

# Potomac ALMANAC

WELLBEING

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## Holiday Classic Victory

SPORTS, PAGE 3

Malik Harris scored 11 points for the Churchill boys' basketball team on Dec. 28 in the Bobby Miller Bulldog Holiday Classic final against Wheaton.

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PHOTO BY HARVEY LEVINE/THE ALMANAC

# 'Taking It Outside' Presented at Gallery Har Shalom

Opening reception on Sunday.

BY SUSAN BELFORD  
THE ALMANAC

An opportunity to escape to lovely scenic places captured by talented artists will be presented at the Gallery Har Shalom show "Taking It Outside" which opens Sunday, Jan. 6.

The exhibit will include paintings, photographs and ceramic with wood pieces. According to Gallery Committee Chair Fran Abrams, "Taking It Outside" assembles a group of artists whose work extends far outside their studios."

Abrams explains: "The goal of the gallery is to expose the members of Har Shalom and the residents of Potomac to high quality artists from around our area."

Abrams and her committee decide the theme for each Gallery Har Shalom show based on the works of the artists they select. "That's where our creativity comes into play," said Abrams. "The work inspires us."

The free show will feature paintings by artists Melissa Miller, Gaithersburg, Md. and Barbara French Pace, Washington, D.C.; photographs by Marc Weinberg, Frederick, Md.; and ceramics by Shelley Stevens, Frederick, Md.

The opening reception will take place Sunday, Jan. 6 from 11 a.m.-1 p.m. The exhibit will run through Monday, Feb. 25. Gallery Har Shalom is located in Congregation Har Shalom, 11510 Falls Road, Potomac.

Melissa Miller is inspired by nature — rural scenes, abandoned farmhouses and seascapes. She said, "I will frequently revisit a scene over and over again to observe the nuances of subtle seasonal changes in color and light. The painting 'emerges' in my studio out of imagination, sketch, and memory usually taking dramatic license from the original stimulus." She often captures "houses sleeping in the blue twilight haze" or "wisteria creeping on power lines." Miller is an occupational therapist with the D.C. Public School System. Although she resides in Gaithersburg, she identifies herself as a Southern painter who "loves this land and its people."

Barbara French Pace has chosen East Coast vistas for this exhibit. A multifaceted artist, French interprets the world through painting, drawing, and photography. Her oil and acrylic paintings capture landscapes from rural reflections to city sites. Her paintings are textured and vibrant — and portray not often-seen monumental sights but smaller, more significant scenes which invite reflection. She said, "In my media, I seek to capture the light patterns, textures, and atmosphere of rural and urban land-



Shelley Stevens' contributions to "Taking It Outside" include this hooked stoneware with mountain laurel.

scapes in ways that reveal deeper meaning than the surface image." In addition to her artistic career, Pace is a foreign affairs analyst. She earned degrees in international relations, and also completed a post-graduate program in publication design.

Photographer Marc Weinberg has been shooting landscapes since he was a child, using his dad's Kodak Brownie camera. He now utilizes digital photography to capture his "wow" moments. He believes that "beauty is everywhere." His landscapes capture lonely trees, lovely seascapes, glorious, colorful wildflowers and cold Gettysburg winters. He tells his photography students,

"Go ahead! Disable all automatic camera functions and use your incredible brain to capture moments through your magicalm mysterious machine! You'll be amazed what you can do." Weinberg is an instructor at Frederick Community College, The Griffin Art Center in Frederick, The Rehoboth, Del. Arts League and contributing photographer for The Frederick Magazine and Montgomery Life Magazine.

Shelley Stevens' creative work begins with a walk in the woods in search of interesting deadwood from which she crafts a one-of-a-kind ceramic and wood sculpture or functional object. She is known for her ceramic and wood teapots. "I love both wood and clay ... they look like they naturally go together," said Stevens. The ceramic and wood combination offers complex technical challenges in getting the ceramic, which shrinks as it dries and is fired, to fit the wood in the end. Stevens holds a MFA in ceramics from GWU and a BS in mechanical engineering from Cornell University. She is an award-winning ceramics instructor at Northern Virginia Community College's Loudoun Campus.

For further information about the exhibit, call the Har Shalom office at 301-299-7087. The gallery is open typically, Monday-Thursday from 9 a.m. - 5 p.m., and Friday from 9 a.m. - 3 p.m. Call first to confirm. Gallery Har Shalom is located at Congregation Har Shalom, 11510 Falls Road, Potomac.

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# Save the Soil or Plow Ahead?

## Pivotal year ahead in Potomac.

BY KEN MOORE  
THE ALMANAC

**D**ays before the county was scheduled to take possession of 20 acres of farmland on Brickyard Road to develop the into soccer fields, Gov. Martin O'Malley got involved.

"I believe we are about to make a big mistake in destroying acres of a productive farmland and its soils which could be a priceless asset to the education, health and well-being of generations of Montgomery students," O'Malley wrote to Montgomery County Board of Education President Shirley Brandman and County Executive Isiah Leggett on Aug. 12, 2012.

"I understand that these issues are the subject of litigation, and it is not my intent to express any view on the legal merits of the case. However, on policy grounds, there are significant and compelling reasons to preserve this farm for the benefit of the children of Montgomery County," he wrote.

"Brickyard Educational Farm aims to teach students about local and sustainable food and agriculture, and to show them how the food they eat is grown," he wrote. "The initiatives offered ... directly align with our State's priorities, including our Agricultural Literacy Program and our Farm to School Program. Furthermore, the farm helps the county meet the requirements of its 'No Child Left Inside' mandate."

"As a nation, we are doing an awful job at nutrition in our schools. Sadly, in Maryland, we are not doing much better. Rather than moving our State backwards through this destructive policy choice, Montgomery County can and should be a leader. The vital connection between our farms, the food we eat, and our children's future has never been more important than it is right now."

**A MAJORITY** of the Montgomery County Council also got involved after nearly two years of controversy concerning the 20-acre future school site on Brickyard Road.

"The way this matter has unfolded has been ugly and costly to everyone involved," five councilmembers wrote in a letter to Brandman and Leggett. "We do not think this result is necessary or inevitable."

George Leventhal (D-at large) wrote a letter of his own. "This turmoil has not only tainted our constituents' opinion of representative government but it has also completely shut down communication," he said.

The Montgomery County Circuit Courts issued a stay and will hear further arguments on Feb. 8 about the school board's lease of the land to the County for development into soccer fields.



Signs of controversy last summer in front of the Brickyard Road farm site.

PHOTO BY MARY KIMM/THE ALMANAC

## Hear from County Planner

See Callum Murray, Potomac team planner, at the first West Montgomery meeting of the New Year on Wednesday, Jan. 9, 7:15 p.m. at Potomac Community Center.

The stay in the Montgomery County Circuit Court, councilmembers said, offers "a time-out" in order "to consider fresh approaches and a transparent process to meeting each of the legitimate needs of our community that has been raised by this divisive debate."

But County Executive Isiah Leggett intended to fill a need for soccer fields when he asked the school system to give land on Brickyard Road to the county so it could lease the 20 acres to MSI for developing soccer fields.

Some county officials suggest that the Brickyard Educational Farm is simply 11th-hour politics, a public relations campaign to deflect attention away from lease that was given by the school board to a private farmer for more than 30 years. Nick Maravell, the private farmer, produces heirloom, GMO-free corn and soybean seed and his daughter Sophia Maravell runs the Brickyard Educational Farm on the site to teach local school children.

In March 2011, Maravell, neighbors and civic organizations in Potomac learned that Leggett had already decided to take control of the property to turn it over for development into soccer fields. The Board of Education voted with only a few days notice to lease the property to the county for that purpose.

Local food advocates, neighbors and civic

associations have expressed outrage that there was no public process before the decision. They have asked begin a transparent process with public input and discussion.

## Community Center Hockey Rink

Mary Cassell's family plays soccer. Her sisters. Her brother. Everyone. Mary, 12, who has cerebral palsy, plays soccer with her walker that she uses to navigate the pitch.

"It's a human shield when it comes to defense," she said, of the adaptive device. "It's a metal cube, like an extra defender, it's kind of hard to get around."

The Montgomery County Department of

ball, bocce and various other sports, as well as serving Wounded Warriors.

"We need a surface to allow people with disabilities who have assistive equipment to play multiple sports," said Pam Yerg, area director of Special Olympics MD-Montgomery and coordinator of TOPSoccer adaptive program. Some of her players use crutches and walkers and currently "struggle through the ruts and grass and the mud" to be part of soccer activities and games, said Yerg.

But the rink's history has caused some neighbors to voice frustrations and anger with the old rink and fears about opening it again. Neighbors say they were blindsided by the first opening of the rink. They asked if dashboards and the rink were necessary, or if adaptive sports could be played on open fields.

Steve Landsman, a member of the board of the Community Center, reminded officials from the recreation department that the county has both moral and legal obligations to provide opportunities for people with disabilities. The county has a significant resource in the roller hockey rink, he said.

What's Next: The County has gathered public feedback, and will get back to the community after considering the suggestion by the community advisory committee. Contact Jeffrey A. Bourne at 240-777-6800 or jeffrey.bourne@montgomerycountymd.gov.

## Who Speaks for the Trees?

Environmental advocates applaud the Urban Canopy Bill that County Executive Isiah Leggett recently sent to the County Council. The bill would discourage the common practice of clearing trees from small lots during redevelopment, according to Ginny Barnes, of West Montgomery County Citizens Association. "This bill focuses on the continued canopy depletion in urban areas where the loss of individual and small stands of trees has been both significant and cumulative," she said.

Additional legislation recently introduced by councilmembers Roger Berliner and Marc Ehrlich would require county permits for any work done in the county right-of-way that damages trees. The Montgomery County Streets and Roadside Tree Protection Bill will require that the Department of Permitting Services to work with the Chief of Tree Maintenance in the county's Department of Transportation to determine if a tree can be saved, or if the applicant would contribute to a tree fund to ensure its replacement.

The Montgomery County Council is scheduled to hold a public hearing on both bills on Jan. 17, 7:30 p.m., County Council Hearing Room.

**"Rather than moving our State backwards ... Montgomery County can and should be a leader. The vital connection between our farms, the food we eat, and our children's future has never been more important."**

— Gov. Martin O'Malley

Recreation solicited public feedback this winter on modifying the unused Potomac Community Center roller rink into a smooth, soft surface, creating an accessible sports area for use by athletes and children with disabilities.

The dormant roller hockey rink could provide a safe, flat surface for people with disabilities who use assistive devices such as crutches, walkers, wheelchairs or prosthetics. It could be used for soccer, kick ball, T-

## GETTING AROUND

# Season Winds Down with Caroling and Company

BY CISSY FINLEY GRANT  
THE ALMANAC

“Mother and Daddy started a Christmas Eve with music tradition in our home during World War II and we have continued it,” Nan Muntzing confided as she and her husband, Manning, once again invited friends and family for another Christmas Eve gathering at their Potomac home.

The family tradition began in Mt. Hope, W.Va., when Nan was 12. “All my family were musical,” she said. The proverbial acorn has fallen from the tree. Straight down! The 2012 rendition of the musical evening not only included the hostess singing but the Muntzing’s granddaughters, Jade Skok, 11, and guitar-playing Christie Boyden, a University of Virginia student. She accompanied Jade’s solo. Jade has obviously inherited the family’s ability to really belt it out, much to the enjoyment of all in attendance.

There was plenty more entertainment to follow. Marilyn Shockey never fails to amuse her audience with her comical rendition of the 12 days after Christmas. Nan Muntzing sang “Christmas in Killarney,” a request from Jack Kelliher, there with his wife, Nancy, daughter Cathy, and twin granddaughters. He said all of his family came from Killarney.

The musical program continued with Vin Kelly’s rendition of “The Holy Singer,” a.k.a., “Jerusalem.” If Kelly didn’t crack the ceiling with his gorgeous tenor high notes, Courtney Schowalter Casey finished it off with her clear soprano version of “Oh Holy Night.” Courtney, and her husband of six months, Ryan, were down from New York to spend Christmas with her parents, Sally and Michael Schowalter.

Pianist Michael Terence Smyth accompanied all of the performers, including his wife, Alice, who sang a John Denver favorite, and his son and daughter-in-law, Brendon and Stephanie, singing an appropriate duet, “Baby It’s Cold Outside.” Smyth also played for a reading of “The Night Before Christmas” with such expressive finger work that he could have easily told the story without a word spoken.



**A Christmas Eve musical performance entertained nearly 125 guests at Nan and Manning Muntzing’s annual party.**

Sam Moerman, 99, seated near the performers, surreptitiously directed each performance and never missed a beat. For those within eyesight of him, (the performers were not) it was as entertaining as the show. The gentleman is obviously among those born with music in his bones.

When the audience was invited to join the performers in the singing of carols, Bonnie Nicholson, who years past sang at The Shorham, was among the first to take part. She was at the party with Austin Kiplinger, no slouch of a vocalist, as were others, many of whom harmonized right along with the best of them.

Ray Durante was there, sans wife Dorothy, who was at home sick. If one recognizes the Durante name often appearing lately in print it belongs to their granddaughter, Maggie Rose Durante, who lives in Nashville, has her own band, and has an album coming out in February. “She has sung twice at the Grande Ole Opry, toured all over the country with her band, and most recently sang “The Star Spangled Banner” at the opening of the Steelers-Eagles game in Pittsburgh,” Ray said. Maggie Rose is her professional name. She is the daughter of Lizz and Stephen Durante of Potomac where Maggie Rose grew up and attended Our Lady of Mercy School. She was formerly known as Margaret before professional publicists suggested a change.

Guests, including Marilyn and Harold Dankner, their son Matt, and his wife, Anne, (they are expecting their first child in February); Peter Grey; Alan Beck and his daughter, Laurie; Kay Myers; family members Stuart and Larry Skok, Catherine and Paul Boydon, Elizabeth McKaig and Nancy Sprinkle, plus a host of others, segued from music, to morsels in the dining room, where Nan’s traditional lump crabmeat casserole was a center of attraction. Appetites vied with conversations.

While Leonard Proctor and his son, Leonard, Jr., manned the bar, refreshments there was one thing of which they had no worries. Nan’s mother, back in the 1940s established precedent in Mt. Hope, W.Va. Nan tells the story: “Mt. Hope women were not allowed to have a cocktail at any social gathering. “We women are going to start drinking at our own parties,” her mother announced. “Women drinking socially at all parties in Mt. Hope started right then and there,” Nan said.

Cheers!

### CONWAY’S CONGREGATION

“Songs of the Season, traditional libations, unruly hounds, bonfire, roast beast and children welcome” were all included on Diana and Bill Conway’s invitation for their annual Christmas time party. They, and more, were all at the Dec. 23, evening gath-



**Nan Muntzing sang “Christmas in Killarney,” a request from a guest at the party.**

ering.

“We moved here in 1996 and have had a party every year,” Diana Conway recalled. As the years have gone by the guest list has grown to where it seems the front door never closes with their friends, and friends of their three children, coming and going.

It’s a great house in which to party. Old-time Potomac folks remember back in the ’40s when the “Reds” LaMotts lived there (he later became IBM president), followed by the Evening Star editor, Newby Noyes and his family, then followed by Carey and Jack Miller. Jack was named “The Perfect Lawyer” by Washingtonian Magazine. It was the Millers who had the “Come As You Were In Your Wedding Attire” party. Now the Conways have upheld the house’s “y’all come” tradition.

Only recently British actress, Judi Dench, was filmed at the house for the forthcoming production of “Philomena Lee,” the story of a young Irish woman whose son was separated from her at birth, and her search for him. Bill Conway was overheard explaining the story to those who questioned the experience of having such a noted actress spending four days filming in your home, plus a crew of cameramen.

The action didn’t stop there. There was plenty of it at the party. Montgomery County Councilman Phil Andrews and his wife,

SEE TRADITIONS, PAGE 5



**Bill Conway, right, entertains guests, Montgomery County Councilman Phil Andrews and his wife, Staci, at the Conway’s annual Christmas party and bonfire.**



**WMCCA board member, Barbara Brown, (left) Sara Greenhalgh and Jean Findlay (right) take a breather in the Conway’s den.**



**Did the Grinch steal Christmas? Laurie Beck, her dad, Alan (center) and John Shockey were caught in deep conversation.**

## GETTING AROUND

# Celebrating Holiday Traditions

FROM PAGE 4

Staci, were among the hundred plus guests. He confided he will run for Montgomery County Executive and will “kick-off a grass roots campaign” in January. He was immediately questioned about the soccer field proposal on Brickyard Road, Potomac, to which he replied, “There is no reason to focus on a soccer field in that location.” Had she heard what he said, it would have made the evening for Maria Fusco, chatting with friends in an adjacent room. Fusco has spearheaded a drive to defeat this action from the onset.

Andrews said he is an advocate of artificial turf for soccer fields. “It gives many more hours a week. Grass turf needs to rest and you can’t use it as much,” he advised.

Conversation flowed from politics to prose. Potomac author Bob Jones and his wife, Elaine, were in the crowd. Bob has written a biography of Rear Admiral Winfield Scott Schley, a Spanish American War Naval hero. “I’ve been working on it for 10 years and will have it published in 2013,” he said. Schley was from

Frederick, Md.

Conway children were surrounded with friends including those of Will Conway’s: Matt Kogan, Colin Asbury, Luke Shannon. Mark Henry and Zach Weinstein, all of whom graduated with Will from Winston Churchill High School. Will is now a freshman at Brown University, his sister, Katherine, will graduate from Churchill in 2013 and has been accepted at her Dad’s alma mater, Dartmouth College. “It was a great Merry Christmas present when we heard that,” Diana remarked. Their younger daughter, Alexandra, is also a student at Churchill.

WMCCA member Barbara Brown, Elie and Ted Cain, NIH Dr. Fred Gill and his wife, Vee; Ken Hartman, Peggy Dennis, Carol Funger, Debby Rales, Janet and Vernon Ricks, Sara Lee Greenhalgh, Jean Findlay and County Councilman Marc Elrich numbered among the doers and shakers at this gathering where Nancy Dacek, there with husband, Ray, was overheard remarking, “I wouldn’t miss it.”

### REPEAT PERFORMANCE

Former New York Yankees coach Yogi Berra once said it’s “déjà vu all over again.” Had he been at the holiday cocktail /dinner party given by Helen Hellmuth, Peggy Cunningham, and Marianne Stohlman at Columbia Country Club he would have nailed it once again.

This trio of hostesses did a repeat performance of the party they gave seven years ago — same time — same place and many of the same people, dining, dancing and partaking of the holiday spirit.

“This is a bunch of old people having a good time,” Helen Hellmuth jokingly remarked. And, did they ever! Among the so called “old people” Helen included herself and her co-hostesses, all of whom in the past few years have traveled together to, among other destinations, India, Egypt, China, and Turkey. “Marianne (Stohlman) and Bea Fuller were more recently in Cambodia and Viet Nam,” Helen recalled.

However, there were a few exceptions to her “old people” reference. They included the sons and



**There’s a Santa hat at every Christmas party. Bob Jones, left, and his wife, Elaine, partook of the abundance of Christmas spirit among the Conway guests.**



**Dr. and Mrs. Fred Gill partake of Diana and Bill Conway’s buffet. They were among the 200 friends attending the party.**

PHOTOS BY CISSY FINLEY GRANT/THE ALMANAC

daughters of the hostesses, Barbara Stohlman Rice and husband Mike; Tom Cunningham and his wife, Lilo; Chuck Helmuth and his wife, Mary Ann and Chuck’s sister, Patty Hellmuth.

There were many Potomac friends in the crowd, including former Potomac Falls neighbors of Helen’s, Dr. Alan Weintraub and his wife, Betty, who now have a home in Bozeman, Md. “We are driving back tonight,” Alan said, as he and Betty prepared to make an early exit.

Joanne and Heman Ward were leaving early the next day for their

Vero Beach, Fla. home where Marge Wasilewski, who was sharing a table with Anne Camalier and Pat Bush, also has a home.

Arriving at the club, guests were greeted with a magnificent, floor-to-ceiling, huge Christmas tree, glowing with enough ornaments to deck the National tree display. Ann and Lou Donatelli, Mabel and Griff Holland, Harriet Newbill, Sally and Bill Wallace, JoAnne and Donny West, Dixie Robinson and Stan Holland were among the 120 guests, many of whom partook of the aptly named “Spice of Life” band.

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# OPINION

## Master Plan: Still Timely Today

BY SHAWN JUSTEMENT  
WMCCA PRESIDENT

In a transition zone between Maryland's piedmont and coastal plains, the Potomac Subregion has a unique geology and biodiversity. The stream valleys, feed into the Potomac River — water supply for the region — are environmentally sensitive areas. As our region changed from an agrarian to a suburban area, these sensitive ecosystems have come under more environmental pressure. In 1965 the first Potomac Subregion Master Plan was written, and the goal of its latest revision in 2002 is to “protect the subregion's rich natural environment and unique ecosystems” and to “maintain and reaffirm a low-density residential green wedge.” WMCCA devotes much of its effort to assuring that our Master Plan achieves this goal.

One way the Master Plan works to protect the environment is by limiting the amount of development that can occur. Larger lot sizes (one- and two-acre, i.e., RE-1 and RE-2) formuchof the area are meant to minimize the impact of development, and some areas are designated to be outside the sewer envelope so only septic can be used. This limits development and protects the stream valleys from the installation of sewer lines. Sewer lines along stream valleys disrupt habitat and the natural hydrologic system, and over time develop leaks, causing contamination.

The Master Plan designated Piney Branch Stream Valley a special protection area (SPA). This sensitive stream valley is adjacent to the Glen Hills neighborhood and is outside the sewer envelope. The Master Plan called for a study, now underway, of failed septic systems in Glen Hills to see if they need to be hooked up to sewer. The study has since been expanded to examine all septic systems and now recommends sewer extensions to all properties that might fail in the future. This goes beyond what the Master Plan called for and would allow more infill development to occur, putting more environmental pressure on this sensitive stream valley.

The Greenbriar stream valley is Montgomery County's most unique and sensitive stream valley. A rare serpentine rock formation underlies the entire watershed, and the shallow soils and heavy mineral contents make this ecosystem one of a kind, and Master Plan states that this stream valley is to not have sewer lines. Recently a Private Institutional Facility (PIF), the Glenstone Art Museum, was granted permission by the County Council to run a sewer line under the Greenbriar stream. The museum's reasoning is that it is more environmentally sensitive than using septic systems, even though a state-of-the-art septic system would protect the environment and avoid disturbing this sensitive stream valley.

The Brickyard School site is mentioned in the Master Plan as a potential site for a local park if declared surplus property by the Board of Education. There is a current proposal for County to lease the land to a private company to build a commercial soccerplex. This lease is the subject of several lawsuits — expensive to both the County and the residents trying to

### WMCCA Meeting

The West Montgomery County Citizens Association at the Potomac Community Center on Wednesday, Jan. 9, at 7:15 p.m.

If schools are closed because of inclement weather, the meeting will be cancelled.

The speaker will be Callum Murray, Community Planning Team Leader: Area 3, Maryland National Capital Park and Murray served as the Team Leader for the Potomac Subregion Master Plan revision process completed in 2002, and he returns to WMCCA each year or so to update the community as Master Plan intentions are realized. Murray's area now covers the not only the Potomac Subregion but the Agricultural Reserve as well. The Potomac Subregion has faced unforeseen challenges to the Master Plan with the Brickyard un-surplused school site, the scope and conduct of the Glen Hills sewer study, and the sewer category change granted to the Glenstone Museum. As part of the Master Plan update, the meeting will discuss the implications of these and other precedent-setting decisions to the future and to that of other area Master Plans for areas such as the Agricultural Reserve. As always, the public is most welcome to attend.

protect their community. The County claims that this soccerplex fits the Master Plan, but if the intent of the Master Plan had been followed from the beginning, these lawsuits would have never occurred.

The Potomac Subregion Master Plan is clear in its intent: “This Master Plan strongly recommends that sustaining the environment be the preeminent policy determinant in a subregion so defined by its natural resources.”

### ENVIRONMENTAL REPORT: TWO TREE BILLS INTRODUCED

BY GINNY BARNES

After two years of waiting, the County Executive has sent to the Council an urban tree bill — Bill 25-12, the Montgomery County Urban Canopy Bill. The purpose of the legislation is to discourage the common practice of clearing trees from small lots during redevelopment. Unlike the County Forest Conservation Law, in effect since 1992, which addresses protection of forest stands on large lots, this bill focuses on the continued canopy depletion in urban areas where the loss of individual and small stands of trees has been both significant and cumulative. It requires that fees be collected whenever tree canopy is disturbed on any lot where a sediment control permit is required. The fees are paid directly into a mitigation fund and used to plant native trees in the same sub-watershed where canopy is lost. In some areas of the County canopy, coverage is down to just eight percent, and continuing to decline.

A second piece of legislation, Council Bill 41-12, the Montgomery County Streets and Roadside Tree Protection Bill, introduced by Councilmembers Berliner and Elrich, will require a county permit for any work in the County Right-of-Way (the strip of land between the street and any private property line) that will damage trees. The Department of Permitting Services (DPS) would work with the Chief of Tree Maintenance in the County Department of Transportation (DOT) to determine if a tree can be saved, and if not, the applicant would contribute to a tree fund to insure replacement.

A Public Hearing before the County Council on both bills is scheduled for Jan. 17.

### BRICKYARD ROAD SCHOOL SITE UPDATE

BY CURT UHRE

The Maryland Court of Special Appeals denied the County's motion to overturn the Stay issued by Judge Greenberg in the Brickyard Board of Education lawsuit. The Court Stay prohibits the Board of Education from moving forward with the Brickyard lease to the County until the Court decides the matter on the merits. The County had appealed Circuit Court Judge Greenberg's decision to issue the stay to the higher court. The Circuit Court has scheduled a hearing in the BOE appeal for Feb. 18.

### GLEN HILLS AREA SEWER STUDY UPDATE

BY SUSANNE LEE

The Phase I study report was taken down from the Montgomery County Department of Environmental Protection website in order for DEP to respond to citizen demands concerning the Report's designation of their lots as not being sustainable on septic systems. At the Dec. 17 meeting of the Study's Citizens Advisory Committee (CAC), the DEP representative stated that neither the revised Phase I Report nor the draft Phase II report containing information on the proposed sewer line extensions is being released to the public at this time. Nor could he confirm by what date they would be released. DEP still plans to hold a public meeting in January to obtain comments on the Reports, but no date has been set. He further stated that all residents in the Glen Hills study area would receive notice of the meeting by U.S. Mail. CAC members urged that the Notice be received and the Reports be released at least two weeks prior to the public meeting. The CAC also voted unanimously that DEP include cost estimates for each of the approximately 13 proposed new sewer line extensions so that each homeowner can determine the cost of the sewer service proposed for their property.

### Write

The Almanac welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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# WELLBEING

## Developing a Cardio Workout Plan

Experts say benefits include lower risk of heart disease and weight loss.

BY MARILYN CAMPBELL  
THE ALMANAC

During Martin McKay's annual physical examination shortly before the holidays, his doctor suggested that he consider intensifying his cardiovascular exercise routine.

"It was kind of funny because there's nothing to intensify. I don't do cardio workouts," said McKay, who lives in North Potomac, Md. "I don't work out at all for that matter."

The Centers for Disease Control and Prevention recommends that healthy adults get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity each week. The benefits include weight control and a decreased risk of heart disease. Local fitness experts offer tips for beginning or increasing an aerobic workout.

For those like McKay who aren't engaged in cardio exercises, experts say begin slowly. "The person should plan on starting slow, and gradually increasing the number of minutes per week or days per week," said Joel Martin, Ph.D., professor of kinesiology at George Mason University. "During the initial weeks they should plan on exercising at a low intensity level until their body adapts to the new stress it



COURTESY OF GEORGE MASON UNIVERSITY

George Mason University students get a workout on the school's Fairfax campus. Joel Martin, Ph.D., professor of kinesiology at George Mason University suggests that those embarking on an exercise routine start at a low level of intensity.

is being exposed to. Many people make the mistake of pushing themselves way too hard in the beginning and end up getting hurt."

Martin says that those who are not currently engaged in formal exercise should begin by limiting themselves to walking 20-30 minutes each day for two weeks. "The next step would be to mix in some short jogs with their walking regimen," he said. "After that, they can move on to doing several short runs per week. Once they are able to run two to three miles at least three times per week at an easy pace then they can start worrying about increasing the

SEE EXPERTS, PAGE 8

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# Churchill Overcomes Locked Doors and Wheaton To Win

**Bulldogs defeat Wheaton, 40-37, to raise record to 6-2.**

The night started out very strange for Churchill and continued that way for much of Friday evening as the Bulldogs hosted Wheaton in the Bobby Miller Bulldog Holiday Classic boys' championship game for the tournament's blue division on Dec. 28.

For almost 10 minutes before the game, the Bulldogs found themselves locked in their own locker room as the result of a door handle malfunction, trapping all players and coaches inside. Given the sparse holiday staff on duty, no one was around to hear the initial pleas for help. As coaches frantically texted school officials, parents and friends in the gym upstairs in the hopes that someone would respond, the pregame warmup minutes ticked off the clock. Just when it appeared that the Bulldogs might not be present for the opening tip, a security guard at Churchill answered a cell phone call from head coach Matt Miller and he was able to free the Bulldogs just in time for tipoff.

"That was one of the strangest things I have ever dealt with as a coach," said Miller. "I mean of all the things we coaches worry about, you never think you are going to be locked inside your own locker room prior to the game. I was texting everyone I knew — 'HELP US WE ARE LOCKED IN OUR TEAM ROOM.' But because the tournament was during winter break and we had a thin staff in the building, it took a few minutes to get help. It seemed like hours."

Miller was laughing about the incident after the game, but early on, it appeared to be no laughing matter as Churchill apparently did not escape the locker room with its offense. Struggling to find points throughout the first half, Churchill was plagued by poor shooting and turnovers. Fortunately, the Bulldogs did manage to free their defense and were able to trail by just four points at 19-15 at the half despite their offensive woes.

The second half saw Churchill begin to find some opportunistic offense as senior Bryant Wheatley and junior Malik Harris began to finish on the offensive end. Senior Dominique Williams was effective in



**Bryant Wheatley led the Churchill boys' basketball team with 12 points and 11 rebounds against Wheaton in the Bobby Miller Bulldog Holiday Classic final on Dec. 28.**

creating havoc on the defensive end, coming up with deflections, loose balls and rebounds. However, Wheaton hung tough and reclaimed the lead late in the game.

Churchill trailed 37-33 with just under 1:20 to play when junior Dylan Mervis hit a 3-pointer from the wing to narrow the gap to just one point at 37-36.

"That was obviously a huge shot for us and for Dylan," Miller said. "We think he

has the ability to knock down some shots for us and hopefully that will get him started."

From there, Churchill turned up the defense and drew a key charging call late in the game while hitting several clutch free throws in the waning seconds to earn a 40-37 victory.

"That was just a game that we needed to gut out," Miller said. "Give Wheaton credit,

they defended us well all evening but we made things very tough on ourselves with missed shots and turnovers. Thankfully, our defense was there most of the night and as we tell our kids all of the time — 'play defense and rebound and you will at least have a chance to win at the end every night.' Tonight, was a good example of that."

For the game, the Bulldogs (6-2) were led by Wheatley with 12 points and 11 rebounds, while Harris added 11 points. Miller was enthusiastic about Wheatley's effort: "Bryant was a huge factor tonight with some key finishes and strong work on the boards. As a senior along with Dominique, that's what we need from him each night to help guide some of the younger guys toward the light."

The victory resulted in the third consecutive Bobby Miller Bulldog Holiday Classic tournament championship for Churchill. Williams was named the Tournament's Most Outstanding Player, while Harris and Wheatley were named to the all-tournament team. Junior Matt Moshyedi was named to the all-academic team for tournament participants. Miller was impressed with Williams' effort the past two nights.

"Dominique is what we call a disrupter on defense," Miller said. "He just makes it very hard on the other team to get comfortable because he plays so hard on that end not only in guarding a player but in causing deflections, getting steals and rebounding. He's been doing it for three years now and he is important for our relatively young team. We can point to Dom and say that's how we want you to play defense."

Next up for the Bulldogs will be division play in the new year, beginning with key games against Whitman (Jan. 2) and Wootton (Jan. 4).

"Those are always big games and if we want to win another division title we know we have to be ready to go next week," Miller said. "We have a lot of respect for both teams and their coaches so we know they are going to be ready to play us tough. We are stressing to our guys that it's great that we are 6-2 and just won a holiday tournament championship but our work is just beginning not ending as far as where we want to be in late-February."

In the Gywnn Park JV Holiday Tournament, the Churchill junior varsity won 55-38 over Atholton to raise its record to 6-2.

— CHURCHILL BULLDOGS  
BASKETBALL

## Experts Cite Benefits of Following a Cardio Workout Plan

FROM PAGE 7  
intensity of their runs."

**THIS STRATEGY APPLIES** not only to running but also cycling, swimming, and other forms of cardio exercise. In fact, Martin recommends that people not limit themselves to one form of exercise.

"Running two days a week and swimming one day would also be a good idea," said Martin. "Performing the same form of cardio everyday also may lead to injury by induc-

ing the same stress on themselves over and over again. Swimming is a good alternative because you can still get a really good cardio workout but the forces your body is exposed to is much lower."

Experts acknowledge that getting aerobic exercise might be more challenging during winter months.

"You may not be able to go running or swimming during the cold winter season, but you can do other physical activities like dancing [or] ice skating," said Rosa Ganey,

Burke resident and nurse health educator for Fairfax County Health Network. "If you're a member of a gym, try taking classes."

Developing a support system is key to maintaining morale when a workout plan. "Join a walking group or jogging group," said Michelle Walters-Edwards, Ph.D., professor of health and human performance at Marymount University in Arlington.

Stay motivated by setting small goals. "Once a person reaches [the first] goal they

should set a new one," said Martin. "For example, running one mile in under 10 minutes would be a good goal for someone just setting out. Once they achieve that they could either set a new goal of one mile in under nine minutes or two miles in under 20 minutes. One of the advantages to someone just starting an exercise program is that they are going to see a lot of improvement initially. Signing up for a 5k that is 6 months to a year away would also be a trick they could use to stay motivated."

# Examining Artificial Turf's Environmental Issues

BY CAROL VAN DAM FALK

Representatives of the Safe Healthy Playing Fields Coalition spoke to the WMCCA about the health and environmental issues related to artificial turf at the December general meeting. Kathy Michels, a neuroscientist at the National Institutes of Health, became involved when her child's school, Montgomery Blair High School, became one of the region's first schools to switch from natural grass to artificial turf. She, along with Bailey Condrey, an independent contractor who formerly advised the plastics industry, addressed the gathering. In the WMCCA December newsletter, President Shawn Justement discussed the ramifications of making the switch to artificial turf, a trend that seems to be sweeping across Montgomery County public and private high schools.

Justement said the systems being installed use a polyethylene fiber carpet with a crumb rubber infill. Currently there is debate about the safety of these fields, with concerns ranging from increased injuries, off-gassing of volatile organic compounds, and leaching of hazardous chemicals into storm water. WMCCA particularly questions the impact of runoff from these fields on our streams and waterways.

The artificial turf industry has noted the advantages of its product. Artificial turf doesn't need the fertilizers, pesticides, regular irrigation and frequent mowing of a grass field. However, the surface has its own maintenance requirements — for sweeping, grooming, disinfecting and repair.

Advocates note that the crumb rubber infill is made from used tires, thus providing a good way to recycle the material. As anyone who has kids playing on these fields can attest, the crumb rubber gets everywhere, including inside shoes and socks. New crumb infill must be added from time to time, and after a useful lifespan of eight to 10 years, the artificial turf needs to be replaced, with the old carpet and 120 tons of crumb infill ending up in landfill. Justement points out that ironically, used tires are not allowed in landfills, but crumb rubber from used artificial turf is allowed.

Artificial turf becomes so hot that fields are watered down to cool them, and turf fields are frequently watered to improve the playing surface, raising the ques-

tion, WMCCA wonders what is leaching off these fields after watering or rainfall?

One of the most comprehensive studies on the environmental impact of artificial turf was done by the Connecticut Department of Environmental Protection. The report showed that leachate from artificial turf stormwater runoff contains zinc, manganese and chromium at levels toxic to aquatic organisms, and concluded that there is a potential risk to surface waters. Recommendation: "stormwater runoff from artificial turf fields that is discharged to surface waters be handled in a manner that incorporates best management practices, such as stormwater treatment wetlands, wet ponds, infiltration structures, compost filters, sand filters or biofiltration structures."

The county's report endorsing artificial turf, "A Review of Benefits and Issues Associated with Natural Grass and Artificial Turf Rectangular Stadium Fields" (September 2011), notes that the capacity of artificial turf fields for more playing hours allows community use, thus generating revenue that offsets the higher cost. Outside funding is not always stable, and, arguably, fees for community use are not commensurate with the true cost of field use.

The cost of installing an artificial turf field and its subsequent disposal is more than the cost of a top-of-the-line grass field, even when maintenance and re-sodding is included, and there have been advancements in organic turf care that reduce the need for fertilizers and pesticides. For Montgomery County, which prides itself on being environmentally sensitive, a greener approach to playing fields might be the better option.

Wootton High School is the latest county high school to "go plastic" by replacing the natural grass in its sports stadium with artificial turf. The county's Board of Education recently voted in favor of the move, despite significant environmental, health and financial concerns raised by community activists, including the group, Safe Healthy Playing Fields Coalition. The Coalition made its case to U.S. Rep. Chris Van Hollen, (D-Md.), on the same day of the WMCCA general meeting, and reported that Van Hollen has agreed to write a letter to the Consumer Product Safety Commission asking why artificial turf is not more closely regulated by the Commission, especially since the makers of synthetic turf often use children in

## Steps for Parents

- 1) Go to the coalition website, [www.safehealthyplayingfields.org](http://www.safehealthyplayingfields.org), and [synturf.org](http://synturf.org), where parents can search information about what some health experts are saying regarding toxic chemicals used in artificial turf.
- 2) Do not let small children on artificial turf because they are so much closer to the ground and can ingest the tire crumbs more easily.
- 3) If you oppose getting artificial turf at your high school, write the Montgomery County Board of Education, your member of Congress, click on the "Take Action" page of [safehealthyplayingfields.org](http://safehealthyplayingfields.org), or contact your local school principal to voice your concerns.

— CAROL VAN DAM FALK

their marketing campaigns.

Promoters of artificial turf fields like to begin their polished presentations by saying something like,

"We all prefer grass as a playing surface, but ..." with a discussion of grass fields phrased in terms of the high cost of maintenance and the wet and muddy fields that mean less playing time for kids. "We'd all love to have a well-maintained grass field," the sales pitch goes, "But because that is not possible, or it's too expensive, turf is the best choice."

For the turf-versus-grass debate to be fair, one needs to compare a well-maintained grass field with an artificial turf field, particularly where a new surface is being compared to the run-down and ill-maintained grass field that it is intended to replace. While a grass field is more expensive to maintain, the 20-year cost of installing artificial turf, periodically refreshing the infill, and replacing the turf itself is \$2.5 million.

Green spaces play an important role in protecting water resources by trapping and removing pollutants in stormwater runoff. On the health front, artificial turf is manufactured with a number of chemical substances that may include

black carbon, a known carcinogen. Under extreme heat, those particles break down into a powdery substance that can get into the players' jerseys, and even be ingested. The jury is still out on just how harmful those chemicals can be, but some health professionals have weighed in against artificial turf.

## LET'S TALK Real Estate



by Michael Matese

### Moving A Luxury Home

Moving from one home to the next can be a stressful task for anyone—luxury homeowners often fill their world-class homes with unique art, irreplaceable antiques and large-scale furnishings, like grand pianos or billiards tables. The thought of moving these items is enough to make luxury homeowners wake up in a cold sweat! But planning your move in advance and selecting the right moving company can spare luxury homeowners those night terrors, preserving their rest and peace of mind. Today's modern moving companies are as varied as their clientele—many major names in nation-wide moving companies have specialized teams devoted to high-end home moves, and there are many independent companies as well who specialize in moving luxury homeowners. These types of movers are highly trained professionals, who are equipped with the skills to move your priceless pieces with care and consideration. Word of mouth is an invaluable tool to make use of when searching for the perfect moving company—ask your friends and neighbors which company they used, what their experience was like, and most importantly, if they'd re-use them again in the future. Likewise, when interviewing companies, review their references and testimonials. A little bit of research goes a long way to alleviating potential problems down the road. Specialty movers will often bring their own boxes and packing materials, but if you'd prefer to do the packing yourself, the movers can often provide the packing materials for you, saving you both money and a trip to the store. Luxury homes generally have larger rooms, which translates to bigger and heavier furniture. This may necessitate lift gates and again, skill and talent are a factor that's crucial to consider when moving your heirlooms or high-end pieces. Most local movers don't use lift gates because they're not a common necessity in most local moves. But if your furniture is large or heavy, be sure to use a mover that has those lift gates to avoid possible accidents or damaged pieces.

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# ENTERTAINMENT

## Lines of My Life



By KENNETH B. LOURIE

Like most people, I have material – so to speak, that I use repeatedly (ad nauseam, some might say). Most are lines from “The Three Stooges,” “M\*A\*S\*H,” “Star Trek” (the original) and “Seinfeld.” As I entered into the cancer world, I continued to use this material – where/when appropriate, as many of you regular readers know.

However, as my time in the cancer conundrum has continued (thank God!) and evolved, I have found myself uttering and muttering à la “Popeye the Sailor Man,” amusing myself, mostly, but always with the best of intentions: my survival. A few examples follow. (My answers are in quotes.)

See you again. “Let’s hope so.”

Nice to see you. “Nice to be seen.”

Glad you could be here. “Glad I could be anywhere.”

How are you doing? (#1) “I’d be crazy to complain.”

See you next week. “From your mouth to God’s ears.”

How are you feeling? “Fine. You mean I’m not?”

You look good. “Really? Have you had your eyes checked recently? Chemotherapy doesn’t usually enhance one’s appearance.”

How are you doing? (#2) “I’m holding my own. (“Whose else would I be holding?”)

Happy to have you here. “Nice to be had.”

I’ve been thinking about you lately. “I’ve been thinking about me, too.”

You look in pretty good shape. “I’m in pretty good shape for the shape I’m in.”

Have you seen your doctor lately? “Yeah. And he’s seen me, too.”

What’s up? “My weight. Thank God!”

Would you like to buy any “Forever” stamps? They’re good for as long as you live. “Um. OK.”

What are you doing here? “I won’t be here tomorrow. I’ll be attending a funeral (hopefully not my own).”

How are you holding up? “I’m holding my own. (“Whose else would I be holding?”)

Occasionally, even when I initiate the conversation, I find myself “cancering” wise. “How are you doing?” Hanging in there. “Tell me about it.”

And finally, a well-meaning greeting to my wife, Dina, from one of her girlfriends: “So nice Kenny is getting to celebrate another birthday.”

Content/words that we couldn’t have imagined finding the least bit problematic pre-cancer diagnosis back in February, 2009, we (mostly I, if truth be told) find as fodder for self-preservation. I see the lightness, not the darkness. I see the best of intentions, not the worst of omissions.

Somehow, some way, we have made the best of a bad situation. Whether it’s been friends, family, co-workers; or readers reaching out, health care professionals helping out or my speaking out (in print), our life has gone on and as I’ve said many times before – and once already in this column: “I’d be crazy to complain” (and I’m not crazy, by the way).

I’m not exactly Lou Gehrig – or a Yankee fan for that matter, and I don’t know about the “face of the Earth,” but this Bostonian still feels pretty lucky.

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

Email community entertainment events to [almanac@connectionnews.com](mailto:almanac@connectionnews.com). Deadline is Thursday at noon. Photos and artwork encouraged.

### ONGOING

#### Mommy & Me (& Daddy, Too).

Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-a-longs, prizes and more. Visit [rockvilletownsquare.com/events/mommy-and-me](http://rockvilletownsquare.com/events/mommy-and-me). The Library, First Floor: Jan. 22, Feb. 19.

#### Holiday Art Show and Sale.

Saturdays and Sundays through Jan. 6, 2013, 11 a.m. to 6 p.m. Browse and buy fine artworks at Glen Echo Park’s annual Holiday Art Show and Sale, presented by the Glen Echo Park Partnership for Arts and Culture. The exhibition will feature works by resident artists, instructors and invited artists and will include glass, ceramics, jewelry, photography, painting, crafts and more. In Glen Echo’s Popcorn Gallery at 7300 MacArthur Blvd. Call 301-634-2222 or visit [glenechopark.org](http://glenechopark.org).

**The Puppet Co.** at Glen Echo Park has announced its 2012-2013 season. There are favorite fairytale princesses, an annual holiday tradition, and a special guest artist with a bilingual twist. 301-634-5380 or [www.thepuppetco.org](http://www.thepuppetco.org).

**Toyland**, Jan. 18-Feb. 10, 2013, Fridays at 10 and 11:30 a.m. Saturdays and Sundays at 11:30 a.m. and 1 p.m.

**Art Exhibition.** The Art Glass Center Gallery’s ongoing exhibitions feature the work of resident artists Diane Cabe, Christine Hekimian, Sue Hill, Michele Rubin, Sherry Selevan, Bev and Zayde Slep and Janet Wittenberg. Sculpture, vessels, functional art, and jewelry are also for sale. Classes are taught year-round for beginner, intermediate and advanced students. The hours are Fridays, from 10 a.m.-2 p.m., Saturdays, 10 a.m.-4 p.m., and Sundays, noon-4 p.m. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2273 or visit [www.artglasscenteratglenecho.org](http://www.artglasscenteratglenecho.org).

### SATURDAYS/JAN. 5-FEB. 2

**Big Kids and Clay.** 9-10:30 a.m. at VisArts, 155 Gibbs St., Rockville. Students will learn to pinch pots, coiling and soft slab working techniques. \$75/child. Visit [www.visartscenter.org](http://www.visartscenter.org) or 301-

### FRIDAY/JAN. 4

**Open House.** 4:30-7:30 p.m. at Beverly Farms Elementary School, 8501 Post oak Road. For those who can’t attend the open house, call 301-469-1050 to make a reservation for a guided tour during school hours.

### THURSDAY/JAN. 10

**Meeting.** 12:30 p.m. An organizational meeting of Great Decisions Group, sponsored by Potomac Friends of the Library. Great Decisions is a program of the non-partisan Foreign Policy Association in which local groups gather monthly to discuss topics associated with the foreign policy



Stefan Jackiw

315-8200 to register.

### SUNDAY/JAN. 6

**Waltz Dance.** Starts at 2:45 p.m. with a dance lesson. Social dancing goes until 6 p.m. at Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Features the ensemble Blue Bamboo. \$10/perso. Visit [www.waltztimedances.org](http://www.waltztimedances.org) or 301-634-2222.

**Opening Reception.** 11 a.m. at Gallery Har Shalom, 11510 Falls Road. See paintings, photography and ceramics by area artists. Free. 301-299-7087.

### THROUGH JAN. 6

**Musical.** Seussical runs in Imagination Stage’s Annette M. and Theodore N. Lerner Family Theatre, 4908 Auburn Ave., Bethesda. Best for ages 4-12. Tickets are \$12-\$25, and may be purchased online at [www.imaginationstage.org](http://www.imaginationstage.org), at the ImaginationStage box office or at 301-280-1660.

### MONDAY/JAN. 7

**Classes.** 10:30 a.m.-noon at Schweinhaut Senior Center, 1000 Forest Glen Road, Silver Spring. Perform with Encore Chorale. Free. Visit [encorecreativity.org](http://encorecreativity.org) or 201-261-5747.

### THROUGH JAN. 7

**Photography Exhibition.** Photoworks Gallery at Glen Echo Park presents Places and

of the United States. Topics for 2013 include the Future of the Euro, Egypt, NATO and Iran. The Foreign Policy Institute workbook (\$20 a year) provides an article and thought provoking questions for the topic of the month. People who might be interested in joining the group are invited to come to the meeting.

### MONDAY/JAN. 14

**Job Search Training for Seniors.** The Career Gateway, Jewish Council for the Aging’s innovative job search training program, kicks off its next session. Featuring small classes, individualized attention, 30 hours of instruction over five class days, and long-term mentors, The Career Gateway is open to job



Victoria Chiang

Time, featuring works by Harvey Kuperberg and David Meyers. Meyers’ black and white images of Cairo’s Muslim cemeteries offer unique views of a place that is often called the city of the Dead. Kuperberg’s black and white images of the canyons of Utah and the deserts of Death Valley were taken over a 20-year period and are an artistic interpretation of what the camera captures. Photoworks gallery is open Saturdays 1-4 p.m. and Sundays 1-8 p.m. Opening reception and gallery talk/Dec. 7, 6-8 p.m. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org).

### MONDAYS/JAN. 7-FEB. 7

**Getting to Know Clay.** Children will get to work with kiln-fired clay to create works for ceramic art. 4-5 p.m. at VisArts, 155 Gibbs St., Rockville. \$40/child. Visit [www.visartscenter.org](http://www.visartscenter.org) or 301-315-8200 to register.

### TUESDAY/JAN. 8

**Social Thinking At Home.** This workshop for parents will introduce the social thinking vocabulary and provide practical suggestions on how to incorporate it into the everyday life for your child.

### TUESDAYS/JAN. 8-FEB. 12

**Dare to Draw.** Children in grades kindergarten through grade 2 can draw with charcoal, pastels, ink, markers and pencils while learning age-appropriate drawing techniques. 5-6 p.m. at VisArts, 155 Gibbs St., Rockville. \$75/child. Visit [www.visartscenter.org](http://www.visartscenter.org) or 301-315-8200 to register.

seekers age 50 and over. Classes are held at the Ann L. Bronfman Center, 12320 Parklawn Dr., Rockville. February and March classes also are open for registration. Call 301-255-4215 or visit our website, [www.AccessJCA.org](http://www.AccessJCA.org).

**Open House.** Har Shalom’s Early Childhood Education Center, 11510 Falls Road, is having an open house from 10 a.m.-noon. Tour the building, observe classes and meet Rabbi Raskin, staff and current parents. Visit [www.harshalomecec.org](http://www.harshalomecec.org) or call 301-299-7087.

**Montgomery County Civic Federation Meeting.** 7:45 p.m. at the County Council Office Building, 100 Maryland Ave., Rockville. Find out what Montgomery County is doing to attract and retain job-creating business and how it affects the

## National Philharmonic

Hear violinist Stefan Jackiw and violist Victoria Chiang perform Mozart and Mendelssohn, among others, with the National Philharmonic. Saturday, Jan. 5 at 8 p.m. and Sunday, Jan. 6 at 3 p.m. at Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Children’s tickets are free if purchased by phone or in person. Adult tickets range \$28-\$81. Free lecture at 1:45 p.m. in the Concert Hall. Visit [nationalphilharmonic.org](http://nationalphilharmonic.org) or 301-581-5100 for tickets.

### WEDNESDAY/JAN. 9

**Performance.** 1:30-3 p.m. at Roseborough Theatre, 409 Russell Ave., Gaithersburg. Encore Chorale will perform. Free. Visit [encorecreativity.org](http://encorecreativity.org) or 201-261-5747.

### THURSDAY/JAN. 10

**Classes.** 1:30-3 p.m. at Glen Echo Park, South Arcade, 7300 MacArthur Blvd., Bethesda. Perform with Encore Chorale. Free. Call 301-320-2770 or visit [www.washingtonconservatory.org](http://www.washingtonconservatory.org).

### SUNDAY/JAN. 13

**Washington Family Dance.** 3-5 p.m. at the Glen Echo Town Hall, 6106 Harvard Ave., Glen Echo. Music by Phillie’s Peter Stix and Party of Three. \$5/person age 4 and older. Visit [www.fsgw.org](http://www.fsgw.org).

### MONDAY/JAN. 14

**Book Club.** 8 p.m. at Beth Shalom Congregation, 11825 Seven Locks Road. Review “The Hare with the Amber Eyes” by Edmund de Waal. Debra Band will also present a slide show of illuminations from her book “Arise! Arise! Deborah, Ruth and Hannah.” Free. E-mail Tanya at [alamp9608@yahoo.com](mailto:alamp9608@yahoo.com).

### SATURDAY/JAN. 19

**Recital.** Pianist Brian Ganz will perform an all-Chopin recital with the National Philharmonic at 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Visit [nationalphilharmonic.org](http://nationalphilharmonic.org) or 301-581-5100.

public. Free. Visit [www.montgomerycivic.org](http://www.montgomerycivic.org).

### ONGOING

**Fenton Street Market.** 10 a.m. - 4 p.m. Saturdays through Oct. 27. The market is located in downtown Silver Spring at One Veterans Plaza, intersection of Fenton and Ellsworth streets. It will not be open on Sept. 22.

**Members Wanted.** The Potomac Area Newcomers Club is a group of more than 200 women who have moved to the Potomac area. The club offers bridge, mah jong, book groups, golf, luncheons and museum trips as a way to help newcomers and current residents form new friendships, expand horizons and take advantage of opportunities in the Washington, D.C. area. Visit [www.potomacnewcomers.com](http://www.potomacnewcomers.com).

## BULLETIN BOARD

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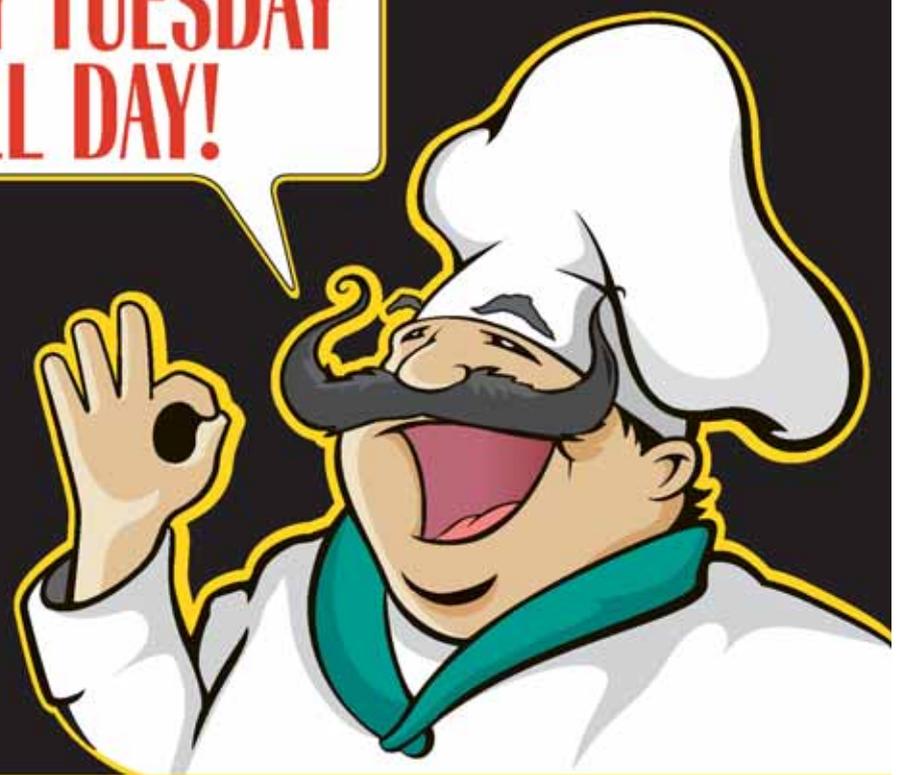
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