

Potomac ALMANAC



Snowy Silence

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Progress on 'Rink of Dreams'

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Incorporating Math and Science Into a Child's Day

A+, PAGE 9

A foot of snow piles up along Brickyard Road last week. Schools were closed both Thursday and Friday.

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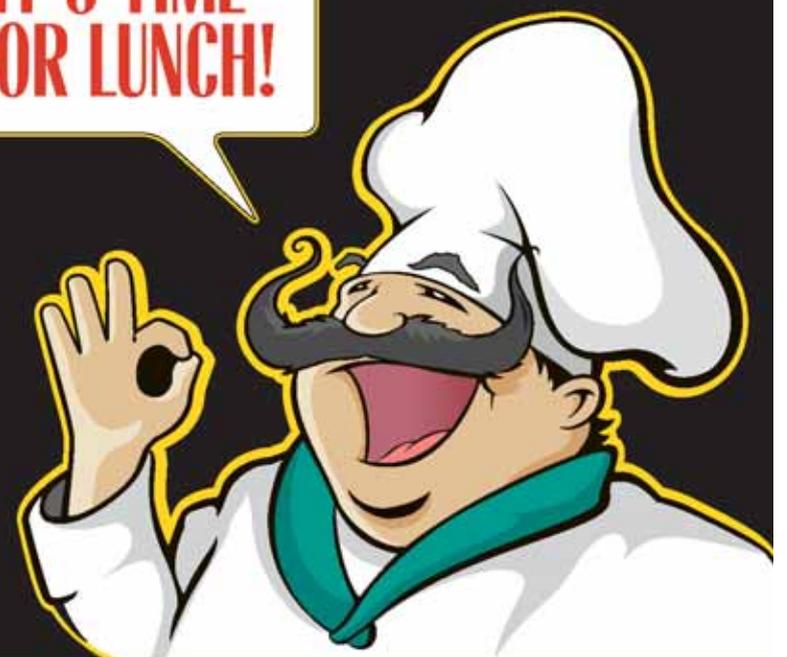
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Rolling with It Funds will lift dormant roller hockey rink for athletes with disabilities.

BY KEN MOORE
THE ALMANAC

A new vision for the Potomac Community Center's rink of dreams has been adopted, while plans to use the former roller hockey rink at Potomac Community Center for athletes with disabilities are being finalized.

Programs could start by the summer camp season, according to council documents.

Montgomery County Council held a public hearing Feb. 11 on a proposal to use \$250,000 of General Obligation Bonds and community contributions to convert the dormant roller hockey rink at the Potomac Community Center into an adaptive sports court for athletes with disabilities.

"The increase is needed to meet the increased demands for therapeutic recreation services for persons with disabilities," according to County Executive Isiah Leggett. "I appreciate your prompt consideration of this action."

The Council is scheduled to officially approve the proposal at a future County Council soon, according to Council President Craig Rice and Councilmember Nancy Floreen.

"The Planning Housing and Economic Development took up this exact item yesterday in its review of the [Capital Improvements Plan.] We certainly support it so it will be on our agenda for approval shortly," said Floreen.

"It is a great and noble cause," said Rice.

CONTROVERSY HAS HOVERED around the rink since its inception.

Neighbors say the rink, built in 1997 to facilitate the explosion of interest in roller hockey, was erected without proper public input. The county limited play at the rink to youth ages after complaints.

League play stopped approximately eight



Alison Acosta plays soccer with the Young Athletes Program at the Potomac Community Center.

years ago, as interest in roller hockey dwindled. The rink remained mostly dormant until now.

But when plans were made to bulldoze the rink last fall, Pam Yerg, area director with Special Olympics, pitched her idea to turn the rink with its safe flat surface into a sports field for athletes with disabilities, including those who use assistive devices such as crutches, walkers, wheelchairs or prosthetics.

Yerg called the facility "a rink of dreams."

Leggett and the county gave approval for re-purposing the rink. A working committee, including neighbors, formed and starting meeting in the fall.

THREE-, FOUR- AND FIVE-YEAR-OLDS with disabilities, YAPsters, were first to use the rink for the fall MSI TOPsoccer program, including Alison Acosta, then 5.

"It's giving her a chance to do soccer. She has a sister Juliette who also plays MSI, so this gives Ali a chance to play," said Luis

Acosta, Alison's father.

Yerg matched Alison with Alexa Singman, an eighth-grade student at Frost Middle School, who is Alison's buddy on the pitch.

"It makes me feel good seeing them have fun," said Alexa. "It's nice to see everyone get a chance to play."

The dormant Potomac roller hockey rink was power washed, its cracks were filled and a security camera was installed in the fall.

The Young Athletes Program, YAPsters, began the season Sept. 15.

Yerg thought she might get a handful of players.

"We have 20," said Yerg. "It is a sight to behold."

YERG WROTE to the Council for last week's public hearing: "We anticipate being able to fill the week with valuable programs serving those who are greatly underserved."

According to Leggett, the proposed funding "leverages an under-utilized existing asset with \$25,000 in community contributions, and offers a significant opportunity to be used during the Summer 2014 camp season."

"The Department of Recreation was approached to undertake this project by the community-based Friends of Potomac Community Recreation Center, Inc., along with representatives of a variety of groups supporting individuals with disabilities, among them Special Olympics, Potomac Community Resources, Wounded Warriors, as well as the department's Therapeutic Recreation Section," according to Leggett.

Pete Selikowitz, executive director of the Potomac Community Center, helped prepare the rink for the YAPsters in the fall.

"That's what recreation is all about, providing opportunities for the entire community. I'm happy to be a part of it," said Selikowitz.



Emma Quick learns about soccer.



The Potomac Community Center's roller hockey rink will be used for athletes with disabilities.



A'yani Ross. "We like the opportunity for her to socialize with peers," said her father, Curtis Ross.

POTOMAC ALMANAC

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NEWS

Potomac Grocer Opens in Potomac Village

Gourmet market aims to fill niche.

BY SUSAN BELFORD
THE ALMANAC

Surprise family or friends with stuffed pork tenderloin with currants and raisins — or take home a lobster tail with truffle butter. Try the grilled asparagus or chicken pesto penne — or choose among side dishes such as orzo salad, quinoa salad, or a salmon spread. Then move on to the dessert case — and try to decide which delectable sweet will best complete the meal.

Several years ago, River Falls resident Tom Spencer realized that Potomac needed a neighborhood gourmet market and carry-out restaurant with delicious and nutritious prepared for busy professionals, students, moms and dads who are on their way home from work, sports practices or school. His dream of providing Potomac with this concept came to fruition on Wednesday, Feb. 12 with Potomac Grocer — only to be closed by the snowstorm on Thursday and Friday. But now they are open and ready for business.

Word is spreading about the menu items prepared each day in the state-of-the-art kitchen in the back of the market by Chef Justin Key — and the fresh pastries baked daily by Pastry Chef Catherine McArdle. The market also offers a variety of prime cuts of meat and fresh seafood as well as organic milk, butter and eggs from a local farm. Cheese, crackers, soups, vinegars, sauces and even homemade chocolate and caramel toppings fill the shelves of the new store.

“We are gearing up to provide a sandwich, soup and salad bar within the week,” said Spencer. “I feel we have a niche in Potomac — something that has been miss

SEE NEW GOURMET, PAGE 5



Christina Volunts shows some of the desserts.



Potomac Grocer opened last week in Potomac Village.

PHOTOS BY DEBORAH STEVENS/THE ALMANAC



From left are Tracy and Julie Spencer, and Branden White, standing in front of one of the store's display cases.



Paul Sullivan stands behind the fresh seafood display case.

New Gourmet Market Opens in Potomac Village

FROM PAGE 4

ing in our community. Potomac residents had to drive to Bethesda or Rockville for a gourmet grocery store and there hasn't been a butcher here in the Village for many years. We will be butchering our own meat here in the store and our seafood is delivered fresh every day. We are unique because we are offering the market as well as a full menu of prepared meals. Our menu selections will include meat, seafood and vegetarian items as well as gluten-free and dairy free items."

Key graduated from Le Cordon Bleu in Pittsburgh and then was employed with Canapés Catering in Frederick. McArdle was trained at L'Academie de Cuisine and was previously employed at Black's Restaurant Group. Spencer currently has 10 employees.

"As we grow, we will be adding employees," he said. "I would like to hire students to work here after school since we are predicting the dinner hours will be very busy. I am also planning on our web site

NEWS BRIEF

Election Judges Needed

Montgomery County's Board of Elections is seeking registered voters to serve as election judges at polling places for the gubernatorial Primary Election to be held on June 24.

In accordance with the Election Code, to serve in this paid position on Election Day or during Early Voting, an election judge must be registered to vote in the State of Maryland. They must also be able to speak, read, and write the English language, and while acting as a judge must not hold, or be a candidate for, public or party office. In addition, election judges may not serve as a campaign manager for a candidate or as treasurer for any campaign financial entity.

Election Judges are needed in Districts 6, 7, and 10 which includes Chevy Chase, Bethesda, North Bethesda, Potomac, and Cabin John. The application process requires both an online quiz and completion of hands-on training. All applicants who are selected for these positions will be compensated at rates that vary based on the position, as advertised at www.777vote.org.

To apply online, or for more information, visit www.777vote.org and select the Election Judges' link.

being up and running soon. Customers will be able to order meals on-line prior to picking them up. This will make their wait time very short. We realize our customers are very busy and saving time is important to them."

The new grocery is located in the heart of Potomac Village in the former site of The Surrey. Spencer has revamped the area. The mar-

ket is spacious, decorated in a black and white contemporary style. It's relaxing and comfortable and allows space for meeting and conversing with neighbors and friends. Parking is easy — but selecting among the many appealing meal items is difficult.

Holy Child Headmistress Maureen Appel stopped by to select dinner items to "dazzle her

grown children" since they were coming for Sunday dinner. She was impressed and commented, "We have needed a market like this in Potomac for a long time. It is just exquisite. I love the uncluttered look — and I can't wait to prepare these steaks and the grilled asparagus for my children. I want to feed them well so they will return every Sunday."

Located at 10107 River Road, the store is open from 10 a.m. to 8 p.m. every day except Sunday when they are open from 11 a.m. to 6 p.m.

Its website will be www.potomacgrocer.com and to learn more about them, go to its Facebook page. Call 301-299-4200 for more information or to place and order.

LET'S TALK Real Estate



by Michael Matese

Social Media and Real Estate: Make the Connection!

Facebook, Yelp, Foursquare, Twitter, Google+, LinkedIn, Wordpress, Tumblr, Blogger.....the face of social media is constantly changing—how do you keep on top of trends and utilize these tools to your best advantage? How do you avoid investing your effort into a social media graveyard? Buyers, sellers, REALTORS® and all the various agents associated with property transactions are more reliant than ever on the internet. Social media tools are one way for consumers to weed out the "junk" of information overload.

Recommendations, referrals, testimonials and feedback are what consumers are looking for, and social media tools are one way for anyone involved in property transactions to boost their success. Once a private transaction between REALTOR® and client, the property transaction of today focuses more on the collective power of the social media community: photos are uploaded to Facebook or Google+ from an open house, sellers will comb Twitter feeds for mentions of their property, agents are rated on Yelp and network between one another on LinkedIn. A REALTOR® with social media savvy can be beneficial for both the seller looking for an expedient transaction and the buyer looking for the perfect property. Social media puts homes in the eyes of the consumers and connects the properties available to their target audience—increasing the chances of a bid and successful closing. The bottom line is social media, properly used, can give a REALTOR® a solid edge, which benefits all parties involved in a real estate purchase. ice is yours, when letting a little light into your home!

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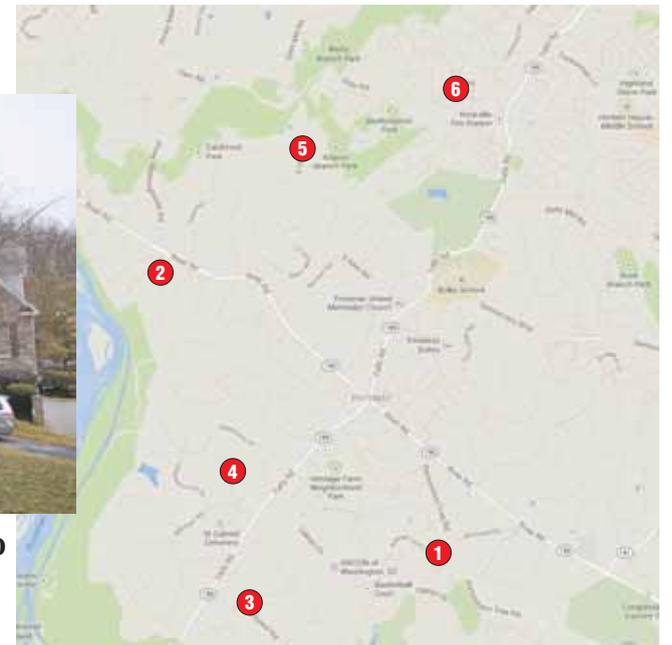
2 10511 Rivers Bend Lane — \$1,800,000



4 10817 Alloway Drive — \$1,700,000



5 11305 South Glen Road — \$1,670,000



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6 11708 Slatestone Court — \$1,585,000

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3 10926 BRENT RD	11	10	3	POTOMAC	\$1,750,000	Detached	2.13	20854	POTOMAC RANCH	12/31/13
4 10817 ALLOWAY DR	5	3	2	POTOMAC	\$1,700,000	Detached	2.15	20854	POTOMAC FALLS	12/20/13
5 11305 SOUTH GLEN RD	6	5	1	POTOMAC	\$1,670,000	Detached	1.15	20854	POTOMAC OUTSIDE	12/02/13
6 11708 SLATESTONE CT	6	4	1	POTOMAC	\$1,585,000	Detached	0.52	20854	CLAGETT FARM	12/16/13

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PEOPLE

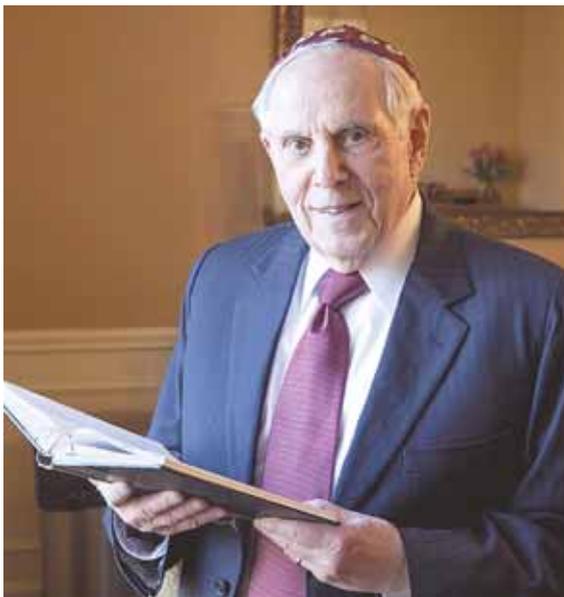


PHOTO BY MICHAEL KRESS

Dr. Sheldon Kress had a second bar mitzvah at Har Shalom, a Potomac synagogue. The same tallit or prayer shawl that was used during his first bar mitzvah ceremony was used during his second.



PHOTO CONTRIBUTED

The first bar mitzvah of Scheldon Kress.

Celebrating a Second Lifetime

Local doctor undergoes second bar mitzvah at the age of 83.

BY MARILYN CAMPBELL
THE ALMANAC

When Dr. Sheldon Kress was called to the Torah as a bar mitzvah 70 years ago, some important family members were missing from the coming of age ritual: his parents.

Last month, Kress, who never knew his father and whose mother died when he was 8, had a second bar mitzvah. This time, family surrounded him: his wife of 59 years, Rose; his three children; their spouses and his seven grandchildren. The ceremony was held at Har Shalom, a Potomac synagogue.

"It was thrilling to see my children and grandchildren contribute and realize that the event was so meaningful for them. [It was] something that they would remember through their lifetimes, and it would inspire them," said Kress, who is a physician and still practices medicine.

Boys become a bar mitzvah when they reach the age of 13. Because Jewish tradition says 70 years is a lifespan, the age of 83 is an opportunity to cel-

brate another bar mitzvah, though not everyone chooses to do so.

"I've always planned to have this second bar mitzvah for me," said Kress. "But, as I approached this momentous occasion, it began to take on even more meaning. Thirteen-year-old boys don't have an opportunity like ... I do ... to share this beautiful Sabbath service with three wonderful children, their fabulous spouses [and] seven precious grandchildren, wonderful relatives and friends."

Kress said the Tallit or prayer shawl used during his first bar mitzvah ceremony was used during his second. "The grandchildren held it over our heads during the Shehecheyanu blessing where you thank God for allowing you to live to that age," he said. "It was very special."

Those present described the bar mitzvah ceremony as moving and even emotional.

"I've gone through it with my two children, but my dad's event was much more sweet and much more endearing," said Michael Kress, who spoke during the ceremony with his sisters Julie Schumacher and Karen Hammerman. "He didn't have to do this ... [but] my dad doesn't go the easy way through life. What he did at his age is something most people wouldn't challenge themselves to do because it's not easy. It's kind of the way he does everything. He loves the challenges."



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Churchill Boys' Basketball Continues Hot Streak

The Churchill boys' basketball team defeated Bethesda-Chevy Chase 74-65 on Feb. 15, giving the Bulldogs four straight wins after a 4-11 start.

Churchill also beat Walter Johnson 67-61 on Feb. 11.

SPORTS BRIEFS The Bulldogs faced Richard Montgomery on Tuesday, after The Almanac's deadline. Churchill will host Watkins Mill at 7 p.m. on Tuesday, Feb. 25.

Churchill Girls' Basketball Beats B-CC

The Churchill girls' basketball team defeated Bethesda-Chevy Chase 60-38 on Feb. 15, improving the Bulldogs' record to 11-9.

Churchill lost to Walter Johnson 60-51 on Feb. 11.

The Bulldogs faced Richard Montgomery on Tuesday, after The Almanac's deadline. Churchill will host Watkins Mill on Tuesday, Feb. 25.

Whitman Girls' Basketball Extends Win Streak to 16

The Whitman girls' basketball team defeated Ri-

chard Montgomery 59-25 on Feb. 14, improving its record to 17-2 while extending its winning streak to 16 games.

Nicole Fleck and Abby Meyers each scored 12 points for Whitman. Marissa Cannon finished with 10.

The Vikings' two losses came against private school teams Good Counsel and Bishop McNamara.

Whitman faced Blair on Tuesday, after The Almanac's deadline. The Vikings will host Kennedy at 5:15 p.m. on Friday, Feb. 21.

Whitman Boys Bounce Back with Three Straight

The Whitman boys' basketball team beat Richard Montgomery 61-42 on Feb. 14, giving the Vikings three straight wins since losing to Churchill on Feb. 4.

The win improved Whitman's record to 15-4.

The Vikings faced Blair on Tuesday, after The Almanac's deadline. Whitman will host Kennedy at 7 p.m. on Friday, Feb. 21.

Bobby Arthur-Williams and the Churchill boys' basketball team won four straight after a 4-11 start.



PHOTO BY HARVEY LEVINE/THE ALMANAC

NEWS BRIEFS

C&O Canal Park Staff Advise Caution

The Chesapeake and Ohio Canal National Historical Park (C&O Canal) urges park visitors on the towpath to use caution following the recent winter storms. Weather conditions including ice, heavy snow and high winds may cause trees and branches to become weakened with the potential of falling. Avoid the park if winds are gusting and use caution during or following a storm

event. If bicycling, wear a helmet at all times. If caught in a high wind situation, find an open area away from trees and stay there until the winds subside.

If encountering a hazardous situation or downed tree, report to park staff. Park maintenance staff will be respond to hazardous conditions and remove downed trees as they are reported. At this time the park will remain open to the general public.

For more information on severe weather conditions and tips for staying safe during extreme weather at the park, visit our

webpage at <http://www.nps.gov/choh/planyourvisit/things-to-know-before-you-come.htm>

To report a life-threatening emergency, call 911 or contact the Chesapeake and Ohio Canal National Historical Park's Emergency Hotline 1-866-677-6677.

Board Seeks Student Election Aides

The Montgomery County Board of Elections is seeking school-age students, grades 6-12, to participate in its "Future Vote" program. Future Vote students will serve as Election Day student aides during the 2014 Gubernatorial Primary Election on Tuesday, June 24. There are also opportunities for students to assist the Board of Elections with a variety of activities before Election Day.

Students and their guardians must attend mandatory training to participate in the Future Vote Program and, if applicable, students will receive Student Service Learning credits. Most students work in precincts near their home.

This program is available to all students within a public, private, independent, religious or home-school setting located in Montgomery County. U.S. citizenship is not a pre-requisite to participate. Students with bilingual and American Sign Language skills are encouraged to apply.

In the 2012 presidential election, more than 2,000 Montgomery County students participated in the Future Vote program, including 473 students with bilingual skills and 15 students who were available at polling places to assist voters using American Sign Language.

Interested parents/guardians may register their student(s) before May 1 online by visiting the Montgomery County Board of Elections' website at www.777vote.org.

For more information, call 240-777-VOTE, visit www.777vote.org, the Maryland State Board of Elections' website at <http://elections.state.md.us>, or follow the Montgomery County Board of Elections on Facebook or Twitter.

Scholarship Supports Leadership Program

The J. Willard and Alice S. Marriott Foundation is establishing a \$100,000 scholarship endowment for Leadership Montgomery's new Emerging Leaders program in honor of the late Stephen Garff Marriott.

The scholarship fund is also being created to commemorate Leadership Montgomery's 25th anniversary.

Emerging Leaders is a new professional development program which will provide up-and-coming leaders with the skills and connections necessary for leadership opportunities. The Marriott scholarship fund will enable candidates to participate in the program who would otherwise not be able to afford it. For more information about Emerging Leaders visit, <http://www.leadershipmontgomerymd.org/programs/emerging-leaders-program>.



PHOTO BY KEN MOORE/THE ALMANAC

Battling Winter

Two plows work to clear the intersection of Falls and Brickyard roads on Thursday, Feb. 15. Schools were closed both Thursday and Friday.

Incorporating Math and Science Into a Child's Day

Simple suggestions for supporting math and science learning.

BY MARILYN CAMPBELL
THE ALMANAC

Maria Kennedy was driving her 5-year-old son to preschool when he asked a question that stunned her. “Mommy, why is the sun following us?” Kennedy, who says she was stuck in rush-hour traffic and running late for work wasn’t sure how to respond.

“Looking back, it was an excellent opportunity for a simple astronomy lesson,” said Kennedy. “At the time, I wasn’t sure how to break it down for him and didn’t have time to figure it out.”

Math and science education experts say there are countless opportunities to enhance a child’s math and science learning. Resources abound to aid parents in their quest to boost their child’s education.

“It is absolutely important that parents encourage math and science learning outside of the classroom,” said Padmanabhan Seshaiyer, Ph.D., professor, Mathematical Sciences; director, STEM Accelerator Program; director, Center for Mathematics Professional Outreach and Educational Technology in the College of Science at George Mason University. “I believe strongly that children have different learning styles. We have to look for ways to engage our children in math and science and get them to be curious.”

Seshaiyer said that parents should be deliberate in their efforts to engage their children in science and math. “For example, while going for a walk in the park, you can observe something interesting about a tree,” he said. “While walking down the steps, children can count the number of steps or count the odd or even numbered steps.”

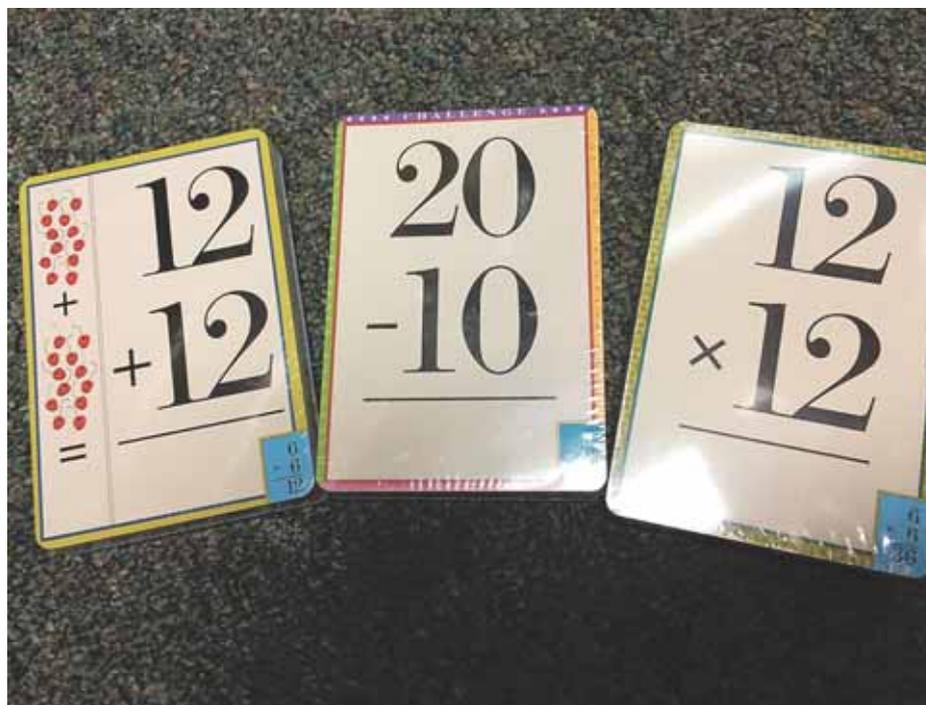


PHOTO BY MARILYN CAMPBELL

Education experts say that parents have an abundance of math and science teaching tools at their disposal. Flashcards and worksheets can be replaced with museum trips and nature walks.

Usha Rajdev ED.D., professor of Math and Science at Marymount University said that opportunities to learn about math and science are virtually everywhere. “If they are in the parking lot, you can ask, ‘How many red cars do you see?’ ‘How many sets of tires do you see? There are four tires on each car. How many sets of tires are there if you see three cars?’ These types of activities are so overlooked.”

The Washington metropolitan area offers opportunities for “family field trips” that are goldmines of math and science lessons. “For all age groups I believe that what they do outside the classroom is just as important as what they do inside the classroom,” said Peggy Weldon, math and science teacher at Connelly School of the Holy Child in Potomac. “The Octagon Museum downtown is a great one for architecture and math lessons. Any of the Smithsonian are great.”

“Children experience the wonder of science and math every day,” said Donna Ryan, a Kindergarten Teacher at St. Stephen’s & St. Agnes School in Alexandria, Va. “They just may need a spark from adults to ignite their perpetual curiosity. Two websites that can add to that spark are: bedtimemath.org and wonderopolis.org. They are daily imaginative and fascinating windows into the world around us.”

Michael Moynihan, Head of Upper School, at The Heights School in Potomac, said that there are many resources available to help with math and science education. “Parents can set up accounts on Khan Academy [“a not-for-profit with the goal of changing education for the better by providing a free world-class education for anyone anywhere”] to monitor their child’s progress through particular areas of math,” he said. “Even encouraging good habits of

critical reading of texts through taking notes on reading can be effective. Parents with limited time should convey expectations and goals in terms of effective learning strategies more than provide direct help.” Visit www.khanacademy.org.

Consider creative projects that include adding, subtracting or multiplying.

“Rube Goldberg machines are a good way to get kids motivated about science and math,” said Seshaiyer. “Puzzles are also good.” Visit www.rubegoldberg.com.

In fact, said experts, some of the best lessons are through tangible experiences.

“I am a big proponent of learning by doing,” Seshaiyer said. “For example, how many halves are in four? Take a Hershey chocolate bar and ask them how many half pieces are in the bar. They will cut it and quickly see that it is eight. It gives them something concrete to do and lets them justify their answer.”

In April, Seshaiyer encourages parents to take their children to The USA Science & Engineering Festival in Washington, D.C., “It is the largest science festival in the country,” he said. Visit www.usasciencefestival.org.

“For all age groups, I believe that what they do outside the classroom is just as important as what they do inside the classroom.”

— Peggy Weldon, math and science teacher at Connelly School of the Holy Child

Apply for Cybercivility Task Force

Montgomery County Public Schools is seeking applicants for its newly created Cybercivility Task Force.

The Cybercivility Task Force will develop strategies to raise awareness of the need for cybercivility in how students and adults communicate online. It will also guide the creation of tools for schools, parents and community members that encourage conversations about cybercivility.

Superintendent Joshua P. Starr published an open letter to MCPS parents in December about the need for a communitywide dialogue on how to teach students to be safe and civil online. Starr wrote the letter in response to several inappropriate comments that were made to him on Twitter as he was deliberating whether to close schools due to inclement weather.

Starr also requested that MCPS staff create a task force that will help develop strategies and identify resources that can be used to promote civility among students and adults.

MCPS is seeking involvement from parents, students, staff and community members to serve on the task force. The group will meet once a month and members will be expected to meet in smaller groups as well. The process will last from March to August. Individuals who wish to serve on the task force need to submit a completed application form by 5 p.m. on Monday, Feb. 24. Individuals selected to participate on the task force will be notified by Monday, March 3.

Visit www.montgomeryschoolsmd.org/cybercivility/ or contact the Office of Communications at 301-279-3853.

SCHOOL NOTES

Email announcements to almanac@connectionnewspapers.com. Deadline is Thursday at noon. Photos are welcome.

Michael Papirmeister, a senior majoring in public relations, has been named to the dean’s list at Hofstra University.

Nina Mohebbi earned the distinction of faculty honors at the Georgia Institute of Technology.

Elaine Bucknam, Emily Buetow, James Kelly, Erin O’Connor, Lydia Roca, Jared Saltzberg, Michael Shilling and Yonah Zeitz were named to the dean’s list at St. Mary’s College of Maryland.

Rafael Suarez graduated from the University of Delaware.

Maxwell Seigel received honors from McDaniel College.

Dina Khatib and **Elizabeth Kaufman** have been named to the Cornell University College of Arts and Sciences’ dean’s list.

Andrew Mokotoff, a freshman majoring in electrical and computer engineering, was named to Worcester Polytechnic Institute’s dean’s list.

Cory Flax has been named to the dean’s list at Curry College.

Washington Episcopal School, a co-educational independent school for students in Nursery through Grade 8 located in the heart of Bethesda, formally relaunched its website: www.w-e-s.org.

Danielle Kloke and **Kathleen Tabb** were named to the University of Dayton’s dean’s list for the 2013 fall semester.

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Until Further Notice



By KENNETH B. LOURIE

Not to state the obvious (which I readily admit I do), but to be given a terminal diagnosis: stage IV, non-small cell lung cancer, along with a rather disappointing prognosis: "13 months to two years" is a challenging set of extremely unexpected (given my immediate family's medical history) circumstances. I don't want to say that I live under a dark cloud – because I don't like the negative implication or reaction it conjures, but I definitely feel as if I have a metaphorical sword of Damocles hanging over my head; which I only refer to as an-out-of-context Three Stooges reference wherein a non-Stooge was innocently standing under a pie which Moe had thrown to the ceiling and there it stuck, hanging precariously over the character's head. Now I still don't know the proper historical context of the sword of Damocles, I only know the Three Stooges version, but there was some imminent danger involved (not death, mind you), but rather a falling pie which ultimately landed flush on the character's face as she looked up to make further inquiries.

Nevertheless, pie issues/references notwithstanding, having seen my oncologist today while being infused and receiving a big smile/ "you're going great"/thumbs-up set of gestures/reactions while reclining in my Barcalounger with a chemotherapy I.V. dripping medicine into my right arm, is the kind of super-positive feedback with which I can live. Along with my every-three-week pre-chemotherapy lab work and my every-three-month CT Scan followed by my every-three-month face-to-face appointment with my oncologist, this is how I roll. Worrying about upcoming tests, waiting anxiously for results, trying not to anticipate good, bad or indifferent; living day to day and trying to appreciate my good fortune and the unexpected above-average quality of life with which I've been blessed – for a terminal cancer patient, that is.

Ergo, the title of this column: "Until Further Notice." Whenever I'm asked by those in my know how I'm doing, I typically respond: "I'm doing fine, until further notice." And "further notice" is my way of lightening the emotional load under which I live and thankfully still breathe; any port in a storm, you might say. Moreover, even though there's relative calm right now, given my diagnosis/prognosis, there's likely to be some inevitable unpleasantness down the road – as I'm semi-fond of saying/joking. And as many changes as I've already made to diet and lifestyle since I was diagnosed, I don't suppose I'll know what turns I've taken until my oncologist advises me after my miscellaneous test results have been analyzed. As much as I'm doing internally, I still feel as if the news will come externally. As a result, I feel pressure every day; self-assessing, analyzing, introspecting; it's a constant battle of mind over what may or not matter yet. And of course, I can never forget the pie.

The great Satchel Page joked to not look back because you never know who's chasing you. And though I'm certainly mindful of death and what's chasing me (figuratively speaking), ignoring certain facts as they were presented to me by my oncologist is much easier said than done. When I first learned about my medical situation/diagnosis/prognosis, it certainly sounded like a death sentence; now, five years later, it has evolved into more of a life sentence. And though it's unlikely I'll ever make parole, it is life nonetheless, and though there are some days when it's not very pretty, these are days I didn't anticipate having. And so far, there's been no pie or sword to diminish them – all things considered.

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

BULLETIN

Email announcements to 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.

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. A complete list can be found at 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. Print copies may be found at select Montgomery Parks' facilities, Montgomery County Recreation centers, government buildings and libraries while supplies last.

Summer Camp Registration Now Open. Photoworks at Glen Echo Park, 7300 MacArthur Blvd., has summer camps children ages 7 and up. Visit www.sereg.com/glenechopark/classes for a full listing.

WEDNESDAY/FEB. 19

Health Talk. 1-3 p.m. at Margaret Schweinhaut Senior Center, 1000 Forest Glen Road, Silver Spring. Learn how the eye can be a window into the health of your heart. Free. Free blood pressure and glaucoma screenings by appointment. 240-777-8085.

THURSDAY/FEB. 20

Talk. 7:30 p.m. at Potomac Community Center, 11315 Falls Road. Learn how to help older residents stay in their homes safely. "Memory vs. Aging: Are We Losing the War?" Free. Visit village.org or 240-221-1370.

THURSDAY/FEB. 27

Winter Speakers Series. 6 p.m. at the Park and Planning Montgomery Regional Office Building, 8787 Georgia Ave., Silver Spring. The meeting will focus on housing and how to solve housing issues. Free.

SUNDAY/MARCH 2

Open House. 6 p.m. at JCCGW, 6125 Montrose Road, Rockville. Learn about Shoresh Hebrew High School. Contact Liran Laor at ShoreshHebrewHigh@gmail.com or 301-828-1912. Visit www.shoreshhebrewhigh.org.

MONDAY/MARCH 3

Application Deadline. The online application for the Military Officers Association of America Educational 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. The application deadline is Monday, March 3 at noon. Visit www.moaa.org/scholarshipfund or e-mail edassist@MOAA.org for more.

ENTERTAINMENT

Email community entertainment events to 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.

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.

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.

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 or 301-634-2270.

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 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 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 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 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 or 301-634-2222.

Theater Performance. See "Inside Out" at Imagination Stage, 4908 Auburn Ave., Bethesda. Runs March 1-April 6. Performances are Tuesdays-Fridays at 10:30 a.m. and 11:45 a.m., and Saturdays-Sundays

at 10 a.m. and 11:15 a.m. Interactive show is appropriate for children ages 1-5. Tickets are \$10-12 with a \$5 lap seat for children under 12 months. Tickets can be purchased at www.imaginationstage.org, at the box office or 301-280-1660.

Art Exhibit. "Seeing it in Black and White" is on exhibit at Gallery Har Shalom in Congregation Har Shalom, 11510 Falls Road, March 2-April 28. The exhibit features prints, photography, glass jewelry and more. Hours are Monday-Thursday from 9 a.m.-5 p.m., Fridays from 9 a.m.-3 p.m. and Sundays from 9 a.m.-noon. Free. 301-299-7087.

CLASSES & WORKSHOPS

New Classes. Photoworks, 7300 MacArthur Blvd., Glen Echo, is holding new classes. Visit <http://glenechophotoworks.org/gallery/> or 301-634-2226 for a list of classes and to register.

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.

Dance Performance. 8 p.m. in the Music Center at Strathmore, 5301 Tuckerman Lane. The Krasnoyarsk National Dance Company of Siberia will perform. \$29-\$70. Visit www.strathmore.org.

THURSDAY/FEB. 20

Third Thursday Event. 7-9 p.m. at Visarts, 155 Gibbs St., Rockville. Enjoy poetry readings, music, gallery talks, wine and more. Free. Visit www.visartscenter.org or call 301-315-8200.

Music Performance. 7:30 p.m. or 9:30 p.m. in the Mansion at Strathmore, 10701 Rockville Pike. The Lomax Project features Jayme Stone on banjo, Bruce Molsky on vocals and fiddle, Julian Lage on guitar and Margaret Glaspy on vocals and guitar. Tickets are \$28. Visit www.strathmore.org 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 for more.

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, or in the lobby box office outside the auditorium.

Music Performance. 7:30 p.m. in the Mansion at Strathmore, 10701 Rockville Pike. Paul Huang will perform on the violin and Jessica Osbourne on the piano. Tickets are \$30. Visit www.strathmore.org.

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. Devine Comedy provides music. \$10/adult; \$5/age 17 and under. Visit www.glenechopark.org for more.

Music Performance. 8 p.m. at Strathmore. Josh Turner will perform. \$29-\$79. Visit www.strathmore.org for location and tickets.

Balboa DJ Dance. 8:30-11:30 p.m. in the Ballroom Annex at Glen Echo Park, 7300 MacArthur Blvd. Lessons from 8:30-9 p.m., dancing starts at 9 p.m. \$10. Visit

www.glenechopark.org for more.

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 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.

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 for more.

Reception. 3-5 p.m., meet some of the artists of "Love is in the Air" at Photoworks Gallery in Glen Echo Park, 7300 MacArthur Blvd. Exhibit runs Feb. 21-March 31. Features images from over 35 amateur and professional photographers living and working in the Washington Metropolitan Area. Visit www.glenechophotoworks.org.

Opening Reception. 6-8 p.m., meet the artists of 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. Visit www.glenechopark.org or 301-634-2222.

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, or in the lobby box office outside the auditorium.

Swing Dance. 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Features music by Tom Cunningham Orchestra. \$18/person. Visit www.glenechopark.org for more.

SUNDAY/FEB. 23

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 for tickets.

Theater Performance. 2:30 p.m. at Winston Churchill High School's Bish Auditorium, 11300 Gainsborough



PHOTO BY STEPHEN CARROLL

'Love is in the Air'

Photoworks Gallery presents "Love is in the Air: A Juried Photography Exhibition" Friday, Feb. 21 through Monday, March 31. "Love is in the Air" features work by more than 35 amateur and professional photographers living and working in the Washington metropolitan area. An opening reception and gallery talk will take place Saturday, Feb. 22, 3-5 p.m. Exhibit hours are Saturdays, 1-4 p.m.; Sundays 1-8 p.m.; and any time a class is in session. Photoworks Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Free, open to the public. Visit www.glenechophotoworks.org.

Road. See the production of Blast 25: Mixtape. \$15. Advance tickets can be purchased online at www.wchsarts.com, or in the lobby box office outside the auditorium.

Ballroom Dance. 3-6 p.m. at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Dance to live music by Hot Society Orchestra of Washington. All ages. \$14. Visit www.glenechopark.org for more.

Music Performance. 4 p.m. in the Music Center at Strathmore, 5301 Tuckerman Lane. Hear the Count Basie Orchestra featuring New York Voices. \$35-\$65. Visit www.strathmore.org for more.

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.

Contra Dance. 7-10:30 p.m. at Spanish Ballroom, 7300 MacArthur Blvd. Dance to music by Froghammer. \$13/nonmember; \$10/member; \$5/17 and under. Visit www.fsgw.org for more.

WEDNESDAY/FEB. 26

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 for tickets.

Swing Dance. Lesson at 7:30 p.m., dancing from 8-10 p.m. at Bethesda Blues and Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Dance to music by Josh and Good Old Stuff. \$10. Visit www.gottaswing.com or 703-359-9882.

Music Performance. 7:30 p.m. in the Mansion at Strathmore, 10701 Rockville Pike. Artist in residence Nistha Raj will perform on the Hindustani classical violin. \$17/person. Visit www.strathmore.org.

Dance Performance. 8 p.m. in the Music Center at Strathmore, 5301 Tuckerman Lane. Pilobolus will perform. \$27-\$67. Visit www.strathmore.org.

THURSDAY/FEB. 27

Theater Performance. Whitman drama will put on an all-male production of "Lord of the Flies" at 7 p.m. at Whitman auditorium, 7100 Whittier Blvd., Bethesda. Advised for people age 13 and up. \$10 for students, \$15 for adults and \$20 for reserved seating. Tickets online at whitmandrama.ticketleap.com or at whitmandramatickets@gmail.com.

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 for more.

FRIDAY/FEB. 28

Music Performance. 11 a.m. in the Mansion at Strathmore, 10701 Rockville Pike. Strathmore artist in residence Daisy Casto will perform with her Gypsy Moth Quartet. \$17. Visit www.strathmore.org for more.

Family Bingo Night. 7-9 p.m. at Clara Barton Community Center, 7425 MacArthur Blvd., Cabin John. All ages can enjoy bingo. Prizes for all. \$5/card. Pizza, drinks and popcorn will be sold. Visit www.friendsofclarabartoncommunitycenter.org or 240-777-4910.

Theater Performance. Whitman drama will put on an all-female production of "Lord of the Flies" at 7 p.m. at Whitman auditorium, 7100 Whittier Blvd., Bethesda. Advised for people age 13 and up. \$10 for students, \$15 for adults and \$20 for reserved seating. Tickets online at whitmandrama.ticketleap.com or at whitmandramatickets@gmail.com.

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, or in the lobby box office outside the auditorium.

Contra Dance. 7:30 p.m. lessons start; 8:30-11:30 p.m. dancing at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Contratopia provides music. \$10/adult; \$5/17 and under. Visit www.fridaynightdance.org for more.

SATURDAY/MARCH 1

Philippine Relief Benefit Concert. 7 p.m. at Unitarian Universalist Congregation, 6301 River Road, Bethesda. Features four of Beethoven's most popular piano sonatas performed by international pianist Eugene Albuiescu. \$25/person or \$40/couple. Proceeds will benefit UUSC-UUA Philippines Typhoon Haiyan Relief Fund. Contact EBPurcell90@gmail.com for tickets or purchase at the door. A reception will follow.

Theater Performance. Whitman drama will put on an all-male production of "Lord of the Flies" at 7 p.m. at Whitman auditorium, 7100 Whittier Blvd., Bethesda. Advised for people age 13 and up. \$10 for students, \$15 for adults and \$20 for reserved seating. Tickets online at whitmandrama.ticketleap.com or at whitmandramatickets@gmail.com.

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, or in the lobby box office outside the auditorium.

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Anne Killeen 301-706-0067



BETHESDA, MARYLAND
 The finest location in Bethesda! Maintenance free living with over 6,000SF on four levels, and elevator. Designer upgrades and lots of light. 1 mile to Metro, Walter Reed/NIH and downtown. \$1,895,000
Marsha Schuman 301-299-9598



POTOMAC, MARYLAND
 Stunning Potomac Manor home on perfect 2.1 acre lot, less than 500 yards to the Village. Exceptional millwork and design, huge public and private spaces, circular drive, 3 car garage, sumptuous master suite, and more. \$1,895,000
Kara Sheehan 301-928-8495



NORTHERN FAUQUIER COUNTY, VIRGINIA
 Lovely light filled, spacious 4 bedroom house. 53+ acres. 2 stall expandable stable, office/workshop, board fenced fields and paddocks. Lovely views. Piedmont Hunt. \$1,825,000
Carole Miller 540-729-7896
Kevin Keane 540-687-2221



POTOMAC, MARYLAND
 Magnificent stately home on desirable cul-de-sac location in sought-after River Falls. A dramatic two story addition converted this home into an architectural master piece. Views of VA Skyline will take your breath away. \$1,895,000
Traudel Lange 240-463-6918



WESTWOOD, BETHESDA, MARYLAND
 Gorgeous home with bright, open spaces and charming detail. Stunning windows and woodwork throughout. Gourmet kitchen with breakfast bar. 4 levels, walk-out lower-level to back yard with pool. \$1,799,000
Laura Stuart 202-288-8010



WEST END, WASHINGTON, DC
 Luxurious 3 bedroom and 3.5 bathroom Ritz residence with approximately 2,439 square feet of spacious city living. Open plan with large entertaining areas, two balconies and parking. \$1,749,000
Sandra Giannini 202-333-3023



POTOMAC, MARYLAND
 Handsome, 7,000+ square foot stone colonial on three private acres backing to parkland. 10 foot ceilings, generous room sizes, two story foyer and attractive flagstone terrace overlooking acres of parkland. \$1,598,000
Anne Killeen 301-706-0067



COUNTRY PLACE, POTOMAC, MARYLAND
 Large expanded colonial with newer gourmet kitchen open to FR, office, 4BR/4.5BA, UL laundry, MBR with large BA & 3 walkin closets, finished LL, near neighborhood playground. \$1,195,000
Meg Percesepe 240-441-8434
Alison Shutt 301-219-7671



COUNTRY PLACE, POTOMAC, MARYLAND
 Fabulous colonial with 2 story addition! Renovated kitchen with breakfast room open to FR, office, 5 bedroom, 4.5 bathroom & finished LL, near school, park, pool & tennis. \$1,020,000
Meg Percesepe 240-441-8434
Alison Shutt 301-219-7671



CABIN JOHN, MARYLAND
 Special home with great features including an open floor plan with a 2 story foyer with french doors to the DR & LR, spacious kitchen with SS appliance and eating counter. Garage, newer front porch and deck. \$939,000
Marsha Schuman 301-299-9598



NORTHERN FAUQUIER COUNTY, VIRGINIA
 1800's stucco over log 2BR farm house. 11.7 ac. Pine floors, new kitchen, appliances, heating/cooling system. 2 early 1900's barns with 2 stalls, 5000+ ft. board fencing, zoned R2. \$375,000
Ruth Ripley 540-687-2222
Carole Miller 540-729-7896

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