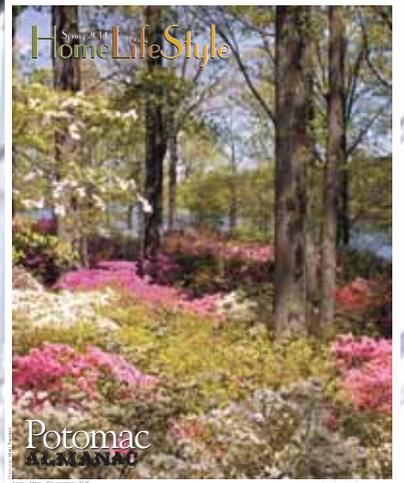


Potomac ALMANAC

Performers in the Potomac Theatre Company's production of "Annie" include, back row from left, Adrienne Kafka, Aryana Briner, Lydia Levy, Caroline Coleman, middle row, Erin Jacobs, Virginia Heinsen, Camille Hodgkins, Isabelle Amoruso, and front row: Annie Coulson.

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PHOTO BY HARVEY LEVINE/THE ALMANAC

MARCH 12-18, 2014

ONLINE AT POTOMACALMANAC.COM



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A Red-necked Grebe, remarkable in breeding plumage, photographed in the Potomac River at Riley's Lock on Saturday, March 8.



© Donald M. Sweig

A Red-necked Grebe, one of at least 19 in view of Riley's Lock Saturday, March 8, wrestles to swallow a fish.

PHOTOS BY DONALD SWEIG

Winter's Avian Bounty at Seneca Creek

Cold winter brings more unusual birds to the Potomac River.

BY DONALD SWEIG

The 2014 "Winter of our Discontent," has been difficult for North American waterfowl as well. Ducks, geese, swans, and grebes gather in large groups/flocks on lakes, rivers, ponds, and such to pass the

winter before the spring breeding season. This year, many of those northern bodies of water are frozen (over 90-percent frozen in the Great Lakes), and so thousands of displaced waterfowl have come south to Maryland and other places where there is still open water. The confluence of Seneca Creek into the Potomac River in Montgomery County has attracted large numbers of these wintering birds, many more than usual.

Avian enthusiasts (birders/birdwatchers) have gathered often at Riley's Lock (mile 22.7 on the C&O Canal) recently to observe

the unexpected bounty.

Of special interest has been the unusually large number of Red-necked Grebes. In many years one could see one or two grebes there. This year there are many more. Last Saturday, 19 Red-necked Grebes were counted at one time at Seneca, with two or three further up the creek, and 10 or more seen over along the Virginia shore. There have been other recent reports of 20 or more Red-necked Grebes at the mouth of Seneca Creek. A true bounty.

An added treat, is that some of the birds have molted from dull winter plumage into

their striking, colorful, spring breeding plumage. Frequently diving to feed, a grebe will often come back up with a fish, which then occasions squabbling amongst them for the prize. Further out in the Potomac, one can sometimes find large numbers of many species of ducks and swans as well. It's been a busy winter at Seneca.

But spring is coming and the birds will soon leave for their northern breeding areas. For a little while more, however, one can still go see them before they depart. Take your binoculars, if you have some. It's a rare opportunity.



PHOTOS BY MARY KIMM/THE ALMANAC

Two Days' Difference

On Thursday, March 6, birders (left) bundled in many layers braved below-freezing temperatures at Riley's Lock in Potomac to look out at 1,000 water birds, many of them unusual to the upper Potomac River. Two days later, with temperatures in the 60s and sunny weather on Saturday, March 8 providing a welcome contrast to ice, snow and low temperatures near zero just a few days before, many people in Potomac took to the outdoors, like this stand-up paddle boarder (right) on the Potomac River at Riley's Lock. With water temperature in the river at 41 degrees, however, the wetsuit was essential.

Potomac Theatre Company Says Farewell with 'Annie'

Production concludes community theater group's 25-year run.

BY COLLEEN HEALY
THE ALMANAC

This month Potomac Theatre Company will celebrate its 25th anniversary with the family-friendly Broadway musical "Annie." This will be the final production for the award-winning theater company. Founding board member Nan Muntzing (Apple Abby) reflects that "it is bittersweet. Watching these kids rehearsing makes me cry. They are just so cute and so wonderful. The cast is incredible and that makes me very happy. We could not have chosen a better show. All the people on the crew are the A-team. All of the very best people we have worked with over the years have come back to give us a great send off."

Another founding board member Marilyn Shockey (Mrs. Greer) agreed: "We have been blessed with lots of talent. There are three cast members that were in our first show and are here again 25 years later for our last show."

Director Ron Sarro feels "Potomac Theatre Company gave me a lot of opportunities. This is my fifth show with them. In many ways it is a shame they are going out of business. The community owes a debt of gratitude for these people who have given their time, talent and treasure over the years. When they asked me to direct I gladly accepted. This is an extremely challenging show. There is an acting quote about do not work with kids or animals but this show has both. We had 36 girls wanting to audition, we chose 25 to audition then picked nine to be the orphans. I have never seen such dedicated young actresses ever in the course



Miss Hannigan (Aetna Thompson)

PHOTOS BY HARVEY LEVINE/THE ALMANAC



Drake (David Marshall), Grace Farrell (Lauren-Nicole Gabel), Annie (Annie Coulson) and Oliver "Daddy" Warbucks (Ed Spitzberg).

of my career. They are setting the example for the adults in the show with their dedication and downright great performances. I believe the audience will enjoy this show because of the kids, the familiar story and songs. Also, there is something wonderful about the politics theme. Revisiting what made FDR great during the Depression and now with our country coming out of a recession. There is a tearful moment in the show when FDR gets up from the wheelchair to say 'A New Deal!' I added that moment to the show. I am thrilled to be working with the people I brought into Potomac Theatre Company."

Gordon Kiefer (FDR) has played Franklin Delano Roosevelt twice and said: "People tell me I sound like him when I play him. He is the kind of character that has a commanding presence. The show really shows the politics of that era and the differences between the Democrats and Republicans attitude in the Cabinet room scene. I think the audience will enjoy the human elements

of family, friendship and loyalty."

What are the chances that a baby who was supposed to have blond hair would be named Annie and grow up to play her in the musical? Well, that is just what happened.

Annie Coulson (Annie) said, "My parents thought I was going to be blond. They had no idea this red hair would happen. I guess it is just fate. I like playing Annie because she knows what she wants in life and will do anything to get it. She is very determined and I like that about her. My favorite songs to sing are 'I Don't Need Anything but You' with Daddy Warbucks and 'Hard Knock Life' with all the orphans. I have so much fun with the other girls in the show. Everyone is so nice and I just love coming here every day. I also like working with Nelson (Sandy). He is very sweet and loves to get belly rubs. He will just lay on his side and pat me to give him a longer belly rub. For opening night I think I will feel nervousness, excitement and be freaking out all in

one."

Ed Spitzberg's (Oliver Warbucks) reason for doing this show is his 4-year-old daughter. Her favorite song that she sings with him is "I Don't Need Anything But You." He tried to get tickets for her to see "Annie" on Broadway but the show had closed. He saw the audition announcement and decided to audition for her. The love between a father and daughter mirrors the show's theme. "The song 'Something is Missing' is when Warbucks unlocks his love for Annie and that is what I love most about the character. I have enjoyed working with PTC. It has been an incredibly positive experience. The orphans are great, very fun, professional and cohesive. And of course; Nelson the dog is a perfect cast mate. Community theater is great for theater folks to come together. I have been elated with what a great group of people I get to work with and this show is a wonderful send out for PTC. I think my

SEE 'ANNIE', PAGE 5

Meet the Orphans

Isabella (Pepper), 11, is a 6th grader. She has thoroughly enjoyed being part of the Potomac Theatre Company's production of "Annie" as the bossiest of the orphans. Isabella's musical theatre career has included playing the role of Kim in "Bye, Bye, Birdie" and appearing as a featured dancer/singer in "The Wizard of Oz," both at Imagination State's Summer Theatre Campus. She has also performed in the Imagination Stage Annual Gala Production for several years. The past year has been a thrilling one for Isabella as she sang for Hugh Jackman on the set of "X-Men: Days of Future Past" and also at the White House during an event honoring Billie Jean King. In addition to musical theatre, Isabella studies piano and dance and sings in an a cappella group. She plays soccer, basketball and enjoys rollerblading on the trail with her mom.

Aryana (May, Hoover/villian/ Duffy, Tessie understudy) is 12 years old and in the 7th grade, majoring in theater, voice, and dance. Although this is her debut performance with Potomac Theatre Company, Aryana is no stranger to the stage. She recently finished her dream role in Tidewater Players' production of "Hairspray" (Little Inez). Some of her other favorite roles include Front &

Centre Stage Production of "Disney's Alice in Wonderland" (Caterpillar); "Annie" (July); and "Disney's Cinderella" (Drizella). She is having a blast working with such a great cast and would like to thank everyone for sharing their talents. She is also a member of the LMS Chamber Choir, News Team and Basketball Team.

Caroline (July) is thrilled to be a part of "Annie" with Potomac Theatre Company. Favorite performances include Washington National Opera: "The Lion, The Unicorn and Me" (Children's Chorus); Adventure Theatre: "Goodnight, Moon" (Bear, Dish/Spoon); "Little House Christmas" (Nellie Oleson); Shakespeare Theatre Company: "The Merry Wives of Windsor" (Child Ensemble); Olney Theatre Center: "The Sound of Music" (Brigitta) [Helen Hayes Award Nomination, Outstanding Ensemble and Outstanding Resident Musical]; Valley Theatre Company: "Annie" (Annie); Apollo Civic Theatre: "Bad Seed" (Rhoda Penmark); Thurmont Thespians: "Narnia" (Mr. Tumnus); Missoula Children's Theatre: "The Tortoise and the Hare" (Gila Gecko); Fredericktowne Players: "The Best Christmas Pageant Ever" (Gladys Herdman).

Annie (Annie), 12, is a 7th grader. Annie is

thrilled to be performing in Annie as Annie. Other shows include G2K "Oklahoma" (Ado Annie) with Imagination Stage; Bravo@KAT's "Beauty and the Beast, Jr." (Babette), "Fiddler on the Roof, Jr." (Chava) and "Music Man, Jr." (Zaneeta Shinn), KAT 2nd Stage's "Annie, Jr." (Annie); ATMTC's productions of "Fame, Jr." (Serena Katz), "Seussical, Jr." (Gertrude McFuzz) and "Once on This Island" (Ensemble). Annie is an ensemble member of Take the Stage Performance Company. She was named one of "The Best of 2012: Best Actress in a Children's/Young Adult Actor's Theatre Production" by DC Metro Theatre Arts for the role of Gertrude McFuzz in "Seussical, Jr."

Virginia (Tessie/Molly understudy) is a 6th grade student. This past fall she performed as Andrea in "Once on This Island" at GDS, and over the summer she will be participating in the Bel Cantanti Opera summer festival production of "Sound of Music" as one of the Von Trapp children. She enjoys singing, dancing, drawing, writing, doing gymnastics, and playing the piano. She has had a wonderful time working with such a fantastic cast and crew, and loves her signature line - "Oh my goodness! Oh my goodness!"

Camille (Molly) is both honored and excited to

be in Potomac Theatre Company's final production. She was last seen as Gretl in St. John's College High School's production of "The Sound of Music." She dances with Elite Dance Studio, and has studied the violin for four years. She is a member of the choir and she is in fourth grade. Camille also enjoys playing soccer and basketball, as well as choreographing dances for her friends.

Erin (Kate) is in 7th grade. Erin has taken numerous musical theatre, voice and acting classes. She has been in several musical theatre ensemble productions. Erin performed in "Charming Billy" at Round House Theatre. She is currently in a two-year acting conservatory at Imagination Stage. Erin enjoys playing basketball and softball, but is always happiest when on stage.

Adrienne (Duffy/Annie understudy), a 9th grader, is pumped to be in her third production with the Potomac Theatre Company. She performed in "Scrooge" (Tiny Tim) with PTC and in "Gypsy" with the Rockville Musical Theatre. Adrienne has also recently performed in "Miss Saigon" at Whitman and numerous school and camp shows. She is currently dancing at Joy of

SEE THE ORPHANS, PAGE 5

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PUBLISHER

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

EDITORIAL

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

EDITOR

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

SPORTS EDITOR

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

CONTRIBUTING WRITERS

Susan Belford, Carole Dell,
Cissy Finley Grant, Carole Funger,
Colleen Healy, Kenny Lourie,
Ken Moore

Contributing Photographers

Harvey Levine, Deborah Stevens

Art/Design:

Laurence Foong, John Heiny
Production Manager
Geovani Flores

Special Assistant to the Publisher

Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

ADVERTISING

For advertising information
e-mail:
sales@connectionnewspapers.com

ACCOUNT EXECUTIVES

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

Andrea Smith 703-778-9411
Classified Advertising
asmith@connectionnewspapers.com

Debbie Funk

National Sales & real Estate
703-778-9444
debfunk@connectionnewspapers.com

Jerry Vernon

Executive Vice President
jvernon@connectionnewspapers.com

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OPINION

Council Votes To Protect Ten Mile Creek

To the Editor:

Today [March 4], the Council took a critical vote to protect one of our county's most pristine and fragile watersheds. After months of deliberations over the future over the Ten Mile Creek area of Clarksburg, I feel confident my colleagues and I arrived at a sound, scientifically-supported conclusion to limit the amount of new development that can occur in this area.

The Clarksburg Master Plan was created and approved in 1994. Fortunately, even back then, planners and councilmembers recognized that much of the planned development in stage four of the plan was located in and around the Ten Mile Creek watershed. They had the foresight to include a pause button of sorts — one that said that the council could reconsider land use recommendations in stage four of the plan based upon future environmental assessment.

As one who firmly believes we have an obligation to be good stewards of the environment, I took this pause button seriously, and when I was Council President, I led our Council in sending the plan back to the Planning Board for reconsideration. Upon receiving the Planning Board's recommendations, I then spent a great deal of time examining the science pertaining to the watershed and listening to lo-

cal, state, and national subject experts. Experts told us that the unique and fragile geology of the watershed, coupled with the natural slopes of the land, made it particularly susceptible to degradation from development. We were told that the lower the amount of impervious surface, the better for the watershed. In the end, the science and the data was indisputable.

For those who argued that added density on certain parcels of land was needed in order to meet the community-building goals of the original 1994 Plan, we addressed that too by allowing for new development, but protecting the most sensitive areas by creating an overlay zone over most of the watershed requiring enhanced buffers and boundaries for land disturbance. The reality — 20 years after the prior plan was adopted — is that several fundamentals of that plan, including the notion that Clarksburg will be an employment hub, are no longer realistic. In addition, we were told by retail experts that the better site for a premium outlet mall was at Cabin Branch, outside the Ten Mile Creek watershed, and our Council has allowed for that development to take place. Once we allowed for that boon in retail to occur, the experts told us that additional retail on a large scale would hurt Town Center's pros-

pects, not help it, and what Town Center needed was a modest number of additional "roofs."

Good public policy often entails weighing a myriad of public and private interests and planning for future generations, and this issue was no different. But in this instance we could actually protect this "treasure" and also allow for what Clarksburg and Town Center truly needs, a modest number of new roofs located in areas that will not pose a threat to Ten Mile Creek. Ten Mile Creek is one of the healthiest streams that our experts have found in Montgomery County, Howard County, and Carroll County combined, and if this Council's legacy is that it worked hard to protect it, that is a legacy worthy of our residents for generations to come.

My colleagues, Councilmembers Marc Elrich and Hans Riemer, were invaluable in achieving this outcome, and I am grateful for their hard work and diligence on this issue. And I am grateful that the rest of my colleagues agreed to protect this natural resource for future generations because we will not get a second chance.

Roger Berliner

Montgomery County Councilmember
District 1

Government Should Be Partner, Not Adversary

To the Editor:

The following open letter was addressed to the Brickyard Coalition members.

Let me thank you again for sharing your thoughts with me concerning the Brickyard Educational Farm and the current status of the Brickyard Road school property. As a lifelong resident of Montgomery County, I have always been proud of the leadership role the county has taken in the areas of education and community engagement. Unfortunately, this seems to be a circumstance where the county government is turning its back on those guiding principles. Our county is changing with the times and moving forward, as it should, but one thing we cannot turn our back on is looking for innovative and engaging ways to educate our children. Far too many kids have no idea about the proud agricultural heritage of

our county and fewer still are presented with an opportunity for a hands-on experience to learn how their food is grown and where it comes from. The Brickyard Educational Farm is a unique opportunity to engage our children in projects that will teach them about proper nutrition, food sustainability issues and build upon our county's agricultural legacy.

As someone who has dedicated much of his life to public service in Montgomery County, I am equally distressed by the treatment that your coalition members have received from some within the county government. Whenever you have a significant policy or project debate, there are bound to be differing viewpoints. However, no matter how contentious the issue, the residents of this county must always be treated with respect and dignity. To have a spokesperson from the County

Executive's office single out the Potomac community and personally attack them with outlandish remarks is outrageous. A formal apology should have been issued immediately and still needs to be delivered.

I pledge to you that I will do everything in my power as the next County Executive to make sure that the Brickyard Educational Farm comes to fruition on the Brickyard Road school property, and serves as a teaching farm for future generations of Montgomery County students and residents. I also pledge that I will bring back a tenor to county government that welcomes debate, believes in full transparency and always treats our residents with the respect they deserve.

Doug Duncan

The writer, former County Executive (1994-2006),
is seeking the Democratic nomination
to return to that office.

Hail To The (Red? Black? White? Other?)Skins

To the Editor:

Isn't it past time that Daniel Snyder, the owner of Washington's National Football League franchise, realized that a serious curse has been put on his team? Every Sunday during the football season, far away from Washington, D.C. — standing in solitude on a bluff high above the Mississippi River — a noble medicine man of the Lakota Sioux, with a Dallas Cowboys jersey draped over his buckskin shirt and trousers, chants imprecations that invariably spell ruin for Snyder and his minions: handoffs are fumbled, forward passes are misdirected, reluctant tacklers whiff at ballcarriers, and vast sums of money are squandered on players who have been rejected by other teams in the league. Does Snyder have a

clue as to why this is happening?

As it happens, this Sioux medicine man, the Redskins' nemesis, is possessed of very acute hearing: whenever he hears the strains of "Hail To the Redskins" emanating from a football stadium and drifting across the continent to his reservation, he ascends the bluff and repeats his curse. The result has been 15 years of football futility for the Washington Redskins and deepening "buyers' remorse" among its legion of fans. The medicine man will be mollified, and the curse lifted, only when Snyder decides that "Redskins" is not, after all, an appropriate name for the team.

Many reasonable people — even diehard Redskins fans — have urged Snyder to choose an alternative name for the team. The major-

ity leader of the U.S. Senate, Harry Reid, recently offered his opinion: "You can't denigrate a race of people ... I mean, you can't have the 'Washington Blackskins'..." (Reid evidently has a sense of irony. Only in 1962, many years after all the other teams in the NFL had integrated their rosters, did the Washington team acquire its first black player; until then they were, effectively, the Washington Whiteskins.)

Snyder's response to Reid was, "We strongly disagree ... based on the generations of pride and heritage that our name represents." What generations? Whose heritage? Snyder's words are meant to be enigmatic, no doubt, but he does seem genuinely concerned about the

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'Annie' on Stage

FROM PAGE 3
daughter will like it too."

When asked what is it like to play Miss Hannigan, Aetna Thompson responded: "Oh gosh! It is fun! My first acting role was playing The Wicked Witch of the West. This role feels similar. Miss Hannigan is so evil but also a bit sad. She hates her life. But she is funny too because she is so outrageously wicked, ridiculous and over the top. As an actor there can be a danger of overacting but not with this role. I have never been worried that I wouldn't hold center stage until now. All the girls are adorable. The children in the show are the standard for the adults. The PTC cast is a family. Everyone is so supportive of one another. It is just great."

Glenda Henderson (Lily) loves her role because "I get to be villainous and a bad girl. There is a sisterly rivalry that starts immediately with Miss Hannigan."

Melanie Williams (Hooverville Hannah) "can hardly wait until we get this final great Potomac Theatre Company production and curtain 'up' and show everyone all the hard work we are now creating, growing within, and with each other, and readying to bring it all to the stage at Bullis with love,



HARVEY LEVINE/THE ALMANAC

Annie (Annie Coulson) and Oliver "Daddy" Warbucks (Ed Spitzberg).

talent and energy." PTC Board President Tony Pizarra (Lt. Ward/Cordell Hull) wanted to be part of this production because it is the last show. "It is sad that this is the last show. The cast has been terrific to work with. There is lots of talent and even more personality."

I enjoyed working with Ron again. Nelson the dog is extremely well behaved, particularly for his first production. It is going to be a terrific show."

"Annie" will run weekends March 14-30 at Blair Center for the Arts at Bullis School 10601 Falls Road in Potomac. Performances are Fridays and Saturday at 7:30 p.m., Sundays at 2 p.m. Tickets are \$20, seniors and students \$18, 20 percent off prepaid groups of 10. Call 301-299-8571 for reservations.

The Orphans

FROM PAGE 3

Motion and takes voice with Deborah Benner.

Lydia (June, Hoovervillian) lives in Rockville and is an 11 year-old 6th grader. She spends much of her day singing and dancing, whether at a rehearsal, in a show, or in the living room. She began performing in shows at age seven. Lydia's theatre experience in-

cludes "Jack and Bella: From Beanstalk to Broadway" (Bella), "the Trial of the Locks Sisters" (Goldilocks), "Molly and the Last Bookworm" (Molly), "Seussical Jr." (ensemble), "The Music Man Jr." (Amaryllis), "Fiddler on the Roof Jr." (Hodel), "Oklahoma Jr." (Kate), "Beauty and the Beast Jr." (Silly Girl) and various school performances. She studies dance and piano, and is always twirling around the house.

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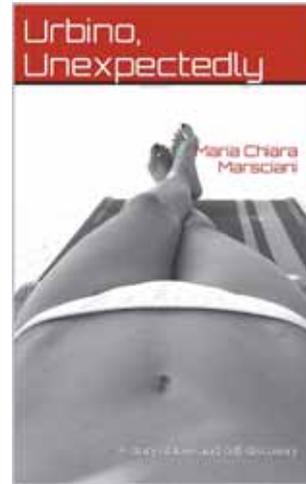
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Are LEDs the Bulbs of the Future?

Local experts shed light on the issue.

BY CAROLE FUNGER
THE ALMANAC

Light bulbs. It used to be easy. Walk into the hardware store and pick out the wattage you need. But, for those of us who have recently found themselves part of the bewildered throng gathered in front of the new LED (light-emitting diode), CFL (compact fluorescent lamp) and halogen light bulb displays, there is hope as local experts weigh in on the issue.

Idrissa Bagouda knows a lot about the subject. He is one of the lighting technicians at Bethesda's Home Depot. Lately his job has gotten a whole lot busier. "Each day, I'd estimate I receive 35 or more requests from customers to explain how the new light bulbs work," he said "I try to educate them about the different options, especially since there is a limited supply of the old incandescent bulbs remaining and the store won't be carrying them much longer."

So why will the old incandescent bulbs no longer be available and why are the new choices so confusing? The back-story is, that starting in 2012, all new light bulbs were required by law to consume 25 percent less energy. The new standard, set to phase in 2012-2014, did not ban incandescent bulbs or any specific bulb per se; it simply mandated that they had to use less energy. These efficiency standards were established in 2007 under the bipartisan Energy Independence and Security Act (EISA.)

The new standards have resulted in an ever-widening array of energy-efficient, long-lasting light bulbs becoming available to the consumer. The LED is the newest among them. The LED has a radically different structure than that of traditional incandescent, halogen and CFL bulbs. Whereas these older bulbs produce light by heating a filament, LEDs create light using semiconductors. Each bulb contains varying numbers of diodes that, when placed in contact with each other, release energy. It is this energy that produces light.

This new technology has many advantages, among them high efficiency, low energy consumption and long bulb life. Noted Bagouda, "LEDs save you money over time and have a much longer lifespan than CFLs and other more traditional bulbs."

Confusion arises, however, when consum-

ers try to compare the luminosity (the amount of light emitted) of the LED and the other new, energy-efficient bulbs to the traditional ones, using the commonly accepted measure for brightness — wattage. Since wattage represents electricity consumed, not actual brightness, it doesn't serve well as a measure. Without a new language for understanding brightness, it is particularly hard to choose among the new lighting choices. In anticipation of this, the Federal Trade Commission (FTC) in 2011 mandated that all light bulb packages display a previously little-known unit of measurement, the lumen, as the primary standard for comparison.

Lumens are a measure of perceived brightness; the higher the lumens, the brighter the bulb. A typical 60-watt incandescent bulb, for instance, emits around 660 lumens. Compare this to a typical 9-watt LED bulb, which emits 900 lumens. If you compare the two bulbs by wattage, the incandescent bulb would appear by the old standards (60 compared with 9) to be brighter. Yet, the LED bulb actually emits 27 percent more light than the incandescent bulb, all while consuming 51 watts less energy.

While current LEDs are almost 10 times more expensive than incandescent bulbs, at around \$20 versus \$2, their increased lifespan and energy efficiency can result in significant financial savings over time. LEDs have dramatically long lifespans, estimated at 10 years, assuming 3-5 hours of daily use. Whereas the typical incandescent bulb lasts around 1,000 hours, LEDs last 25,000, or more than 10 times as long.

ACCORDING TO POTOMAC Strosnidiers' lighting authority, known to regulars as "David," LEDs are the smart choice for their long lifespans and versatility. David has noticed more people choosing LEDs over CFLs for this reason. "LEDs are preferable because of their longevity and the fact that the whole LED line we carry is dimmable without restrictions," he said. "With CFL bulbs, you need to check the packaging to see if that is the case," he added.

The benefits of LEDs are many. With no filament to break, the bulbs hold up well to jarring and bumping. They will not cause heat build-up and are cool to the touch. And, unlike CFLs, they are mercury-free.

Pepco offers rebates to consumers when they purchase low-energy bulbs. "Rebates have received a very strong response and are the single most important factor leading to more people being interested in LEDs



Some of the many new lighting choices available at Strosnidiers.

as a category," said David. "There is no paperwork involved and the customer can take the rebate instantly at the register." Rebates can shave as much as half off the cost of the bulbs.

While LEDs are all the rage, don't count CFLs out entirely. Originally developed in the 1980s to replace incandescents, CFLs consist of a tube, which is curved or folded, with a compact electronic ballast in the base. These bulbs, which last from 6,000 to 10,000 hours, remain a good choice for energy-efficient lighting and are still being offered by many area builders. While they cost more than incandescents, CFLs use about a quarter of the electricity.

A significant downside to CFLs, is that they contain mercury, a neurotoxin that makes disposing of them problematic. Moreover, the bulbs start up slowly and can take 10-15 seconds to light. And, while improvements have been made to the quality of the light they emit, it remains a chief complaint among consumers. As they grow more popular, however, CFLs are changing and they can now be purchased in various shades of white, with the best "soft white" rated similar in color to a standard incandescent.

Halogen bulbs are still widely available. However, they are not nearly as efficient as LEDs or CFLs. The halogen bulb, which uses a cyclical chemical reaction to produce light, is essentially an efficient variety of the incandescent. Halogen bulbs consume 30 per-

cent less energy than the traditional bulbs. Dimming the bulb can save even more.

A downside is that in addition to higher energy consumption, halogen bulbs require higher temperatures for the chemical reaction to work, posing some fire and burn hazards.

The traditional incandescent bulb still has many loyal fans. These fans are more comfortable with the bulb's familiar technology and warm, rich light, despite its short lifespan of 750-1000 hours. Energy-savings, for now, hold little allure. David noted with a chuckle that the majority of customer requests he receives have less to do with what the differences are between the low-energy bulbs, than if the incandescents are still available. He explained that, though the bulbs are no longer being made, there are many still available.

David observed that the ongoing popularity of incandescents ranges across the board, with no distinction as to age. "People seem to prefer the softer light," he said.

Idrissa agreed: "A lot of people still prefer incandescent light to that of the new bulbs, he said, "because that is what they are used to. I point out that the bulbs are being phased out and that if you run out, you won't be able to buy any more."

There are many kinds of LEDs currently available with standard and pin bases that fit existing light fixtures. Consumers can choose between cool and warm light. There are also "retrofit" kits, complete with LED bulb and trim, available in stores and online that insert into old ceiling housings for a more modern look. Here are some of the most typical styles.

COMMON STYLES OF LED BULBS

Diffused bulbs

This bulb is a standard household bulb with a traditional screw-in base. It is used as area lighting for rooms, lamps, and other low-light applications.

Dimmable Globe bulbs

Designed for bathroom vanities, these bulbs produce light equivalent to a 40-watt incandescent, yet consume only 10 watts of power.

Flood Reflectors

For recessed cans and track lights, these LEDs have a screw-in base and fit in standard recessed lighting housings.

Flame Tip

Designed to replace incandescent candelabra bulbs, these LEDs deliver the equivalent of a 25-watt incandescent bulb while using only 3.5 watts of electricity.

Tube Lights

Designed to replace traditional 25-watt and 40-watt fluorescent tube bulbs.

Dimmable LED Light Bulbs

Newly released, these LEDs are great for mood lighting in the home. They must be paired with a hardware dial control switch to function properly.

LETTER

FROM PAGE 4

team's place in NFL history, about the lyrics of the team's popular fight song and, not least of all, about his own financial stake in the franchise. While the team has faltered badly during Snyder's tenure, he has been quite successful and relentless in his monetization of the franchise.

So let me suggest an alternative name for the team that should satisfy everyone's concerns — a name

that will not be offensive to any ethnic group, that will recall glorious days of yore on the gridiron, that will preserve the cadence of the team's fight song, and that will pay proper homage to the team's management. Let us all, henceforward, join in singing, with enthusiasm, "Hail to the PIGSKINS! Hail VICTORY!" Go PIGSKINS!

Elliot Wilner
Potomac

BULLETIN BOARD

Email announcements to almanac@connectionnewspapers.com.

PARK DONATIONS

"Heart Your Park" Program.

Through March 31, customers can support Cabin John Regional Park, Flower Hill Local Park and Wheaton Regional Park by donating \$1 or more at the register of the Macy's store in each location. For more

information on "Secret Garden," visit macys.com/secretgarden. For a full list of the parks benefiting from Macy's "Heart Your Park," visit macys.com/parks.

CAMP REGISTRATION

Summer Camp Registration.
Montgomery Parks, part of the

SEE BULLETIN, PAGE 9

ENTERTAINMENT

Email community entertainment events to almanac@connectionnewspapers.com. Deadline is Thursday at noon. Photos and artwork encouraged.

ONGOING

Mommy & Me (& Daddy, Too).

Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-alongs, prizes and more. Visit rockvilletownsquare.com/events/mommy-and-me.

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 ages 5-10. Tickets start at \$10. Visit www.imaginationstage.org or 301-280-1660 for tickets.

Common Ground Gallery. See "Robin Meyer: Life and Death of Charm City" through Sunday, March 16, at VisArts, at 155 Gibbs St., Rockville. The exhibit investigates Baltimore and finds a city branded by the red "X"- a mark signifying an uninhabitable dwelling. Visit www.visartscenter.org or call 301-315-8200.

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 "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 grades Pre-K-6. Visit www.thepuppetco.org or 301-634-5380.

Art Exhibit. See "Love is in the Air" at Photoworks Gallery in Glen Echo Park, 7300 MacArthur Blvd. Exhibit runs Feb. 21-March 31. Features images from more than 35 amateur and professional photographers living and working in the Washington Metropolitan Area. Hours are Saturdays 1-4 p.m. and Sundays from 1-8 p.m. Visit www.glenechophotoworks.org for more.

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. The story tells of two children who use their imagination and dress-up to turn their room into a wonderland of

mess. Interactive show appropriate for 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. See "Expressions in Glass" in the Popcorn Gallery at Glen Echo Park, 7300 MacArthur Blvd. Glassworks resident artist Paul Swartwood will exhibit works in blown glass, along with artists Mark Hill, Carol Hurwitch, Allan Jaworski, and Kevin Lurie, with whom he collaborated. Free. Hours are Saturdays and Sundays from noon-6 p.m. Runs March 22 through April 7. Visit www.glenechopark.org or 301-634-2222.

Kaplan Gallery. See "Abstraction: Finding the Thread" through Sunday April 20, at VisArts, 155 Gibbs St., Rockville. Some of the artists include, Timothy App, Dan Dudrow, Dennis Farber, Carol Miller Frost, Bill Schmidt, Jo Smail, and Michael Weiss. Visit www.visartscenter.org or call 301-315-8200.

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.

THURSDAY/MARCH 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 for more.

Theater Performance. 7 p.m. at Washington Episcopal School, 5600 Little Falls Parkway, Bethesda. The 6th grade class is performing "The Wizard of Oz." \$6/adult; \$5/student. Visit www.w-e-s.org for more.

FRIDAY/MARCH 14

Theater Performance. 7 p.m. at Washington Episcopal School, 5600 Little Falls Parkway, Bethesda. The 6th grade class is performing "The Wizard of Oz." \$6/adult; \$5/student. Visit www.w-e-s.org 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 MacArthur Blvd., Glen Echo. Glen Echo Open Band provides music. \$10/adult; free for those age 17 and under. Visit www.glenechopark.org.

Salsa Dance. 8 p.m.-midnight in the Back Room Annex at Glen Echo, 7300 MacArthur Blvd., Glen Echo. \$12. Visit www.glenechopark.org.

SATURDAY/MARCH 15

Summer Camp Expo. 9 a.m.-noon at

Cabin John Ice Rink, 10610 Westlake Drive, Rockville. Meet naturalists and experienced recreational professionals to learn all about summer camps. Find the summer camps that are the perfect fit for your children. On-site registration is available at the expos too. Visit www.parkpass.org for more.

Theater Performance. 12:30 p.m. at Washington Episcopal School, 5600 Little Falls Parkway, Bethesda. A special pizza lunch with the cast in costume starts at 11:30 a.m. \$8 for lunch. The 6th grade class is performing "The Wizard of Oz." \$6/adult; \$5/student. Visit www.w-e-s.org for more.

Quarter Auction. 2 p.m. at Gaithersburg Activity Center, 506 S. Frederick Ave., Gaithersburg. A Quarter Auction is described as auction meets bingo meets raffle. Doors open at 1 p.m. to register and pick up paddles and quarters, check out all the vendors and bid on the silent auction items. \$15 in advance, or \$20 at the door; admission includes \$10 in quarters and 1 bidding paddle. Additional paddles are \$2 each, or 3 paddles for \$5. For advance tickets, contact Jamie at 301-990-8903, or jamiiep@hospicecaring.org.

Parents' Afternoon Swing Dance. 2:30-5:30 p.m. in the Ballroom Annex, 7300 MacArthur Blvd., Glen Echo. All ages can dance. \$8, 12 and under are free. Visit www.glenechopark.org for more.

Music Performance. 7:30 p.m. at Winston Churchill High School, 11300 Gainsborough Road. Hear "Songs for a New World" performed by a full orchestra featuring students and guest vocalists. Tickets are \$20-\$35. Visit www.youngartistsamerica.org or 301-272-8604.

Swing Dance. 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Features music by George Bedard Band. \$18. Visit www.glenechopark.org for more.

SUNDAY/MARCH 16

Library Book Sale. 10:30 a.m.-12:30 p.m. at Beth Shalom Congregation, 11825 Seven Locks Road. Find books for all ages. E-mail library@bethsholom.org for more.

Waltz Dance. 2:45-6 p.m. in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Dance to live music by SomeAssembly. \$10. Visit www.waltztimedances.org for more.

Music Performance. 3 p.m. at Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Escolania De Montserrat will perform. Tickets are \$25-\$35. Visit www.strathmore.org or 301-581-5100 for tickets.

Music Performance. 3 p.m. at Winston Churchill High School, 11300 Gainsborough Road. Hear

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- ✿ Our Transport Coordinator will explain how you can help with little more than some time and a car.



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Saturday, March 15, 3-7 p.m. Enjoy snacks & soft drinks
while learning how you can help.
1690 Anderson Road, McLean (near Safeway)
www.lostdogandcatrescue.org



ENTERTAINMENT

"Songs for a New World" performed by a full orchestra featuring students and guest vocalists. Tickets are \$20-\$35. Visit www.youngartistsamerica.org or 301-272-8604.

Pete Seeger Sing-Along. 4 p.m. at Westmoreland Church, 1 Westmoreland Circle, Bethesda. Music will be led by the Little Falls Bluegrass Ensemble. Free, donations benefit Action in Montgomery.

Scrabble Scramble Fundraiser. 6-9 p.m. at Manor Country Club, 14901 Carrolton Road, Rockville. The Literacy Council of Montgomery County will raise money for the organization's adult literacy programs. Tickets are \$250 for a table of four, and all proceeds go directly to the Literacy Council. Dinner is included, along with a silent auction and raffle. E-mail info@literacycouncilcmd.org or 301-610-0030.

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 p.m. lessons start; 7:30 -10:30 p.m. dancing in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Coracree provides music. \$13/nonmember; \$10/member; \$5/age 17 and under. Visit www.glenechopark.org for more.

THURSDAY/MARCH 20

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/MARCH 21

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

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 glenechopark.org.

SATURDAY/MARCH 22

Art Exhibit. Noon-5 p.m. at Yellow Barn Studio & Gallery, 7300 MacArthur Blvd., Glen Echo. See the 15th Annual Friends of the Yellow Barn High School Art Exhibition. Free. Visit www.yellowbarnstudio.com for more.

Opening Reception. 6-8 p.m., see "Expressions in Glass" in the Popcorn Gallery at Glen Echo Park, 7300 MacArthur Blvd. Glassworks resident artist Paul Swartwood will exhibit

works in blown glass, along with artists Mark Hill, Carol Hurwitch, Allan Jaworski, and Kevin Lurie. Free. Visit www.glenechopark.org or 301-634-2222.

Swing Dance. 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Features music by Pie in the Sky Band. \$18. Visit www.glenechopark.org for more.

SUNDAY/MARCH 23

Art Exhibit. Noon-5 p.m. at Yellow Barn Studio & Gallery, 7300 MacArthur Blvd., Glen Echo. See the 15th Annual Friends of the Yellow Barn High School Art Exhibition. Free. Visit www.yellowbarnstudio.com for more.

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/adult; \$5/child age 12 and under. Visit www.glenechopark.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 Tunescape. \$13/nonmember; \$10/member; \$5/17 and under. Visit www.fsgw.org.

FRIDAY/MARCH 28

Recreation Department Job Fair. 11 a.m.-3 p.m. at 14625 Bauer Drive, Rockville. The Montgomery County Recreation Department is hosting a job fair for summer camp workers and year-round temporary staff. Call 240-777-6810.

TUESDAY/APRIL 1

Parenting Program. 6:30-9 p.m. at JSSA's Ina Kay Building, 200 Wood Hill Road, Rockville. Parents can learn about "Identifying and Navigating Autism Spectrum Disorder Resources." Free. Registration required, visit <http://asd2dayevent.eventbrite.com> or www.jssa.org.

WEDNESDAY/APRIL 2

Parenting Program. 6:30-9 p.m. at JSSA's Ina Kay Building, 200 Wood Hill Road, Rockville. Parents can learn about "Identifying and Navigating Autism Spectrum Disorder Resources." Free. Registration required, visit <http://asd2dayevent.eventbrite.com> or www.jssa.org.

BULLETIN BOARD

FROM PAGE 6

Maryland-National Capital Park and Planning Commission, is offering 88 summer camps in 2014. Registration is open at www.ParkPASS.org. A complete list can be found at www.MontgomeryParks.org/camps.

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

THURSDAY/MARCH 13

Live & Learn Bethesda. Noon-1:30 p.m. at 4805 Edgemoor Lane Bethesda. Learn more about Elizabeth Cady Stanton and the struggle for women's suffrage. Visit <http://liveandlearnbethesda.org/> or call 301-740-6150.

Information Session. 6:30-8 p.m. at VisArts, 155 Gibbs St., Rockville. High school students can learn about the Youth Leadership Montgomery program. Free. Visit www.leadershipmontgomerymd.org for more.

MONDAY/MARCH 17

Sober Ride. 4 p.m. Monday-4 a.m. Tuesday Washington Regional

Alcohol Program will offers free cab rides (up to a \$30 value) to would-be drunk drivers in the metro-Washington, D.C. area. Call the toll-free SoberRide phone number 1-800-200-TAXI (8294). AT&T wireless customers can dial # WRAP for the same service. Visit www.soberride.com for more.

THURSDAY/MARCH 20

Meeting. 7:30-8:45 p.m. at the Potomac Community Center, 11315 Falls Road. Stacy Holstein will discuss the 10 best ways to increase health and fitness. Free. Visit www.potomaccommunityvillage.org or 240-221-1370.

MONDAY/MARCH 24

Entry Deadline. The 33rd annual congressional art competition for students is underway. Entry forms are available on Rep. Chris Van Hollen's at <http://vanhollen.house.gov/constituentservices/congressionalartcompetition.htm> or by calling 301-424-3501. The forms must be signed by the student and a faculty member and faxed 301-424-5992 or emailed by the deadline.

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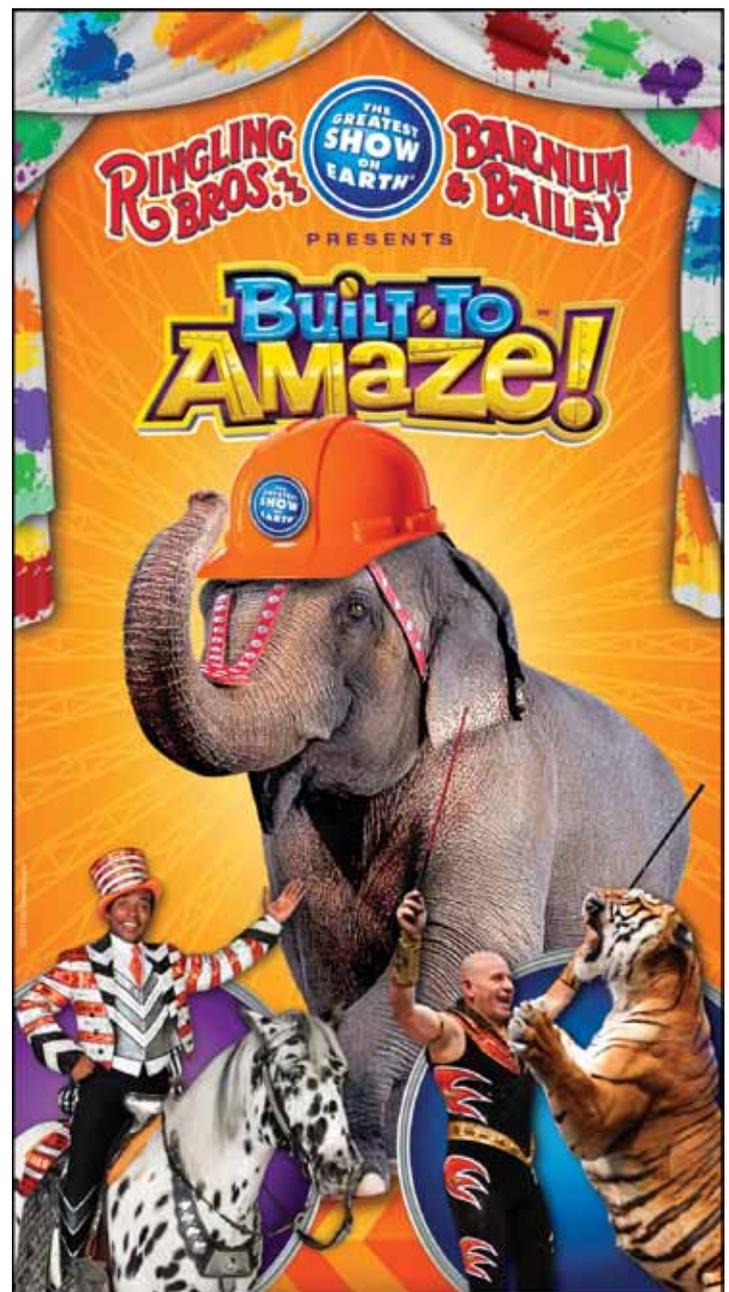
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Whew!



By KENNETH B. LOURIE

Originally, this column was to be a discussion about the communication process between my doctor and this patient. Specifically, the time lag between when tests are performed/completed and when those results are communicated to the doctor who in turn – per this patient's request, e-mails them to me. In the olden days, results were most likely offered up in person; in the post-olden days, more likely a phone call was made; presently, at least in my experience, results most likely will be e-mailed. I imagine an enduring problem for the patient – during all three “days,” has been the time waiting for test results and hearing about them from your doctor. Excruciating is one of the most accurate characterizations of that delay, combined with an unhealthy dose of helplessness. Eventually, if you live long enough, you sort of become accustomed to the process and learn to roll with the punches, both figuratively and literally. Nevertheless, the patience and experience you learn can't totally stop the rampant speculation that keeps you up at night and sleepy during the day.

All of this being said and mostly internalized and assimilated into my terminal-patient brain, unfortunately doesn't prevent the process from negatively impacting your waiting-for-test-results-from-your-doctor compartment where you've (at least where I have) attempted to compartmentalize this process so that it doesn't adversely impact every other psychological compartment I've previously constructed. But I may have learned my lesson this time. The reason being that even though I received an e-mail from my oncologist two days after my CT Scan was completed, it turned out to be sort of an incomplete/inaccurate assessment: “Some better, some worse. I'll explain more on Friday,” (the date of my next infusion and coincidentally, the date of our next face-to-face appointment, a week later). It seems the Radiologist had compared this recent scan to one I had taken nine months ago and consequently, made some incorrect assumptions – but of course, we didn't know any of this until we saw my doctor; as such, we stressed about the content of the e-mail.

Friday arrived and we went to The Infusion Center where I was hooked up as usual. Within a few minutes, my oncologist walked over to my Barcalounger. Dina immediately whispers: “He's not smiling.” (Reading the facial expressions and body language of your doctor has no doubt become the bane of every patient's existence, especially when dealing with oncologists.) Soon enough though, after my doctor began talking (and explaining the radiologist's mistake), it became clear that my results were quite the opposite of what the original e-mail had indicated. It was not “some better, some worse,” it was Tony-the-Tiger GREAT! news with which I could most definitely live – and for many years, too, he said. To say we were pleasantly surprised might be the understatement of the universe. To say we were over the moon might be a bit more realistic, hyperbole notwithstanding.

So what did I learn? What did my oncologist advise me going forward? To not interpret the delay in the communication process as indicating anything other than the nature of the process; nothing to be taken personally or interpreted in any meaningful way. And even though the news we received was extremely encouraging this time, the process, such as it is, likely continues, and anticipating that news – good, bad or indifferent – is to be delivered in any other way is unrealistic. As difficult as it is for this patient to be patient, in some cases, as I learned this past week, your patience can sometimes be rewarded.

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

Whitman Boys Win Region Championship

Vikings will face Annapolis in state semifinals.

The Whitman boys' basketball team captured the program's first region championship since 2006, beating Clarksburg 49-44 in the 4A West final on March 7 at Blair High School.

Senior center Josh Fried led the Vikings with 19 points, 13 rebounds and three blocks. Sophomore guard Kyle Depollar scored 16 points, all in the second half, and finished 9 of 10 from the free-throw line.

Whitman, seeded No. 2 in Section I of the 4A West region, defeated Kennedy and Richard Montgomery to reach the section final, where the Vikings defeated No. 1 Blair 60-48. The following evening, Whitman beat Clarksburg, the No. 2 seed from Section II.

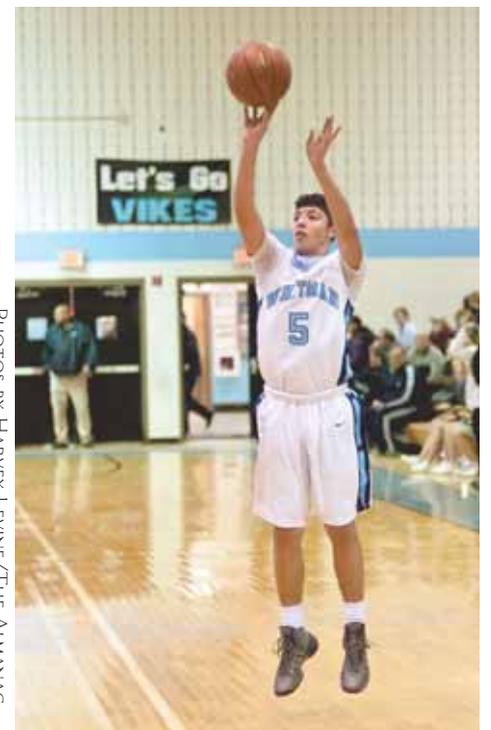
“I'm so happy and proud of our guys,” Whitman head coach Chris Lun wrote in an email.

“We got a tough playoff draw this season. We beat Kennedy (13 wins), RM (11 wins), Blair (20 wins) and Clarksburg (20 wins). Our team fought tough and hung in there. [Beating Clarksburg in the region final] was a great win for our program.”

Whitman (20-6) will face Annapolis in the state semifinals at 7 p.m. on Thursday, March 13 at the University of Maryland's Comcast Center. The Vikings' last trip to the state tournament resulted in Whitman win-



Whitman senior center Josh Fried, seen earlier this season, scored 19 points and grabbed 13 rebounds against Clarksburg in the 4A West region championship game on March 7 at Blair High School.



Whitman sophomore Kyle Depollar, seen earlier this season, scored 16 points against Clarksburg in the region championship game on March 7.

ning the 2006 state title.

“We are really excited about the challenge,” Lun wrote. “We know how dangerous Annapolis is. They have a very good guard and some decent size. They knocked off some very good teams in the regional tournament. It will be a big challenge for

us.”

Having been in this situation before, what will Lun tell his players?

“Just enjoy the ride and continue doing what we've been doing,” Lun wrote. “We need to share the ball and continue to play team defense.”

Whitman Girls Lose in Section Final

Vikings end season with only public-school loss of year.

The Whitman girls' basketball team entered the 4A West region Section I final against Kennedy on March 6 riding a 20-game winning streak. The Vikings had defeated the Cavaliers by 16 points just two weeks prior and hadn't lost to a public school team all season.

But once the game started, Whitman's shots weren't falling and the Vikings trailed 15-4 at the end of the first quarter. Whitman battled back and briefly took the lead, but the Vikings' offensive struggles continued in the second half.

Whitman scored just two points in the third quarter. The Vikings, who averaged five 3-pointers per contest, did not make a single attempt from behind the arc. And time and time again, Whitman players found a way to get to the basket, only to miss a layup.

When the final buzzer sounded, Whitman had produced its lowest offensive output of the season and the Vikings' season was over. Kennedy defeated Whitman 46-37 at Whitman High School, knocking the defending 4A West region champions out of



Whitman freshman Abby Meyers scored nine points in a playoff loss to Kennedy on March 6.

the postseason and leaving head coach Pete Kenah searching for answers.

“I wish I knew,” Kenah wrote in an email, responding to a question about why the Vikings struggled to finish near the rim. “We watched the tape and counted 12 missed layups within 3 feet. [Kennedy is] athletic

but lacked a dominant shot blocker, so not sure on why there would have been an intimidation factor.”

Sophomore forward Hannah Niles led Whitman with 11 points. Freshman guard Abby Meyers scored nine points, and senior guard Maddie Cannon added seven.

Prior to the March 6 contest, Whitman's only losses came against private schools. The Vikings opened the season with a 54-41 loss to Good Counsel on Dec. 6, and eight days later they lost to Bishop McNamara 47-42. After that, Whitman won 20 consecutive games and earned the No. 1 seed in Section I of the 4A West region. The Vikings beat Blair 41-40 in the section semifinals one day before losing to Kennedy, a team Whitman defeated 56-40 on Feb. 21. The Vikings made eight 3-pointers that night against the Cavaliers.

Kenah described the team's emotions as “raw” after the loss to Kennedy.

“We had an incredible run and no one wanted to see it end,” Kenah wrote. “Many thanked each other for being so kind and some reflected on the memories.”

Whitman finished the season with a 21-3 record.

“It was a record-setting season, no doubt about it,” Kenah wrote. “Fewest games I've lost in my 12 years at the school.”

— JON ROETMAN

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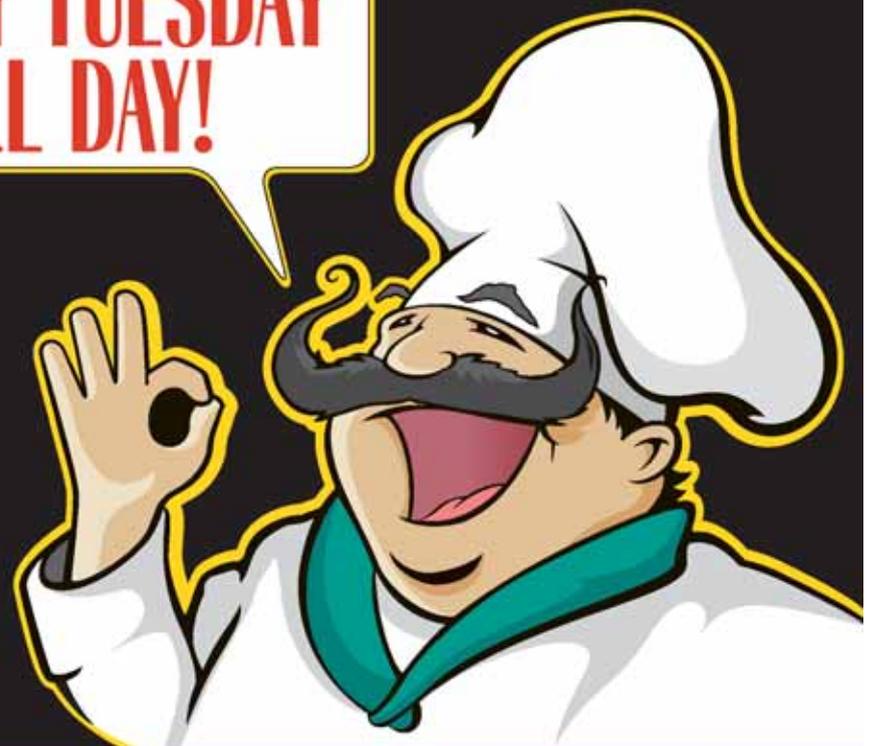
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Spring 2014 HomeLifeStyle

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PHOTO BY MIRI TALABAC

LET'S TALK Real Estate



by Michael Matese

Techno Luxury

The homebuyer of today is definitely concerned with keeping up—not with the Joneses, perhaps, but with the ever-changing face of technology. A fully appointed den or media room used to be an important selling point in a home—today, these things are de rigueur, standard in nearly every home on the market. In order to increase the market appeal of your home and be competitive with other homes of comparable structure, size and amenities for sale in your area, the new key selling point of a property is the home office. Once a rarity, the home office has evolved into the home's hub and center of operation and activity, often controlling every technological amenity of the house from one room. Modern home automation systems link lighting, heating and air conditioning systems, as well as audio-visual equipment, security systems and the scheduling of television, recording systems, stereo equipment and lighting fixtures. The modern home office isn't just for business professionals, technological connoisseurs, or the higher-earning set, either. Today's home technology features are high-end home amenities that are available across a wide range of budgets, turning an average home into an above-average home when it hits the market, giving tech-savvy dwellings a competitive market edge. Take a look at your home's wiring, routing and see what simple upgrades you could implement that would simplify your day-to-day living while you're in the home, and that could add top-dollar value to your home when it comes time to put it on the market. Ask yourself: Is your home techno-ready?

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HomeLifeStyle

Kitchen Confidential

BY MARILYN CAMPBELL
THE CONNECTION

Opening up and adding light were priorities when Guy Hopkins Semmes, partner and founder of Potomac-based design-build firm Hopkins and Porter and Lea Allen, one of

the firm's senior architects, remodeled the kitchen of a Bethesda home.

"The kitchen was small, but we were able to add a lot more space, by making few minor changes," said Semmes. "Before there was an enclosed porch next to the kitchen. We opened the wall between the kitchen and the adjacent enclosed

From light-filled to dramatic, local designers create dream kitchens.

porch."

Semmes and Allen made another major elimination: appliances. "We got rid of the refrigerator and moved it downstairs," said Semmes. "All of the other appliances are located under the counter and open up like drawers."

Semmes also found a creative way to make the space more light-filled. We took out a stairway wall to the second floor and replaced it with a triangular opening so light from stairwell came down into the kitchen."

The kitchen now has maple cabinetry and white Silestone countertops. "It was done on a budget. It's amazing what you can do when you work with what you've got."

NICELY DONE KITCHENS in Springfield, Va., created a kitchen with drama for a Centreville, Va., family. "White semi-custom cabinetry and a contrasting dark island creates a dramatic look," said Stephanie Brick, designer. Brick cited the focus on the vertical, subway tile back splash.

The rest of the back splash in the kitchen is horizontal, which is the standard for subway tile, said Brick.

The kitchen also includes ample, easily accessible storage space.

"The paneled refrigerator helps conceal the appliances and helps them to blend in with the cabinetry to give the aesthetic more continuity," said Brick. The kitchen includes easily accessible

storage space and ogee-edged granite counter tops.

WHEN ALLIE Mann of Arlington, a designer and senior interior specialist at Case Design/Remodeling, Inc. was tasked with giving the first floor of a McLean, Va., home a face lift, she had to think free-flowing and airy.

"[The] client wanted to focus on making kitchen feel open and connected to rest of home," said Mann. "[They] needed to have plenty of space to cook and entertain plus lots of storage." Mann said the homeowner was making a cross-country move and settling in Virginia, so adhering to a strict timeline and budget were critical.

However, near the end of the project, the homeowner wanted to make a change.

"At nearly 85 percent job completion, client decided they wanted to completely remove the wall between the kitchen and family room. In the original design, we partially removed the wall," said Mann. "This meant a shift and re-direction of scope, additional engineering [because] the remaining portion of the wall housed a three-story fireplace, relocation of cabinets had already been installed and modifications to counter tops. And still deliver a project close to on time."

The finished kitchen is a light-filled space with cabinets by Crystal Cabinetry, honed Vermont Marble countertops and appliances by Sub-Zero, Wolf, KitchenAid and Miele.

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PHOTO COURTESY OF HOPKINS AND PORTER

Guy Semmes and Lea Allen of Potomac-based design-build firm Hopkins and Porter removed walls to create space and add light to the kitchen of this Bethesda, Md. home.

Whimsy Meets Elegance

Potomac designer creates playful yet polished home for family of five.

When an active family of five approached Potomac interior designer Sharon Kleinman and asked her to give their home a makeover, they wanted a whimsical yet polished space.

"The house itself is a typical Bethesda arts and crafts house," said Kleinman. "It's very roomy, boasting four levels of living space which gets good use from this energetic family with three active children."

The family wanted to move beyond traditional design elements. "The clients wanted to think a bit outside of the box," Kleinman said. "They had no need for formal living spaces, so we took the living room and turned it into a music room."

Kleinman created a design that had a family-friendly feel and incorporated elements of both whimsy and elegance. "We gave the music rooms a bit of drama with the chocolate [colors in fabrics], a bit of glamour was added with the mohair rug, a family favorite for all, including the dog."

Two chairs by Baker Furniture are positioned on either side of the fireplace in the music room. An ottoman, also by Baker, sits



PHOTO BY GWIN HUNT PHOTOGRAPHY

The large matte-finished tiles on the wall surround the fireplace in the dining room of this Bethesda home designed by Sharon Kleinman is upscale but informal.

"The clients wanted a family-friendly environment that was a bit playful and whimsical, but also sophisticated."

— Sharon Kleinman,
Transitions by Sharon Kleinman

between the chairs.

"Rich, fabrics on the chairs flanking the fireplace and in the window treatments add to the luxurious and warm feeling of the room," said Kleinman.

Kleinman also created a casual, but chic design for the dining room. "The clean lines of the dining room furnishings evoke a less formal feel," she said. "The durable dining chair fabric in creams and grays is far from formal, yet it sets a casually elegant tone for the room."

Large, matte-finished tiles surround the fireplace. "[They] are upscale but, informal," said Kleinman. "The chandelier adds a bit of sparkle. The draperies allow in lots of light, yet add to the finished look. The dining table was accessorized with crystal birds inherited from a grand parent."

— MARILYN CAMPBELL

Getting Your Garden Ready for Spring

Local experts tell you what you should do now, in spite of the cold weather.

BY MARILYN CAMPBELL
THE CONNECTION

It doesn't feel like spring. Last week's snow made it seem like warm weather might never arrive, so planting a garden might be the last thing on your mind. However, local gardening experts say this is the ideal time to start preparing your landscape to yield colorful spring foliage.

Bill Mann of Behnke Nurseries in Potomac said spring garden preparation plans differ from year to year. "It depends on the landscape beds you have and whether or not you're planning to put in a vegetable garden," he said.

"This is the time to inspect shrubs for damage that might have been broken during the snow load," said David Watkins of Merrifield Garden Center, which has locations in Fair Oaks, Merrifield and Gainesville, Va., Don't go overboard, however: "You don't want to prune plants before they bloom. A good rule of thumb is to prune a flowering plant right after it blooms."



PHOTO COPYRIGHT CAROLINE WILLIAMS

David Watkins of Merrifield Garden Center says cold season annuals like these yellow pansies can add bright color to a garden now.

Instead, spend some time tidying up. "Right now is the time to fertilize your shrubs, remove old mulch, put down new mulch and just clean up," said Watkins. "Everybody is sick of winter, especially this winter. This is the time to clean up old leaves. Because the winter has been so cold, there are going to be some plants that won't have made it."

"In March, a lot has to do with inspecting the yard for winter damage," said Mann. "This is a great time of the year to look for insect damage and deer damage."

Mann expects extensive deer damage this year. "Deer didn't have much to eat except for plants like azaleas and rhododendrons."

Insect damage is less obvious and more

difficult to identify. "This is the time to do damage-control by using safe or organic-based products like neem oil," said Mann. "When sprayed on plants, it smothers insect eggs or some insects in the larva stage. It also kills stinkbugs. If you can see them, you can control them. You can use a higher concentration this time of year and it is a lot safer and easier on the environment. It reduces bad bug populations and is safe over all."

WHILE EAGER GARDENERS may be excited to start planting spring flowers in their newly cleaned plots, Watkins offers a caveat: "It is a little early for most annual flowers in pots on patios, but you can plant annuals like pansies, which are cold season annuals," he said. "They don't like heat, so in June they start to wither. Then you can put other flowers in like petunias and geraniums."

Watkins recommends planting hearty, ornamental shrubs in patio flowerpots and surrounding them with flowering plants to ensure year-found foliage. "A nice thing to do in pots is plant a woody ornamental,"

he said. "It is nice to have plants in the pots that stay year round. I put a Japanese maple in a pot on my deck. In another pot I put *ilex verticillata* [winterberry] and I had red berries all winter long. In the spring, I'll put petunias in the soil around it, and around the edge I'll plant a flowering plant that will trail down over the pot from April to October. Then the rest of the year I'll get red berries."

Sowing grass seeds is also an ideal project to begin now. "The seeds won't germinate until it gets to be 52 degrees," Watkins continued. "So even if we get another snow storm, it helps work the seeds into the soil."

Randee Wilson of Nature By Design in Alexandria encourages the use of indigenous plants. "Look for sources for native plants — they help sustain our local wildlife. If we didn't have local plants, butterflies would be gone."

Native plants also require less maintenance. "Some native plants are cardinal flower, which is bright red; bee balm, also bright red; blue cardinal; iron weed, which has purple flowers, and native wisteria vine," said Wilson.

If a new patio is in your plans this spring, Watkins says to get started now. "We've been putting down putting patios all year long," he said. "A good garden center is going to get backed up when the weather is warmer. The sooner you start getting your job in the line, the better."

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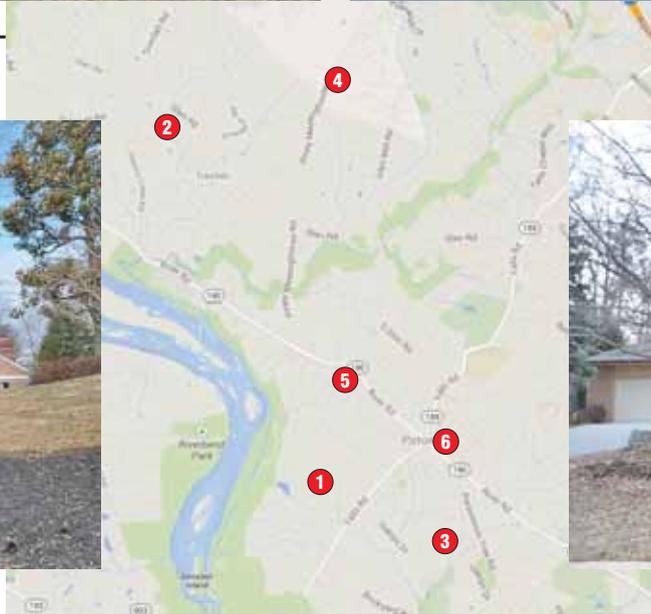
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