

"MURDER ON THE NILE"

"THE MUSIC MAN"

"THE MOUSETRAP"

"SOUND OF MUSIC"

"ANNIE GET YOUR GUN"

"LAST OF THE RED HOT LOVERS"

"DON'T DRESS FOR DINNER"

## 'Annie:' Final Curtain Call

"STEEL  
MAGNOLIAS"

"ONCE UPON A  
MATTRESS"

"IT'S BEGINNING TO  
LOOK A LOT LIKE  
CHRISTMAS"

"SNOW WHITE"

"AMADEUS"



## For Potomac Theatre Company?

"THE DINNER PARTY"

NEWS, PAGE 3

"THE MIKADO"

"RA&A A MUSICAL ADVENTURE"

"SCROOGE! THE MUSICAL"

"CINDERELLA"

"NUNSENSE"

ATTENTION POSTMASTER:  
TIME SENSITIVE MATERIAL.  
REQUESTED IN HOME 2-6-14

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CLASSIFIED, PAGE 10 ♦ CALENDAR, PAGE 7 ♦ SPORTS II ♦ REAL ESTATE 9

PHOTO BY HARVEY LEVINE/THE ALMANAC

# BULLETIN BOARD

Email announcements to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon.

## WORKSHOPS AVAILABLE

**New Workshops.** JSSA's (Jewish Social Service Agency) Winter/Spring 2014 Workshops and Groups are open for enrollment with details online. These programs provide the opportunity for anyone in the community struggling with a wide range of learning, behavioral, emotional and physical challenges to learn from JSSA's highly skilled professionals and to share with others who are facing similar challenges. Limited space is available for some workshops and groups. New programs just added include: Children of Divorce Support Group; Connecting in Friendship; We Can Get Along; and Social Clubs for individuals diagnosed with a Level 1 Autism Spectrum Disorder. Visit <http://www.jssa.org/> or contact Lise Bram at [lbram@jssa.org](mailto:lbram@jssa.org).

## CAMP REGISTRATION

**Summer Camp Registration.** Montgomery Parks, part of the Maryland-National Capital Park and Planning Commission, is offering 88 summer camps in 2014 spanning a variety of interests including ice skating, tennis, golf, gardening, outdoor adventure, nature, and more. Summer camps are available for tots to teens at all skill levels and at hundreds of locations across the county. A \$25 discount is being offered for early registration for a select group of camps. Registration is open at [www.ParkPASS.org](http://www.ParkPASS.org). A complete list can be found at [www.MontgomeryParks.org/camps](http://www.MontgomeryParks.org/camps),

where camp searches may be filtered by age, location and key words. The 2014 Summer Camps guide is available online at [www.MontgomeryParks.org/guide](http://www.MontgomeryParks.org/guide). Print copies may be found at select Montgomery Parks' facilities, Montgomery County Recreation centers, government buildings and libraries while supplies last.

## SATURDAY/FEB. 8

**Cecily's Advocacy Workshop.** 8 a.m.-4 p.m. at McLean School of Maryland, 8224 Lochinver Lane. The workshop is designed to offer tools, resources and information for parents, educators and child development professionals. To register, visit [www.mcleanschool.org/cecily](http://www.mcleanschool.org/cecily).

## MONDAY/FEB. 10

**Final Session of the Career Gateway.** The Jewish Council for the Aging will hold a job search training program that includes one-on-one mentoring, take home materials and more. \$75 for a multiple-day workshop. Register by e-mailing [egreenberg@accessjca.org](mailto:egreenberg@accessjca.org) or 301-255-4215.

**Meeting.** 7:45-10 p.m. at County Council Office Building, 100 Maryland Ave., Rockville. County Councilmember Roger Berliner will be the featured speaker. He will present his package of 13 environmental and energy conservation proposals to address the consequences of climate change. Free. For more information, visit [www.montgomerycivic.org](http://www.montgomerycivic.org).

## WEDNESDAY/FEB. 12

**Republican Candidate Forum.** 7-9

p.m. at the Potomac Library, 10101 Glenolden Dr, Potomac. Republican candidates for the Maryland Senate and House of Delegates will headline a Lincoln Day forum. Free and open to the public, the forum provides an opportunity to meet the candidates and exchange views with them as we mark the 205th birthday of Abraham Lincoln, the first Republican president. Visit <http://mdgopld15.org/events-3/> for more.

## THURSDAY/FEB. 13

**Forever Yours: A Valentine's Day Workshop.** 6:30-8 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. A workshop for widows, widowers and life partners who want to honor and remember their loved ones on Valentine's Day. Registration required, 301-921-4400.

**Volunteer Information Session.** 7:30 p.m. at Rockville Memorial Library. Learn how to volunteer and help adults learn to read, write or speak English. Visit [www.literacycouncilmcmd.org](http://www.literacycouncilmcmd.org) or 301-610-0030.

## FRIDAY/FEB. 14

**Forever Yours: A Valentine's Day Workshop.** 1-2:30 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. A workshop for widows, widowers and life partners who want to honor and remember their loved ones on Valentine's Day. Registration required, 301-921-4400.

## MONDAY/MARCH 3

**Application Deadline.** The online application for the Military Officers Association of America Educational

SEE BULLETIN BOARD, PAGE 11

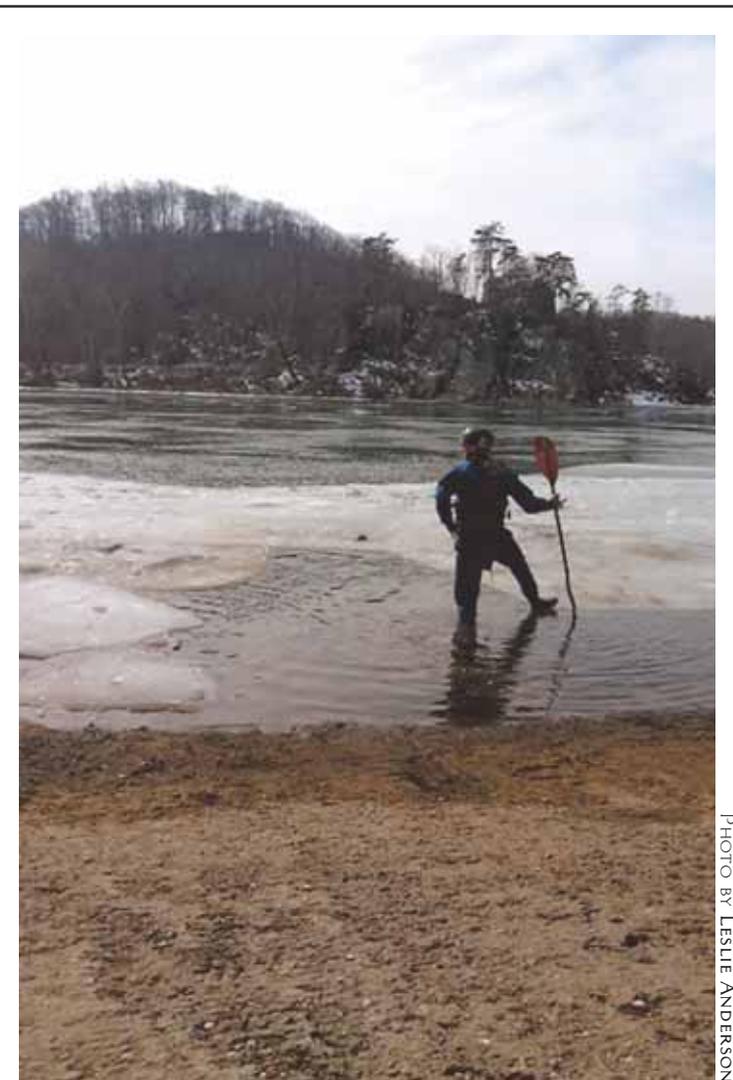


PHOTO BY LESLIE ANDERSON

## Snapshot

Saturday, Feb 1: A frozen part of the Potomac River.



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at  
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Saturday, February 8th  
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## Curtain Call

Potomac Theater Company will perform its final show in March.

BY KEN MOORE  
THE ALMANAC

**T**he Potomac Theatre Company's 25th Silver Anniversary Season will also be its last.

"We're going to have to close our doors," said board member Carole Dell. "It's really quite sad."

The local theatre company will raise and lower its curtain for its final performances with its production of "Annie" in March at the Bullis School's Center for the Performing Arts.

"It's bittersweet because some of us have been working on this the entire time," said Elie Pisarra Cain. "We're all broken hearted, but we have to look at it realistically."

Patti Warner and Nan Munsing founded the company and "5 years of history happened," said Pisarra Cain. Warner might fly in to see one of the company's final performances.

So for the next month, the show must go on.

"We worked hard to make it as good as it was," said Pisarra Cain.

The costs of putting on quality shows became prohibitive. Even when the shows sold out, it still didn't cover the costs. Technical expenses, building sets all added up.

Over the years, Potomac Theatre Company performed in many adapted venues before finding a home at Bullis. "Everybody is jealous of our space," said Pisarra Cain. Previous venues included Connolly School of the Holy Child, Potomac Community Center and Our Lady of Mercy.

"We've been very fortunate, because it's hard to find a place to perform," said Pisarra Cain.

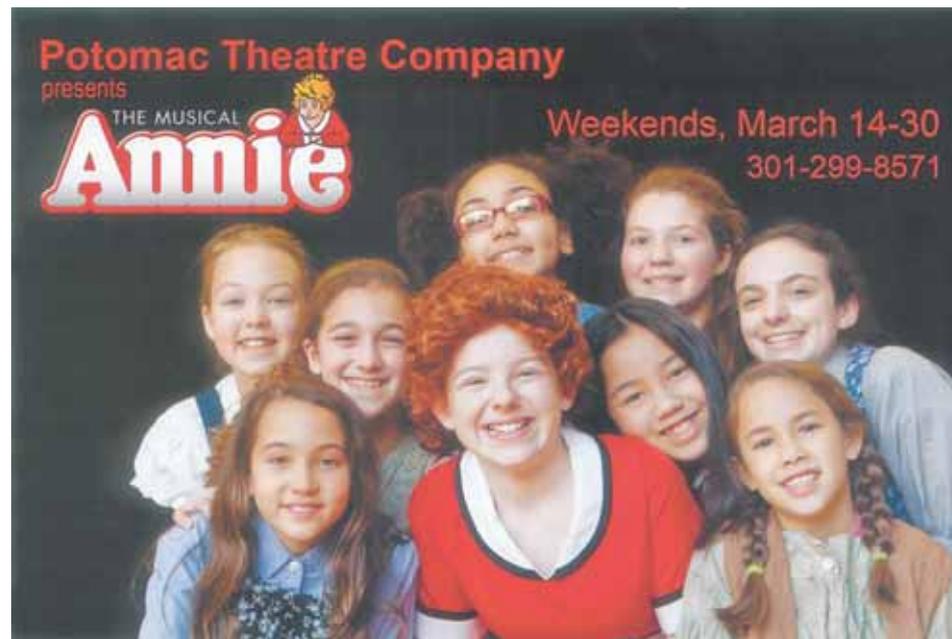


PHOTO BY HARVEY LEVINE/THE ALMANAC

**Eight girls of the cast for "Annie."**

**FOR THREE WEEKS** in March Annie will sing her hope, "The sun will come out tomorrow, bet your bottom dollar that tomorrow, there'll be sun."

"It's going to be a zenith of a show," said Pisarra Cain. "It's been a wonderful run."

Dell, who volunteers with Pet Connect, said the company is currently looking for a 40-pound dog to play Sandy. They need a well-behaved, good-natured dog to work with the eight girls on the stage. Dog auditions are Saturday, Feb. 8.

"We have an enormous following of people who love seeing great plays, well acted, that aren't very far away," said Dell. "It's an enormous loss," she said.

### Dog Auditions

Potomac Theatre Company is holding dog auditions for upcoming production of "Annie."

Requirements: Dog should be medium-sized, well behaved and have obedience training, needs to be great with kids and very gentle. Handler must stay with dog at rehearsals and show dates.

Any questions can be directed to Ron Sarro, director at ronsarro@msn.com

Auditions: Saturday, Feb. 8, from 9 a.m.-10:30 a.m.

Audition spaces limited to 10 dogs. Sign up at

www.potomactheatrecompany.org

The Blair Family Center for the Arts

Bullis School, 10601 Falls Road, Potomac, MD 20854

### Grand Finale: "Annie"

Call Potomac Theatre Company  
301-299-8571  
www.potomactheatreco.org

Performances at Bullis School  
The Blair Family Center for the Arts  
10601 Falls Road  
Friday and Saturday, March 14 and 15, 7:30 p.m.

Sunday, March 16, 2 p.m.  
Friday and Saturday, March 21 and 22, 7:30 p.m.

Sunday, March 23, 2 p.m.  
Friday and Saturday, March 28 and 29, 7:30 p.m.

Sunday, March 30, 2 p.m.

Director: Ron Sarro

Music Director: Webster Alexander Rogers Jr.

Choreographer: Trish Townsend Baker

Producer: Tammi T. Gardner

### Some Past Performances

"Murder on the Nile" (Winter 2011-2012)

"The Music Man" (Fall 2011-2012)

"The Mousetrap" (Winter/Spring 2010-2011)

"The Mikado" (Fall 2010-2011)

"Last of the Red Hot Lovers" (Spring 2009-2010)

"Snow White" (Winter 2009-2010)

"It's Beginning to Look a Lot Like Christmas"

"Don't Dress For Dinner" (Spring 2008-2009)

"RA&A a Musical Adventure" (Winter 2008-2009)

"Scrooge! The Musical" (Fall 2008-2009)

"Nunsense!" (Fall 2006-2007)

"Cinderella" (Winter 2005-2006)

"Annie Get Your Gun" (Fall 2005-2006)

"Steel Magnolias" (Spring 2004-2005)

"Once Upon a Mattress" (Fall 2004-2005)

"The Dinner Party" (Spring 2003-2004)

"Sound of Music" (Fall 2003-2004)

"Amadeus" (Fall 2002-2003)

## Entrepreneur Finds Outlets for His T-Shirt Designs

### BAMindful Designs started with doodling.

BY ASHLEY CLAIRE SIMPSON  
THE ALMANAC

**W**hole Foods Market in Rockville showcased a collection of Potomac resident Bryan Morris' t-shirt designs on Sunday, Jan. 19. While Morris has sold his t-shirts to friends, family and people he has met through his family's business, this was the local artist's first appearance as a vendor in a commercial setting.

"The event was on Sunday and it went pretty well," Morris said. "We were set up near the whole body products. We sold eight shirts and got some really good feedback. It was really exciting."

Morris is not a trained artist, but said he has been drawing for years. The designs that



PHOTO CONTRIBUTED

are now featured on high quality fabric tee shirts began as doodles on paper.

"It was probably about 10 years ago that I started making complex doodles," Morris said. "I never studied any artists and I never took any art classes. I don't emulate or seek out other artists' accomplishments or their work. I just started doodling and the

doodles got really complicated, crazy and complex."

In November of last year, Morris incorporated his t-shirt design company, BAMindful Designs, as a limited liability corporation.

The event on Sunday was just the beginning of Morris' t-shirt sales in local stores. In a week, they will be on sale at the

Rockville Whole Foods, and he has discussed selling his t-shirts with other local Whole Foods stores as well as Dawson's Market in Rockville.

"The goal was to get exposure," Morris said. "You want to sell shirts, but this was more like a launch party, mainly to get exposure and to have people see what I am doing."

He is currently planning an appearance with his designs at the Kentlands Whole Foods location. The designs he will be promoting on Kentlands will be timely for Valentine's Day.

"My goal is to slowly but surely get several locations set up to sell my shirts, and keep growing," he said. "I'm working with Dawson's to get set up. They are on board. I am just getting an order finalized. That would be a great addition to have their market carrying them as well."

Morris said he originally approached

SEE ENTREPRENEUR, PAGE 5

POTOMAC ALMANAC ♦ FEBRUARY 5-11, 2014 ♦ 3



PHOTO BY DEB DAGER

Live Ball clinic participants with Steve Miguel.

# Tennis Comes Alive with ‘T&T’ and ‘Live Ball’ Clinics

**Intense sessions strengthen beginners and experienced players.**

BY SUSAN BELFORD  
THE ALMANAC

“Smash that ball! Put it away! Finish the point! Move your feet! Get your racquet back up and ready for the next shot!”

Participants pant, sweat drips — the game is on and players are striving to improve. Balls fly across the net as players hit ground strokes, volleys and overheads. Pros holler tips, instructions and commands — encour-



PHOTO BY DEB DAGER

Bob Pass with Billie Jean King and one of his protégés, Malkia Menguenne of Washington, D.C.

aging players to move more quickly and hit more solidly.

The new “Live Ball” and “Techniques and Tactics” tennis clinics are providing an exhilarating tennis program that helps both beginners and competitive players raise the level of their games. Also called “The Best Clinic” ([www.thebestclinic.com](http://www.thebestclinic.com)), the 90-minute clinics focus on reactions and net play, closing out points, positioning and winning. There is no “down time” — the cardio work-out is intense and the points played are challenging.

Participant Louise Meyer explains the value to her: “Live Ball could be renamed No Dwell Tennis because it moves so fast you don’t have time to think about the last shot you missed. It’s a great clinic for working on moving quickly and covering the court.”

“We keep the ball moving all the time,” said executive director and tennis coach Bob Pass. “You don’t have to worry about the score. We play out points in the doubles format and enforce good habits by performing the skills over and over. We work on reflexes and quick hands.” Along with Pass, the pros that facilitate the clinics are well-known locally: Steve Miguel is the director of Supernational Program and the BEST clinics, Jim Shepard is the director of tennis at the Edgemoor Tennis Club, and Lee White is a certified teaching tennis professional.

“Techniques and Tactics” and “Live Ball” clinics are offered Tuesday, Wednesday and Thursday mornings at 9 a.m. and 11 a.m. “Techniques and Tac-



PHOTO FROM 4-STAR ACADEMY

The four pros at Live Ball and T&T: Top left, Steve Miguel; top right, Bob Pass; bottom left, Jim Shepard, and bottom right, Lee White.

tics” (T&T) is organized by level (2.5 – 5.0) and players work on tennis skills, including strokes and techniques, as well as doubles strategy and positioning. “Live Ball” focuses on continuous-play tennis games, competitive point play, fitness, footwork, reactions and the net game. It is also open to players of all levels. These clinics provide an opportunity to meet new tennis players and to participate in tennis events without joining a tennis club or country club. Another plus is the ability to sign up to participate in the clinics with friends or tennis partners.

“Our goal is to work with players not just to get the ball back, but to find the hole

and put it away,” said Miguel. “We play multiple games to keep it moving — we are not stuck in just one mode. It’s all about reactions and getting to the net. It’s a high intensity clinic.”

The clinics are catching on fast. An average of 65 players have been signing up weekly — and there’s room for more. Participant Julie Lieuw said, “Live ball is fast paced with lots of net play. I can experience many more points in an hour of Live Ball compared to an entire doubles match. It’s also great exercise and a nice way to meet other players.”

Tennis player Marcie Robinson said, “Jim Shepard is a great teacher. I have been working on my serve forever, and a few tips from Jim during a T&T session have made a big difference.”

“When you attend these clinics, you will hit eight times the number of balls you would normally hit in a doubles game,” said Marketing Director Debra Dager. “I’m totally addicted.” Dager has been setting up additional tennis events that are both fun and challenging. “We will host a Valentine Round Robin and Chocolate Exchange on Feb. 14 and will have more fun events in the future. ‘Like’ us on FaceBook or write a review, and you will be entered for a free ‘Live Ball’ Clinic.”

Sign up on-line at [www.thebestclinic.com](http://www.thebestclinic.com) or call 301-299-0007. A single “Live Ball” session is \$25, a single T&T session is \$38. Multi-session packages are available, which lower the cost of each session. For example, a 5-week “Live Ball” package is available for \$100, a 3-week “Anytime” T&T package is \$110 and an 11-week T&T package is \$350. Private lessons are also available.

# Entrepreneur Finds Outlets for His T-Shirt Designs

FROM PAGE 3

Whole Foods and Dawson's because of his own pleasant shopping experiences at those stores.

"I shop at Whole Foods and Dawson's regularly, and I just kept thinking, 'this is such a great cross section of people that shop here, and since it is upscale, I figured it was a match,'" Morris said. "I wanted it to be special. The team leader I talked with loved the idea, and then that got the ball rolling."

The designs will land beyond local markets, as well. Morris said Husqvarna Viking, the computerized sewing machine company, is drawing up a contract with BAMindful Designs.

"I'll just be licensing them 10-20 designs for an embroidery collection," Morris said. "They will be digitizing the designs ... to be inserted into their embroidery machines. This way, individuals can buy a digitized collection of my art, insert it in their embroidery machine, and sew out my art onto clothes."

Morris said his artistic process begins with a good song, a pen and paper. It ends with placing an order with a local silk strainer to put

the designs on high quality t-shirts.

"I like to listen to music while I'm drawing, and I typically don't start with any pre-thought or concept," Morris said. "I just begin in the center of the page and let it slowly unfold the way it wants to. There really isn't a plan. You can compare it to a live television show, no tapes — it happens as it happens. If I think it's one that will

look good on a shirt, if so, then I explore shirt options."

He said he uses a local silk strainer out of love and respect for his designs.

"I use quality because I care very much about the art," Morris said. "I don't want something I love being on a poor quality thing."

Moving forward, he said he would like to design more than t-

shirts. He imagines his name being on clothing lines and having his own clothing store.

"I really want to get more into design," Morris said. "I want to get more into the designing of clothes and have a more customized lining of clothes that are edgy and funky. I am getting into embroidery and repurposing clothes with equipment at my shop."

Morris said he is enjoying the best time of his life, but instead of being complacent, he yearns for even greater success.

"This is a fun beginning, having the public exposed to what I am doing, and I want to take it way beyond this and have this blow up and be gigantic," Morris said.

To order a custom Brian Morris t-shirt, visit [www.bamindfuldesigns.com](http://www.bamindfuldesigns.com).

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## SCHOOL NOTES

Email announcements to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon. Photos are welcome.

### WEDNESDAY/APRIL 30

**Writing Contest Deadline.** All Maryland 7th- and 8th- grade students can enter a statewide writing contest focusing on the themes of peace and social justice. To enter, students must submit an entry of up to 1,200 words on a specific topic. Entries and accompanying materials must be postmarked no later than April 30, 2014 and mailed to Fred B. Benjamin Peace Writing Contest, 310 Riverview Ave., Annapolis, MD 21403-3328. For the topic and required documents, call 410-263-7409 or email [mjkeller@att.net](mailto:mjkeller@att.net).

Hartwick College first-year student **Emille Beller**, daughter of Michael Beller and Susan Beller of Potomac, has been named to the fall term dean's list. Beller is majoring in business administration.

**Ashley Kalavritinos**, a junior majoring in psychology, and **Adam Rosenberg**, a senior majoring in international affairs, made the dean's list at James Madison University for the fall 2013 semester.

The following students were named to the dean's list at Mount St. Mary's University: **Victoria Barry**, class of 2017, the daughter of Mr. and Mrs. Bertrand Barry; **Bernadette Corso**, class of 2014, the daughter of Mr. and Mrs. John Corso; **Mary Corso**, class of 2014, the daughter of Mr. and Mrs. John Corso; and **Cristina Gonzalez**, class of 2014, the daughter of Ms. Marta Fuentes and Mr. Nolan Gonzalez.

## POTOMAC ALMANAC

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- Oak Hill/Herndon Connection
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- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

- Great Papers
- Great Connections
- Great Readers!

## LET'S TALK Real Estate



by Michael Matese

### Seven Tips to Buying a House

**• Choose the Right Realtor®**  
As a buyer, typically you don't pay the real estate commission, the seller does. But a Realtor® with experience and knowledge will cost you less than someone who's just starting out in the business. A top producer's business is built on repeat clientele, people who've worked with them before and knows that the Realtor® knows what they're doing. Your Realtor® is your financial advisor for what will most likely be the largest transaction of your life. Make sure you choose wisely.

**• Location**  
Location, location, location! The saying holds true and always will. You can re-model, re-design and landscape, but you can't change the location. Where you buy a home is just as important as the home itself, if you've got appreciation of value in mind.

**• Home Inspections**  
A home inspection is the best investment you can make because it can save you, quite literally, thousands of dollars! A licensed home inspector will check structural, mechanical, electrical, plumbing and heating as well as a/c systems to check for defects the home owner may not be aware of and can help you make a decision on whether to close or not.

**• Your Lender and Your Loan**  
Choose your lender wisely; make sure the loan program you apply for is appropriate for your needs and long-term goals. For example, if you know you're going to be in the home for less than five years before you move, why pay closing fees up front? Often, you can save money by raising the interest rate you pay by half a percent. Your monthly payment may be higher, but over time, this choice is more financially sound. A good lender will take the time to find the loan that's best for you.

**• Your Own Agent**  
Always have your own agent in a transaction. New constructions are no exception. It costs you nothing and a good agent will save you money on loan fees and represent your interests.

**• Buy a Home You Can Afford**  
Using a lender's guidelines, decide how much house you can afford. You want to get the most house for your money, but don't want to overextend yourself either. Be careful: a forced sale almost always guarantees a loss.

**• Buy a Home You Like**  
You'll be living in your home—not your relatives! No matter how well intentioned friends and family members are, no one but you should be deciding on which home you choose to buy. You're the final word.

For professional advice on all aspects of buying and selling real estate, call:

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Long & Foster Realtors  
301-806-6829

[Mike@michaelmatese.com](mailto:Mike@michaelmatese.com)

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# OPINION

## The Potomac Master Plan: 12 Years Old

GINNY BARNES  
PRESIDENT

**P**otomac hugs the western edge of the county in a transition zone between the urban down-county and the rural Agricultural Reserve. Our Master Plan is firmly based on protection of the drinking water that serves over 4.3 million people in the region. Within the Master Plan boundaries are numerous streams that find their way by gravity into the Potomac River. Adjacent to those streams are even more seeps, springs, and wetlands that feed and recharge them with clean water and aquatic life necessary for a healthy environment. Through good planning, stream valley parks were established to help buffer and protect those streams but it is not enough. Potomac is designated a residential low density "green wedge" to limit impervious surfaces (rooftops, driveways, parking lots) that cause storm water runoff. The goal of our 2002 Master Plan Revision is to "protect the subregion's rich natural environment and unique ecosystems". In the 12 years since our Master Plan was adopted, we know a great deal more about the damage caused by even low levels of imperviousness. The struggle to save Ten Mile Creek in Clarksburg has brought this issue into sharp focus and created countywide concern for the future of clean drinking water.

One of the protection tools used by any Master Plan is limiting sewer capacity. Installation of sewer in stream valleys causes environmental degradation and increases the potential for further, unforeseen development. WMCCA keeps an eye on individual applications for sewer. Currently we are also following progress on a Glen Hills Sewer Study, envisioned by the Master Plan revision as a way to comprehensively

evaluate what limited sewer extensions, if any, should be allowed in this environmentally sensitive neighborhood. The study was not intended as a means to extend sewer wholesale and residents have rightly questioned how the study is being conducted. Why? Because Glen Hills straddles headwaters of two streams in the same watershed: Piney Branch and Watts Branch. Eventually these streams reach the Potomac at the intake of the filtration plant on River Road. We are back to the need to protect drinking water and the Chesapeake Bay.

Upholding our Master Plan is fundamental to WMCCA, assuring residents that the life they came to Potomac to enjoy will remain intact. Many communities without strong citizen oversight have seen their planning undermined with precedent setting decisions that destroyed and caused irreparable harm to communities they loved. Our Master Plan identifies sustaining the environment as the "preeminent policy determinant in a subregion defined by its natural resources." We benefit from and enjoy riches here — an abundance of forest, stream valley parks, and the C&O Canal National Historic Park on our border with the Potomac River. Our geology alone is astounding. But we will not keep any of these treasures if we do not defend them. Like our drinking water, we can never take them for granted.

### PARKS UPDATE

One of the most geologically unique areas of Potomac is the Serpentine Barrens. Approximately 200 acres of it has been acquired as a Conservation Park through the Legacy Open Space Program (LOS). The park is bisected by Pepco power lines. After many years of negotiations, an agreement has finally been signed with Pepco to allow the trail crossings of the power line ROW through the Serpentine Bar-

### Next Meeting

The public is invited to the West Montgomery County Citizens Association General Meeting on Feb. 12, at 7:15 p.m. at the Potomac Community Center. If schools are closed because of inclement weather, the meeting will be cancelled.

The speaker will be Callum Murray, Area 3 Community Planning Leader, Maryland National Capital Park and Planning Commission (MNCPPC).

Once a year, WMCCA asks for an update on the Potomac Subregion Master Plan. Luckily, the planner who saw the community through the process of updating the plan is still at MNCPPC but the territory he covers has expanded to include not only the Potomac Subregion but the Agricultural Reserve as well. The community have faced some unforeseen challenges in recent years, most notably the two and a half years of fighting to keep a soccer complex from being built by the county on the 20-acre Brickyard Road school site. Remaining within the confines of a well-executed Master Plan takes vigilance. While the staff at MNCPPC works to assure it, there are mechanisms and processes over which they have only a voice and not full control. It is imperative that citizens play their part and keep track of how the Master Plan is being fulfilled. Murray will give a view of the progress and possible pitfalls. As always, the public is welcome to attend.

This finally allows implementation of the management plan required of all LOS parkland. Now natural surface trails in the park can be planned and the process of creating public and educational access to this amazing natural resource can be realized.

### DEVELOPMENT PROPOSAL

Lake Potomac Development - 11.06 acres, 11901 Stoney Creek Road, at the intersection of Stoney Creek Way. The property combines three parcels in RE-2 zone with stream buffers, forest, and steep slopes. There will be a presubmission public meeting on Thursday Feb. 13, from 6:30 - 7:30 p.m. at Potomac Elementary School. The subdivision plan submitted to Park and Planning calls for five lots. The purpose of the meeting is to explain the plan, address issues, and notify those attending of their right to participate in the review process. Please attend as this proposal has environmental impacts of concern to our community.

### ARTIFICIAL FIELDS UPDATE

BY CAROL VAN DAM FALK

**Jan. 9:** Environmentalists disputed an EPA study that ground up tires in turf pose no health risks. Meanwhile, the Super Bowl is to be played at MetLife Stadium, where a new synthetic turf field from UBU Sports was installed last summer. Organizers were forced to replace the old synthetic turf field made by FieldTurf after only three years. In its glossy marketing brochures, the company claims 10 years is the normal life span of its artificial turf fields.

**Dec. 23, 2013:** The EPA acknowledges it is not entirely confident playground turf is safe for children, which makes one wonder how lawmakers and school administrators can determine that artificial turf is safe. The EPA writes, "the 'very limited nature' of the EPA study makes it 'not possible to extend the results beyond the four study sites or to reach any more comprehensive conclusions without consideration of additional data.'" We agree more research is a must.

**Oct. 29, 2013:** Actress Jennifer Beals is on our team. She led a "Stroller Brigade for Safer SEE THE POTOMAC, PAGE 11



COPYRIGHT PHOTO BY BARBARA BROWN

### There's Hope

Two robins drink from Barbara Brown's pond on Tuesday, Jan. 28.

## POTOMAC ALMANAC

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# ENTERTAINMENT

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

## ONGOING

**Art Exhibition.** Classes are taught year-round for beginner, intermediate and advanced students. Fridays 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).

**Glassworks.** Saturdays, 11 a.m.-4 p.m. Glassworks is the area's first glass school. Classes are taught year-round for both new and advanced students. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2280 or visit [www.innervisionglassworks.com](http://www.innervisionglassworks.com).

**Photoworks.** A resource for both student and professional photographers to develop their talents through classes, workshops, and exhibitions. Open Saturdays 1-4 p.m., Sundays 1-8 p.m., and during all scheduled classes and workshops. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2274 or visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org).

**Art Exhibit.** See "so much depends" Jan. 10-Feb. 18 in Photoworks Gallery at Glen Echo, 7300 MacArthur Blvd. Photography by Gurjeet Khalsa explores locations ranging from Belize to the Pacific Northwest. Hours are 1-4 p.m. on Saturdays and 1-8 p.m. on Sundays. Free. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org) or 301-634-2274.

**Art Exhibit.** See "Evidence of Civilization" Through Feb. 24 at Har Shalom, 11510 Falls Road. See photographs, paintings, ceramics and more. Free. 301-299-7087.

**Theater Performance.** See "Miss

Nelson is Missing" at Adventure Theatre at Glen Echo Park, 7300 MacArthur Blvd. Based on the children's book "Miss Nelson is Missing" by Harry G. Allard, Jr. Through March 9. Tickets can be purchased at [www.adventuretheatre-mtc.org](http://www.adventuretheatre-mtc.org) or 301-634-2270.

**Theater Performance.** See "The Tales of Beatrix Potter" in the Puppet Co. Playhouse at Glen Echo Park, 7300 MacArthur Blvd. Performances are Thursdays and Fridays at 10 a.m. or 11:30 a.m.; Saturdays and Sundays at 11:30 a.m. and 1 p.m. Runs Jan. 17-Feb. 9. \$10. Visit [www.thepuppetco.org](http://www.thepuppetco.org) or 301-634-5380.

**Art Exhibit.** See Pam Rogers' work in "Tokens and Sentiments," to coincide with the Valentine's season. Located at Capitol Arts Network's Urban by Nature Gallery, 12276 Wilkins Ave., Rockville. Runs Feb. 7-26. Free. Visit [www.capitolartsnetwork.com](http://www.capitolartsnetwork.com) or 301-661-7590.

**Drop in Art Activities.** Every Saturday from 9:30 a.m.-noon in the Candy Corner Studio at Glen Echo Park, 7300 MacArthur Blvd., parents and children can explore a new art form or theme. \$10/child, parent combo. Drop-in only. Visit [www.pgip.org](http://www.pgip.org) for more.

**Theater Performance.** From Feb. 5-March 16, see "Rumpelstiltskin" at Imagination Stage, 4908 Auburn Ave., Bethesda. Showtimes are Saturdays and Sundays at 1:30 p.m. and 4 p.m. and are appropriate for children age 5-10. ASL interpreted performance on Feb. 23 at 4 p.m. Tickets start at \$10. Visit [www.imaginationstage.org](http://www.imaginationstage.org) or 301-280-1660 for tickets.

**Theater Performance.** See "Sleeping Beauty" in the Puppet Co. Playhouse at Glen Echo Park, 7300 MacArthur Blvd. Performances are Thursdays

and Fridays at 10 a.m. or 11:30 a.m.; Saturdays and Sundays at 11:30 a.m. and 1 p.m. Runs Feb. 13-March 23. \$10. Recommended for children in grades Pre-K-grade 6. Visit [www.thepuppetco.org](http://www.thepuppetco.org) or 301-634-5380.

**Art Exhibit.** See "Collective Ink: Recent Work of Eight Printmakers" in the Popcorn Gallery at Glen Echo Park, 7300 MacArthur Blvd. This exhibit will showcase art of print in all its variety of technique. Free. Hours are Saturdays and Sundays from noon-6 p.m. Runs Feb. 15-March 16. Visit [www.glenechopark.org](http://www.glenechopark.org) or 301-634-2222.

## CLASSES & WORKSHOPS

**Art Classes.** Visit [www.visartcenter.org](http://www.visartcenter.org) or 301-315-8200 for a list of the winter classes, such as the Art of Watercolor, Advanced Artistic Anatomical Drawing and Painting Studio. Located at VisArts, 155 Gibbs St., Rockville.

**New Classes.** Photoworks, 7300 MacArthur Blvd., Glen Echo, is holding new classes in basic digital camera, photoshop or elements basics and more starting Jan. 18. Visit <http://glenechophotoworks.org/gallery/> or 301-634-2226 for a list of classes and to register.

## THURSDAY/FEB. 6

**Olympic Skate.** 4:30-6:15 p.m. at Cabin John Ice Rink, 10610 Westlake Drive, Rockville. Enjoy skating, raffles, games, specials and more. \$6.50 includes skate rental. Visit [www.cabinjohnice.com](http://www.cabinjohnice.com) for more.

**Blues Dance.** 8:15 p.m. lessons start, dancing from 9-11:30 p.m. in the Back Room Annex, 7300 MacArthur Blvd., Glen Echo. \$8. Capital Blues presents the dances. Visit [www.capitalblues.org](http://www.capitalblues.org) for more.

## FRIDAY/FEB. 7

**Opening Reception.** 6-9 p.m. at Capitol Arts Network's Urban by Nature Gallery, 12276 Wilkins Ave., Rockville. Meet Pam Rogers and see her work in "Tokens and Sentiments." Exhibit runs Feb. 7-26. Free. Visit [www.capitolartsnetwork.com](http://www.capitolartsnetwork.com) or 301-661-7590.

**Contra Dance.** 7:30 p.m. lessons start; 8:15-11:30 p.m. dancing in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Gigmesters provides music. \$10/adult; \$5/age 17 and under. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

## SATURDAY/FEB. 8

**Tiny Tots.** 10 a.m. at The Puppet Co. Playhouse at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. See "Old McDonald's Farm," suitable for children up to 4 years. Shows are 30 minutes. \$5/person. Visit [www.thepuppetco.org](http://www.thepuppetco.org) for tickets.

**Free Guided Tour.** Noon-4 p.m. at Josiah Henson Park, 11420 Old Georgetown Road, North Bethesda. Take a free one-hour guided tour of the park and retrace the footsteps of Reverend Josiah Henson from his enslavement to his escape. Visit [www.historyintheparks.org](http://www.historyintheparks.org) for more.

**Swing Dance: Valentine's Day Red Dress Ball.** 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Features music by Eric Felten Jazz Orchestra. \$18. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**Blues Dance.** Midnight-2:30 a.m. in the Ballroom Annex at Glen Echo Park, 7300 MacArthur Blvd. Enjoy a late night with Josh Fialkof Quintet. \$10/person or \$7/with Red Dress Ball wristband. Visit

[www.capitalblues.org](http://www.capitalblues.org).

## SUNDAY/FEB. 9

**Family Dance.** 3-5 p.m. in Glen Echo Town Hall, 6106 Harvard Ave., Glen Echo. \$5/age 4 and older. No experience necessary. Visit [www.fsgw.org](http://www.fsgw.org) or 301-315-9461.

**Music Performance.** 3 p.m. at the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Performance by Inscape features the premiere of Justin Boyer's "Lament." \$25. Visit [www.strathmore.org](http://www.strathmore.org) or 301-581-5100 for tickets.

**Argentine Tango.** 6:30-11 p.m. at Back Room Annex, 7300 MacArthur Blvd. DJ Rene Davila will mix the music. \$15/person; \$10/dance only. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**Contra Dance.** 7-10:30 p.m. at Spanish Ballroom, 7300 MacArthur Blvd. \$13/nonmember; \$10/member; \$5/17 and under. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

## THURSDAY/FEB. 13

**Blues Dance.** 8:15 p.m. lessons start, dancing from 9-11:30 p.m. in the Back Room Annex, 7300 MacArthur Blvd., Glen Echo. \$8. Capital Blues presents the dances. Visit [www.capitalblues.org](http://www.capitalblues.org) for more.

## FRIDAY/FEB. 14

**Sweetheart Skate.** 8-10 p.m. at Cabin John Ice Rink, 10610 Westlake Drive, Rockville. \$6.50 includes skate rental. Visit [www.cabinjohnice.com](http://www.cabinjohnice.com) for more.

**Contra Dance.** 7:30 p.m. lessons start; 8:15-11:30 p.m. dancing in the Spanish Ballroom at Glen Echo, 7300

SEE CALENDAR, PAGE 10



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# Consistent Bedtimes Linked to Wellbeing in Children

Local experts offer suggestions for helping youngsters get a good night's sleep.

BY MARILYN CAMPBELL  
THE ALMANAC

**W**hen the clock strikes 9 on any given evening, 13-year-old twins Timothy and Danny Gulyn and their 11-year-old twin brothers, Christopher and Jonathan, know that it's time for bed. Whether they are on vacation during the summer or at their Arlington, Va., home on a school night, the siblings follow a consistent routine that has them tucked-in at the same time every day.

"I am a big believer in structure and routine," said the boys' mother, Linda M. Gulyn, Ph.D., a professor of psychology at Marymount University in

Arlington. "Bedtime should be absolutely rigid, the stricter the better. We all need structure, but children need it especially."

**"Bedtime should be very soothing. A high-energy child will need more lead time to slow their motor down."**

— Dr. Bruce P. Pfeffer, child psychiatrist

Researchers say going to bed at a regular time can have a positive impact on a child's behavior and overall health. In fact, a recent study of 10,000 children by University College London found that a child's behavior improved when a consistent bedtime was established. Local childcare experts agree, saying a regular bedtime routine, such as a bath followed by reading, is an important factor in establishing a consistent lights-out time.

Kathryn Cogan, Ph.D., a Bethesda-based psychotherapist, says that a lack



PHOTO COURTESY OF LINDA GULYN

**From left: Twins Christopher and Jonathan, 11, and their 13-year-old twin brothers, Timothy and Danny, pictured with parents Linda and Peter Gulyn have a consistent bedtime and structured bedtime routine. Experts say a regular bedtime can have a positive impact on a child's behavior and overall health.**

of adequate sleep can affect a child's physical health. "If they don't get enough sleep, it affects their immune system and their ability to pay attention," she said.

Child psychiatrist Dr. Bruce P. Pfeffer, of Pfeffer Psychiatric Associates in Potomac, said a structured bedtime is part of what he calls "good sleep hygiene," which can impact a child's overall wellbeing. "Often in my practice I see children with attention problems, behavior problems, irritability, who aren't getting enough sleep," he said. "I've had children fall asleep in class because of sleep deprivation."

Experts say that while older children also need a good night's sleep, the demands of school and extracurricular activities can make getting needed rest more challenging. "Failing to get adequate rest can be an extreme stress on one's body and mind, resulting in a frantic attempt to complete academic tasks in an active rather than contemplative manner," said Michael S. Moynihan, head of the Upper School, The Heights School in Potomac.

Cogan stressed that teenagers actually

need a similar amount of sleep as newborns, "generally 12-14 hours of sleep at night because they are growing so fast, and their brains are growing so fast. Your brain works better and functions better when you have a regular sleep schedule."

For long-term success, experts like Pfeffer and Moynihan underscore the importance of a regular bedtime routine. It should "follow a short time of quiet reading, along with exercise," said Moynihan.

**ESTABLISHING A REGULAR BEDTIME** can be challenging, but not impossible. Child development experts say that a structured bedtime routine should include a few key components. "Build it into their daily routine and give them a lot of advanced warning," said Gulyn. "If I you just pluck up a kid from the middle of an activity and just say 'Go to bed,' that is upsetting to a child and it is not fair. They need an opportunity to make the transition psychologically. If they're playing a game and they get a bedtime warning, they can say 'Ok, I need to finish this game before bed.'"

When it comes to bedtime, it is important that children know what to expect, she said. "You have to make it consistent every night, even on Christmas. Give them a chance to decide how they want to spend their last half hour so they can prepare psychologically."

Pfeffer said, "It is important to establish a comfortable environment for very young children. If they start as toddlers with an established routine, they are comforted as they get older by reading a book and playing soft music in a room that is not filled with light. Bedtime should be very soothing. They take a bath, brush their teeth and put on their pajamas. A high-energy child will need more lead time to slow their motor down."

Len Annetta, Ph.D., a professor in the College of Education and Human Development at George Mason University, said, "High energy kids need to blow off steam and tire their muscles. Routine and consistency are critical. It's not easy, but you have to shut them down at the same time every night and wake them at the same time every morning. It's not a debate. The parent is in charge and has to stand firm on the rules. Rewarding the child for getting to bed and staying in bed ... helps the child know you appreciate their effort and are proud of their accomplishment."

Kensington-based psychotherapist Karen Prince cautions, "Screen time makes it harder to fall asleep. Start the bedtime routine a minimum of an hour before the actual bedtime. It shouldn't include television, video games or screen time of any sort."

While a regimented bedtime may sound draconian, it can actually be comforting. "Children thrive on structure and expectation," said Gulyn.

"For many young children, this can be a time of uncertainty, insecurity and separation anxiety. Establishing a structured bedtime routine brings comfort to the child. If you have a structured routine and strict bedtimes, it makes it easier for a child to get to sleep and rest better throughout the night."

## Help for Dry Winter Skin Skin care experts suggest solutions.

BY MARILYN CAMPBELL  
THE ALMANAC

**A**ndrea Myers and her two young sons say that one of the challenges of winter is dry, itchy skin. Her boys, aged six and four, can only stand wearing soft clothing, because rough fabrics like denim irritate their skin.

"It's horrible," said Myers who lives in Old Town Alexandria, Va. "They are constantly scratching. My own hands are so dry and cracked that my cuticles hurt."

When the temperature drops, the humidity usually follows, creating frigid, dry temperatures outside and warm, dry furnace

air inside. The dehydrating combination can lead to dry, itchy winter skin. Local skin care experts say understanding the causes of dry skin is the first step to restoring it. They also offer dry-skin fighting suggestions that range from the food you eat to the products you apply to your skin.

Bethesda-based dermatologist Dr. Richard Castiello says the dry warm air inside our homes — our refuge from the cold — can lead to dry skin. "The skin will lose its water content in the dry air, particularly with modern furnaces where the air is bone dry," said Castiello "What I tell people to do is try to humidify your living [space]."

Jodey McGhee, a licensed esthetician and

co-owner of Pure Aesthetica in Alexandria, Va., said the food and liquids you consume during winter can also impact dry skin. "First and foremost is always drinking plenty liquids like clean filtered water, maybe with a squeeze of lemon or a chunk of ginger," she said. "Parsley is very hydrating. Cucumbers contain a lot of vitamins and minerals for your skin and they offer a detox for your skin, especially if we're not working out as much and perspiring as much, they can help your skin achieve a glowing complexion."

When it comes to topical skin care, Castiello said to watch how often you cleanse and the type of soap you use. "Soap

works by cutting oil, so be less aggressive with showering [as] frequent washing strips the skin of natural oils," he said.

McGhee said, "You always need to exfoliate, but you have to make sure you're not over exfoliating." After an exfoliation, hydration is crucial as well. "Apply a water-based mask like one made of aloe — aloe is mostly water — and leave it on anywhere from five to 25 minutes," McGhee said.

Sealing in the moisture is the next step. "You don't need a fancy lotion, but the thicker and greasier the lotions, the better," said Castiello. "You can use even use warm petroleum jelly, melted so that it is reduced to an oil."

# HOME SALES

In December 2013, 48 Potomac homes sold between \$2,198,000-\$453,500.

Address	BR.	FB.	HB	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision
9747 AVENEL FARM DR	5	5	2	POTOMAC		\$2,198,000	Detached	1.40	20854	AVENEL
10511 RIVERS BEND LN	6	7	1	POTOMAC		\$1,800,000	Detached	1.04	20854	MARWOOD
10926 BRENT RD	11	10	3	POTOMAC		\$1,750,000	Detached	2.13	20854	POTOMAC RANCH
10817 ALLOWAY DR	5	3	2	POTOMAC		\$1,700,000	Detached	2.15	20854	POTOMAC FALLS
11305 SOUTH GLEN RD	6	5	1	POTOMAC		\$1,670,000	Detached	1.15	20854	POTOMAC OUTSIDE
11708 SLATESTONE CT	6	4	1	POTOMAC		\$1,585,000	Detached	0.52	20854	CLAGETT FARM
11204 GREENBRIAR PRESERVE LN	5	4	1	POTOMAC		\$1,437,000	Detached	0.57	20854	GREENBRIAR PRESERVE
9530 PERSIMMON TREE RD	5	6	1	ROCKVILLE		\$1,415,000	Detached	0.77	20854	CONCORD
7400 BRICKYARD RD	5	5	1	POTOMAC		\$1,305,000	Detached	0.36	20854	RIVER FALLS
10108 SOUTH GLEN RD	5	5	1	POTOMAC		\$1,300,000	Detached	0.98	20854	POTOMAC HILLS
13239 MAPLECREST DR	5	4	1	POTOMAC		\$1,270,888	Detached	0.26	20854	PINEY GLEN VILLAGE
14509 PETTIT WAY	6	4	2	POTOMAC		\$1,250,000	Detached	2.00	20854	RIVERWOOD
10720 LAUREL LEAF PL	5	4	1	POTOMAC		\$1,205,000	Detached	0.51	20854	FAWSETT FARMS MANOR
7905 RIVER FALLS DR	4	4	1	POTOMAC		\$1,149,000	Detached	0.37	20854	RIVER FALLS
12500 BRACKEN HILL LN	5	4	1	ROCKVILLE		\$1,135,000	Detached	2.00	20854	STONEY CREEK FARM
10301 SNOWPINE WAY	4	2	2	POTOMAC		\$1,110,000	Detached	0.54	20854	POTOMAC OUTSIDE
11901 TRAILRIDGE DR	4	4	1	POTOMAC		\$1,100,000	Detached	0.38	20854	WINTERSSET
11317 WILLOWBROOK DR	6	4	1	POTOMAC		\$1,082,450	Detached	0.37	20854	OLDFIELD
8308 HACKAMORE DR	4	4	1	POTOMAC		\$1,075,000	Detached	0.36	20854	RIVER FALLS
7705 HIDDEN MEADOW TER	4	3	1	POTOMAC		\$1,060,000	Townhouse	0.08	20854	RIVER FALLS
12400 BEALL MOUNTAIN LN	6	3	1	POTOMAC		\$1,000,000	Detached	5.10	20854	DARNESTOWN OUTSIDE
10512 GAINSBOROUGH RD	6	3	2	POTOMAC		\$980,000	Detached	0.35	20854	WINDSOR HILLS
10621 TANAGER LN	4	3	1	POTOMAC		\$935,000	Detached	3.39	20854	GLEN MILL KNOLLS
10407 WINDSOR VIEW DR	4	3	2	POTOMAC		\$935,000	Detached	0.34	20854	WINDSOR HILLS
12008 STARVIEW CT	4	2	2	POTOMAC		\$905,000	Detached	0.24	20854	FALLSREACH
11401 ROUEN DR	4	3	1	POTOMAC		\$900,000	Detached	0.36	20854	LAKE NORMANDY ESTS
12620 ORCHARD BROOK TER	5	2	1	POTOMAC		\$869,500	Detached	0.24	20854	POTOMAC COMMONS

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## SPORTS BRIEFS

### Upcoming Churchill Games

The Churchill boys' and girls' basketball teams will host Blair in a doubleheader on Friday, Jan. 7.

The boys' team will play at 5:15. The girls will follow at 7 p.m.

The boys' team will host Walter Johnson at 7 p.m. on Tuesday, Jan. 11. The girls' team will travel to face Walter Johnson.

The Churchill girls' basketball team defeated Poolesville 54-44 on Jan. 31, giving the Bulldogs six wins in their last seven games.

The Churchill wrestling team will host Blake at 6 p.m. on Wednesday, Feb. 5 and will travel to face Sherwood at 2:30 p.m. on Friday, Feb. 8.

### Upcoming Whitman Games

The Whitman boys' and girls' basketball teams will travel to face Walter Johnson during a doubleheader on Friday, Feb. 7.

The boys' team will play at 5:15 p.m. Entering their Tuesday game against Churchill on Feb. 4, the Vikings were 12-3, winning 12 of the past 13 games.

The Whitman girls' team will follow with a 7 p.m. contest. The Vikings entered their Feb. 4 game against Churchill with a 13-2 record, having won 12 straight.

The Whitman wrestling team will travel to face Springbrook at 6 p.m. on Wednesday, Feb. 5. The

Vikings will host Bethesda-Chevy Chase and Walter Johnson at 2:30 p.m. on Saturday, Feb. 8.

### Upcoming Wootton Games

The Wootton boys' and girls' basketball teams will face Gaithersburg on Friday, Feb. 7. The girls' team will host the Trojans and the boys' team will travel. Both games are at 7 p.m.

The Wootton girls' team defeated Quince Orchard 55-50 on Jan. 31, giving the Patriots eight wins in their last 10 games.

The Wootton wrestling team will host Northwood at 2:30 p.m. on Saturday, Feb. 8.

### Upcoming Bullis Games

The Bullis boys' basketball team will host Episcopal at 7:30 p.m. on Friday, Feb. 7. The Bulldogs defeated St. Albans 57-31 on Jan. 31, improving their record to 17-3.

Bullis will close the regular season with road games against St. Stephen's & St. Agnes (Feb. 11), Georgetown Prep (Feb. 14) and Episcopal (Feb. 15).

The Bullis girls' basketball team will travel to face Georgetown Day School at 5:45 p.m. on Thursday, Feb. 6 and will host Georgetown Visitation on Feb. 11.

Bullis lost to National Cathedral 61-54 on Feb. 3, dropping its record to 8-10. The Bullis wrestling team will host a meet at 5 p.m. on Wednesday, Feb. 5.

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21 Announcements

21 Announcements

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## Piece of Mind



By KENNETH B. LOURIE

Today I was eating a Tootsie Roll, and while chewing it, felt something sharp against my gum. Knowing my candy, sharp I should not feel, so immediately I stopped chewing in hopes of locating the sensation; which I did. It turns out that I broke off the top half of a previously (years ago) installed dental crown. Fortunately, the crown was still in my mouth, so I was able to retrieve it. Upon closer examination of it and the now crown-less tooth, it appears that the crown and the tooth are completely intact (undamaged) and perhaps a simple re-cementing at the dentist's office awaits, a repair achieved much less expensively than replacing the entire crown. (I can hope, can't I? After all, I am a cancer patient; hope is what I do.)

As soon as I realized what had happened, I began to remember – and laugh. Approximately 4 months into my initial chemotherapy infusions nearly five years ago in the first quarter of 2009, I shared a dental concern with my oncologist. I had broken off the top half of a tooth and it needed a crown. Concerned that somehow the chemotherapy would affect the crown's cementing, I had waited until this point to ask my oncologist's permission to have the repair. I offered to him that since I had one more heavy-duty chemotherapy infusion scheduled (boy was I naive), could I schedule the dental-crown appointment with my dentist now? My oncologist looked up at me as I sat on the examining table and hesitated and then asked: "How long does a dental crown last?" I similarly hesitated and said: "I don't know. About 10 years, I guess." To which he replied, "Maybe you don't need a dental crown." Perplexed as to why he was advising me not to seek a medical/dental solution, I thought for a few seconds while I processed his answer: Why did he ask about how long the crown lasts and how come he's not encouraging me get the crown...Oh, I get it. He doesn't think I have 10 years. Then I laughed and said I understood. A few weeks later, against my oncologist's advice, I got the crown. And now five years later, the crown has fallen off. Not only did it not last 10 years, it barely lasted five years. Moreover, I lasted five years, three years longer than the back end of the "13 months to two years" prognosis I was given by this oncologist. Not that I necessarily wanted to prove him wrong and/or get my money's worth out of this crown, but the fact that I have outlived both my crown and my original terminal prognosis has brought me great joy. Not a sense of self-satisfaction per se, but more a sense of irony. Given the rather grim statistics attached to a stage IV lung cancer diagnosis, the relative significance of a dental crown repair is practically zero. Still, it feels good. (Moreover, my philosophy was and is: given the extreme negative that a terminal cancer diagnosis/prognosis imposes, anything the patient, in this case me, can do to act/live normally, the better/more optimistic I'll feel to counter the weight of a cancer diagnosis. Giving in to it is not an option.)

So I'll be calling my dentist this week to schedule a consult/fix. However, considering the fact that February 27, 2014 will be my five-year survival anniversary, an accomplishment that few – less than 5 percent – of stage IV, non-small cell lung cancer patients ever realize, it will give me pause once again as to whether the repair is truly necessary. Now whether it turns out to be a waste of time, energy and money, as my oncologist originally presumed it might be, the repair is necessary for one main reason: peace of mind. It's my life and I want to live it. The heck with the diagnosis/prognosis.

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

## CALENDAR

FROM PAGE 7

MacArthur Blvd., Glen Echo. Glen Echo Open Band provides music. \$10/adult; \$5/age 17 and under. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

### SATURDAY/FEB. 15

**Tiny Tots.** 10 a.m. at The Puppet Co. Playhouse at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. See "Clowning Around," suitable for children up to 4 years. Shows are 30 minutes. \$5/person. Visit [www.thepuppetco.org](http://www.thepuppetco.org) for tickets.

**Dog Training.** 10-11:30 a.m. at St. Luke's Episcopal Church, 6030 Grosvenor Lane, Bethesda. Read and discuss "Scaredy Dog! Understanding & Rehabilitating Your Reactive Dog." Free. Visit [yourdogsfriend.org/free-workshops](http://yourdogsfriend.org/free-workshops) or 301-983-5913.

**Free Guided Tour.** Noon-4 p.m. at Josiah Henson Park, 11420 Old Georgetown Road, North Bethesda. Take a free one-hour guided tour of the park and retrace the footsteps of Reverend Josiah Henson from his enslavement to his escape. Visit [www.historyintheparks.org](http://www.historyintheparks.org) for more.

**One-Woman Show.** 8 p.m. at Bethesda Blues & Jazz, 7719 Wisconsin Ave. Gia Mora will perform "Einstein's Girl." \$25. Visit [www.bethesdabluesjazz.com](http://www.bethesdabluesjazz.com) or 240-330-4500 for tickets. Visit [www.giamora.com](http://www.giamora.com) for more.

**Play in A Day.** 8 p.m. at Imagination Stage, 4908 Auburn Ave., Bethesda. Six local theatre companies will write, direct, rehearse and perform original plays based on similar themes. \$15. Visit [www.bethesda.org](http://www.bethesda.org) for more. Remaining tickets will be sold at the door at 7 p.m.

**Swing Dance.** 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Features music by Bitter Dose Combo and Johnny Boyd Band. \$20. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

### SUNDAY/FEB. 16

**Waltz Dance.** 2:45-6 p.m. in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Dance to live music by MacArthur Boulevard. \$10. Visit [www.waltztimedances.org](http://www.waltztimedances.org) for more.

**Argentine Tango.** 6:30-11 p.m. at Ballroom Annex, 7300 MacArthur Blvd. DJ Rene Davila will mix the music. \$15/person; \$10/dance only. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**Contra Dance.** 7 p.m. lessons start; 7:30 -10:30 p.m. dancing in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Lars Prillaman and the Brothers Metz provides music. \$13/nonmember; \$10/member; \$5/age 17 and under. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

### WEDNESDAY/FEB. 19

**Book Club Event.** 7 p.m. at Carver Educational Services Center, 850 Hungerford Drive, Rockville. MCPS Superintendent Joshua Starr will discuss "Making Hope Happen" by Dr. Shane Lopez. Free. The author will discuss the book and take questions from the audience. RSVP to [pio@mcpsmd.org](mailto:pio@mcpsmd.org).

### FRIDAY/FEB. 21

**Theater Performance.** 7:30 p.m. at Winston Churchill High School's Bish Auditorium, 11300 Gainsborough Road. See the production of Blast 25: Mixtape. \$20 or \$15/balcony seat. Advance tickets can be purchased online at [www.wchsarts.com](http://www.wchsarts.com), or in the lobby box office outside the auditorium.

### SATURDAY/FEB. 22

**Tiny Tots.** 10 a.m. at The Puppet Co. Playhouse at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. See "Merlin's Magic," suitable for children up to 4 years. Shows are 30 minutes. \$5/person. Visit [www.thepuppetco.org](http://www.thepuppetco.org) for tickets.

**Free Guided Tour.** Noon-4 p.m. at Josiah Henson Park, 11420 Old Georgetown Road, North Bethesda. Take a free one-hour guided tour of the park and retrace the footsteps of Reverend Josiah Henson from his enslavement to his escape. Visit [www.historyintheparks.org](http://www.historyintheparks.org) for more.

**Spoken Word Poetry Event.** 2-4 p.m. at Josiah Henson Park, 11420 Old Georgetown Road, North Bethesda. Share original poetry with the theme of "sounds of freedom." Free. Visit [www.historyintheparks.org](http://www.historyintheparks.org) for more.

# The Potomac Master Plan: 12 Years Old

FROM PAGE 6

Chemicals and Safer Playing Fields” in Washington, D.C. to draw attention to the connection between toxic turf and questionable chemicals encountered daily by Americans. Beals said, “I’m tired of debating school administrators about artificial turf fields with crumb rubber, those black pellets that get everywhere and anywhere and that contain lead ... polycyclic aromatic hydrocarbons ... I’m tired of reminding school administrators that what is good for a tire is not good for a child.

I’m tired of hearing schools say, ‘Well, the company says there’s only a little bit of lead in it.’

There is no such thing as an acceptable level of lead for children.”

Maryland State legislators are working on gaining support for bills to prevent Public Open Space (POS) money from being spent on funding artificial turf (AT) fields in Maryland, erect warnings signs at AT fields on the dangers of playing on tire crumb espe-

cially on hot days, and to expose counties and municipalities to the full legal liability associated with AT fields. Please go to [www.safehealthyplayingfields.org](http://www.safehealthyplayingfields.org) for more information concerning the dangers of artificial turf fields and to how promote and support natural grass playing fields in your community.

## BULLETIN BOARD

FROM PAGE 2

Assistance Programs for the 2014-2015 school year is now available online at <https://scholarship.moaa.org/login.aspx>. Students can apply for the interest-free loans and grants, which are awarded annually for up to five years of undergraduate study (or until a student graduates.)

Applicants must be graduating high school seniors or full-time college students working toward their first undergraduate degree. Students may

apply online at [www.moaa.org/education](http://www.moaa.org/education). The application deadline is Monday, March 3 at noon. Visit [www.moaa.org/scholarshipfund](http://www.moaa.org/scholarshipfund) or e-mail [edassist@MOAA.org](mailto:edassist@MOAA.org).

### ONGOING

County residents can drop off **bulky rigid plastic items** such as laundry baskets, kiddie pools, chairs, trash cans and pet carriers at the Shady Grove Solid Waste Processing Facility and Transfer Station. All items should be empty, rinsed and free of loose dirt, soil, etc.

**Ride On monthly passes for Children.** \$11 monthly Youth Cruiser SmarTrip® card is available to riders under 18. To buy the first card, parents must apply in person and show proof of age and county residence for the prospective riders. The cards can be purchased at the TRIPS commuter store in Friendship Heights (17 Wisconsin Circle), the one in Silver Spring (8413 Ramsey Avenue) or at the county's Division of Treasury (255 Rockville Pike, L-15, Rockville).

**Connect-A-Ride** offers low-priced transportation to medical appointments, pharmacies, grocery stores and more for low-income, disabled residents 50 and over. Contact the Jewish Council for the Aging at 301-738-3252.

**Alzheimer's Association support groups** provide a place for people with Alzheimer's, their caregivers, family members, and/or friends to share information, caregiving tips and concerns throughout the Alzheimer's journey. Groups are facilitated by trained group leaders and are ongoing, free and open to the community. Call the Alzheimer's Association 24/7 Helpline at 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other information. A complete list of all groups in the National Capital Area region can be viewed at [www.alz.org/nca](http://www.alz.org/nca).

**Zumba at Village Yoga.** An easy-to-follow, Latin-inspired, calorie-burning dance fitness-party. Classes are offered on Tuesday and Thursday nights from 7:30 p.m. to 8:30 p.m., Saturday mornings at 11:30 a.m., and Sunday afternoon at 5:15. All classes at 10154 River Road. Call 301-299-1948 or visit

[www.villageyogayogi.com](http://www.villageyogayogi.com).

**Beginner's Yoga Classes at Village Yoga** as well as Beginner's Gentle Flow class throughout week. 10154 River Road. For more information call 301-299-1948 or visit [www.villageyogayogi.com](http://www.villageyogayogi.com).

**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)

**Free Parent-Child Playgroup.** Every Friday at 9:30 a.m. at the Har Shalom Early Childhood Education Center. Meet new friends as you and your child play with age appropriate toys. Call 301-299-7087.

**English Literacy for Adults.** The Literacy Council of Montgomery County offers free literacy classes in reading, writing, listening, speaking, from beginning to advanced levels, including classes that focus on employment skills. The council also offers one-on-one tutoring. Volunteers lead the classes, tutor and act as mentors. The fall class schedule and registration dates are available online. Anyone interested in signing up for a class or volunteering should contact the Literacy Council. Email [info@literacycouncilmcmd.org](mailto:info@literacycouncilmcmd.org) or 301-610-0030.

**Montgomery County Master Gardeners** are seeking applicants for their upcoming training class. Class size is limited and filled on a first-come, first-served basis. To be placed on the application list, or for more information, call 301-590-2836.

### VOLUNTEER OPPORTUNITIES

A local version of the **Peace Corps** has been established in Montgomery County by County Executive Ike Leggett. Called Montgomery Corps., it gives five county residents an opportunity to dedicate one year of service to Montgomery County.

**Parks need support** from the surrounding communities for volunteers to work at many

visitor centers. Volunteers are needed to help visitors, take phone calls, operate the cash register and keep small gift shop stocked, and assist with special events and programming. Hours are flexible and each volunteer will receive an orientation to the Visitor Center and visitor services. Volunteers are needed at Cumberland, Hancock, Williamsport, Ferry Hill, Brunswick, Lander Lockhouse, Great Falls, and Georgetown. For locations between Cumberland and Lander, contact Curt Gaul at 301-582-0813 or [curt\\_gaul@nps.gov](mailto:curt_gaul@nps.gov). For Great Falls or Georgetown, contact Becca Jameson at 301-767-3709 or [rebecca\\_jameson@nps.gov](mailto:rebecca_jameson@nps.gov).

**The Bethesda Urban Partnership** is looking for volunteers to help assist with various local festivals including Taste of Bethesda in Oct. E-mail [info@bethesda.org](mailto:info@bethesda.org).

BUP is a non-profit organization that handles landscaping and maintenance as well as promotion of the downtown through innovative marketing campaigns and large-scale events to foster an environment in which downtown Bethesda can thrive and prosper. **Call 301-215-6660, or email** [info@bethesda.org](mailto:info@bethesda.org).

**CANTER-Mid Atlantic** to open a racehorse rehabilitation program with donations from Delaware Park and the Delaware Thoroughbred Horsemen's Association earmarked to serve Delaware Park trainers and owners. To find an ex-race horse, volunteer, or make a donation, visit [www.canterusa.org/midatlantic](http://www.canterusa.org/midatlantic).

To become a volunteer **Bike Patrol member** on the C&O Canal, contact Norman Liebow at [liebow@comcast.net](mailto:liebow@comcast.net) or 301-714-2218.

**The Greater Chesapeake and Potomac Blood Services Region of the American Red Cross** is seeking volunteers to assist its blood collections staff at blood drives and blood donor centers.

Call the American Red Cross Volunteer Office at 1-800-272-0094, ext. 1, or e-mail [karloff@usa.redcross.org](mailto:karloff@usa.redcross.org).

Volunteers are needed to assist sexual assault victims and their families through the **Victim Assistance and Sexual Assault Program** of the Montgomery County Department of Health and Human Services. To schedule an interview visit [www.montgomerycountymd.gov/vasap](http://www.montgomerycountymd.gov/vasap) or 240-777-1355.

## Italian Designer Takes Trunk Show to Benny's Bar & Grill

Italian Designer Franco Fonati, owner of David 2 Leather Factory, based in Florence, Italy, opted out of holding his annual Trunk & Fashion show at the Willard Hotel in Washington, D.C. this year. Instead, Fonati wanted to have the Trunk & Fashion show in Potomac, 20 miles outside of D.C. for the annual event.

Fonati chose Benny's Bar & Grill in the Cabin John Shopping Center, one of Potomac's newest restaurants with the look and feel of the 1940s with seating for 250 guests.

The Trunk and Fashion will run from Wednesday, Feb. 5, through Sunday, Feb. 9 from 11 a.m. to 10 p.m.

lost (adj): 1. unable to find the way.  
2. not appreciated or understood.  
3. no longer owned or known



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