 square feet of new space.

institutions making healthier food choices.

"We have had a really dramatic increase in the volume of fruit being consumed. The students are eating a lot more whole fruit. Our fruit consumption is probably up 10 to 15 percent, if not more, from last year," said Badoux, who works for FLIX International, a catering company that emphasizes using fresh ingredients and cooking from scratch.

"You are never going to see potatoes coming out of a box from us," said Badoux of her company.

In addition to Episcopal, a boarding school in Alexandria, Badoux has also

worked in kitchens Bishop O'Connell, a Catholic high school in Arlington, and Washington International School, a private school in Washington D.C. In general, students seem to be paying more attention to what they put in their bodies than they were a few years ago, she said.

"We have a lot of eager takers on the salad bar and we have a growing vegetarian community. There are more and more students who are not eating red meat these days," said Badoux.

In its dining room, Episcopal posts all the nutritional information of the dishes served.

The chef said it can be a difficult for schools to move from a traditional catering service to her company, with its emphasis on fresh produce and healthier food.

"There are lots of kids that would be happy to have a burger and fries every day. I think a lot of schools have made the transition away from that food even at the risk of the students not always being so happy," she said.

It can also be a challenge to incorporate everyone's preferences, particularly at a boarding school. Episcopal serves breakfast, lunch and dinner seven days per week. There are approximately 600 people — including faculty, staff and their families who live on campus — that sit down at each meal.

"As a rough break down, I would say freshman boys and senior girls like very different things to eat. But we have things we try to throw into the mix that give them exposure to different kinds of foods and different kinds of cuisine," said Badoux.

Even if a school is striving for a healthier menu, it is important to keep some of that well-known, "fun" food — like pizza and chicken tenders — in the line up so the students don't revolt entirely.

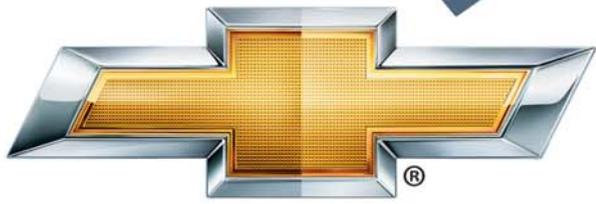
"The top 10 foods will always be things like chicken tenders, burgers and pizza. We have interesting whole grains we serve but we also make mac and cheese from scratch," said Badoux.

In general, Episcopal's move toward healthier cooking had paid off and Badoux appears to be striking a balance, according to Christina Holt, a school spokesperson.

"A recent survey of students and faculty showed that 89 percent of people really enjoy the food. Most either thought it was really good or excellent," said Holt.

PHOTO BY JULIA O'DONOGHUE/THE ALMANAC

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