

Natalia Jurewicz speaks with the Mouse during the Kaydee Puppeteers' show at the Potomac Library on Saturday, Feb. 28, part of "Library Lover's Month."

Potomac ALMANAC

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Email announcements to almanac@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

WEDNESDAY/MARCH 4

Volunteer Open House. 10 a.m.-noon the Holiday Park Senior Center, 3950 Ferrara Drive in Silver Spring. The Senior Connection has immediate openings for volunteers to provide essential services to Montgomery County seniors. Available service opportunities include driving seniors to medical appointments and assisting with grocery shopping. Contact Mary Murphy at mary.murphy@seniorconnectionmc.org or at 301-942-1049.

Application Deadline. 5 p.m. The County Council is seeking 11 applicants to serve a four-year term on the County Charter Review Commission. The Commission researches and evaluates charter issues raised by the County Executive, County Council, other government officials and the public. It then issues recommendations on proposed Charter amendments every even-numbered year. The new commission begins its term in June 2015. Applicants should submit letters of interest and resumes to George Levanthal, President, Montgomery County Council, 100 Maryland Ave., Rockville, MD 20850. Visit www.montgomerycountymd.gov for more.

Tour Registration Deadline. The annual civil rights educational freedom bus tour, hosted by the Montgomery County Office of Human

Rights, is April 6-11. The bus tour celebrates the 50th anniversary of the march from Selma to Montgomery. It will retrace the Freedom Trail to learn about Martin Luther King Jr., Rosa Parks and the Montgomery bus boycott, voters rights and other significant events of the civil rights movement. Visit montgomerycountymd.gov/humanrights/outreach/2015_Civil_Rights_Tour.html.

WEDNESDAY/THURSDAY/MARCH 4-5

Public Forums on Superintendent Search. The forums will give Montgomery County Public Schools parents, staff, students, and community members the opportunity to identify the educational priorities and leadership qualities they would like to see in the next superintendent. Child care (for children ages 4 and older) will be available at all sessions. Foreign language interpretation services also will be available at each forum. The dates and locations of the forums, and the interpretation services available, are as follows:

Wednesday, March 4, 7 p.m.

- ❖ Eastern Middle School, 300 University Blvd. East, Silver Spring, with interpretation in Amharic, French, and Spanish.
- ❖ Walter Johnson High School, 6400 Rock Spring Drive, Bethesda, with interpretation in Korean and Spanish.

Thursday, March 5, 7 p.m.

- ❖ Gaithersburg High School, 101 Education Blvd., Gaithersburg, with interpretation in Chinese, Korean, and Spanish.

THURSDAY/MARCH 5

Great Decisions: Privacy in the

Digital Age. 12:30-2 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Great Decisions, a national program of the non-partisan Foreign Policy Association is sponsored by Friends of the Library, Potomac Chapter. Most months there is a guest speaker. Free, open to the public; bring a brown bag lunch. A copy of the 2015 Briefing Book is available at the Information Desk, but cannot be checked out; it takes about an hour to read the relevant article. Order books at fpa.org.

Planning Board Meeting. Attend, watch or listen live to the Montgomery County Planning Board meeting. View the full agenda. Visit www.montgomeryplanning.org.

SATURDAY/MARCH 7

Forum on Public Schools and Transportation Systems. 8:30 a.m.-4 p.m. at Bethesda-Chevy Chase High School, 4301 East-West Highway, Bethesda. The event, titled "Infrastructure and Growth: Are We Keeping Pace?," will offer the opportunity for participants to meet with public officials and provide feedback about their communities. Visit www.montgomeryplanning.org.

SUNDAY/MARCH 8

Low Vision Rehab Town Hall Meeting. 1:30-3:30 p.m. at Sibley Medical Building, Conference Room 2, 5215 Loughboro Road, NW, Washington, D.C. This symposium will address the looming Public Health Issues surrounding the expectation of the more than doubling baby boomer population by the year 2030. Visit www.youreyes.org for more. Call 202-364-7602 to register.



PHOTO BY DEBORAH STEVENS/THE ALMANAC

A cross-country skier in the C&O Canal National Historic Canal.





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Part of 'Library Lover's Month'

The Kaydee Puppeteers presented a double feature on Saturday, Feb. 28, at the Potomac Library, sponsored by the Friends of the Library, Montgomery County, Potomac Chapter.

PHOTOS BY DEBORAH STEVENS/THE ALMANAC



Whitley and Madelyn Dugan and the Mouse.

Celebrate Marilyn Shockey's Life This Saturday

Friends recall her spirit and legacy.

BY COLLEEN HEALY
THE ALMANAC

Countless fairy tales begin with "Once Upon a Time" and tell the story of princesses, pirates, dragons, knights, and wolves. The fables often finish with the words "The End." This month, the area theater community is mourning the loss of long-time Potomac resident and local playwright, singer, songwriter and actress Marilyn Shockey.

Her plays often turned familiar fairy tales upside down or blended several characters from various stories together. Many of her plays have been performed by Picture Book Players, Adventure Theatre and Potomac Theatre Company such as "What's a Wolf to Do?" which won 14 Adventure Theatre awards including Best Musical. Her work also includes "Cinderella or A Funny Thing Happened on the Way to the Ball" and "Sleeping Beauty or A Day in the Palace, a Night in Hollywood" and "Snow White & the Several Sillies."

Shockey began writing plays when her daughter Holly went to college and her husband John retired. She had always loved fairy tales because her mother read them to her as a child and she in turn read them to her daughter. After writing several children's musicals; her friends Patti Warner and Nan Muntzing encouraged her to try out for the Potomac Theatre Company's production of "The Pirates of Penzance" and she was cast as one of Gen-

eral Stanley's daughters.

Several more roles followed including Mrs. Greer in "Annie," Mrs. Paroo in "The Music Man," the Mad Hatter in "Alice In Wonderland" and Sister Sophia in "The Sound of Music."

Glenda Henderson remembered, "There are so many things that connected me to Marilyn. There is just a huge void now. She was like a sister to me. What struck me about her is how much love she had for her own mother. Her mother lived with her family for many years. I never had the chance to meet her but from what I have heard Marilyn took very good care of her. Marilyn was the sweetest, nicest person. During a production of 'What's a Wolf to Do?' and others, she not only wrote the script but acted in the show and did the costumes and pitched in to help with whatever was needed. She even worked in the box office."

"She had so many creative facets and abilities. She wrote stories, plays and music. She could sing and tell the story, sew and make beautiful costumes. Plus she could cook. Marilyn was always so positive. We would go to see shows together and she never said a bad thing; she always found the positive in something. Even if she did not feel like being at a rehearsal she was there setting the best example. She was just amazing and the most accepting person I have ever met. She never made me feel stupid if I did not know something. I am grate-



ful for her as a teacher and as a friend. She would illuminate without being judgmental. I am happy to have known her. I feel her loss so keenly and I know others do too."

Nan Muntzing recalled, "Marilyn and I met in 1989 at auditions for The Potomac Theatre Company's first show — "Pirates Of Penzance." That started what became an incredible, lasting friendship. The many shows we did together will be memories I will forever cherish."

"Marilyn wrote many terrific shows for Adventure Theatre. I had the pleasure of being involved in two of them. The Potomac Theatre Company did several of her plays with great success. She was so very talented in singing, writing and performing. She brought great pleasure to so many."

"My husband, Manning and I went on some great trips with Marilyn and John, which of course adds to the many wonderful memories. Marilyn sang in four shows we did at Fox Hill, where we live. Our fifth show will be in March and will be dedicated to Marilyn. We sang together for 26 years. She was a dear, dear friend, and I will miss her terribly."

Director Ron Sarro had worked with Marilyn several times: "Marilyn was one of those very few people who emerge in a person's life who is so special, so endearing, so supportive, so trusting, so understanding, and so generous in spirit and in deed, that there is no way for a friend to

replace her in his heart, to fill the void. Marilyn brought her considerable talents both to Adventure Theatre in Glen Echo and the Potomac Theatre Company. At Adventure, her original musical plays were magical, not only for the young audiences that saw them, but for the actors who performed in them. I felt honored to have been entrusted by Marilyn to bring her works to the professional stage for the first time. She worked tirelessly to support such efforts. No job was too big, no job was too small."

Carol Leahy remembers meeting Marilyn in the late 1980s when she came to audition for a role in the Picture Book Players, a volunteer group which performed weekly for school groups. "We shared many interests: acting, singing, and reading plays" she said. "Marilyn was a multi-talented person who wanted to write plays. She wrote one titled 'What's A Wolf to Do?', which incorporated some ideas from Little Red Riding Hood, Goldilocks and The Three Little Pigs."

"She was kind enough to ask me to read and comment and we did some revisions together. Then we produced the play at Adventure Theatre to rave reviews. I encouraged her to submit it to the Dramatic Publishing Company which did indeed publish it and it was produced in many different areas, always to very positive reviews. I can still see in my mind's eye the handsome young man who played the Wolf and the three beautiful young women (yes, they were the three little pigs!) in their gorgeous costumes — in which, of course, Marilyn had a hand. Our friendship grew throughout the years as she joined the Adventure Theatre Board, wrote and acted in more plays, and was the kind of friend everyone

Tips on Growing Plants from Seed

Advice from Master Gardener Gary Cahn.

BY CAROLE FUNGER
THE ALMANAC

The Hoe 'n Hope Garden Club welcomed Montgomery County Master Gardener Gary Cahn into member Sarah Funt's home on Tuesday, Feb. 3 to share his expertise on how to start vegetable and annual seeds indoors. While a number of the participants had been growing plants from seeds for years, all agreed that Cahn provided new twists on old themes, some time-saving and budget friendly alternatives to traditional practices and best of all, suggestions for cultivars guaranteed to impress family and friends as they are carried in from the garden.

Cahn is part of the group Master Gardeners, a volunteer education program taught and administered by University of Maryland Extension (UME) that educates residents about safe, effective and sustainable horticultural practices. Master Gardeners provides speakers, maintains demonstration gardens and has affiliates all over the county, including plant clinics at area libraries where you can bring sickly specimens for onsite diagnosis. (See list of libraries.)

Cahn began his discussion by pointing out that while growing plants from seeds may not save money, it will certainly provide opportunities for growing cultivars that aren't readily available at local nurseries. "It's easy, fun and provides psychic gratification," he said, adding, "It's like raising your children. I get very attached to my little seedlings."

He noted that it takes only a small number of materials to get started, all of which can be purchased from local nurseries, hardware stores or big box stores such as Home Depot. These materials include seeds, light fixtures and bulbs, growing medium and containers.

Plant Clinics

Montgomery County Master Gardeners Plant Clinics:

Bethesda: Davis Library
Burtonsville: Praisner Library
Derwood: Mont. County Extension Office
Gaithersburg: Quince Orchard Library
Gaithersburg: Gaithersburg Library
Rockville: Twinbrook Library
Rockville: Central Farm Market
Germantown: Upcounty Regional Services Center
Wheaton: Brookside Gardens
Kensington: Audubon Center
Poolesville Library
Silver Spring Farmers Market



PHOTOS
CONTRIBUTED

Making a list of the seeds that you want to grow is the first important step, according to Cahn. After that, it's a matter of choosing seeds that offer special qualities such as improved flavor, unusual color or shape and good resistance to disease. In addition to local nurseries, there are good online sites that offer thousands of options to choose from. (See list below.) Cahn noted that while some seeds are easy to start, like peppers, tomatoes, lettuce, eggplants and zinnias, others are more difficult, such as impatiens, parsley and coleus. He stressed that it was important to know one's skill set before embarking on the project.

Once the seeds are selected, lighting is the most important issue, according to Cahn. And, lighting is all about fluorescent bulbs. Regular, incandescent lights won't work because they produce the wrong type of spectrum, while placing seeds by a window provides insufficient light.

Cahn explained that though sunlight may seem like a natural, it results in weak seedlings. Early spring sunlight is neither strong nor long enough and will produce only spindly plants. "They will fall over and have faulty stems," he said.

The best fluorescent bulbs are those used in standard fixtures: 30W, 45W at a minimum. Lesser wattages won't work as well. You can also use shop lights of two, three or four feet long. According to Cahn, grow lights are fine, but they are expensive and not necessary. "You can invest in expensive lighting fixtures, sure, but you can also take the more economical route of simply screwing a bulb into a gooseneck lamp or hanging bulbs from ceilings or shelves," he

requirements, as many seeds need to be placed on top of the soil." It's equally important to read the information about when to transplant the seedlings (indoors) and when to replant them outside. While most seeds germinate in darkness, they all have different specifications. It usually takes 3 to 21 days for most to germinate, with optimal temperatures fluctuating between 70 degrees Fahrenheit during the day and 60s at night.

Cahn stressed that it was important to check the seedlings daily as they grew and that as soon as they germinated, it was imperative to get them out of the darkness and into the light. He warned, "If they germinate unchecked in darkness, they grow abnormally quickly to reach for the sunlight and you end up with spindly plants."

Once seedlings emerge, they need to be placed under light for up to 16 hours a day. Lights should be placed 1-2 inches from the top of the leaves. You can water the seedlings from the bottom or mist them with a spray mister. Cahn does not advise top watering because it can knock tender seedlings over.

Adjusting the seedlings as they grow (to maintain the 1-2 inch distance from the light), Cahn usually transplants them three to four weeks later to a bigger packet after roots have developed fully. He uses either fish emulsion (though he pointed out it stinks), or MiracleGro (diluted to one-quarter to one-half strength), noting that some soilless mixes come with fertilizer already in them.

The last stage in seedling care before the all-important task of transplanting them outdoors is to adjust the new plants gradually to light. According to Cahn, this is done by increments, as plants can't go from indoors directly to harsh sunlight, which will kill them. He starts this process 10-14 days in advance by exposing the seedlings to sunlight for one hour/day, gradually increasing exposure over a week.

Cahn said the ideal time for transplanting seedlings is a cloudy day. He advised watering the tender plants well before transplanting. Most plants should be planted at the same level they were growing at before being transplanted, with the exception of tomatoes, which can be planted very deep in the soil. Cahn, in fact, rips all but the top 2 or 3 leaves off of his young tomato plants and buries the stalk in soil. He discovered that doing this forces the tomatoes to send out roots along the entire stem, making for a more fruitful harvest. For more information on planting seedlings or general questions on plants, call the hotline at 301 590-9650 Tuesday and Thursday 10am - 1pm. Or go to the website at <http://www.extension.umd.edu/mg/locations/montgomery-county-master-gardeners>

Seed Catalogues

Cahn's list of online seed catalogues:

Burpee — www.burpee.com
Pinetree — www.superseeds.com
Totally Tomatoes — www.totallytomato.com
Baker Creek — <http://rareseeds.com>

added.

While there are currently many types of growing mediums on the market, Cahn prefers the soilless mix because it's lighter and more efficient for growing tender seedlings. He prefers it even to potting soil, which he said works, but results in lower germination. Good soilless mixes include vermiculite, which comes from volcanic rock and is very porous, allowing the tiny seedlings to stretch and grow. "Since your seeds need to punch through it, the lighter mix is better," he said.

Of course, seeds can be started in garden soil (and many are, such as lettuce), but according to Cahn, soil has a 1 percent germination rate compared to 85 percent for a soilless mix. "You can start seeds in garden soil, but you don't want to," he said. "It is too dense and filled with bacteria and fungus, which can kill your seedlings."

Almost any container will work for growing seedlings. Cahn recommended the common 4-8 cell pack plastic trays, flats (like those provided in nurseries), egg cartons, and even DIY newspaper cones. "The important thing is to make sure you punch a hole in the bottom of the containers so the seeds can drain," he said.

"Before you plant," Cahn added, "It is important to read the seed packet for depth



PEOPLE

These Moms Know How To Pack a Lunch

A solution to plastic sandwich bags launches a business.

BY CAROLE FUNGER
THE ALMANAC

It started with three Potomac moms sitting around a kitchen table in 2008, bemoaning the fact that children's lunches these days consume a whole lot of plastic. The three women, who were all good friends, had just heard a staggering statistic: every day, 20 million plastic sandwich and snack bags end up in U.S. landfills and waterways. And, a quick estimation of their own personal consumption revealed they were each discarding at least 2,000 single-use plastic bags annually.

Kirsten Quigley, Cris Bourelly and Jennie Stoller Barakat knew there had to be a way to decrease the amount of plastic waste they were generating. So, they set about trying to find an environmentally friendly alternative to the plastic baggy. "We knew that many families were looking for easy, convenient ways to be green and avoid this kind of waste," said Quigley.

Quigley recalled it seemed like an easy task at first. All they needed was to find a moderately attractive, reusable bag that was food-safe and dishwasher-friendly. The team began by combing the Internet for eco-friendly alternatives. When they could find none, they knew they were on to something. Their search became the inspiration for a new company, which they named 3greenmoms.

Creating a "green" product was a natural fit for co-founder Quigley, who had long-time experience in environmental organization and also worked as a consultant for non-profits. She and co-founder Bourelly, formerly a corporate lawyer in international law, began to form the new business.

A top priority for the team was to find a reliable, safe fabric from which to construct their new bags. The food industry seemed like a natural place to start. After months of research, they uncovered a high-quality fabric used in pastry bags by bakeries. Made by Thermohaus, a German manufacturer, the cloth was moisture-proof, could withstand high heat and met the international directives for food-safety.

With the raw materials selected, the team named their new product LunchSkins Reusable Sandwich Bags and Bourelly began to navigate the complicated process of registering the trademark. Creative Director Barakat, a Los Angeles based graphic designer, started working on the look and feel of the new brand. Together, they chose bold, bright colors and child-friendly graphics to convey LunchSkins' modern, eco-friendly feel.

After finding a manufacturer to make the prototype, 3greenmoms introduced the bag in a gift basket they prepared for a local fundraiser. The bag was an instant hit. Quigley recalled that in the first months following the fundraiser, they were taking orders for 15-20 bags a week. Then, in April of 2010, an article about LunchSkins appeared in Oprah Winfrey's "O Magazine." Quigley said that demand blew up about six months later.

Within a year, large retailers such as The Container Store and Kids Pottery Barn were approaching 3greenmoms about selling the bags in their stores. Five years after launch, the list of stores has only continued to grow. LunchSkins are now being sold in organic markets, gift stores and hardware stores located all over the United States as well as in the national retail chains, Target and Whole Foods. By their latest figures, Quigley estimates 3greenmoms is now producing 300,000 bags a year.

THE ORIGINAL ECO-FRIENDLY IDEA for a reusable bag has now expanded to encompass a full product line including standard-sized lunch and snack bags, slightly larger sub bags and a more recent introduction, the zippered lunch bag that coincided with the start of the school year. Other new additions, created in response to customer feedback, include different sized wet bags for cloth diapers and a new "sweat" bag for travel and gym.

In the works are insulated hot and cold sandwich bags and lunch totes that are freezable and cooler resistant. "We think these would be fun innovations and a great addition to the line," said Quigley, adding, "Everyone who turns to a plastic bag of some sorts for something; we plan to offer a solution. We are always thinking about innovations. That is what we love to do."

What started as a decentralized, grass-roots organization operating from many homes has now evolved into a streamlined organization of six people, all working together under one roof. "In the beginning, we were a small band of women working virtually trying to establish the business. Now we're one lean team, under one roof, trying to leverage our individual talents and grow the business," said Quigley.

LunchSkins' mission remains simple, but it



From left are Jennie Stoller Barakat, Cris Bourelly and Kirsten Quigley.

PHOTO CONTRIBUTED

has expanded to embrace the green movement more fully, which Quigley believes is becoming mainstream. She sees LunchSkins as an opportunity for children and adults to get involved in environmental issues. 3greenmoms now strives to encourage people to look harder at the impact that their plastic waste is having on the environment and to inspire a new generation to embrace small, everyday changes.

"It's about the little things we do each day. Our hope is to inspire people to think about their choices and to give them an everyday solution to plastic waste that will result in a greener world," said Quigley.

While it is clear that many of the area's residents have finally embraced the idea of replacing the plastic grocery store bag with a cloth one of their own. LunchSkins would like them to think even smaller. "We'd like to take the trend down to the level of a lunch bag," said Quigley. "Change begins at home."

For more information on 3greenmoms or how to purchase their products, go to <http://www.3greenmoms.com/>

In keeping with their mission to raise awareness about plastic pollution, 3greenmoms is now reaching out to the broader community to create partnerships. This year, 3greenmoms introduced the Seabird LunchSkin, featuring an albatross in flight. They're planning to give 10 percent of the sales of the bag back to the 5Gyres Institute, an organization dedicated to creating a planet free of plastic pollution.

The idea for the design was inspired by a Chris Jordan video featuring the Midway atoll, "Message from the Gyre." In the video, Jordan depicts thousands of baby albatrosses lying dead on the ground, their bodies filled with plastic. "It provides a stark picture of what our consumer-driven society looks like under this light," said Quigley, adding, "3greenmoms hopes to bring awareness to the problem of plastic pollution in the world's oceans and be the solution-based product to the problem they highlight."

LET'S TALK Real Estate



by Michael Matese

Think Right to Live Right

In order to guarantee your success and satisfaction; follow the well-trodden advice rendered by thousands of successful home-owners and investors. Use these guidelines to prepare your mind for the process and outcome of buying a home.

Adjust your Headspace to find your ideal Living-space

First, you must concede that clichés are well circulated for good reason. Location, for example, is indeed of centrifugal importance when selecting and bidding on a home. Ask yourself before the process sucks you in; Do you like the area, and the schools? Does it have the important features you want? Where do you work, and how does the transportation scenario look? These things may seem secondary to aesthetics in the beginning, but in the long run they are the key factors in a happy life.

Second, consider that not all amenities are created equal. Square footage can look very different depending on layout, and a pool in Arizona reaps far more return on investment than one in Michigan. Avoid disqualifying or unnecessarily seeking property based on stringent criteria. Otherwise you may find yourself either pleasantly or unpleasantly surprised. Third, keep an open mind, and always make decisions based on the future. A home is a huge purchase that requires care and patience. Carpet can be replaced, but the essence of a home is as fixed as your mortgage payment.

Lastly, be realistic, trust your gut, and don't get discouraged. You may have to look for some time before you locate that perfect home, but it is far better to look and remain optimistic than to settle and squirm under the burden of an unwanted mortgage. If a home does not "feel" right, trust yourself, and remember that this is a real-world decision, so holding out for the "deal of the century" is as fruitless as jumping at the first opportunity that comes along.

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

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POTOMAC
ALMANAC

OPINION

The C&O Canal

BY SUSANNE LEE
WMCCA PRESIDENT

What is it about the Chesapeake and Ohio Canal National Historical Park? What caused such a visceral negative reaction to the recent National Park Service extreme proposal to impose user fees on all who enter the park — by land or water — along its entire 185 mile length. The National Park Service rescinded the proposal midway through a series of what it described as “robust” public meetings where public outrage was widely expressed. Permitting and monitoring of such fees would have posed an enforcement nightmare. On a deeper level, it would alter the ambiance and experience of visitors, many of whom are from out of town and find their way to the park via a rustic lock house road and feel a sense of discovery as well as the evident history that pervades this long, narrow corridor of green. While regular or local visitors might not mind paying, as they already do to enter at Great Falls, the specter of park rangers patrolling the many parking lots, ready to pounce on those who are unwittingly and illegally parked is discouraging and unfair. After all, it was saved because we want people to visit this remarkable feat of conservation and leave longing to return. Setting up a need to police visitors spoils the original intent of preservation.

But the proposal also hit a deeper chord. The Canal is like no other National Park in its draw.

Because of its unique configuration, geology, historic significance, multiple recreational uses, biodiversity, and close proximity, it is more like a treasured front yard, even if we live many miles away. We are drawn to it again and again like no other park in the area, sometimes on a weekly or even daily basis. Just walking the towpath alongside the mighty Potomac River is to engage in our nation's history. Family histories are still tied to the Canal lock houses, family traditions continue to be built on the outdoor activities and recreation provided by the Canal and Potomac River, and many hikers and bicyclists still follow that familiar route along the towpath from Georgetown to Frederick or even to Cumberland and back. Out-of-town visitors, especially international visitors, taken to the Great Falls overlook always marvel that such a wild place is so close to the National Mall.

The park allows each of us to experience the natural world on our own terms. And because of the enormous, continuing efforts of many, we do so with the reassurance and hope that the experience will still be there season after season, and year after year. Changes and surprises should be limited to those caused by natural forces, and not efforts to make it a Disney-like experience, Virginia-style waterfront development, or a limited access national park. We applaud the National Park Service for rejecting the proposal to put an “invisible” fence around this unique park. We look forward to hearing from Superintendent Brandt concerning other Canal issues of importance, including proposed alterations to historic features like the Pennyfield Lock Road replacement bridge and the long term impacts of the proposed Mid-River Intake construction at the WSSC Filtration Plan on River Road.

ARTIFICIAL TURF (AT) PLAYING FIELDS

BY CAROL VAN DAM FALK

The Safe Healthy Playing Fields Coalition, of which WMCCA is a member, reports that they obtained the support of Maryland state lawmakers to reintroduce three pieces of artificial turf-related bills over the next few months. The bills were introduced in 2014 but did not pass. The Coalition is submitting slightly revised versions of the bills along with information from an NBC television report on an alarming number of cancer cases found among young soccer goalies and the current federal warnings about known toxins in AT. Lead is just one toxic ingredient found in both the tire crumb infill and the plastic blades as they age and break down.

The three bills would:

- ❖ Prevent the Prince George's County school system from building 22 soccer fields with the use of POS (Public Open Space) funds to install synthetic fields.

- ❖ Require that warning signs be posted at artificial turf fields about known toxins in AT and the health risks

The Potomac community's front yard.

WMCCA Meeting

The next meeting of the West Montgomery County Citizens Association will be held Wednesday, March 11, 7:15 p.m., at the Potomac Community Center. The speaker will be Kevin Brandt, superintendent, C & O Canal National Historical Park. Although the proposal for a new user fee for the C & O Canal has been rescinded, there are still other issues that will likely impact the Canal and residents' use of this resource. One of the most significant threats to the park is deer predation, particularly on the Gold Mine Tract, a biological jewel close at hand. Superintendent Brandt will talk about deer management in the Montgomery County portions of the park. With almost 20 years in his position, his visit promises to provide a wealth of information about current Canal issues and an opportunity for citizens to voice their concerns. Of particular interest are the proposed increases in fees under the old user fee structure, traffic and parking congestion, especially on MacArthur Boulevard, the Pennyfield Lock Road bridge replacement, and WSSC's proposed Mid-River Intake structure. As always, the public is most welcome to attend WMCCA's meetings. If schools are closed because of inclement weather, the meeting will be cancelled.

associated with playing on AT fields on hot days.

- ❖ Raise the liability cap on damages that people could collect from states and municipalities for not acting in the best interest of the public regarding synthetic turf fields.

The Coalition is encouraged in its efforts to expose the misinformation provided by the AT industry because not only is there more support in Annapolis, but groups across the nation are working to raise the level of awareness concerning the toxic nature of these synthetic fields and their components. Perhaps most importantly, the Coalition is urging the Consumer Product Safety Commission (CPSC) to regulate AT as a children's product. In addition, PEER (Public Employees for Environmental Responsibility) sued the CPSC for not testing shredded and pulverized tires as a children's product, as the CPSC said they would do. Furthermore, the EPA is no longer participating in the tire working group put together by the EPA and the rubber manufacturers' association in 2007 to convince the public that it was safe to install shredded tires on public playing fields. The EPA is now backing away from the entire controversy, calling it a state and local issue. For more information, go to www.safehealthyplayingfields.org.

PENNYFIELD LOCK ROAD BRIDGE REPLACEMENT: UPDATE

BY GINNY BARNES

Pennyfield Lock Road dates back to the 1850s and is designated as Rustic in the Rural and Rustic Roads Master Plan. The bend skirted around the Dufief warehouse and is considered a significant feature of the road. WMCCA and the Montgomery Countryside Alliance (MCA) submitted joint testimony to the County Council in opposition to the proposed (and most destructive) alternative favored by the Department of Transportation (DOT). Nevertheless, Council staff is recommending the DOT alternative. A final decision will be made by the Council after committee work sessions.

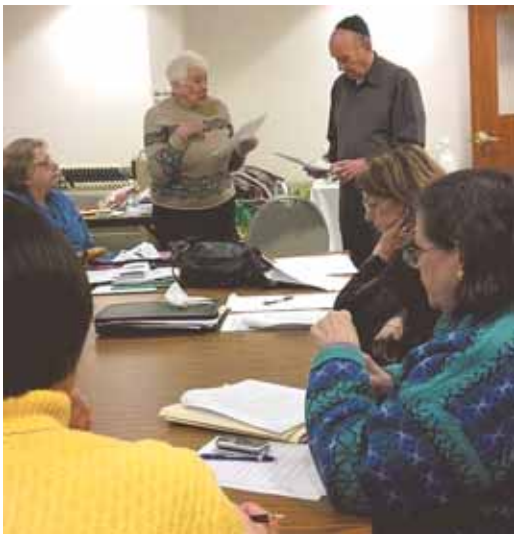


PHOTO CONTRIBUTED

Volunteer Training on Wednesday, March 11

Potomac Community Village volunteers Tammy and Barry Meyer role-play at a Feb. 25 session as a service requester and the volunteer who has come to her home to assist her. They are being watched by, from left, PCV Secretary Shirley Dominitz, and volunteers Margie Lappen, Elisabeth Schouten, and, with her back to the camera, Mable Lam. PCV is looking for volunteers of all ages, to help their members fulfill their wish to age in place. The next volunteer training will be held at Congregation Har Shalom, 11510 Falls Road, on Wednesday, March 11, from 2-5 p.m. Those interested in volunteering, even if they can't come to the March 11 training, should contact the organization's secretary, Shirley Dominitz, 301-983-1010, or sgdomini@verizon.net.

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PUBLISHER

Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

EDITORIAL

PHONE: 703-778-9415

E-MAIL:

almanac@connectionnewspapers.com

EDITOR

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

SPORTS EDITOR

Jon Roetman,
703-752-4013
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 Heinly
Production Manager
Geovani Flores

ADVERTISING

For advertising information
sales@connectionnewspapers.com
703-778-9431

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

David Griffin

Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Jerry Vernon

Executive Vice President
jvernon@connectionnewspapers.com

CIRCULATION: 703-778-9426

circulation@connectionnewspapers.com

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Shedding Pounds and Keeping Them Off

Suggestions for maintaining a healthy weight.

BY MARILYN CAMPBELL
THE ALMANAC

For Toni Williams, effective weight loss and maintenance have been a struggle her entire adult life. Her introduction to unhealthy food came in college.

"Instead of the 'freshman five,' I did the freshman 20," she said. "I ate cheeseburgers and fried chicken every day."

Williams, now 60, identified here by a pseudonym, counts herself among the estimated 97 million Americans who the National Institutes of Health identifies as overweight or obese and at risk for health problems such as diabetes, high blood pressure and heart disease. Approximately 90 percent of people who have lost weight, including Williams, have regained weight after a weight loss.

"There are a lot of different ways to lose weight, and I know how to lose weight," said Williams. "The problem is keeping it off."

Williams is a patient at the Washington Center for Weight Management & Research, Inc., in Arlington, and says that through her work at the center, she has discovered her own personal formula for losing weight.

"Weight is a constant work in progress," she said. "There is no one way to do it. What works for some people won't work for others. You have to figure out what works for you."

Viewing obesity as a medical condition is the first step to solving it, said Dr. Domenica M. Rubino, director of the Washington Center.

"Obesity is a serious and complex disease that affects each individual differently," she said. "It is significantly influenced by risk factors including genetic, environmental, economic, psychological and social determinants, as with most chronic diseases."

Rubino recommends a research-based, comprehensive, mind-body approach to weight loss and maintenance that includes medical, nutritional, behavioral and psychological factors, and includes physicians, dietitians and psychotherapists.

"I try to help my patients explore the triggers [such as sadness, anger, and anxiety] that lead them to turn to food as a way to cope," said Mougeh Yasai, a clinical psychologist at the Washington Center. "Mindfulness can help patients become more attuned to their feeling states, and also how to deal with these feelings when they come up. Once triggers are identified, we explore

various coping skills that can be helpful during times of distress. The emphasis on mindful observation of eating behaviors is to practice the skill of observing with a nonjudgmental stance."

HEALTH CARE PROVIDERS at Weight Loss Services at Inova Fair Oaks Hospital in Fairfax, also assist patients in a weight loss program that includes a variety of bariatric (or weight loss) surgeries, generally reserved for those with a body mass index (BMI) of 40 or more.

"We also might use pharmacological methods to jump start weight loss," said Carmen Spencer, a registered nurse. She is the clinical program coordinator at the clinic.

"Medical weight loss is pretty much open to anyone with a BMI of 27 or higher," she said. "We offer a 12-week program that uses meal replacements."

"Maintaining weight can be difficult for sev-

eral reasons," said Yasai. "There are physiologic signals of appetite, satiety and hunger that increase after we lose weight. These are normal responses after weight loss."

"The environment is filled with opportunities to eat high-calorie foods and not move much," said Yasai. "So in addition to continuing the lifestyle changes that helped you lose weight, it is important to have strengthened coping skills for managing stress as well as being mindful of potential emotional triggers to eating."

Setting unrealistic goals, losing too much weight at one time and following fad diets can lead to rapid weight regain or failure to lose weight in the first place.

"There is no magic, no special potion or diet," said Rubino. "In fact, no one person or thing holds the key for the treatment of obesity."

"I go to the gym three times a week at 6 a.m.," said Williams. "If I don't do it then, something will come up later during the day. I use a trainer because I find that it's a luxury that I can't afford not to have."

"Weight is a constant work in progress. There is no one way to do it. What works for some people won't work for others. You have to figure out what works for you."

— Toni Williams

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

MARCH

3/18/2015.....A+ Camps & Schools
3/25/2015..Spring Fun, Food, Arts & Entertainment
FCPS Spring Break 3/30-4/3

APRIL

4/1/2015.....Wellbeing – Senior Living Pullout
Easter Sunday is April 5

4/8/2015.....HomeLifeStyle

4/15/2015.....A+ Camps & Schools

4/22/2015.....Real Estate Pullout – New Homes

4/29/2015.....A+ Camps & Schools Pullout

4/29/2015.....Mother's Day Celebrations, Dining & Gifts I

MAY

5/6/2015.....McLean Day Pullout

5/6/2015.....Mother's Day Dining & Gifts II

5/6/2015.....Wellbeing

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5/13/2015.....HomeLifeStyle

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SCHOOLS



'Cats' at Holy Child

The students at Connelly School of the Holy Child presented "Cats: The Musical" on Feb. 27-28. It was directed by Elsbeth Reaves Fager; technical direction was by Karina Gershowitz.



The Siamese cats wreaked havoc on the pirate ship (from left): freshman Elena Lockland, junior Rebecca Kazor, freshmen Maggie Rudman and Geritza Carrasco, and sophomore Katherine Byrnes.

PHOTOS BY
MADIE BROMILEY/
HOLY CHILD



Junior Stefani Murray made magic as a jumping Mr. Mistoffelees.



RACHEL DEWOODY/STONE PHOTOGRAPHY
Junior Theresa Cotton.



Grizabella (junior Maddie Weldon) led the way with Old Deuteronomy (freshman Shamaria Bell), with Bombalurina and Victoria (juniors Samantha Boccia and Theresa Cotton). Shamaria was surprised at Friday's show by her former classmates at Holy Child's sister school, Washington School for Girls in D.C.

SCHOOL NOTES

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

Timothy Fisher and **Michael Rallo** have earned dean's list status for the recently ended fall term 2014 at Washington and Lee University (Lexington, Va.).

Emily Matthews has been named to the fall 2014 dean's list at University of the Sciences (Philadelphia, Pa.). Matthews is a doctor of physical therapy student.

Abigail Ross made the dean's list for fall semester at the Georgia Institute of Technology.

Local students named to the Clemson University (Clemson, SC) dean's list for the fall 2014 semester include: **Todd Michael Erickson**, majoring in graphic communications; **Julianne Leslie Klein**, majoring in secondary education; **Kalli Marie Mays**, majoring in pre-business; and **Megan Ann Scanlan**, majoring in psychology.

Adam Settlege has been named to the Emerson College (Boston, Ma.) dean's list for the fall 2014 semester. Settlege is majoring in musical theatre.

Jane Alexander, Emma Anderson, Abigail Blair, Chi Kit Cheong, Allison Durham, Jonna Rautsola, Daniel Wadler, Allison Ward, and Rachel Yang have been named to the dean's list for the fall 2014 semester at Wake Forest University (Winston Salem, NC).

Daniela Falcone and **Ian Rusagara** were named to the Washington College (Chestertown, Md.) dean's list for the fall 2014 semester.

Allison Stafford Reed was named to the dean's list for the fall 2014 semester at Juniata College (Huntingdon, Pa.). Reed is the daughter of Dr. Christopher Reed and Lauren C. Reed and a 2014 graduate of Thomas Sprigg Wootton High School.

Caroline Perry was named to the fall 2014 dean's list at The University of Findlay (Findlay, Ohio).

Kyle Morris made the dean's list for fall 2014-2015 semester at Rochester Institute of Technology. Morris is a second-year student in the applied liberal arts program in RIT's National Technical Institute for the Deaf.

Colin Orr graduated from Salisbury University (Salisbury, Md.) with a B.A.

in political science.

Benjamin Ruiz-De-Gamboa graduated from Salisbury University (Salisbury, Md.) with a B.A. in communication arts.

Jacquelyn Ferzacca has been named to the Emerson College (Boston, Ma.) dean's list for the fall 2014 semester. Ferzacca is majoring in media arts production.

William Dorfman, Jenna Jach, Victoria Nadel, Laura Sperling and Olivia Stanhope have been named to the University of Delaware dean's list for the fall 2014 semester.

Loyola University Maryland has announced its fall 2014 dean's list, including: **Caroline Chiaramonte**, class of 2017; **Anna Panyutin**, class of 2017; and **David Bjorklund**, class of 2018.

Boston University awarded academic degrees to 1,664 students in January 2015, including: **Naomi C. Karp**, Master of Social Work in social work; **Drew Richard**, Master of Fine Arts in creative writing; and **Aneesha A. Joshi**, Bachelor of Arts in international relations.

Recalling Life of Marilyn Shockey

FROM PAGE 3

should have, making soup for my husband in his final illness and listening to me when I needed an ear.

"We'll all miss her greatly, but our hearts are lifted by knowing that generations of children will be entertained and educated by the plays she wrote with a wonderful insight into what could both entertain and educate children for years to come."

Shockey was a member of The Potomac Theatre Company's Board of Trustees and a member The Dramatists' Guild and The Writer's Center in Bethesda. Her publishers have expressed interest in publishing a number

of Marilyn's children's musicals that have already been produced and performed locally. Her husband, John, and daughter, Holly, plan to have her plays produced again so that more children can enjoy her musicals and hear the familiar beginning "Once Upon a Time"

Shockey died Friday, Jan. 23, 2015.

A celebration of her life will take place on March 7 at 2 p.m. at the Blair Family Center for the Arts, Bullis School, 10601 Falls Road, Potomac.

In lieu of flowers, memorial contributions in her name may be made via mail to Adventure Theatre MTC, 7300 MacArthur Blvd. Glen Echo, MD 20812 Attn: Janet Berry.

SPORTS

Churchill's Faerber Captures Trio of Diving Championships

Junior wins metros, regions and states.

BY JON ROETMAN
THE ALMANAC

Churchill diver Elaina Faerber prefers to spend half of each meet by herself. Maybe the junior will listen to some mellow country music, maybe she'll pick Gavin DeGraw. She spends the other half laughing and dancing with friends, trying not to get caught up in the moment.

Faerber's approach helps her deal with the pressures of competition. She performed under the championship spotlight on three occasions during the 2014-15 season, and each time Faerber came through when it mattered most.

Faerber captured metro, regional and state diving championships this season, finishing 1-2 at each event with Churchill teammate Kali Becker.

"I didn't put any pressure on myself after winning metros to win the other two," Faerber said, "because I had never been to regionals or states."

Faerber won metros with a score of 479.9 in early February. On Feb. 14, Faerber turned in what she called her best performance, winning the 4A/3A West region title with a score of 457.8.

"The dives that were my harder dives, I did the best [during regionals]," Faerber said, adding that she had a lot of fun during the event.

On Feb. 20, Faerber earned her third title of the year, winning the state championship with a score of 451.05.

The Churchill girls' swim and dive team also won metros for the second year in a row.

Faerber got into diving at the age of 5, thanks in part to her older brother Timothy, a 2012 Churchill graduate who dives at the University of Michigan. She started at East Gate pool in Potomac, where she is still a coach, and hopes to continue diving after high school.

With the 2014-15 high school season coming to a close, Faerber will transition to competing for Dominion Dive Club.

"I would love to [compete in Division I or Division III] college diving; that's basically my goal," Faerber said. "Every diver's dream is to go to the Olympics, but that's a long shot."

Churchill junior Elaina Faerber won the metro, region and state dive championships during her junior season.

PHOTO BY
CAROLINE MCCLEARY





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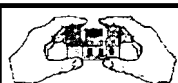
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Sole-Searching



By KENNETH B. LOURIE

There's no denying the emotional fact that the CT Scan results I received and wrote about last week were a bit of a disappointment. Not a shock, mind you, because once yours truly was characterized as "terminal," back in late February 2009, all subsequent bets came off the table, almost literally; and expectations, such as they were explained to Team Lourie, likewise nearly ended up on the floor, figuratively speaking, meaning they were pretty low at that point. And ever since, my life has been about managing expectations and reacting to scan results and lab work and trying to live forward. This recurring assessment has dominated my life over these past six years.

So receiving results last week was, in and of itself, nothing new. Heck, I've received bad results before; I've even been hospitalized because of them. Obviously, I was not hospitalized this time. Nor will there be any changes to my treatment protocol, although we are advancing by one month my next CT Scan, as a precaution/prudent course of reaction to the mass which seems to be forming in my left lung. At this juncture however, premature as it may or may not be, nothing really has changed. Life goes on.

Nevertheless, I can't help thinking that change has indeed occurred. Unfortunately, the process by which one finds out about such change: scans, sort of happens in arrears. That's not to say that now is definitely too late, but neither is it too early. It's more that this kind of timeline makes for worrisome days and sleepless nights. All of which, if you believe the anecdotal evidence, are counter-productive to surviving cancer. It serves no purpose, other than as an entirely reasonable and predictable response to an incredibly difficult set of circumstances, to focus on such a negative. Moreover, attempting to control something likely beyond one's control similarly stretches one's emotional strings. Finding a balance between what is and what isn't quite yet, or what might become of what hasn't been confirmed, is a constant struggle.

Do I care and/or worry now and beat the rush, or do I do neither, and care/worry later? If this growth isn't quite something, do I presume its nothing? Or do I presume it's something even though it may still be nothing? Do I go around in circles or do I attempt to live long and prosper and damn any torpedoes that interfere with my life?

Such is life as a "terminal" cancer patient (mine anyway); upside down and all around, and never the twain shall meet, "except on the twack," as my father always joked. And though I am regularly supported – and encouraged, by friends, family and many of you returning readers, this surviving-cancer business is most often a solitary endeavor. Living with my own thoughts, internally, this cancer-afflicted life, regardless of what I hear, see or read externally, is my responsibility and somehow I must navigate the landscape; a landscape I knew very little about previously and one fraught with danger, both mentally and physically.

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

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Email community entertainment events to almanac@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

“Petite Rouge, A Cajun Red Riding Hood.” Through Sunday, March 8 at Adventure Theatre MTC, Glen Echo Park, 7300 MacArthur Blvd. Take a toe-tapping trip to the bayou in this family-friendly, Zydeco-driven musical soaked in N’awlins hot sauce. Based on the classic fairy tale and adapted from the book by Mike Artell and Jim Harris, a red-hooded duckling named Petite Rouge and her sidekick cat lead the Big Bad Gator on a wild “duck” chase through New Orleans and Mardi Gras. Will they make it to Grandmere’s house with a basket full of Cajun goodies? Visit www.adventuretheatre-mtc.org to learn more.

“Out Of Nothing.” Through March 15, noon-6 p.m. at the Popcorn Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Glen Echo Park Partnership presents “Out Of Nothing,” curated by Blair Anderson, director of resident artist studio SilverWorks, and Michael Edwards, curator with The National Art Gallery of the Bahamas. Visit www.glenechopark.org or call 301-634-2222.

“Aladdin.” Through March 16 at The Puppet Co., Glen Echo Park, 7300 MacArthur Blvd. From ancient Persia comes this tale, true to the original “One Thousand and One Arabian Nights,” full of genies, wizards, magic caves, exotic princesses, and an elephant. Half life-size rod puppets and special effects make this production exciting and exotic theater. Recommended for kindergarten-grade 6. 50 Minutes. Visit www.thepuppetco.org.

Winter Programs. Through March 29, 2 p.m. Join Chesapeake and Ohio Canal National Historical Park rangers and volunteers at the Historic Great Falls Tavern for interpretive programs and activities during the winter season. Visitors can participate in a Ranger’s Choice Program at 2 p.m. on Fridays, Saturdays, and Sundays. Call ahead to confirm programs in the event of inclement weather. Entrance fee to the park of \$5 per vehicle. Programs are free. The Great Falls, Maryland area of the Chesapeake and Ohio Canal National Historical Park is located at the intersection of Falls Road and MacArthur Boulevard in Potomac. Call 301-767-3714 or visit www.nps.gov/choh.

“My Little Town.” Through April 12, Saturdays, 1-4 p.m.; Sundays and Mondays, 1-8 p.m. at the Photoworks Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Glen Echo Park Partnership presents 2015’s juried show, “My Little Town: A Juried Photography Exhibition About Washington, D.C.” Juried by photographer Peter Garfield, this exhibition showcases the neighborhoods and local areas of Washington, D.C., providing a glimpse into the more intimate and personal side of the nation’s capital. Featuring a wide-ranging group of local photographers. Visit www.glenechopark.org or call 301-634-2222.

VisArts Cocktails and Canvas Class. at VisArts in the Painting & Drawing Studio, 155 Gibbs Street, Rockville. Price \$40. Visit www.visartsatrockville.org/cocktails-and-canvas for more.

Weekly Blues Dance. Thursdays 8:15-11:30 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd. Capital Blues

presents rotating DJs and instructors with beginner workshop 8:15-9 p.m., no partner necessary. \$8 for all. Visit capitalblues.org for more.

Weekly Swing Dance. Saturdays, 8 p.m.-midnight. The DC Lindy Exchange presents a swing dance with live music in the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Beginner swing dance lesson at 8 p.m., followed by dancing until midnight. Admission \$16-\$18, age 17 and under \$12. Visit www.glenechopark.org for more.

Argentine Tango with Lessons. Most Sundays, 6:30-11 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Argentine Tango lessons followed by a Milonga most Sunday evenings. Beginner lesson 6:30-7:30 p.m. and intermediate lesson 7:30-8:30 p.m. Cost is \$15/lesson and includes the Milonga. For just the Milonga, cost is \$10 and the open dance with DJ runs 8:30-11 p.m. No partner required. Visit www.glenechopark.org or call 301-634-2222 for more.

Contra and Square Dance. Fridays and Sundays 7-10:30 p.m. in the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. The evening can include square dances, mixers, waltzes and other couple dances. All Contra and Square dances are taught, no partner necessary. Lessons at 7 p.m., followed by the called dance with live music at 7:30. \$13 for nonmembers, \$10 for FSGW members, \$5 ages 17 and under. Visit www.glenechopark.org or call 301-634-2222 for more.

Late Night Comedy. Fridays (open mic night) and Saturdays (established comedians) at Benny’s Bar & Grill, 7747 Tuckerman Lane, Potomac. Benny’s is open 8 a.m.-1 a.m. Fridays and Saturdays. Visit www.BennysBarGrill.com.

Drop in Art Activities. Every Saturday 10 a.m.-12:30 p.m. 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.

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.

Live Music & Dancing. Fridays and Saturdays, 7-11 p.m. in Margery’s Lounge, Normandie Farm Restaurant 10710 Falls Road. Dance to the music of Barry Gurley. Call 301-983-8838 or visit www.popovers.com for more.

Glen Echo Park Films. Saturdays and Sundays. Arcade Building, 7300 MacArthur Blvd., Glen Echo. Films about the Park’s history are shown on rotation in the lobby. Free. Visit www.glenechopark.org for more.

SilverWorks Studio & Gallery. Wednesdays, Thursdays, Saturdays and Sundays, 10 a.m.-6 p.m. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. SilverWorks Studio & Gallery is a working silversmith studio and includes an ongoing exhibition, as well as sales of the work of artist-in-residence Blair Anderson. Free. Visit www.silverworksglenechopark.com.

Art Glass Center at Glen Echo. All day Wednesdays; Fridays, 10 a.m.-2 p.m.; Saturdays, 10 a.m.-4 p.m.; Sundays, noon-4 p.m. Art Glass Center, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Ongoing exhibitions feature work of Resident Artists Christine Hekimian, Sue Hill, Michele Rubin, Sherry Selevan, Bev and Zayde Slep and Janet Wittenberg. Sculpture, vessels, functional art and jewelry are for



“Presence of Place”

Forty years ago, in a derelict building hidden among the abandoned amusement park rides of Glen Echo Park, four young photographers founded Photoworks with little more than a shared passion for the daily work of seeing, shooting, and printing images of lasting beauty and artistic integrity. “Photoworks: Presence of Place” features works by past and present members of the Photoworks community, faculty and students who have distinguished themselves. This exhibition is in memory of Elsie Hull Sprague, an artist with a MA in Film from the School of Communication, American University.

“Photoworks: Presence of Place” runs through Sunday, March 15 at American University Museum, The Katzen Arts Center, 4400 Massachusetts Ave., NW, Washington, D.C. Visit www.american.edu/cas/museum or www.glenechophotoworks.org for more.

“Swimming Hole,” circa 2009, by Elsie Hull Sprague.

sale. Classes are taught year-round for beginner, intermediate and advanced students. Visit www.artglasscenteratglenecho.org.

Glen Echo Pottery. Through December, Saturdays and Sundays, noon-5 p.m. Glen Echo Pottery, 7300 MacArthur Blvd., Glen Echo. The Gallery shows the work of 29 individual potters and instructors at Glen Echo Pottery. Wheel-throwing demonstrations are offered most Saturdays and Sundays, noon-2 p.m. Children are welcome. Visit www.glenechopottery.com/gallery.

Yellow Barn Studio & Gallery. Saturdays and Sundays, noon-5 p.m. The Yellow Barn Studio & Gallery presents free exhibitions of emerging artists’ work. Each weekend features the work of a different artist. Most artwork is also for sale. Visit www.yellowbarnstudio.com.

CAMPS, CLASSES & WORKSHOPS

KID Museum at Davis Library. 6400 Democracy Blvd., Bethesda, has three five-week after-school programs Feb. 25-March 25. Call 301-897-5437 or visit www.kid-museum.org for more.

Registration Open. The spring issue of the Montgomery County Guide for Recreation and Parks Programs features a variety of classes and programs designed to help participants stay active and have fun, including aquatics, sports, therapeutic recreation services and active adult senior programming. Registration is available online, by mail or in person at the Montgomery County Recreation Administrative Offices at 4010 Randolph Road, Silver Spring, or by fax at 240-777-6818. Visit www.montgomerycountymd.gov/rec or call 240-777-6840 for more.

VisArts, 155 Gibbs St., Rockville, offers a variety of camp sessions for spring and summer. Visit www.visartscenter.org or call 301-315-8200.

❖ **Spring Camps Kids Create.** April 3-10. Enjoy a full day of spring theme crafts (ages 6-12).

Lola’s Lab. April 6-10. A performance art camp where imagination flows through interactive stories, expressive arts, and fantasy (ages 5-10).

❖ **Summer Camps** One-week and two-week sessions offered June 15-Aug. 21, 8:30 a.m.-3 p.m. Before care and extended care is available. Camps include: Young Artists (ages 5-6), Artistic Adventures (ages 7-12), Art Quest (ages 7-12), Lola’s Lab(ages 5-10);

❖ **Teen Camps** One-week half-day sessions offered July 6-31, 8:30-11:30 a.m.; 12:15-3:15 p.m. Teen Art Institute (ages

13-18).

2015 Musical Theatre Intensive Summer Camp. For actors, dancers and singers ages 13-18. The program will run for two weeks from July 12-25 at the Sandy Spring Friends School in Sandy Spring, Md. Campers can participate in daytime or overnight camp. The daytime camp will feature students in a final showcase the last Friday of camp. Students who participate in the overnight intensive camp will take part in a full production of the musical “Once on this Island!” Early bird discounts are available to those who register before Feb. 1. Visit www.youngartistsamerica.org.

Art Explorers Open Studio. Every Saturday, 10 a.m.-12:30 p.m. at The Candy Corner Studio, 7300 MacArthur Blvd., Glen Echo. Art activities for parents and children. Activities change weekly and there is no pre-registration; \$10 per child. Visit www.glenechopark.org/saturday-art-explorers for more.

Ceramic Classes. Various dates and times. VisArts, 155 Gibbs St, Rockville. An opportunity to try the new ceramic workshops. Visit www.visartsatrockville.org/ceramics for a list of class dates, times.

SATURDAY/MARCH 7

House Tour Fundraiser. 1-5 p.m. at Glen Echo Park, 7300 MacArthur Blvd. Tour two beautifully restored historic castles and two contemporary homes, and support the Park. A welcome presentation held in Glen Echo Park’s Ballroom Annex (1-1:30 p.m. is followed by self-guided access to the four homes, with shuttle transportation running continuously from the Park and a wine and cheese reception at the Park’s Stone Tower Gallery. \$75. Visit www.glenechopark.org or call 301-634-2222.

Introduction to Boogie Woogie. 6:30-8 p.m. p.m. at at the Backroom Annex at the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd. Pre-dance workshop. \$15. Visit gottaswing.com for more.

Washington Conservatory 2014-15 Piano Plus! Concerts. 8 p.m. Westmoreland Congregational United Church of Christ, 1 Westmoreland Circle, Bethesda. Concert series features members of the Washington Conservatory faculty and guest artists. Free (pay-as-you-can, donations welcome). Visit www.washingtonconservatory.org or call 301-320-2770 for more.

MARCH 7-MARCH 29

“Making Our Marks.” Through March 29, 12-6 p.m. at the Stone

Tower Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Glen Echo Park Partnership presents “Making Our Marks: New Work by Eight Printmakers,” offering new work by eight printmakers from Arlington Arts’ Lee Arts Center using varying techniques and subjects. Techniques include color etching, mono print, lithography, woodcut, linoleum-cut, and photopolymer intaglio. Visit www.glenechopark.org or call 301-634-2222.

“Our Nation’s River.” Through March 29, Monday-Saturday, 10 a.m.-6 p.m. at the Park View Gallery at Glen Echo Park Partnership presents “Our Nation’s River: A Photographic Journey Down the Potomac,” a solo exhibition of work by Jonathan Weiner that takes the viewer through a photographic narrative of the Potomac River. Visit www.glenechopark.org or call 301-634-2222.

SUNDAY/MARCH 8

Live Comedy. 7 p.m. at Cool Cow Comedy at VisArts, 155 Gibbs St., Rockville. Tony Deyo is a comedian known most notably for his sharp wit, quick material and near-perfect comedic timing almost certainly gained from his years as a professional symphony musician. Visit www.visartscenter.org or call 301-315-8200.

MONDAY/MARCH 16

Live Music. 7:30 p.m. at Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. The Institute of Musical Traditions, is a nonprofit which preserves and promotes American and international folk music traditions, presents Tony Trischka, Brad Kolodner (with Ken Kolodner) and Keith Carr: 3 Banjos...No Waiting! \$15 advance, \$20 door; students (with ID) and children: \$12 advance, \$17 door all tickets are general admission. Call 301-960-3655 or visit www.imtfolk.org for more.

FRIDAY-SATURDAY/MARCH 20-21

Bethesda Film Fest. 7 p.m. and 9 p.m. screenings at Imagination Stage, 4908 Auburn Ave., Bethesda. Bethesda Film Fest will promote and honor the work of local and regional documentary filmmakers with a formal screening featuring up to five short documentary films by filmmakers from Maryland, Virginia and the District of Columbia. A documentary by a young filmmaker, under 18 years of age, may also be chosen. Visit www.bethesda.org or call 301-215-6660.



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