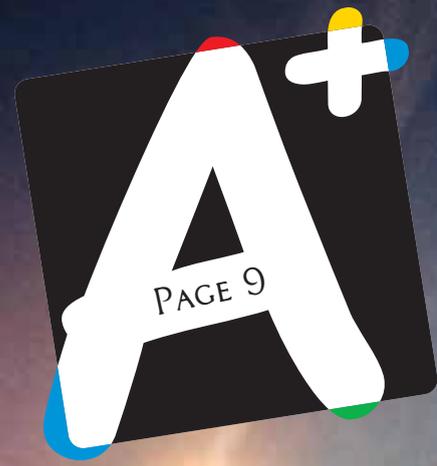


Potomac ALMANAC



The American Legion Bridge
can back traffic up into Virginia
anytime of the day or night.

CALENDAR, PAGE 6 ♦ CLASSIFIEDS, PAGE 10 ♦ SPORTS, PAGE 11

About Crossing The Potomac, Again

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Potomac Filmmaker
Spotlights Polish Scout Group

NEWS, PAGE 2

Whitman Girls'
Basketball Unbeaten in '16

SPORTS, PAGE 11

PHOTO BY KEN MOORE/THE ALMANAC

Potomac Filmmaker Spotlights Polish Scout Group

Documentary tells story of Scouts in the Polish resistance in WW II.

By SUSAN BELFORD
THE ALMANAC



Dianela Urdaneta

A few years ago, filmmaker Dianela Urdaneta de Ratha became interested in the dramatic story of the bonds of friendship formed by a Polish Scout Group. This was not just the tale of any Scout Group — but one whose members risked their lives participating in the Polish resistance movement during World War II.

Now in their 80s and 90s, the Scout group meets regularly, maintaining their friendships and carrying on their mission of educating new generations of Polish children about the resistance movement and honoring those who gave their lives for a free Poland.

Potomac's Urdaneta de Ratha, an award-winning bilingual producer, writer and director will soon be releasing "Scouts Forever: Friends from World War II to the Present," a 90-minute documentary about the friendships, courage and determination of these Scouts. Through the eyes of the

surviving scouts, the film will capture their personal journeys during the past seven decades and acknowledge how historical events have influenced their lives. The documentary will be in both Polish and English.

"The children belonging to Scout Group #22 grew up in the Grochow neighborhood of Warsaw in the 1930s," Urdaneta de Ratha said. "They went to the same schools, most attended the same church and they all joined the Scouts at approximately the same age. As Scouts, they did what most Scouts do all over the world: learn camping skills, be loyal to each other, and love their country. In 1939, when Poland was invaded by Germany and later by Russia, Scout Group #22 joined the Polish resistance movement. They served as couriers, distributed pamphlets, created anti-invasion graffiti and later took on high-risk combat operations. Some of them were arrested and sent to concentration camps, others were killed. Fourteen men and six women still survive; they are extremely excited about sharing their stories and perspectives."

Urdaneta de Ratha visited Poland twice to film. Almost all of the survivors still live in Poland, except for one who spends half of the year in Canada.

Ryszard Pluta, a Polish native and physi-



PHOTOS CONTRIBUTED

Current photo of the Scouts.

cian who now resides in Bethesda, said, "The story of the Polish Scouts as a part of the resistance against the Nazis is well-known and described in many books and movies. Their story became a part of the Polish fight against the Communistic gov-

ernment. As youngsters, we all learned about the National Army and the "Szare Szeregi" (The Grey Ranks) as the Scouts were known."

Pluta continued, "One of the first achieve
SEE DOCUMENTARY, PAGE 4

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About Crossing the Potomac, Again

A number of Virginia business groups are calling for the widening the American Legion Bridge, adding Express Lanes.

BY KEN MOORE
THE ALMANAC

Each weekday, nearly 300,000 vehicles cross the American Legion Bridge.

Vehicle speeds during the afternoon commute slow to an average of 34.9 going towards McLean and 22.5 from McLean to the bridge, according to McLean Citizens Association in Virginia. Traffic backs up for miles.

Glenn Harris, vice president of the McLean Citizens Association said it was important for MCA to get on the record. "I would like to see MCA come out in favor of fixing this enormous problem," he said. "This isn't exactly rocket science."

Sally Horn said it was time to do something. "It's time for us to act. If we're going to say something, we should change it at this juncture," said Horn, past president of the McLean Citizens Association.

"This is a huge issue and has enormous implications," said Jim Roberts, head of McLean Citizens Association's transportation committee.

The McLean Citizens Association passed a resolution at its last meeting urging the Commonwealth of Virginia, the State of Maryland and the U.S. Department of Transportation to "expeditiously develop and implement a joint plan for the expansion of the American Legion Bridge and its connecting roadways, and the eventual construction of an additional parallel bridge on the eastern side next to the existing span over the Potomac River."

This week, business groups from Herndon, Reston, Springfield, and around Northern Virginia, 20 in all, also call for a new Potomac River crossing west of the American Legion Bridge, plus new managed lanes in each direction over the American Legion Bridge to 270. Signers include the Greater Reston Chamber of Commerce, Dulles Regional Chamber of Commerce, Greater Springfield Chamber of Commerce, Northern Virginia Chamber of Commerce, Tysons Regional Chamber, and others.

The American Legion Bridge is entirely in the State of Maryland.

MCA ACTED to encourage efforts between the Montgomery County Council and Fairfax County Board of Supervisors, which wrote to the Governors and Transportation Secretaries of Maryland and Virginia on Oct. 19, 2015, "asking the states to come together and focus on making improvements to address the severe congestion problems at the American Legion Bridge."

A Potomac River Crossing Conditions study conducted by VDOT and presented to the Virginia Commonwealth Transportation Board (CTB) in July of 2015, found that



PHOTO BY KEN MOORE/THE ALMANAC

Accident Ahead: A number of Fairfax County business groups call for improvements to the American Legion Bridge.

the American Legion Bridge suffers from the worst congestion of all bridges crossing the Potomac River, and had the projected largest growth in traffic volume through 2040.

In 2009, The Maryland State Highway Administration and the Virginia Department of Transportation (VDOT) concluded The West Side Mobility Study in 2009. "VDOT Staff recommended in that study that the 'top priority' for addressing Potomac

River crossings should be extending the Express Lanes across the American Legion Bridge to the I-270 interchange."

"We want to put some pressure on the state of Maryland," said Rob Jackson at the Jan. 6 MCA meeting.

"I don't know why people are reluctant," said Harris.

"It goes without saying," said Mark Zetts, head of MCA's planning and zoning committee.

The advocacy group Northern Virginia Transportation Alliance also recommends upgrading the American Legion Bridge with four conventional and two managed/HOT lanes in each direction, and extending the I-495 HOT lanes in Virginia to I-270 western spur in Maryland.

BUT THE RIVER CROSSING has caused intense debate and controversy for the last two decades, and had its critics at the Jan. 6 MCA meeting as well.

MCA member Katie Probst urged caution. She suggested that the association not dictate the definite solution, but advocate that something needs to be done.

"I feel like this is a huge deal to support. It seems like a rather big issue," she said, stating that she believed she needed more information and more time to understand all the implications.

"Do you realize you just voted for adding two lanes to the American Legion Bridge without any public input?" said April Georgelas, who attended the meeting not as a member. "I've been here for 40 years and I've never seen anything like this."

Georgelas said later that McLean has suffered from ongoing express lane construction on the Beltway for years, and she doesn't welcome more.

Now, "the shoulder project added another lane of merging HOT lane traffic into an already overburdened and dangerous merging area of the Beltway up to the American Legion Bridge, all without public input," Georgelas said.

RESIDENTS ON THE OTHER side of the river in Potomac have advocated against a second river crossing in Montgomery County.

During a multi-year Master Plan process, ratified in 2004 by the Montgomery County Council, Potomac's blueprint for landuse said a second bridge crossing through Potomac violates the responsibility of Potomac as a buffer and protection to the Potomac River.

However, members of the Montgomery

County Council and the Fairfax County Board of Supervisors jointly sent a letter to Maryland Gov. Larry Hogan (R) and Virginia Gov. Terry McAuliffe (D) on Oct. 19, asking that the two states "come together and focus on making improvements to address the severe congestion problems at the American Legion Bridge."

Improving the American Legion Bridge should take priority over the possibility of building another crossing of the Potomac River, they said.

"Montgomery County believes strongly that our limited resources are best spent fixing the American Legion Bridge, and we should not be distracted by a divisive second crossing. That's why we, as two bodies, are calling on our governors to move forward with this vital transportation improvement as quickly as possible."

"The American Legion Bridge is the major chokepoint in our regional transportation system and it must be fixed," said Councilmember Roger Berliner, chair of the Montgomery Council's Transportation, Infrastructure, Energy and Environment Committee. "Adding an additional HOT lane in each direction will ease congestion and promote transit. Our two states must work together to make this happen."

PROPOSALS FOR a possible new bridge west of the American Legion Bridge are not new, and neither is opposition to the concept.

In 2000, U.S. Frank Wolf (R-Va.), now retired, requested \$2 million to conduct a study on the feasibility of a Techway bridge over the Potomac River. Public outcry and preliminary analysis of the disruptions the bridge would cause prompted him to cancel the study seven months later.

In 2003, Maryland Gov. Robert Ehrlich (R) and Virginia Gov. Mark Warner (D) announced their support for a new Techway study because they believed the second crossing would benefit "U-shaped commuters" traveling from upper Montgomery County to western Fairfax County (e.g., from Gaithersburg to Reston).

The Virginia Department of Transportation conducted a license plate study on the American Legion Bridge and found that only about 8 percent of Virginia and Maryland commuters would benefit from the Techway, because most commuters are traveling to destinations on or inside I-495 rather than to the suburbs outside it.

"Montgomery County believes strongly that our limited resources are best spent fixing the American Legion Bridge, and we should not be distracted by a divisive second crossing."

— Letter by Montgomery County Council and Fairfax County Board of Supervisors to Maryland Gov. Larry Hogan (R) and Virginia Gov. Terry McAuliffe (D)

LET'S TALK Real Estate



by Michael Matese

Tips to Go Green

Going "green" is one of the hottest trends in real estate today, with constructions from multi-unit housing, condos and apartments to single-family dwellings and luxury homes eager to embrace the new change in ideology, values and architecture! Sustainable living, ecological consciousness and budget savvy are all contributing factors in the trend to go green everywhere from building materials and renovations to incorporating energy efficient fixtures and heating/cooling systems into the home's blueprint. Here are some tips to get you started on reducing your carbon footprint and adding a lovely shade of "green" to your house from the inside out!

• Energy Efficient Insulation

The addition of energy efficient insulation into your home is not only environmentally responsible; it is also cost-efficient for the homeowner. As the home becomes more energy efficient, it requires less energy to heat or cool, resulting in a lower utility bill for the homeowners, often significant enough to cover the cost of installation in the first month! Older homes, which are usually poorly or inefficiently insulated, are prime candidates for this type of green remodeling. Attics, ceilings and walls are the best bets for installation.

• Solar Energy Roofing Panels

These will produce electrical power for your home and solar panels can be considered trendy as well. This type of roofing panel gives a more modern look to every house that has them. Plus, you might be able to get a rebate when you purchase them. Some states encourage the use of solar panels by giving homeowners who use solar panels a rebate, deduction or tax exemption, so make sure to check out your state's regulations on rewarding your wise choice! You can also save money on your electric bill monthly by incorporating solar panels into your home's energy profile. Aside from solar panels, you can also check out solar roofing shingles, a solar panel that is attached to the main metal roof.

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

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NEWS



Józef Sobociński, current commander of the group, visiting the tomb of fellow Scout Ewa Ladzik.



The crew: Tadeusz Kieniewicz (cinematographer), Dianela Urdaneta (producer/director), Patryk Morawski (sound), and Kasia Timmer Lubaczewska (translator/co-producer).

PHOTOS CONTRIBUTED

Documentary on Polish Scouts in WW II

FROM PAGE 2

ments of the Solidarity movement in 1980 was a push toward recognition of the National Army (Armia Krajowa) and its youth arm, the Polish Scouts.

A well-known result of this early struggle with Communists in Poland was a beautiful monument at the bottom of the wall around the Old Town of Warsaw. It's called the 'Statue of Little Insurgent' showing a tiny boy in an overwhelmingly huge helmet carrying a machine gun."

Pluta's late father-in-law was a member of the Scouts Group. He was captured by the Russians twice and sent to Siberia. He escaped and joined the Polish Army. One of Pluta's favorite high school teachers had also been a member of the Scout Group. She participated in the Warsaw Uprising.

During the war, The Scout's Pledge was unlike the well-known international Boy Scout Oath. The Polish Scout Group pledge was: "I pledge to you that I shall serve with the Grey Ranks, safeguard the secrets of the organization, obey orders, and not hesitate to sacrifice my life."

Urdaneta de Ratha is the owner of the multimedia production company, Arthavision. For the past 20 years, she has produced videos in both English and Spanish for Reuter's TV, Voice of America TV, CNN Spanish, CBS Telenoticias,

the Inter-American Development Bank, AARP and TMN. Her videos have won five "Communitas Awards" given by the Association of Marketing and Communication Professionals in the categories of making a difference and social responsibility as well as a "Communicator Award" in the category of "Social Issues." She has an MA in film and video from American University and a BA in broadcast journalism from Zulia University in Venezuela.

"SCOUTS FOREVER: FRIENDS FROM WORLD WAR II TO THE PRESENT," is directed at a general worldwide audience and will also include a website which will feature more in-depth interviews, vignettes and additional information.

"In order to have the broadcast quality needed to reach an international audience, the project will require strong financial investment," Urdaneta de Ratha said.

"We have secured fiscal sponsorship from Women in Film and Video, but we still are in



Members of Scouts #22 during a reenactment.

need of donations and in-kind contributions. These contributions are tax-deductible. We are confident that this film will be of great value, not only for the people of Poland, but for people of Polish descent in the US, as well as the general audience. It is a moving story of courage — and one that needs to be shared with the world."

To donate, go to the website www.ScoutsForever.com. For more information, call 202-427-0904.

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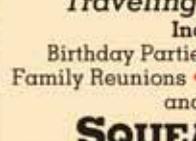






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NEWS



At the Horse Show

Elizabeth Novak on Stanley at the National Capital Equestrian League Horse Show in the Potomac Horse Center on Sunday, Jan. 16.



Emma Wolf, Paige Synder, Grace Wilson on Geronimo, and Casey Ruggiero.

PHOTOS BY
DEBORAH STEVENS/THE ALMANAC



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LETTERS

More School Funding Needed

To the Editor:

The following statement was issued by Montgomery County Board of Education President Michael Durso and Interim Superintendent Larry Bowers on the County Executive's Capital Budget Recommendation.

Montgomery County Public Schools has been experiencing record enrollment growth for several years which has put a significant strain on our school buildings as we work to ensure that every student receives the best possible education. That's why it is disappointing that County Executive Isiah Leggett's recommended capital budget leaves us more than \$113 million short of what we need in the next two years in our capital budget.

We certainly recognize that funds are not limitless but it is essential that we continue investing in school construction to meet the needs of our surging enrollment. This recommended level of funding potentially means significant delays in numerous projects.

In the coming weeks, we will seek to work with the County Council and our state leaders in Annapolis to secure more funding in an effort to keep much needed projects on track.

Overcrowding?

To the Editor:

My name is Jeffery Chern. I would like to speak my opinion regarding the Potomac Pilates relocating to Potomac Village. I frequently visit the Potomac Village for many of my needs. I feel that if Potomac Pilates relocates to Potomac Village, it will be very overcrowded and using the Potomac Village will become a struggle. I hope my opinion has influenced and brought to light a topic which I think that many will benefit from.

Jeffery Chern

10th grade, Thomas S. Wootton High School
North Potomac

Write

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

Call 703-917-6444 or email almanac@connectionnewspapers.com



PHOTO BY DEBORAH STEVENS/THE ALMANAC

Snapshot

Angre Azuban starts a trip in his kayak on the foggy Potomac River on Saturday morning, Jan. 16.



PHOTO BY DEBORAH STEVENS/THE ALMANAC

Potomac After Hours

Ceokick Bonnet, Zane Gross, Andrew Levine, Jack O'Donnell, and Alex Kline at the Potomac Community Center on Friday night, Jan. 15, for Potomac After Hours for middle schoolers. See www.activemontgomery.org.

New Voting System

The Montgomery County Board of Elections encourages residents to become familiar with the new, paper-based, digital image scan voting system prior to arriving for the Presidential Primary Election, Tuesday, April 26, or during Early Voting, April 14 - 21.

Demonstration voting units will be available at the Montgomery County Board of Elections, 18753 N. Frederick Ave., Suite 210, Gaithersburg, MD 20879-3121; telephone 240-777-8500; MD Relay: 1-800-735-2258.

During Early Voting, voters will make their selections on a ballot-marking device. Once all selections are made, a ballot will be printed.

The voter will then verify the ballot and insert it in a scanner for tabulation. On Election Day, voters will mark their selections with a pen on paper ballots prior to inserting them in the scanner for tabulation.

For a list of upcoming outreach events, where the new system may be seen, visit www.777vote.org. For additional information contact Dr. Gilberto Zelaya, 240-777-8532; or email gilberto.zelaya@montgomerycountymd.gov.

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

POTOMAC ALMANAC

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A New Day Is Dawning

Unveiling GARDENSIDE, the upcoming addition to Ingleside at King Farm.



Artist's rendering. Projected opening date 2019/2020.



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Ingleside at King Farm is expanding with the proposed building of 125 new independent living apartments, 32 private assisted living memory support suites, and a Center for Healthy Living subject to approval by the Maryland Department of Aging.

ENTERTAINMENT

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

Children's Storytime. Wednesdays and Saturdays, 10 a.m. at Barnes & Noble Booksellers, 4801 Bethesda Ave., Bethesda. Listen to employees read children's stories. Free. Visit www.store-locator.barnesandnoble.com/event/4824850-21.

Adult Single Night. Saturdays, 9 p.m. at Benny's Bar & Grill, 7747 Tuckerman Lane, Potomac. Find a DJ, open dance floor, and other singles. No cover charge. Visit www.bennysbargrill.com.

"Wake Up, Brother Bear." Through Jan. 31, various times at Imagination Stage, 4908 Auburn Ave., Bethesda. Brother and Sister Bear explore all four seasons in this interactive children's play. Tickets start at \$10. Visit www.imaginationstage.org for more.

Latino Art League Exhibit. Through Jan. 31 at Bethesda Regional Library, 7400 Arlington Road, Bethesda. Artists originally from Argentina, Bolivia, Chile, Colombia, Cuba, Peru, Puerto Rico, Venezuela, and the U.S. display small format work. Free. Visit www.thelatinoartleague.org for more.

"Wind From the East." Through Feb. 6, 12-6 p.m. Tuesday-Saturday at Waverly Street Gallery, 4600 East-West Highway, Bethesda. Painter Michiyo Mizuuchi will display her Japanese Zen-inspired acrylic work alongside the wood-fired and soda/gas-fired ceramics of Yang-ja Lee. Free. Visit www.waverlystreetgallery.com for more.

"Wash: New Paintings." Through Feb. 14, gallery hours at VisArts, 155 Gibbs St., Rockville. Artist Greg Minah makes paintings by pouring thinned acrylic paint onto the canvas and then tilting, turning, and spinning the stretcher. Often, a layer is partially removed with pressurized water before it has a chance to cure completely, leaving only the outline of the poured paint. Free. Visit www.visartscenter.org or call 301-315-8200.

"NEST: Every Human Deserves a Home." through Feb. 14, gallery hours at VisArts, 155 Gibbs St., Rockville. "NEST" is a multi-disciplinary work by Sandra Atkinson using contemporary dance, visual art, music, and film to investigate the concepts of a NEST (home) for those without one. Visit www.visartscenter.org or call 301-315-8200.

THROUGH JAN. 24

"Self & Subject." Gallery hours at Glen Echo Photoworks Gallery, 3700 MacArthur Blvd., Glen Echo. Artists Desmond Beach, Corinne Diop, Deborah Lash, Catherine Mueller, Tara Ott, Gayle Rothschild, Jennifer Tremblay, and Jason Edward Tucker display photographs exploring new interpretations of the photo portrait. Admission to the exhibit is free. See www.glenchopark.org for more.

WEDNESDAY/JAN. 20

Film Screening: "Free Men." 12 p.m. at Congregation Har Shalom, 11510 Falls Road, Potomac. This film depicts a previous period in French history when there was a sizable Algerian presence in Paris. Free. Visit www.harshalom.org for more.



Light Switch Dance Theatre rehearsal

IMAGES COURTESY OF VISARTS



"Reduce All Notions" by Greg Minah

VisArts Welcomes Performance Art

VisArts at Rockville, a center in Rockville dedicated primarily to teaching and exhibiting the fine arts will welcome "NEST," a multi-disciplinary work by Sandra Atkinson, founder and artistic director of Light Switch Dance Theatre, using contemporary dance, visual art, music, and film to investigate the concepts of a NEST (home) for those without one. Alongside this work, artist Greg Minah will display "Wash: New Paintings." Minah works by pouring thinned acrylic paint onto the canvas and then tilting, turning, and spinning the stretcher. Admission to all exhibits are free and will run through Feb. 14. Visit www.visartscenter.org or call 301-315-8200.

THURSDAY/JAN. 21

Baltimore Symphony Orchestra:

Pixar in Concert. 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Pixar presents a compilation of the music and imagery from Pixar's 13 feature films, performed by the BSO SuperPops. Tickets are \$17.50-99. Visit www.bsomusic.org for more.

Eliades Ochoa y Barbarito Torres.

8 p.m. at the Fillmore Silver Spring, 8656 Colesville Road, Silver Spring. Cuban guitarist and singer Eliades Ochoa and musician Barbarito Torres perform. Tickets are \$45. Visit www.fillmoresilverpring.com for more.

FRIDAY/JAN. 22

Big Pants & Hot Flashes.

8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Comedians Julia Scotti and Kevin Meaney will perform, then give a candid Q&A. Tickets are \$20-30. Visit www.ampbystrathmore.org.

JAN. 22-31

MoCo Restaurant Week. At various restaurants in Montgomery County. Diners will be able to partake prix-fixe lunch and dinner menus at 44 area restaurants. Visit www.bethesdamagazine.com for more.

SATURDAY/JAN. 23

Chopteeth. 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. This 12-piece orchestra performs jazz, funk, and Afrobeat. Tickets are \$20-30. Visit www.ampbystrathmore.org.

www.ampbystrathmore.org.

SUNDAY/JAN. 24

Dixieland Jazz Jam Session. 3-6 p.m. at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Bring an instrument and sit in with the Conservatory Classic Jazz Band during the first set. Or listen to the classic jazz, Dixieland, and swing. Tickets are \$10, free for musicians and students. Call 301-762-3323 for more.

MONDAY/JAN. 25

Winter Craft Day. 8:30 a.m.-5 p.m. at VisArts at Rockville, 155 Gibbs St., Rockville. Children ages 5-12 are invited to enjoy ice-skating, hot chocolate, and winter-themed craft projects. This session is \$100. Visit www.visartsatrockville.org for more.

JAN. 27-FEB. 21

"Father Comes Home From the Wars." Various times at Round House Theatre, 4545 East-West Highway, Bethesda. Set during the Civil War, this drama follows a slave, Hero, from West Texas to the Confederate battlefield. Inspired in part by the stories and scope of Greek tragedy, this trilogy examines the mess of war and the true cost of freedom. Tickets are \$30, also find pay-what-you-can performances and free performances for students. Visit www.roundhousetheatre.org for more.

SUNDAY/JAN. 31

The Montgomery County Camp &

Summer Fun Expo. 10 a.m.-5 p.m. at Hilton Hotel & Executive Meeting Center, 1750 Rockville Pike, Rockville. Find more than 60 exhibitors with discounts & entertainment. Free. Visit www.washingtonparent.com for more.

Delmarva Review Workshop.

2-4 p.m. at The Writer's Center, 4508 Walsh St., Bethesda. Sue Ellen Thompson, Anne Colwell, Wendy Mitman Clarke, Arden Levine, and Sheila Walker, will be present in celebration of the eighth edition of The Delmarva Review. Free. Visit www.writer.org for more.

Waltz Dance.

2:45-3:30 p.m. dance at the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The Tangerine Tempo ensemble will provide music for folk waltzes including the Hambo, Schottische and more. Tickets are \$10. Visit www.waltztimedances.org for more.

THURSDAY/FEB. 4

An Evening of Poetry and Prose. 7:30-9:30 p.m. at The Writer's Center, 4508 Walsh St., Bethesda. Jane Shore is the author of five books of poems including "Eye Level." She will be joined by her husband, novelist Howard Norman for a reading. Tickets are \$15, \$10 for members. Visit www.writer.org.

SATURDAY/FEB. 6

Tony M. 10:30-11:15 a.m. at Cabin John Mall Atrium, 11325 Seven Locks Road, Potomac. Children-friendly live music. Free. Visit www.shopcabinjohn.com for more.

SUNDAY/FEB. 7

Opening Reception: "The Sound of Color." 2-4 p.m. at Jewish Community Center of Greater Washington, 6125 Montrose Road, Rockville. Sharon Dar prefers large canvases which allow her to freely apply the paint in many layers. Free. Visit www.jccgw.org/exhibit/the-sound-of-color/.

Waltz Dance. 2:45-3:30 p.m. workshop, 3:30-6 p.m. dance at the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The Terpsichore ensemble will provide music for folk waltzes including the Hambo, Schottische and more. Tickets are \$10. Visit www.waltztimedances.org for more.

FEB. 7-28

"The Sound of Color." Gallery hours at Jewish Community Center of Greater Washington, 6125 Montrose Road, Rockville. Sharon Dar prefers large canvases which allow her to freely apply the paint in many layers. Free. Visit www.jccgw.org/exhibit/the-sound-of-color/.

SUNDAY/FEB. 14

Tamburitzans: "New Horizons." 2 p.m. at F. Scott Fitzgerald Theatre, 603 Edmonston Drive, Rockville. The Duquesne Tamburitzans perform music, songs and dances of Eastern Europe. This year's Tamburitzans' show is titled "New Horizons" — choreography fuses together tradition with modern dance and music. Tickets are \$35-38. Visit www.rockvilleemg.gov for more.

Seniors Who Sing

Improving and preserving the quality of life through music education.

BY MARILYN CAMPBELL
THE ALAMANAC

Park in Bethesda.

When musician Jeanne Kelly was asked to be a part of a study on creativity in the aging, she readily accepted. She was a natural to be tapped for the job, since she was running a program for older adults at the Levine School of Music's Arlington, Va., campus. She was tasked with helping to measure the impact of professionally conducted cultural programs on older adults.

"The study found that artistic excellence has huge benefits, physically, mentally and socially. Out of that study, I decided to start Encore," said Kelly, referring to a group of singers, all seniors, who are part of one of the 18 Encore Chorales that make up Encore Creativity for Older Adults.

Encore is a nonprofit organization that offers arts education and performance opportunities for seniors. The chorales are currently accepting new members through the end of January.

In Montgomery County there are three Encore Chorales: Asbury Methodist Village in Gaithersburg, Schweinhaut Senior Center in Silver Spring, and through the Washington Conservatory of Music at Glen Echo

CHORALE MEMBERS pay a fee which covers sheet music and the cost of the performances. In exchange, members receive music education and training from professional musicians, a chance to make social connections and an opportunity to perform challenging choral music. Participants learn proper breathing techniques and ways in which they can improve their voice, all under the guidance of a conductor.

"We don't dumb things down for our older adults," said Kelly. "Our members really appreciate the respect they get."

Adjustments are made, says Kelly, to accommodate the needs of some seniors. For example, rehearsals are held during the day out of consideration for those who don't drive at night, and members with mobility issues are not required to stand during rehearsals or performances.

Encore focuses on offering a classical music repertoire. Choral works such as Giuseppe Verdi's "Messa da Requiem" are chosen to pair well with seniors' voices.

"Our voices do change as we age," said Kelly. "Soprano voices aren't as high as we age, for example, so we choose wonderful music that really shows them off and will challenge them to the max."

"What they're doing is beautiful because they're not only making healthy social connections, they're also challenging their brains which helps maintain their cognitive flexibility," said Carolyn Lorente, Ph.D, assistant professor of psychology at Northern Virginia Community College in Alexandria. "To be able to memorize a piece of music is impressive."

Encore Chorales travel and perform at venues around the globe. Janet Hansen, the chorale master for the Langston Brown Encore Chorale in Arlington, Va., traveled to Cuba last year. "It was a marvelous experience that I wouldn't have had if I hadn't been in Encore," said Hansen, who is a retired education policy researcher. "I wanted to try new things that were different than I did when I was working. This one has been very rewarding." Chorale masters are singers who assist the conductor with administrative duties, serve as contact for singers with questions, etc.

The chorales are open to everyone over the age of 55, regardless of musical experience or ability. Members range from beginners to accomplished musicians.

Joan and Ted Thayer are members of the George Mason University Potomac Arts Academy Encore Chorale in Fairfax, Va. Ted Thayer has been a musician for most of his

Encore Chorales

Singers accepted through the end of January. Weekly rehearsals are underway for many of the Chorales. Visit encorecreativity.org, call 301-261-5747 or email info@encorecreativity.org. Fee is \$150 for 15 weekly rehearsals, sheet music and performances, with some exceptions.

adult life, majoring in music at the University of Illinois and spending more than 30 years in the National Symphony Orchestra. Joan Thayer, however, had no musical experience. Both participate in their chorale.

Joan Thayer says she has enjoyed learning and sharing one of her husband's passions. "Singing is challenging for me, but I always come away happy and relaxed after an hour and a half rehearsal," she said. "It's a great group of people, and it's nice to be able to talk with someone about something that happened in the 1940s or about things that seniors are going through now, and actually be understood."

ENCORE has more than 1,200 members in 17 Chorale locations in the Washington, D.C. area and six Chorales in other cities. Opportunities for performance and travel for 2016 include a French Riviera cruise and intensive summer training at college campuses around the country.

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SPORTS

Pills A-Poppin'



By KENNETH B. LOURIE

I ingest between 40 and 50 pills per day. It's the first thing I do before breakfast, an occasional thing I do before/during/after lunch, and the last thing I do before dinner and sometimes before bedtime as well. To say I'm pill-centric would be an overstatement; I will admit to be pill-minded though. Either I'm arranging them, organizing them, counting them or ordering them. Whether it matters or not to my health, I try never to be off my schedule too much or be too many days without my normal pill allotment/inventory. If I leave the house at pill time, I will take pills with me and swallow them accordingly. If people ask for any details, I offer as few as possible and move on. Not that I'm uncomfortable with any of the questions, it's more that there are infinitely more interesting topics of conversation.

Being away from home and routine does present some problems, however, especially if the trip involves planes. Trains and automobiles are not the problem. Not having a dedicated travel case, like the "train" case my mother had for her cosmetics, I simply stuff my 25-plus bottles into a plastic shopping bag and knot the handles at the top. No fuss, no muss. Planes, or rather the carry-on rules about such things are another matter entirely. I have never inquired – or gone on the TSA Website, to determine pill procedures. Certainly I'm aware – post-9/11, of the limits concerning toiletries, etc., and the plastic bags into which it all must fit. Not wanting to risk having hundreds of dollars of expensive pills confiscated at the airport, I've always preferred checking my bags (containing the pills) and avoided the potential nightmare. As to the alternative solution of segregating 40-odd pills (into three-times-a-day packets) times however many days into some kind of daily packaging – and leaving the bottles home instead – that has not been a solution I've been able to conjure. Not that any of this is an impediment, more like a challenge and inconvenience. And most definitely a consideration.

Still, it's a small price to pay – so to speak, to incorporate/assimilate a pill plan into my everyday life. I mean, for all I know, and I know very little, these pills might actually be responsible for my life-expectancy odds having been so badly beaten. Accordingly, I see no reason to stop now, especially considering that the majority of the drugs I take are designed to build up my immune system. Which, when one understands that at its core, cancer treatment weakens one's immune system, enhancing its resilience is crucial.

Recently, an entire new class of drugs called Immunotherapy ("OPDIVO") have been introduced. They have been designed – among other reasons, to stimulate the body's own immune system to fight the cancer. Rather than the process occurring externally and unnaturally as before, these new drugs will fight the cancer internally and naturally. It's an extremely encouraging and exciting evolution in the cancer treatment world, and holds great promise for many of us cancer patients burnt out (no pun intended) on the toxic chemotherapy drugs of our past.

In the interim, since I am not now on Immunotherapy, as a prudent and logical adjunct, I will continue to give myself and my body every opportunity, dare I say advantage, in its efforts to keep the cancer at bay. The pills are never really a problem, more so a piece of the puzzle. And the longer I live, the more convinced of it I become.

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

Whitman Girls' Basketball Unbeaten in '16

The Whitman girls' basketball team won its first three games in 2016 by an average of 41 points and is unlikely to face much of a challenge from Montgomery County opponents for the remainder of the regular season.

The Vikings' latest victory was a 61-28 blowout of Wootton on Jan. 15. In eight games against county opponents this season, the Vikings have yet to allow 40 points to an opponent.

"[We're playing] really well," Whitman head coach Pete Kenah said. "We're in the heart of our county schedule and the defense has really picked up."

Whitman, which has won two of the last three region titles, enters each game with four goals: don't give up 35 points; get to the line for 20 free-throw attempts; grab 16 offensive rebounds; total 10 assists. If those goals aren't enough to help keep the Vikings focused entering a game they are likely to win in lopsided fashion. Kenah said he takes a page from the book of perennial women's college basketball power UConn and encourages his athletes to play hard to inspire potential future fans in the crowd. Kenah also reminds his players that any game can end up being a memorable one.

To this point, Whitman hasn't experienced a letdown, winning its first eight county games by an average of 41 points.

Junior standout Abby Meyers has been limited recently due to an ankle injury, but is expected to be at full strength soon. Senior guard Marie Hatch has helped pick up the slack, including an eight-steal effort



Marie Hatch, seen last season, and the Whitman girls' basketball team have not allowed a county opponent to reach 40 points in a game this season.

PHOTO BY HARVEY LEVINE/THE ALMANAC

from The Washington Post. Hannah Niles averages 10 points per game. Betsy Knox (9.3), Hatch (8.5) and Livy Meyers (8.2) are also averaging more than 8 points.

Whitman will host Wheaton at 5:30 p.m. on Friday, Jan. 22, and will travel to Walter Johnson at 7:15 p.m. on Tuesday, Jan. 26.

— JON ROETMAN

Wootton Boys Beat Whitman

The Wootton boys' basketball team defeated Whitman 74-66 on Jan. 15, giving the Patriots consecutive wins after a Jan. 5 loss to Richard Montgomery. Wootton is scheduled to face Walter Johnson on the road at 7:15 p.m. on Friday, Jan. 22. Whitman has dropped three straight. The Vikings are scheduled to host Wheaton at 7:15 p.m. on Friday.

Churchill Girls Respond With Back-to-Back Wins

After suffering a lopsided 62-21 loss to Whitman on Jan. 8, the Churchill girls' basketball team responded with back-to-back victories against Bethesda-Chevy Chase and Rockville.

The Bulldogs beat B-CC 57-47 on Jan. 12 and Rockville 55-32 on Jan. 15.

Churchill is scheduled to face Einstein on the road at 7:15 p.m. on Friday, Jan. 22.

SCHOOL NOTES

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

Daniel Pearson of Cabin John and **Kathleen Tabb** of Potomac made the fall 2015 dean's list at the University of Dayton (Dayton, Ohio).

The following students graduated from Clemson University (Clemson, S.C.): **William Powell Browning**, who graduated with a Bachelor of Arts in philosophy and economics; and **Kyle David Grissen**, who graduated with a Bachelor of Science in management.

Robert Elenberg, a sophomore majoring in middle level education, made the dean's list for fall 2015 at Coastal Carolina University (Conway, S.C.).

Sathya Ram and **Jasmine Wung** were named to the dean's list at Lehigh University (Bethlehem, Pa.) in the fall 2015 semester.

Yidong Hu, of Winston Churchill High School, is one of 14 Montgomery County Public Schools students selected as semifinalists for the 2016 Intel Science Talent Search.

The Montgomery County students — from four MCPS high schools: Montgomery Blair, Winston Churchill, Poolesville and Quince Orchard — account for all but four of the 18 semifinalists in the state of Maryland. The Intel Science Talent Search is administered by the Society for Science & the Public, a nonprofit organization that is dedicated

against Wootton on Jan. 15 and a 12-rebound performance against Richard Montgomery on Jan. 12.

"Marie Hatch," Kenah said, "has just been stuffing the stat sheet."

Meyers leads the Vikings in scoring at 18.6 points per contest, according to stats

to public engagement in scientific research and education. Visit <https://student.societyforscience.org/intel-sts>.

The following students made the dean's list at James Madison University for the fall 2015 semester: **Janie Jacobs**, who is scheduled to graduate in 2017 and is majoring in communication sciences and disorders; **Justin Arnold**, who is scheduled to graduate in 2017 and is majoring in geographic science; and **Diego Catala**, who is scheduled to graduate in 2016 and is majoring in writing, rhetoric and technical communication.

Thirteen Montgomery County Public Schools students have been named recipients of full-tuition, four-year college scholarships from the Posse Foundation.

Fifty-five colleges and universities each offer full-tuition scholarships to students throughout the country and create multicultural teams—called Posse—on each campus. These student teams receive professional guidance before and throughout college and provide support to one another. On campus, these students serve in important leadership roles. This year's Montgomery County Public Schools recipients included: **Sol Balangero**, Thomas S. Wootton High School, attending Bucknell University; **Ethan Moscoco**, Thomas S. Wootton High School, attending Grinnell College; **Langston Thomas**, Thomas S. Wootton High School, attending Grinnell College and **Mengizem Tizale**, Winston Churchill High School, attending University of Wisconsin-Madison.

BULLETIN BOARD

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

SUNDAY/JAN. 31

Self-Defense Seminar. 1-2:30 p.m. at East West Tae Kwon Do, Cabin John Mall, 11325 Seven Locks Road, Potomac. In honor of National Self Defense Month, East West Tae Kwon Do will hold a self-defense seminar for teens and adults. Attendees ages 10 and older will learn basic kicks, releases, strikes and safety tips in the event of front, back, and ground attacks. This seminar is open to the public. No experience is necessary. \$40. Space is limited, email Events@EastWestTKD.com to reserve a space.

TUESDAY/FEB. 3

Candidate Filing Deadline. 9 p.m. The Board of Elections reminds anyone planning to run for office that the deadline to file as a candidate for the 2016 Primary Election is Tuesday, Feb. 3, 9 p.m. Montgomery County individuals interested in running for Board of Education may file a Certificate of Candidacy with the Montgomery County Board of Elections at 18753 N. Frederick Ave., Suite 210, in Gaithersburg. Candidates for all other offices on the 2016 Primary ballot should contact the Maryland State Board of Elections for deadlines and filing locations. The Montgomery County Board of Elections is open 8:30 a.m.-5 p.m. Monday-Friday, and will be open to accept filings on Tuesday, Feb. 3, from 8:30 a.m.-9 p.m. Visit www.777vote.org.



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