

# Potomac ALMANAC

# They're Back

NEWS, PAGE 3

CALENDAR, PAGE 6 ♦ SPORTS, PAGE 8 ♦ CLASSIFIED, PAGE 10

PHOTO BY HARVEY LEVINE/THE ALMANAC

## Ceiling Collapses At Library

NEWS, PAGE 3

## Hopping To the Top

NEWS, PAGE 3

**Bells Mill Elementary School Assistant Principal Trish Thomas greets pupils arriving on the school bus for the first day of school, Monday, Aug. 29.**

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## PEOPLE

# Yoga Studio Celebrates Its First Anniversary

## Autism Speaks to benefit.

BY COLLEEN HEALY  
THE ALMANAC

One year is hardly old in the 5,000-year history of yoga; however, it is a milestone for Freddy Margolis

who celebrates the first anniversary of Village Yoga, his Potomac yoga studio. As part of the celebration, a portion of the anniversary proceeds will go to the studio's community partner, Autism Speaks.

At the one-year mark, Margolis has a thriving business that accomplishes his aim to make the practice of yoga physically, mentally

and spiritually accessible to all.

"There are different routes to pursue spirituality. You can find your spirituality in yoga," he said. "We have tried to build a good strong community of people. We have a range of people in our classes and make room for everybody to have their own successful time. We help each other and support and encourage each other to

succeed in yoga and have a good day. The main thing is for you to have fun."

In addition to the various levels of Vinyasa and Isometric Flow classes, Village Yoga now offers a Men's Power Hour and Hatha yoga for basic poses and relaxation techniques.

For the first time, registration has opened for early elementary students (grades 1 - 3), later elementary students (grades 4 - 5), and middle school students (grades 6 - 9). High school students are offered a savings when taking a class with an accompanying adult.

"We are very excited to be at the stage of growth where we can offer classes to children," said Margolis. "Studies show that children receive the same benefits from yoga as adults, offering them increased discipline, concentration, strength and flexibility — all of which leads to increased self esteem.

"Yoga is the one place where a child can excel without competing with anyone. In yoga, children can be part of a group, doing the same activity as the person next to them without the pressure of who is doing it better.

"Most kids have poor posture and lack of core strength. We get into the core. Yoga calms the kids down and teaches discipline. We tell stories through the class and encourage kids to use their imagination to become things like trees, tigers, snakes and monkeys. After the third posture the movements became spontaneous. The benefits of yoga is that it provides focus, body awareness, motor skill devel-

SEE YOGA STUDIO, PAGE 11



PHOTO BY ANNE SAMIT

**Owner Freddy Margolis celebrates the first anniversary of Village Yoga, his Potomac yoga studio.**

## LET'S TALK Real Estate



by  
**Michael Matese**

### Market Your House Not Your Home

It's time to put your house on the market and that means it's time to start removing all the things that made it your home.

Start by removing all the family photos and storing them away until you've found that perfect spot for them in your new home. Family photos can be distracting and take the attention away from what you want the buyer to see, whether it's a particular architectural detail or the hardwood floors you had installed specifically to compliment a feature in a particular room.

Next is the kitchen, one of the most important rooms in the house. Make sure what the buyer sees is immaculate and uncluttered, spotless and shiny, the buyer doesn't want to see your child's soccer schedule or Spot's next vet appointment card tacked to the refrigerator.

Is it possible to keep the televisions out of sight? Believe it or not, a television can be almost as big a distraction as the family photos, so if possible, remove it.

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## Avnisan's Glass on Exhibit

Varda Avnisan is one of the artists exhibiting in the Art Gallery of Potomac from Sept. 1 to Oct. 2. Her exhibit is titled "The Language of Color" and will include more than 20 sculptures and vessels.

In her artist's statement, she writes: "I approach glass as a language: its luminescence and transparency, volume and weight, and qualities of light and shadow are elements I use in translating the visual and sensual realities around me."

Avnisan's work is influenced by abstract art, as well as tile and tapestry work of the Mediterranean. She creates her pieces by first designing elements in the form of glass canvases or swatches of fabric. After fusing she cuts those elements and reassembles them according to a design that best creates harmony of color and pattern.



**Sunrise, Sunset by Varda Avnisan.**

She then slumps her pieces into molds to create vessels that can be functional as well as decorative.

Avnisan has studied with leading glass artists in the U.S., has taken numerous classes in the Washington, D.C. area and around the country, including at the Bullseye Glass in Portland, Ore. and the Corning Studio in Corning, N.Y., where she assisted Italian glass artist Miriam Di Fiore in 2007. She also teaches workshops at Glen Echo Art Glass Center.

WWW.CONNECTIONNEWSPAPERS.COM



**Dalya Arik, 10 years old, talks to 5th grade teacher Loren Kemp in front of Bells Mill Elementary School.**



**Seven-year-old Leah Guthrie arrives at Bells Mill Elementary School with her 3-year-old sister Daphne and her mother, Cristina.**



**Students await the start of the day at the newly opened Cabin John Middle School on Monday, Aug. 29.**

PHOTOS BY  
HARVEY LEVINE  
THE ALMANAC

## Hopping To the Top

**Local rabbits receive six blue ribbons at county fair.**

BY MARILYN LEWIS CAMPBELL  
THE ALMANAC

**T**wo Potomac residents won top honors at the Montgomery County Agricultural Fair's rabbit judging competition last weekend. Sharon Zimmerman and her husband Larry won six blue ribbons for first place in the Best of Variety category.

The couple breeds Netherland Dwarf rabbits on their two-acre property. They entered 14 animals in this year's competition. The Zimmermans have been breeding rabbits for more than 30 years, a hobby that began when their daughter was in the youth development organization 4H.

"It was a lot of fun and she enjoyed letting her rabbit run around in our unfinished basement," said Sharon Zimmerman. "Then we found out about rabbit shows and we started breeding and going to rabbit shows all over the country."

Kyla Butts is the Montgomery County 4H Rabbit Club leader and was one of the rabbit superintendents at this year's competition. Butts says rabbits were judged according to the American Rabbit Breeders Association (ARBA) standard of perfection.

"ARBA lists the characteristics that are required for each breed," said Butts. "The rabbits have to be good specimens for the breed."

The Zimmermans, who live on a 2-acre property, are members of the National Capital Rabbit Breeders Association. They have

SEE RABBITS, PAGE 11

## Ceiling Collapses at Potomac Library

**Its doors open on time for new school year.**

**Join**

Residents can support the Potomac Library by becoming a member of the Friends of the Library, Potomac Chapter. The chapter also holds monthly book sales on the second Saturday of each month. For more information visit: [potomac@folm.org](mailto:potomac@folm.org)

BY MONTIE MARTIN  
THE ALMANAC

**L**ast week's 5.9 magnitude earthquake caused damage to the Potomac Library, where a ceiling collapse made the library inaccessible for over 48 hours.

According to Lindsey Hundt, general manager of the Potomac Library, the Aug. 23 earthquake left serious structural damage but nothing else.

"No one was hurt," said Hundt. "Besides the collapsed ceiling there was nothing significant."

Things may have turned out differently had the earthquake occurred during peak season. "There were about 40 people in the library at the time," said Hundt. "This time of year is generally not so busy, because school had not started yet."

Getting the library up and running again was a top priority, and teams of facility laborers worked around the clock.

"The county got workers in almost immediately," said Hundt. "They worked for

two solid days and did an amazing job."

According to Richard Jackson, chief of the Division of Facility Management, approximately 45 percent of the ceiling collapsed as a result of the quake.

"We understood what we were facing," said Jackson. "The biggest challenge was getting the library back online as quickly as possible while maintaining the safety of our crew."

Three county level engineers, a team of facility contractors, and the singular work of a professional civil servant helped restore the damaged library in record time.

"I have to give big kudos to Kevin Patterson, our point man for the restoration," said Jackson. "He stayed there throughout the night to ensure the building would be open."

The total costs of bringing the library back online included \$5,200 for labor, and a further \$2,500 for materials.

Meanwhile, other area libraries were



**The Aug. 23 5.9 magnitude earthquake caused 45 percent of the library's ceiling to collapse.**

hardly affected by the earthquake. At Quince Orchard library, in Gaithersburg, not a single book fell off the shelves.

"I was standing near the music CDs when I heard a rumbling sound," said Librarian Stephanie Weiss. "People were either calm or giggling. We waited outside the library for one hour so the fire marshals could inspect the building, then we went back in."

Although no one was hurt as a result of the collapsed ceiling at Potomac Library, countywide there are emergency procedures in place that allow for such unexpected disasters. "We practice evacuation drills year round," Hundt said, "we followed procedure and everybody knew what to do."

PHOTO COURTESY OF ESTHER BOWING



**Shaiann Messalle with the red-eyed-white Netherland Dwarf rabbit that won best in variety at the Montgomery County Agricultural Fair.**

# Potomac REAL ESTATE

## Townhouses sold over \$700,000 in June

IN JUNE 2011, 52 POTOMAC HOMES SOLD BETWEEN \$400,000-\$472,000.



**1** 10803 Hidden Trail Court, Potomac — \$1,125,000



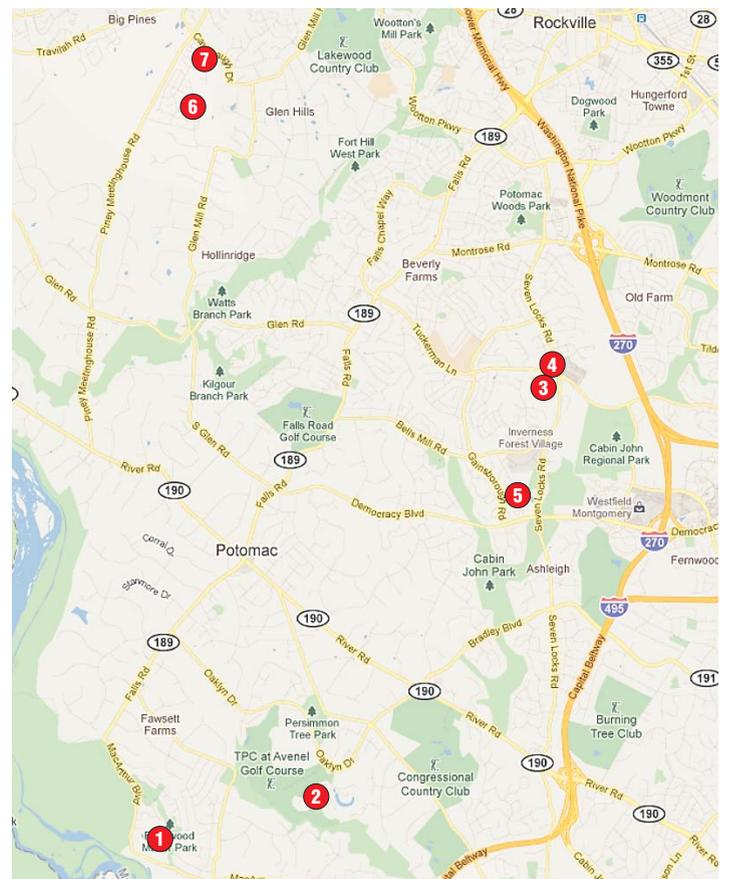
**6** 13307 Sunny Brooke Place, Potomac — \$715,000



**7** 10407 Overgate Place, Potomac — \$703,000



**3** 7952 Turncrest Drive, Potomac — \$860,000



Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Subdivision	Date Sold
1 10803 HIDDEN TRAIL CT	4	3	1	POTOMAC	\$1,125,000	Townhouse	0.09	RIVER FALLS	06/09/11
2 9630 BEMAN WOODS WAY	4	3	1	POTOMAC	\$1,040,000	Townhouse	0.09	AVENEL	06/30/11
3 7952 TURNCREST DR	4	3	1	POTOMAC	\$860,000	Townhouse	0.07	POTOMAC CREST	06/30/11
4 11404 CEDAR RIDGE DR	3	3	1	POTOMAC	\$775,000	Townhouse	0.07	POTOMAC CREST	06/30/11
5 8113 APPALACHIAN TER	3	2	1	POTOMAC	\$775,000	Townhouse	0.29	INVERNESS FOREST	06/28/11
6 13307 SUNNY BROOKE PL	4	3	1	POTOMAC	\$715,000	Townhouse	0.07	PINEY GLEN VILLAGE	06/01/11
7 10407 OVERGATE PL	4	3	2	POTOMAC	\$703,000	Townhouse	0.05	PINEY GLEN VILLAGE	06/30/11

SOURCE: MRIS, INC. FOR MORE INFORMATION ON MRIS, VISIT [WWW.MRIS.COM](http://WWW.MRIS.COM)

# PEOPLE



Daniel and Lauren Simon

## Silverman Simon: 1st Anniversary

**L**aura Silverman Simon and Daniel Aaron Simon will celebrate their one year anniversary on Sept. 5, 2011. They were married on Sept. 5, 2010 in Cancun, Mexico.

The bride is the daughter of Mr. and Mrs. Marc Silverman of Potomac. She received her bachelor of arts degree from the University of Maryland at College Park and her law degree from the University of Maryland School of Law. She is currently a federal lobbyist at The Humane Society of the

United States.

The groom is the son of Mr. and Mrs. Paul J. Simon of Charlotte, N.C. He attended the College of Charleston and Tulane University and holds degrees in international relations and international development. He is currently president of Innovent Group and serves in the U.S. Coast Guard Reserves as a boatswain's mate.

The couple resides in Washington, D.C., with their two dogs — Daisy, a Coonhound, and Chloe, a Golden Retriever.

### MILITARY NOTES

**Army Reserve Pfc. Victor T. Nguyen** has graduated from Basic Combat Training at Fort Sill, Lawton,

Okla. He is the son of Tu Nguyen of Grey Colt, North Potomac. Nguyen graduated in 2010 from Wootton High School.

## OPEN HOUSE LISTINGS Will Return after the Holiday



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# ENTERTAINMENT

## SAVE THE DATE

- ❖ **Family Fun Fest**, Friday, Sept. 23, starting at 4 p.m., Potomac Community Center, 11315 Falls Rd., Potomac. Sponsored by Montgomery County Recreation and Friends of Potomac Community Center, carnival rides and games, prizes, petting zoo, DJ, "Minute to Win It," \$5 for unlimited rides and games.
- ❖ **Family Night**, Friday, Sept. 23, 7:30-9 p.m., Potomac Community Center at 11315 Falls Rd., Potomac, \$5 per bingo ticket, prizes will include Club Friday memberships, snack bar. Call 240-777-6957. Family Fun Fest and Family Night benefit programs at Potomac Community Center.
- ❖ **West Montgomery County Citizens Association (WMCCA)**, Potomac's umbrella citizens association, is scheduled to hold its first general meeting of the season on Wednesday, Oct. 12, and meets the second Wednesday of each month, October through May, Potomac Community Center, 7:15 p.m. - 8:45 p.m. [www.wmcca.org](http://www.wmcca.org).
- ❖ **Potomac Country House Tour** is an annual Potomac tradition in October organized by Saint Francis Episcopal Church, giving a glimpse inside some of Potomac's most interesting homes while raising funds for dozens of local charities. See [www.potomaccountryhousetour.org](http://www.potomaccountryhousetour.org) for listing of activities and this year's schedule.
- ❖ **Potomac Day**, Oct. 22. Parade, 10:30 a.m., Oct. 22, Potomac Village. Arrive before 10 a.m. to avoid road closures. Free children's rides and more, sponsored by Potomac Chamber of Commerce. 301-299-4650
- ❖ **Blood Drive**, at Our Lady of Mercy Church in cooperation with American Red Cross. Sunday, Oct. 1, 8 a.m. - 2 p.m. Participation by pre-registration. Call the drive's coordinator, Richard Sinatra at 301-299-2459 or [sinatrar@verizon.net](mailto:sinatrar@verizon.net)

## SEPTEMBER 2011

- Glen Echo Park's 1921 Dentzel Carousel**, is in its 91st year. The 1921 carousel will be open Saturday and Sundays, from noon to 6 p.m. through September. The carousel will close on Sept. 25, 2011 with the Then & Wow! Festival. Call 301-634-2222 or visit [www.glenechopark.org](http://www.glenechopark.org).
- Great Falls Tavern, Mule-Drawn Canal Boat Rides**. Wednesday-Sunday, 11 a.m., 1:30 p.m., 3 p.m., through October. Experience living history while traveling up the canal, locking through lift locks during this one-hour boat ride. Call the C&O Canal National Historical Park at Great Falls Visitor Center, 301-767-3714. Call the visitor center for activities led by rangers during September.
- Guided tours of Riley's Lockhouse**, one of the C&O Canal's original lockhouses. Join volunteers in period costume and explore the life of a lock-keeper. September and October (also May and June). Riley's Lock Road (off River Road.) [www.nps.gov/choh/](http://www.nps.gov/choh/).
- The Trawick Prize**, downtown Bethesda's annual juried arts competition awards: Bethesda Contemporary Art Awards. The exhibition featuring The Trawick Prize finalists will be held from Sept. 1-30 at Artery Plaza Gallery, 7200 Wisconsin Ave. 301-215-6660. See [www.bethesda.org](http://www.bethesda.org).

## THURSDAY, FRIDAY, SATURDAY

**Free Live Music**. At the Beer Garden at Old Angler's Inn Restaurant all summer long. At 10801 MacArthur Blvd., Potomac. Call 301-299-9097.

## THURSDAY/SEPT. 1

- Summer Concert Series: "Crimestoppers."** 7:30 p.m. Free. Enjoy free music in the Park during the Summer Concert Series in the Bumper Car Pavilion at Glen Echo Park. Call 301-634-2222.
- Slow Blues and Swing Dance**. 9 to 11:30 p.m. Admission is \$8. With DJ Mike Marcotte and Guests. Slow Blues lesson from 8:15 to 9 p.m.; dancing from 9 to 11:30 p.m. 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](mailto:info@CapitalBlues.org) or [www.CapitalBlues.org](http://www.CapitalBlues.org).

## FRIDAY, SEPT. 2

**Yellow Barn Studio and Gallery 41st Annual Labor Day Art Show** features the work of more than 200 artists, ranging from painting to pottery at Glen Echo. Visit [www.glenechopark.org](http://www.glenechopark.org) or [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com). Opening reception, 7-9 p.m., Spanish Ballroom and will continue to be exhibited from Sept. 3-5. Free. Call 301-634-2222. (6th Annual Glen Echo Park Student Art Show featured through Sept. 5, Saturdays, Sundays and Labor Day Monday, noon to 6 p.m. at park's Popcorn Gallery.)



## SATURDAY/SEPT. 10

**The Yardbirds**. 8 p.m. With special guests The Taildraggers. Tickets are \$35/regular; \$33/seniors and students. At the Robert E. Parilla Performing Arts Center, Montgomery College, 51 Mannakee St., Rockville. Call 240-567-5301.

## SEPT. 2 TO 30

**Friday Night Concerts on the Square** will be held Friday evenings starting on Sept. 2 through Sept. 30 from 6 to 9 p.m. The free concerts will feature bands from a wide range of musical genres from Samba to Cajun, offering something for everyone. The concerts are sponsored by Federal Realty Investment Trust. At Rockville Town Square, 200 E Middle Lane, Rockville. Visit [www.rockvilletownsquare.com](http://www.rockvilletownsquare.com).

Sept 2 — Mambo Combo (Tropical Rhythm/Samba)  
 Sept 9 — CrazyFish (Rolling Stones tribute band)  
 Sept 16 — Sons of Pirates (Beach Music/Acoustic Rock)  
 Sept 23 — Donegal Express (Irish-American Roots Rock)  
 Sept 30 — The Crawdaddies (Cajun/Zydeco)

## SEPT. 2, 3, 4

**"Mlle. Modiste."** The Victorian Lyric Opera Company presents a concert production of this operetta by Henry Blossom and Victor Herbert. Tickets \$20 for adults, \$18 for seniors and \$16 for students. Call 240-314-8690. Further information at [www.vloc.org](http://www.vloc.org). Performances Sept. 2 and 3, 8 p.m. and Sept. 4, 2 p.m. at the F. Scott Fitzgerald Theatre, 603 Edmonston Dr., Rockville.

## SATURDAY, SEPT. 3

- Beginner Birds Walks**. Audubon Naturalist Society, Woodend Sanctuary, 8940 Jones Mill Road, Chevy Chase. 301-652-9188. Meet at 8 a.m. outside the Audubon Sanctuary Shop at Woodend. Bring binoculars or use theirs. Saturday mornings, September through November. See [www.audubonnaturalist.org](http://www.audubonnaturalist.org) for listing of all activities at Audubon for adults and children.
- Locust Grove Nature Center** offers programs for toddlers, children, and adults in topics of nature from spiders, squirrels, birds, leaves, bats, slugs and snails. From 9:30 - 10:30 a.m., a beginner birding class is offered for youth 8 years and older. Locust Grove Nature Center, Cabin John Regional Park, 7777 Democracy Boulevard, Bethesda. 301-765-8660. See [http://www.montgomeryparks.org/nature\\_centers/locust/](http://www.montgomeryparks.org/nature_centers/locust/) for a complete listing of activities in September.

## SUNDAY/SEPT. 4

- Waltz Dance**. 3:30 to 6 p.m. Admission is \$10. With the band, Waltz Magic. Introductory Waltz workshop from 2:45 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 Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, go to [www.WaltzTimeDances.org](http://www.WaltzTimeDances.org) or e-mail [info@WaltzTimeDances.org](mailto:info@WaltzTimeDances.org).
- Cabin John Kids Run** at the Cabin John Regional Park in Potomac, Westlake Drive. Free for runners



**Cellist Dariusz Skoraczewski**

## THURSDAY/SEPT. 8

**BSO Season Preview Concert**. 8 p.m. Music Director Marin Alsop leads the BSO in a 2011-2012 season preview. The concert features excerpts from the programs of the 2011-2012 season, such as Strauss' Also sprach Zarathustra, Stravinsky's Firebird Suite and a performance of the third movement of Dvoák's Cello Concerto, featuring the BSO's Principal Cellist Dariusz Skoraczewski. At the Music Center at Strathmore. Tickets are \$10 and available through the BOS ticket office, 410-783-8000 or [BSOmusic.org](http://BSOmusic.org).

18 and under. Sunday, Sept. 4. A mile run, half-mile run and quarter mile young run is offered. Registration is race-day only. See [www.mcrrc.org](http://www.mcrrc.org)

## MONDAY, SEPT. 5

**72nd Annual Labor Day Parade** in the City of Gaithersburg, Monday, Sept. 5 at 1 p.m. rain or shine. Call 301-258-6350.

## WEDNESDAY, SEPT. 7

- Auditions for Potomac Valley Youth Orchestras** scheduled for Sept. 9-12 at Fourth Presbyterian School, 10701 South Glen Road, in Potomac. Use online registration system through Sept. 7 at [www.pvyo.org](http://www.pvyo.org) to schedule audition. Many of the groups rehearse at Herbert Hoover Middle School.
- Spiders**. Locust Grove Nature Center offers a class for toddlers 1 to 3 years old from 10-10:45 a.m. and 11:15 a.m. to noon. \$5. Locust Grove Nature Center, Cabin John Regional Park, 7777 Democracy Boulevard, Bethesda. 301-765-8660. See [http://www.montgomeryparks.org/nature\\_centers/locust/](http://www.montgomeryparks.org/nature_centers/locust/) for a complete listing of activities in September.

## THURSDAY, SEPT. 8

- Potomac Farmers Market**, organized by Montgomery County, through October, Thursdays, 2-6:30 p.m. Potomac United Methodist Church, 9908 South Glen Road at corner of Falls Road and Democracy Blvd. 301-590-2823.
- Slow Blues and Swing Dance**. 9 to 11:30 p.m. Admission is \$8. With DJ Mike Marcotte and Guests. Slow Blues lesson from 8:15 to 9 p.m.; dancing from 9 to 11:30 p.m. 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](mailto:info@CapitalBlues.org) or [www.CapitalBlues.org](http://www.CapitalBlues.org).

## FRIDAY/SEPT. 9

- Enrollment Night**. 6 to 8 p.m. Best suited for kids ages 3 and under but open to all. At My Gym Potomac, 11325 Seven Locks Road, Potomac, Call 301-983-5300; also at My Gym Bethesda, 5110 Ridgefield Road, Bethesda, 301-652-2820. For more information, visit [mygym.com/potomac](http://mygym.com/potomac) or [mygym.com/bethesda](http://mygym.com/bethesda).
- Memorial Remembrance Ceremony** scheduled in remembrance and tribute to Montgomery County victims of the Sept. 11 attacks on the Pentagon as well as their families, emergency responders and members of the military. 12:30 p.m. Courthouse Square Park at corner of Route 28 and Maryland Ave. in Rockville. Community invited. Courthouse Square Park is a memorial

park dedicated to the 11 Montgomery County victims of the Sept. 11 attack on the Pentagon. Contact Colleen McQuitty, City of Rockville special events manager, at [cmcquitty@rockvillemd.gov](mailto:cmcquitty@rockvillemd.gov) or 240-314-8606.

**Tour De Canal**, Sept. 9-11, bicycle tour, choose either 184, 100 or 20 miles of towpath riding from Cumberland to Georgetown. The ride, the 15th annual event, benefits the Alzheimer's Association, National Capital Area. Call 703-359-4440, e-mail [TourdeCanalNCA@alz.org](mailto:TourdeCanalNCA@alz.org), or visit [www.alz.org/nca](http://www.alz.org/nca).

## SATURDAY/SEPT. 10

**Canal Stewards Cleanup**. Cleanup and beautify the land and water surrounding the C&O Canal towpath. This monthly cleanup day, organized by the Potomac Conservancy River Center is open to all. River Center at Lock 8, 7906 Riverside Dr., Cabin John. Visit [www.potomac.org](http://www.potomac.org) for information and directions.

**Potomac Library Book Sale**, 10101 Glenolden Dr., Saturday, Sept. 10, 10 a.m. - 1 p.m. 240-777-0690. Sponsored by the Friends of the Library, Potomac Chapter. See <http://www.montgomerycountymd.gov/apps/libraries/branchinfo/pt.asp> for all activities in September, but make sure the library has reopened after last week's earthquake.

**Buddhist teaching at Bodhi Path Buddhist Center**, 12540 Falls Road, Potomac. Dharma teacher Rachel Parrish lectures on Buddhist master Nagarjuna's "Letter to a Friend," an exposition of the Buddhist Path. Teaching from 10 a.m. to 4 p.m., with two hour break for lunch, both days. See [www.bodhipath.org/potomacmd](http://www.bodhipath.org/potomacmd), call 240-453-9200 or e-mail [admin@bodhipathmd.org](mailto:admin@bodhipathmd.org). Also on Friday, Sept. 11. All welcome, donations suggested.

**35th Anniversary Reading Series**. 7:30 p.m. The Writer's Center kicks off its Reading series with former Rockville and Gaithersburg resident Martín Espada, the "Latino poet of his generation." Admission: \$10 for TWC members/ students; \$15 for non-members. At The Writer's Center, 4508 Walsh Street, Bethesda. Call 301-654-8664 for details, or visit [www.writer.org](http://www.writer.org).

**Back to School Event**. 11 a.m. to 2 p.m. Free. Festivities include: video games and Discovery Toys for children; The Children's Inn at NIH with interactive activities; Shady Grove Adventist Hospital prepares healthy snacks with children, decorating book covers with Churchill HS Crew Team and more. At Potomac Place, intersection of River and Falls Roads in Potomac. Call Arlene Elling 301-379-4117.

## SUNDAY, SEPT. 11

- Half Marathon**, Sept. 11, 7 a.m., Annual Parks Half-marathon, [www.parkshalfmarathon.com](http://www.parkshalfmarathon.com). Run from Rockville to Bethesda. Sponsored by Montgomery County Road Runners Club, [www.mcrrc.org](http://www.mcrrc.org).
- Buddhist teaching at Bodhi Path Buddhist Center**, 12540 Falls Road, Potomac. Dharma teacher Rachel Parrish lectures on Buddhist master Nagarjuna's "Letter to a Friend," an exposition of the Buddhist Path. Teaching from 10 a.m. to 4 p.m., with two hour break for lunch, both days. See [www.bodhipath.org/potomacmd](http://www.bodhipath.org/potomacmd), call 240-453-9200 or e-mail [admin@bodhipathmd.org](mailto:admin@bodhipathmd.org). Also on Sept. 10. All welcome, donations suggested.
- 10th Anniversary Remembrance of 9/11**. A time of guided reflection, prayer and silent meditation. At 9:45 a.m. Worship will begin at 11 a.m. At Potomac Presbyterian Church, 1030 River Road, Potomac. Call Pastor Sean Miller at 301-299-6007.
- Sept. 11 Community Remembrance**. 12:30 p.m. Local elected officials, including County Executive Isiah Leggett, County Council President Valerie Ervin and City of Rockville Mayor Phyllis Marcuccio, will participate in the program that will include remarks by a family member of one of the Montgomery County victims. At Courthouse Square Park in Rockville. Call Judy Stiles at 240-777-6875.
- Zydeco Dance Party**. 3 to 6 p.m. Admission is \$15. With Dr. Zsa's Powdered Zydeco Band. Introductory Zydeco Lesson from 3 to 3:30 p.m. Dancing from 3 to 6 p.m. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. Call Michael Hart at 301-762-6730 or Glen Echo Park at 301-634-2222.

# FINE ARTS



**AUG. 31 TO OCT. 2**

**Potomac Artist Julia Latein-Kimmig.** Show entitled "Mix No Match." Artist's reception is Friday, Sept. 2 from 6 to 8 p.m. Hands-on workshop entitled "Wild Card" on Saturday, Sept. 10 from 1-4 p.m. At the Foundry Gallery in Dupont Circle. Visit [www.foundrygallery.org](http://www.foundrygallery.org).

**SEPT. 24 TO 25**

**"Reflections."** Noon to 5 p.m. Acrylic seascape paintings by Emil Markulis. A reception for the artist is scheduled for Saturday, Sept. 24 from 5 p.m. to 7 p.m. in the Yellow Barn Art Gallery, Glen Echo Park. Call 301-371-5593 or visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com).

**AUG. 30 TO SEPT. 20**

**Celebrate Labor: Where Art and Politics Meet.** Works by Maine artist Judy Taylor, whose 11-panel Labor Mural was removed in March from the headquarters of Maine's Department of



**SEPT. 1 TO OCT. 11**

**"Wings Set Me Free."** Photographs of birds in flight by Potomac resident Evelyn Jacob. Artist's reception is Sept. 18 from 2 to 4 p.m. At River Road Unitarian Universalist Congregation, 6301 River Road, Bethesda. Call 301-229-0400, <http://www.ruuuc.org/>. See more of Evelyn's work at <http://www.evelynjacob.net/>.

Labor by Gov. Paul LePage. Presented by VisArts at Rockville, at the Kaplan Gallery, 2<sup>nd</sup> floor. Opening reception is Sept. 8 from 7 to 9:30 p.m. Artist talk is Sept. 10 at 3 p.m. Panel discussion is Sept. 15 from 7 to 9:30 p.m.

**SEPT. 10-11**

**"Between Theory and Practice."** New work by Gregory Lambert. Open Sept. 10 from noon to 8 p.m.; Sept. 11 from noon to 5 p.m. An artist's reception is Saturday from 5 to 7 p.m. At the Yellow Barn Gallery in Glen Echo. Call 301-371-5593.

**SEPT. 17 AND 18**

**"Eastern Shore Landscapes and Seascapes."** Oil Paintings by Jim Rehak. At the Glen Echo Gallery. Open Saturday noon to 8 p.m.; Sunday noon to 5 p.m. An artist's reception is Saturday, Sept. 18 from 5 to 7 p.m. Call 1-301-371-5593 or 301-492-6229.

**SEPT. 1 TO 30**

**The Trawick Prize.** Bethesda Contemporary Art Awards will feature the work of 11 artists from Sept. 1 - 30 at the Artery Plaza Gallery, 7200 Wisconsin Ave., Bethesda. Gallery hours are Wed. - Sat., 12-6 p.m. An opening reception will be held on Friday, Sept. 9 from 6-9 p.m. The Trawick Prize is celebrating its ninth year of honoring regional artists with \$14,000 in prize monies. Call 301-215-6660 or [www.bethesda.org](http://www.bethesda.org).

**SEPT. 6 THRU SEPT. 28**

**German Artist Detslef Allenberg.** Free. Allenberg is from Rockville's Sister City Pinneberg, Germany. Reception is Friday, Sept. 9 from 6:30 to 8:30 p.m. At the Glenview Mansion Art Gallery at Rockville Civic Center Park, 603 Edmonston Drive, Rockville.

**SEPT. 6 TO OCT. 8**

**A Celebration of Color.** Works on Paper by Ruth Meixner-Bird and New Work by Gallery Artists. Color is the unifying theme of this series of acrylic paintings on paper. Reception is Friday, Sept. 9 from 6 to 9 p.m. At Waverly Street Gallery, 4600 East-West Highway, Bethesda. Call 301-951-9441.

**SEPT. 7 TO 26**

**Abstractions and Realism.** Mixed media featuring work by Chip Cecil, Genna Gurchich, Pilar Jimenez, Donna K. McGee, and Doug Moulden. Meet the Artist's Reception is Sunday, Sept. 11, from 1:30 to 3:30 p.m. At the Dennis and Phillip Ratner Museum, 10001 Old Georgetown Road, Bethesda. Call 301-897-1518.

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# Flack Changes Positions To Lead Whitman Offense

Vikings feature strong offensive, defensive lines.

BY JON ROETMAN  
THE ALMANAC

**W**hitman senior Michael Flack is trying to figure out whether he will play football or baseball — or both — in college. On the gridiron, Flack has excelled as a receiver and defensive back for the Vikings. On the diamond, he's been a standout pitcher and shortstop.

With fall approaching, Flack's focused on football and his new role in the offense.

**“He’s just the right personality for the job: he’s got the ‘yes-sir, no-sir’ mentality. ... He’s a playmaker. We want the ball in his hands as much as we can.”**

**— Whitman head football coach Jim Kuhn about quarterback Michael Flack.**

plenty to worry about in 2011.

“I wanted to play quarterback,” Flack said. “I talked to [head] coach [Jim] Kuhn in the offseason. I went into his office and told him, ‘Coach, I’m looking to play quarterback this year.’ He was in favor of it, so we made the move.”

Flack played quarterback in the eighth and ninth grades and is a capable passer, but his primary strength is running with the football. To suit Flack's strengths, Whitman has switched from its familiar pro-style, drop-back passing offense to a spread-run attack.

Factor in a pool of athletic running backs and an offensive line averaging more than 250 pounds, and the Whitman offense has the tools to pound opposing defenses into submis-



**The new-look Whitman offense features a spread-run attack led by quarterback Michael Flack, who played receiver the last two seasons.**

sion while controlling time of possession.

“Michael's been doing a nice job,” Jim Kuhn said. “He's just the right personality for the job: he's got the ‘yes-sir, no-sir’ mentality. ... He's a playmaker. We want the ball in his hands as much as we can.”

The offensive line returns two starters: senior left tackle Jeff Schaeffer (6-3, 290) and senior left guard Josh Daryoush (6-2, 275). Senior Yasha Taginya (6-1, 236) will start at center and senior Michael Dunn (6-4, 249) will be the Vikings' right tackle. Seniors Jose Landaverde (6-0, 223) and Andrew Feder (5-11, 240) are competing for time at right guard.

“We've just got to ride them — ride the big horses,” Flack said. “They work hard; they're probably some of the hardest workers on the team. As long as they're well-conditioned, we're going to ride them until we're stopped.”

Along with Flack, senior running backs Val Djidotor (5-8, 173), Arsalan Nejad (5-8, 165) and Alkaly Soumah (5-10, 155) are candidates to touch the ball. Djidotor rushed for 1,063 yards and 10 touchdowns during his breakout junior season and gives the Vikings a 1-2 backfield punch with Flack.

“[Djidotor] brings a sense of intensity that is hard to teach,” Kuhn said. “Obviously, he plays the game at a very high level — a very amped level, as we like to say.”

As with the offense, the strength of Whitman's 4-3 defense is up front. The D-line averages 240 pounds without using an O-lineman.

If Schaeffer or Daryoush see time on defense, the Vikings can get even bigger at the line of scrimmage.

Senior Kyle Einwaechter (6-3, 295) and junior Mark Hunley (6-1, 259) are the starting defensive tackles, and junior Nick Sobczyk (6-4, 210) and sophomore Joe Granger (6-2, 200) are the ends.

Senior Alex Peterson (5-10, 185) is the



**Senior Arsalan Nejad is one of Whitman's talented backfield options.**

starting middle linebacker and kicker. Senior Tommy Scholl (6-3, 190) is the weakside linebacker and senior Raphael Sayada (5-10, 179) is competing for the strongside linebacker spot.

Junior Justin Knighton (5-7, 140) and Nejad are the starting cornerbacks, and junior Billy Lee (5-10, 178) and Flack are the safeties, though it is undecided how much defense Flack will play.

Kuhn has taken Whitman to the playoffs three of his four seasons as head coach, but lost in the opening round each time. He has his sights set on taking the program to the next level.

“It used to be at Whitman it was good enough to make [the playoffs],” Kuhn said. “Now, let's do something else. ... Let's get to the playoffs — that is goal No. 1 — but once we get there let's have success in the playoffs, as well.”

Flack has similar expectations.

“We've got to make the playoffs and we've got to win a game in the playoffs,” he said. “You can't just make the playoffs and be content with that.”

Whitman opens the season on the road at 6:30 p.m. on Sept. 2 against Wootton. The Vikings' first home game is Sept. 9 against Churchill.

## SPORTS BRIEFS

### Churchill Sports

The Churchill football team will open the 2011 season with a home game against Kennedy at 6:30 p.m. on Friday, Sept. 2. The field hockey team will travel to face Wheaton at 5 p.m. on Sept. 2.

### Whitman Sports

The Whitman football team will travel to face Wootton at 6:30 p.m. on Friday, Sept. 2. The cross country teams will participate in the Peter Geraghty Invitational on Sept. 3 at St. Mary's University. The volleyball team will travel to face Gaithersburg at 6:30 p.m. on Sept. 2.

### Wootton Sports

The Wootton football team will host Whitman at 6:30 p.m. on Friday, Sept. 2. The girls soccer team will travel to face Sherwood at 7 p.m. on Sept. 2. The volleyball team will travel to face Paint Branch at 4:30 p.m. on Sept. 2.



**Dominique Williams and the Churchill football team open the 2011 season against Kennedy on Sept. 2.**

### Bullis Sports

The Bullis football team will host St. Mary's Ryken at 7 p.m. on Sept. 2. The boys soccer team will hold its alumni game at 10 a.m. on Sept. 3.

# OPINION

## Neighborhood News At the Book Sale

BY BILL FLURRY

### Next

You can get the latest news about the neighborhood at the library's monthly used book sales. As you look through the collections of books you can see what's happening in the lives of the people who have donated the books for this month's sale. The books provide the headlines for the news stories of lives that have changed — some for the better — some for worse.

In a recent sale the non-fiction books brought the news that a lot of the neighborhood kids finally got their college acceptances and no longer needed the Guides to the Best Colleges. Sadly, we see that an avid fly-fisherman has hung up his rods and reels and we can only speculate that his treasured books would only have been donated as part of the close out of his estate. And, in politics, the really strident books are appearing now and that may be a clue that books with a better balance or more rational arguments may be the ones not yet being donated because they are still being read at home.

In the Arts section of our "Book Sale News" we see that some "Dummy" has finally mastered crocheting and another finally feels comfortable enough with his or her portrait photography to give up the books.

In the Business Section we see that many of our neighbors are continuing to puzzle over the stock market's gyrations and are apparently giving up on the investment Pied Pipers of the past and searching for new ones.

In Sports, some angry Redskins fans appear to have dumped their team and the fan books they had been keeping in their team shrines. The lack of golf books indicates

The next used book sale at Potomac Library will be Saturday, Sept. 10.

that the interest is still high in that sport. Some of the more active sports books are here and that may indicate that the neighborhood may be becoming more sedentary. We'll have to tune in to future book sales to see if this is a trend.

The Book Review section of our book sale news report comes from reading the fiction table titles. It gives a good read on the neighborhood's taste in fiction. While we can't see "What's Hot" we can easily see "What's Not" and whose former best seller has arrived here as a discard a week or two after its initial release. Also, it appears that one of our book clubs has finished reading the latest Danielle Steele and is moving on to its next book. We can only imagine what will show up next month.

In the fall, the discarded travel and guide books and the summer reading titles that show up will answer the question that our teachers always used to ask on the first day back at school — "What did you do this summer?" In January or February we will find out what books aunt Lucy thought we should be reading and gave us as holiday gifts were not really our cup of tea. Maybe from this we will be able to deduce how our neighborhood's interests are changing and maybe not.

Every month at the used book sale there's a new edition. The donors are the neighborhood reporters. They provide the news with their donations. It may not be "All The News That's Fit To Print" but it's news and it's in print and, if you read it carefully, you will see what's happening.

### Get Ready for Club Friday

Club Friday is returning for its 20th year of Friday night fun at Potomac Community Center for children from Grades 3 to 6. The action begins on Oct. 14 from 7-9 pm. The last night of Club Friday is March 23, 2012.

Beginning Sept. 1, parents can register for a Club Friday membership online. Go to [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec), Registration, Rec Web to register. The class # is 316575.

There will be a dance floor with a DJ, arts & crafts, sports, food, movies and other activities.

Parents will be required to volunteer once per Club Friday member during the year. Parent volunteers are necessary for the safety of the children who participate in Club Friday.

For more information, call 240-777-6960 or visit the Potomac Community Center.

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Newspaper of Potomac  
A Connection Newspaper

An independent, locally owned weekly newspaper delivered to homes and businesses.

1606 King Street  
Alexandria, Virginia 22314

Free digital edition delivered to your email box  
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Connection Newspapers, L.L.C.

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# In The Throes



By KENNETH B. LOURIE

Not really in a significant way. But when there's one more thing, and that thing can run the gamut from the sublime to the ridiculous, and/or from the serious and time-sensitive to the familiar and regularly recurring, it may be just enough additional mental weight at the least opportune time, and over the mental edge I go. Not in any sort of way where I need psychiatric assistance or 24/7 monitoring, but in a way where it affects how I want to be: calm, functioning and relatively normal ("normal" meaning, in this context: not having cancer).

As much as I don't want this cancer diagnosis/living-with-cancer existence to define me, it does, more often than I care to admit, control me; sometimes consciously, other times, subconsciously. I don't want to think and feel certain emotions, some of which are really unhelpful in my daily pursuit of normalcy, but circumstances beyond my control – unfortunately, inevitably, trigger some sort of acknowledgment of my cancer reality, and as a result, sometimes, I go to a bad place. Moreover, if the timing of that trigger is particularly poor – like now, it adds to the weight that all of us cancer/terminal patients carry and unbalances that mental load. At least it does for me.

What's caused me to bend but not quite break of late is the need to change my health insurance coverage. Given that I've now been on Social Security Disability for two years (as of 8/1/2011; that's what happens when you outlive your prognosis), I am eligible, though "underage" for Medicare. My wife however, is not eligible. Ergo, the complication. Medicare is not a family plan. As such, if I elect to participate, I no longer need the health insurance offered by the Connection. And once my inclusion in that plan ceases, the coverage for my wife ceases, so not only am I changing my coverage, I'm changing hers as well.

With these changes comes: uncertainty. And if there's one area/subject where I'd rather not have any uncertainty right now, it's health insurance, for me and my family. To say that making the wrong decision/assessment about what we decide to do could cost me my life and/or our life savings is almost not doing justice to the seriousness and depth of this situation/problem we face. (Or maybe that's simply the cancer diagnosis talking?)

I am hardly at the age and/or in the health circumstance where I could afford (literally and figuratively) one wrong move. And once going forward, I doubt there's much recourse, other than to suffer/endure the consequences of my/our actions. (If my father impressed anything on me, it was to "be aware of the consequences of your actions.") Ordinarily, as a long-time, former insurance salesman/financial planner, these sorts of insurance/financial decisions/calculations were fairly routine and not at all emotionally charged. But I hadn't been diagnosed with stage IV lung cancer back then (by the way, in case you don't know, there's no stage V). And as much as I try to pretend and/or deny now, that I don't have cancer – or not admit it's who I am, the more frequently my subconscious seems to take over and complicate my life. What tasks used to be simple now seem more challenging, even though I don't consciously think I feel any different. But I am different. And some days, certain decisions really make that obvious.

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



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# Uke Can Too

## Strathmore attempts record breaking ukulele strum-a-long.

BY MAYA HOROWITZ  
THE ALMANAC

**N**ine hundred forty-five ukulele enthusiasts attempted to strum their way to a Guinness World Record on Wednesday, Aug. 24 at Strathmore in North Bethesda.

"We've been building to it," said Eliot Pfanstiehl, chief executive officer for Strathmore. "This is the first year we're doing an official count. We're taking a shot. What have we got to lose?"

The attempted record breaking strum-a-long was part of Strathmore's third annual Ukefest.

"This is one of our hallmark events," said Mike Fila, manager of media relations. "We had people here as early as 3 p.m. to stake their claim." This year more than 2,100 people attended and 945 of them had ukuleles.

It was believed on Wednesday that the record for largest ukulele ensemble was 851 players at the London Ukulele Festival. At 945 uke players, Strathmore's Ukefest seemed in line for the title.

There was a great deal of excitement as patrons strummed along to "This Land is Your Land" and "Aloha 'Oe" led by the Ukulele Orchestra of Greater Washington and the Aloha Boys.

But by Thursday, the tide had turned. According to a press release, "Strathmore's efforts fell short to a sleeper attack by the



**Elana Steinlauf, 15, Meirav Steinlauf, 11, and Eva Monroe, 15, show off their ukules.**



**Richard Compton and Janet McDonald at Strathmore's Ukefest.**

Swedes." The Guinness website had been updated to reflect that on Aug. 20, 2011 in Helsingborg, Sweden 1,547 ukulele players had performed in unison.

Despite falling short of a world record, Ukefest was a success: The weather was warm, the music was upbeat and the crowd seemed at ease.

"Who doesn't love a uke?" said Pfanstiehl. "It's like a penguin. They're gentle. They're sweet."

"It's a community building event," said Shelley Brown, artistic director and direc-



PHOTOS BY MAYA HOROWITZ/THE ALMANAC

**The Aloha Boys and the Ukulele Orchestra of Greater Washington lead 945 people in "This Land is Our Land" and "Aloha 'Oe."**

tor of programming at Strathmore. "It gets people off their couch and out from in front of their TVs."

The event featured performances from over 50 artists including the Washington Ukulele Orchestra, the Aloha Boys, the Sweater Set and Victoria Vox, among others. It was emceed by local two-time Grammy-winners Cathy Fink and Marcy Marxer.

"It's definitely not a toy," said performer Gerald Ross. "You can play real music with it. It satisfies you wherever you are musically and emotionally."

Barbeque and Ben and Jerry's ice cream was served. "Well, barbecue and ice cream, you got to do it," said Pfanstiehl, referring to the fact that this is the fare for all of Strathmore's outdoor concerts.

Guests could bring their own ukuleles or purchase one on site. Ukules available for purchase ranged from around \$40 to \$400.

"We had cases and cases," said Robert Nicholson of the House of Musical Tradi-

tions, "and we're just emptying out the boxes. There's been a huge resurgence in popularity. They're hip little things, perfect for the front porch or the campfire."

Many patrons pointed to the ukulele's compact size, affordability and low barriers to entry as reasons for its popularity.

"It's got to be one of the most accessible instruments," said Pfanstiehl. "Anybody any age can play. What's easier than a uke?"

"It's very, very addicting," said Richard Compton, an electrician from Silver Spring who owns multiple ukuleles. "You say, 'If I could just play one more chord ...'"

"It's inexpensive and easy to carry around," said Marcy Marxer, a musician who recently made a video tutorial for over 47 instruments but has a special affinity for the ukulele. She started a website, [ukulelesocialclub.com](http://ukulelesocialclub.com).

"It'd be hard to turn out this many people for a banjo event," said Bruce Kranz, who often plays his uke to his grandchild over Skype.

# Village Yoga Celebrates Its First Anniversary

FROM PAGE 2

opment, hand/eye coordination and brain development. Our classes are relaxed but structured. We joke around and are happy. It is an encouraging atmosphere. We breakdown stereotypes. The class is a place to shine and feel like they are succeeding.

"We have a strong following of high school boys, football players and wrestlers. They are finding yoga brings new depth to their workouts. They are seeing tremendous athletes like LeBron James doing yoga and

find that yoga gives them an all body workout that will make them be stronger, faster and quicker."

Studies have found that, as with adults, children who practice yoga are more in touch with their bodies and make better food choices. Studies also have shown that the balance poses of yoga can help increase self esteem through the required concentration

Yoga also has benefits for children with special needs. Those on the autism spectrum find the ability to better regulate emo-

tions through yoga's exercises of breathing, postures and relaxation.

According to the North American Studio Alliance (NAMASTA), yoga teaching is one of the fastest growing professions in North America with upwards of 70,000 teachers. Yoga studios, as a result, are a targeted area in commercial real estate. In 2008, Yoga Journal estimated that Americans spent almost \$6 billion on yoga classes and products a year, an 87 percent increase compared to the previous study four years earlier.

Margolis began his journey into yoga seven years ago, seeking physical fitness and relief from back pain following 20 years of weight lifting and competitive sports. Four years later, he left his career as a builder to live yoga full time because of the emotional and spiritual transformation he discovered.

Village Yoga is located at 10154 River Road in Potomac. The studio is open daily with individual and family packages available, along with private instruction. Introductory offers start at \$10 for an unlimited week. For a schedule of classes and more information, visit [www.villageyogayogi.com](http://www.villageyogayogi.com) or call 301-299-1948.

# Rabbits Capture Six Blue Ribbons

FROM PAGE 3

won hundreds of rabbit breeding awards and now share their love for rabbits with their 12-year old granddaughter, Shaiann Messalle.

"I think [raising rabbits] is a nice hobby for children," said Sharon. "There is a lot of enjoyment when children see live babies [rabbits] being born."

In addition to rabbits, Shaiann has two dogs, three birds and one rat.

"I've always loved animals," said Shaiann who wants to be a veterinarian one day. "Animals are a lot of responsibility and they teach you to be responsible."

Butts said that rabbit raising is ideal for people with limited space. "Most people in Montgomery County don't have land to raise big livestock like steers and pigs," said Butts. "Rabbits give even those who live in apartments an opportunity to raise and show animals. They are something that anyone can raise not just people who live on farms."

More than 400 rabbits were shown at this year's competition.



**Freddy Margolis strikes a yoga pose.**

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