

HomeLifeStyle

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Potomac ALMANAC

From left: Stephen Cairns (Professor Harold Hill), Blake Strauch (Winthrop Paroo), and Megan Evans (Marian Paroo) are the lead actors in the Har Shalom Players' production of "The Music Man."

'The Music Man' Struts Onto Har Shalom Stage

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Changing the World

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PHOTO BY SORELL SCHWARTZ

FEBRUARY 10-16, 2016

ONLINE AT POTOMACALMANAC.COM

‘Changing the World, One Child, One Community at a Time’

Potomac Kiwanis Club committed to help.

BY SUSAN BELFORD
THE ALMANAC

Would you like to help Wounded Warriors? Serve meals at the Children’s Inn? Tutor a child? If “yes,” then attend a meeting of the Potomac Kiwanis Club to learn about its commitment to making the community as well as the world a better place to live.

Potomac Kiwanis is involved in a variety of projects. Members volunteer to serve meals at the NIH Children’s Inn. They tutor children in Montgomery County Schools and participate with Community Kids to make needy youngsters’ holidays better. The organization makes certain that the Armed Forces, Wounded Warriors, military veterans — and their children are not forgotten.

“The Potomac Kiwanis Club has chosen to focus, because of our geographic location, on our military neighbors and their children,” Club President Mike Cronin said. “Each year for the past seven years, we have held our annual Armed Forces Day Dinner at Kenwood Country Club. The funds we



Members of the Potomac Kiwanis Club.

PHOTOS CONTRIBUTED

raise support Wounded Veterans at Walter Reed National Military Medical Center — many servicemen and women are invited guests for the evening. This year, the event will be held May 20. Our speaker will be Vice Admiral Raquel Bono, director of the Defense Health Agency. It is always a gala evening and the public is invited to share in honoring our military. The cost is only \$60 per person — and if you are unable to come, consider sponsoring a member of the military to come to this very special event.

SEE KIWANIS, PAGE 5

Potomac Kiwanis Club Secretary Jackie Cronin welcomed Potomac residents to learn about the Kiwanis Club at Potomac Days.



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A Heartfelt Loss Scotland's Bette Thompson spent a lifetime fighting for her community, leading by example.

BY AARON STERN
FOR THE ALMANAC

Potomac lost one of its most devoted community activists when lifelong Scotland resident Bette Thompson died last week. She was 80.

Thompson will be remembered for a lifetime of local activism, including her role in modernizing Scotland from an undeveloped rural patchwork of homes without running water, and her years-long effort to build a new community center in the neighborhood.

"Cousin Bette, she was a trooper," said Scotland resident Patricia Mason. "She was an inspiration to us ... for fighting for what you believe in."

Thompson had been in declining health since suffering a stroke last year, said Mason, but she came home recently after recovering in a nursing home, intent on being at home for her final days. Her family made special arrangements to bring her to church at Scotland A.M.E. Zion Church in late 2015, Mason said, and, though she couldn't speak, Thompson's trademark smile was evidence to all that she was happy to be there.

"That smile," Mason said. "She always had that smile."

Leo Thompson, Bette's son, said that in the days since his mother died the family has learned even more of just how active and inspirational their mother was, fielding condolences from across the country and discovering records of meetings with state legislators and a letter of commendation from former Gov. Martin O'Malley.

Thompson's work focused heavily on the community in which she spent her entire life. Scotland remained largely unchanged from its founding by ex-slaves in the 1880s until the 1960s. Thompson used to recall

what it was like running through grassy fields to her friends' homes, and had fond memories of summers spent swimming in impromptu ponds when the local youngsters stopped up a creek. But as Potomac was built up around Scotland and residents began selling their homes to developers, an effort began to modernize Scotland as well. Thompson was part of that group, called Save Our Scotland, that eventually worked with local and federal officials to build an enclave of low- to moderate-income housing units that still stand today.

Thompson, or Miss Bette, as she was often called by friends and neighbors, continued her activism, serving on local boards and committees and raising her family of five children with her husband Paul. She led by example and wielded her influence with a soft-spoken, even-keeled demeanor. She welcomed outsiders not just into the community, but into her home, and though she was proud to celebrate her community she never shied away from discussing tough issues either, something her son, Leo, said he was particularly proud of.

"She was willing to talk about comfortable things, as well as uncomfortable things and things of that nature," Leo Thompson said.



Bette Thompson with husband Paul.

"Oh, I just stuck with it," Thompson said then. "I just said, 'This can't be.' They promised us this stuff, now how can they say no? But we just stuck with it."

The new Scotland Community Center was completed in 2014, and the county honored Thompson by naming the new facility the Bette Carol Thompson Scotland Neighborhood Recreation Center.

It was an appropriate action, and just one of many ways that Thompson's memory will continue to live on in Scotland and beyond, said Mason.

"I see her good work every day when I go out to my car to go to work and I see her name on that sign."

Born Bette Carol Lefeged, she married Paul Thompson in 1956; the two were

married until Paul died in 2012.

Leo said his mother's family name was originally Leftwich during slavery, but had changed over the generations to become Lefeged.

As active as Thompson was in the community, her passion for helping others extended to her personal life as well when the

Thompson's adopted two boys into their family after each of their mothers died, leaving them without parents.

Leo Thompson said that he and his sister, Janet, were at their mother's bedside when she died. Bette Carol Thompson is survived by five children — her sons, Paul, Jr.; Leo and

Everett; and her daughters Janet Ross and Patricia Warren — as well as her two adopted sons, Ben Boyd and James McLane, and 11 grandchildren and nine great-grandchildren.

A viewing will be held for at Scotland A.M.E. Zion Church on Thursday, Feb. 11 from 7 to 9 p.m. Details for a memorial service are still being arranged as the family looks for a location large enough to handle what is expected to be a large number of attendants.

One thing she did not talk about, said the Rev. Pearl Selby, an associate pastor at Scotland A.M.E. Zion Church, was herself.

"She was just a tremendous leader in the community and she quietly did whatever she did to make people's lives better, and she never stood out to say 'This is what I did,'" said Selby. "She just never wanted outward recognition. She only wanted the satisfaction that it was done and that she had made a difference in the lives of people."

In the late 1990s Bette Thompson began the fight to rebuild the Scotland Community Center, which had become the hub of the modern Scotland community, but had also become outdated and undersized for its various needs. The effort to build a new community center was a start-and-stop trial that included what Thompson felt were broken promises from Montgomery County officials.

With the help of Action in Montgomery (AIM), a faith-based non-profit organization, the county in 2008 granted funds to rebuild the Scotland Community Center. Ever soft-spoken and understated, Thompson downplayed her efforts to The Almanac after learning of the approved funding.

"She was just a tremendous leader in the community and she quietly did whatever she did to make people's lives better, and she never stood out to say 'This is what I did.'"

— The Rev. Pearl Selby, Associate Pastor, Scotland A.M.E. Zion Church



PHOTO FROM ACTION IN MONTGOMERY

County Executive Leggett, Bette Thompson and Recreation Department Director Gabe Alborno at the March 2013 groundbreaking ceremony for the renovation of the Scotland Community Center.

LET'S TALK Real Estate



by Michael Matese

Kermit Was Wrong—It's Easy to Be Green!

"Green" renovation is a trend that engineers, constructors and designers are encountering more and more each day. Going green is not only an ecologically aware choice, but it is also one that is becoming economically sound, with many green renovations providing tax deductions and reduced energy costs, offsetting or negating the cost of their installation in immediate terms—and proving priceless over time, as green renovations reduce the harm of civilization on nature and ecology. Even luxury homes are going green, trying to help the environment and shaking off the image of wasteful opulence that has dogged this niche market for years. Gone are the days of the gold-plated toothbrush holder—welcome to the new world of eco-friendly, green luxury! Some tips that home owners are finding handy are:

- Use CFL's - Replace those incandescent light bulbs with qualified compact fluorescent light bulbs (CFLs). By replacing just five of your mostly frequently used light bulbs, you'll save money and reduce greenhouse gas emissions by one trillion pounds!
- Plug Air Leaks - Air leaks are the biggest energy waster in homes, but they're also an easy fix. Have decorative weather stripping and caulk installed to stop those drafts
- Program Your Thermostats - Save on your heating and cooling bill while helping reduce emissions from your heating/a/c unit.
- Tune Up Your HVAC - Get a professional tune up every two years and clean or replace your filter every month. Dirty filters block normal airflow and reduce the efficiency of your system.
- Go Low-Flow - Install low flow showerheads and faucet aerators without sacrificing water pressure. They're easy to install too, just screw them on.

Bonus Green Tip: The average home emits 27,000 pounds of carbon dioxide annually; almost three times that of a midsize sedan! Following these simple steps will reduce your home's emissions, your carbon footprint, and lower your utility bill!

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NEWS

Running To Benefit Children with Special Needs

Friendship Circle brings youths together.

BY SUSAN BELFORD
THE ALMANAC

Seventeen year-old, Reuben Winston ran the Miami Half-Marathon on Jan. 24, placing 90th out of nearly 15,000 runners. The Charles E. Smith School Jewish Day School student ran with a purpose in mind — to raise funds for children with special needs, and particularly for one of his best friends, Josh Rubin. Fifteen-year-old Josh is Reuben's friend through the Friendship Circle, an international Jewish organization that pairs teenagers with children with special needs.

"It was awesome having Josh with me in Miami," said Reuben. "Running a half-marathon is not easy, but having Josh there really helped. He was the huge reason why I did it."

Like all teenagers, Josh looks forward to weekends — but Saturdays are extremely meaningful because his good friend Reuben comes over to his Potomac home to spend time and to play with him. Josh writes, "Reuben is my Friendship Circle buddy and my best friend.

He comes to my house on Shabbat. We always have so much fun together.

We play basketball, soccer and baseball. We also throw the football. On rainy days we play Monopoly, Sorry and Trouble. Last year Reuben and I delivered Shalach Manot together. We also went snow tubing two times. We had so much fun."

Reuben became involved with the Friendship Circle two years ago to satisfy his school's Student Service Learning (SSL) requirement to graduate. Almost immediately, he discovered that completing the SSL requirement was not a chore — but a pleasure. Reuben said, "I knew from the start that we would form a great relationship; after all, my name is his name. I quickly learned that Josh is a ton of fun and he loves playing sports just like me."

Josh's family told the

Winston family about the Miami Half-Marathon. At first, Reuben thought raising \$3,250 per person would be daunting. After his mom raised the initial sum, he decided that he could also do it. Before long, both the Rubin and Winston families were involved, traveling to Florida and running or walking in the race. Working together, they raised over \$25,000 for the Friendship Circle of Maryland and the 24-person Maryland team, under the leadership of Dana Ginsburg, raised \$80,000.

The Friendship Circle of Greater Washington had 27 individuals participate in the half-marathon.

"It was part of a larger effort, coordinated with other Friendship Circle chapters from around the country which brought together more than 200 runners for an inspirational weekend in support of friendship and kids with disabilities," said Rabbi Mendel Kaplan, executive director of the Friendship Circle.

Team Captain Dana Ginsburg is already forming a team for next year, hoping for more runners and walkers to raise even more funds for the Friendship Circle and children with special needs. To join in the effort, email Ginsburg at danabginsburg@gmail.com.

"Our family has been involved in Friendship Circle for eight or nine years," Nancy Rubin said. "My daughters Rachel, Rebecca and Sarah volunteered with the organization.

Friendship Circle is amazing because it provides special needs kids with the opportunity to socialize with typically developing teen volunteers.

In addition to providing special



PHOTOS CONTRIBUTED

Reuben Winston ran in the Miami Half-Marathon on Jan. 24 to raise funds for children with special needs.

needs children with fun activities, Friendship Circle teaches teen volunteers the importance of reaching out to those with differences and treating them with respect, kindness, compassion and without pre-judgment."

Each chapter is operated by its

local Chabad Labavich Center. The Maryland chapter is one of the larger chapters. Chana Kaplan, co-director of Friendship Circle Maryland along with her husband, Rabbi Kaplan, said the goal of the organization is "to provide friendship and Judaism to people with special needs," as well as teaching typical teenagers to "accept every person for who they are."

The international organization has 11,000 teen volunteers and 5,000 children with special needs. The Potomac-based chapter has 2,000 volunteers, who are in sixth grade and up, and about 100 families who have a child age 4 and older with special needs.

Friendship Circle oversees 40 matches a year — and many of these friendships are life-long.

To learn more about the Friendship Circle, go to www.fcmd.org.



Josh Rubin (left) and Reuben Winston.

Kiwanis

FROM PAGE 2

It will mean a lot to them.”

Cronin’s wife, Jackie is the club secretary. “Since we are a non-profit service organization, monies raised by our various fundraisers, such as the Armed Forces Day Dinner, go towards Kiwanis projects such as the Winston Churchill Key Club for Leadership Development (over 100 student members), for the Air Warrior Courage Foundation, the Children’s Inn at NIH, the Miracle League (handicapped children), the Disabled Veterans Kayaking Program (River Runners) and other projects,” she said. “The club also participates in the Kiwanis International service project, ‘Project Eliminate’ which provides tetanus shots to pregnant women and babies in third world countries.

Kiwanis International was founded 100 years ago in Detroit, Mich. Today, Kiwanis is a worldwide service organization of men and women who share the challenge of community and world improvement. Since its founding, Kiwanis has grown to more than 8,400 clubs in 96 nations.

Kiwanis Clubs help their communities in countless ways. Each community’s needs are different — so each Kiwanis club is different. Service is at the heart of every Kiwanis club, no matter where in the world it’s located. Members stage nearly 150,000 service projects and raise nearly \$100 million every year for communities, families and projects.



Potomac Kiwanis Club members Beth Bentolila, Jackie Cronin, Bob Cressy and Mike Cronin participate in Veterans Day ceremonies at Woodmont Triangle, Bethesda.

The Potomac Kiwanis Club meets the first and third Wednesdays of each month at 6:45 p.m. at the Potomac Community Center Art Room, 11315 Falls Road, Potomac.

“Our members live in the Potomac, Bethesda and Gaithersburg area and vary in age and backgrounds,” Jackie Cronin said. “We have quite a few husband/wife teams.

We are always looking for new members and new service projects. Kiwanis is a won-

derful place to meet new people and to form friendships while doing good. We would be pleased to have as our dinner guest anyone interested in learning more about possible membership and giving back to our Potomac community.”

Find out more about the Potomac Kiwanis Club by contacting President Mike Cronin at 301-527-1235, through email: potomackiwanis@gmail.com or through its website www.kiwanisfoundation.org.

BULLETIN BOARD

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

COUNTY-WIDE EXERCISE PROGRAM

100 Mile Challenge. A new County Recreation Dept program called the “100 Mile Challenge,” started on Jan. 21 and will end 100 days later, with a party on April 30. Open to people of all ages (and their dogs), the program is self-reporting, with a goal of completing 100 miles in 100 days, with 20 minutes of continuous physical exercise. Visit www.montgomerycountymd.gov.

WEDNESDAY/FEB. 10

Volunteer Training. 10 a.m. at the Holiday Park Senior Center at 3950 Ferrara Drive, Silver Spring. Consider volunteering with the Senior Connection to drive seniors to medical and other appointments. Training and liability coverage are provided, and volunteers create a schedule. Email volunteer@seniorconnectionmc.org, call 301-962-0820 or visit seniorconnectionmc.org.

Self-Defense for Women. 7-9 p.m. at Rockville Memorial Library, 21 Maryland Ave. Rockville. The Montgomery County Commission for Women will offer a Self-Defense Workshop for Women. Meant for teenage and adult women, the Self-defense Awareness & Familiarization Exchange (S.A.F.E.) workshop provides information that may reduce the risk of exposure to violence, while also introducing the physical aspects of self-defense. \$10. Space is limited, register at <http://bit.ly/1UCXdXZ> for more. Visit www.montgomerycountymd.gov/cfw/ or call 240-777-8333.

FRIDAY/FEB. 12

Bereavement Workshop: “Forever Yours.” 1-2:30 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. This workshop is for widows, widowers and life partners who want to honor and remember their loved ones on Valentine’s Day. Free. Register at 301-921-4400.

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

FEBRUARY

2/24/2016..... Pet Connection

MARCH

3/2/2016..... Wellbeing

3/9/2016..... HomeLifeStyle Real Estate Pullout

3/16/2016..... A+ Camps & Schools

3/23/2016.... Spring Fun, Food, Arts & Entertainment

FCPS Spring Break 3/21-3/25

APRIL

4/6/2016..... Wellbeing – Senior Living Pullout

Easter Sunday is March 27

4/13/2016..... Real Estate Pullout – New Homes

4/20/2016..... A+ Camps & Schools

4/27/2016..... A+ Camps & Schools Pullout

4/27/2016..... Mother’s Day Celebrations, Dining & Gifts I

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Memory Care Community



Snapshot

Great Falls, Friday, Feb. 5, with the Potomac River nearly at flood stage.

PHOTO BY
JILL PHILLIPS

Better Ingredients, Better Outcomes

Improving food in Maryland schools.

BY EDWARD JON GUSS

The 436th Session of the General Assembly of Maryland convened on Jan. 13. As always there are many issues to be addressed and much debate to follow in attempts to improve our state's economy, environment, educational system and the health of our citizens. Nothing is more important now and in our future than the health our citizens, especially our school children. This is a core

issue as it impacts not only our people and their quality of life but the plethora of issues facing our state, including the enormous costs to our treasury of an epidemic of childhood obesity and type II diabetes. Healthy School Food Maryland has proposed commonsense solutions to address these issues.

Controlling Added Sugar

A recent study that looked at the rate of diabetes at the population level showed that for every extra 150 calories of sugar consumed per day, there was a 1.1 percent rise in the rate of diabetes. This correlation was so strong that it meets certain scientific criteria for causation. Since 1980, obesity prevalence among children and adolescents has almost tripled, leading to a lifetime of chronic illnesses. The cost of health care for obese adults is 42 percent more than adults at a healthy weight.

According to the CDC, if the trend in childhood obesity continues, one in three children born in 2000 or later will suffer from diabetes at some point in their lives. 10.1 percent of Maryland adults already have diabetes. People with diagnosed diabetes, on average, have medical expenditures approximately 2.3 times higher than those without diabetes, 62.4 percent of which falls to government programs to pay.

Our school cafeterias are one place where excess added sugars should not be found, but unfortunately, the opposite is true. A review of one week of breakfasts in the classroom in a Montgomery County Public School showed daily added sugars ranging between 7.5 and 12.5 teaspoons.

The value of a wholesome and healthy diet cannot be understated. Not eating and drinking the right foods can leave children sluggish, uninspired, and contributes to the considerable achievement gap in our schools. The Sensible Sugar in Schools Act (SB65) addresses this issue by requiring school districts to reduce the amount of added sugar in school meals and snacks to the levels recommended by the American Heart Association. Plans to accomplish this in each district would be written by

a committee including parents, students, educators, nonprofit organizations and medical professionals and would become part of each district's wellness policy.

Transparency about Snack Foods

Secondly, the School Food Transparency Act aims to help parents become knowledgeable about unhealthy foods being offered but not identified on school lunch menus. Federal and state regulations, as well as local wellness policies, govern the general parameters of the foods and beverages that can be sold in public schools. While these regulations eliminate some of the least healthy foods for children (e.g., candy, soda and deep-fried items), they still allow for the sale of a large variety of processed, unhealthy foods. This typically includes cookies, ice cream, chips, and "fruit" snacks (aka gummies). These foods are even sold at the elementary level in some public school districts in Maryland. Parents are usually unaware of the availability of these items or that children can purchase these items using their lunch account.

The School Food Transparency Act would require school districts to list these items on their menus. It is time our school districts provide this information so parents can help their children make better choices in the school cafeteria, and we need our state legislators to make this happen. I urge the General Assembly and Governor Hogan to support these two legislative proposals: 1) SB 65 - The Sensible Sugar in Schools Act and (2) HB109 - The School Food Transparency Act. Both of these bills incur minimal or no cost to the schools and state government, yet can provide the opportunity to save hundreds of millions of dollars in future health care costs, prevent human suffering, and enable parents to have the knowledge they need to help their children make healthy choices. Let your representatives know you support these bills.

Edward Jon Guss, of Potomac, is board president of the Chesapeake Institute for Local Sustainable Food and Agriculture and Advisory Board Member of Real Food for Kids - Montgomery.

Pet Photos for Pet Almanac

The Pet Almanac, a twice-yearly special edition, will publish on Feb. 24, and photos and stories of your pets with you and your family should be submitted by Feb. 17.

We invite you to send us stories about your pets, photos of you and/or your family with your cats, dogs, llamas, alpacas, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your home or yard with you.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

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Bringing Order to Household Chaos

Clever design solutions for hiding clutter

BY MARILYN CAMPBELL
THE ALMANAC

Wires, cable boxes, soccer cleats, pet bowls and other items are life's necessities, but they can be unsightly and disrupt the aesthetic of an elegant living space. From textured baskets to custom-made furniture, local architects and designers believe that everyday items can be concealed, maintaining the design integrity of a space while incorporating the household items that make daily life run smoothly.

For pet owners, a kitchen renovation is an ideal time to consider adding a custom space for pet bowls and beds. Hidden drawers near the bottom of a kitchen cabinet can keep pet supplies out of sight.

"When designing kitchens and baths, we always consider the best ways to store essentials in a neat, aesthetically pleasing way," said Jim Rill, principal of Rill Architects in Bethesda, Md.

The kitchen is also an ideal room for carving out storage space for electronics and charging stations. "Add an outlet to a small drawer in the kitchen for charging phones so the cords ... are not all over the countertop," said Michael Winn, principal of Winn Design Build in Falls Church. "Use flip, pop-up and other types of hidden outlets in kitchen countertops, like those used in some offices."

Winn says outlets can be hidden in spaces such as fake drawer fronts, under cabinet lighting or a countertop edge. "Use a built-in wireless phone charger on a table," he said. "The Holy Grail is wireless electricity. It's not a stretch to imagine that the homes we'll be building a decade or so from now will have this technology."

Interior designer Molly Bruno, owner of Molly Bruno Interiors, suggests choosing one area as the "hot zone" for high-tech devices. "A specific place where your family's phones, iPads and tablets can all charge together. A central spot is key ... someplace away from bedrooms, possibly a corner of the kitchen or



Rill Architects designed this butler's pantry in Potomac, Md., with pocket doors.

a designated tray on your desk."

Mudrooms have evolved into an essential space for inclusion in home design, says Rill. "[They] provide a drop-off spot for coats, hats, keys, and more when entering a home and [are] often hidden from view," he said.

Interspersing closed storage with open is a design strategy that Bruce Wentworth, president of Wentworth, Inc. uses to hide frequently used household products. "Closed storage to conceal the necessities of life that are not always so attractive and open shelving to display personal treasures and books," he said.

From soccer cleats and shin guards to basketballs, corralling clutter becomes less daunting with textured baskets, says Bruno. "Pottery Barn's beachcomber baskets are great placed at the end of a couch for extra blankets and pillows or by the back door for shoes or sporting equipment."

These also work in a linen closet or bathroom. "Roll up several clean towels, place them vertically in the basket and you'll have fresh towels at the ready" for family and guests.



COURTESY OF CASE DESIGN/REMODELING, INC.
Case Design/Remodeling, Inc. designed this Potomac, Md., kitchen with a cat cabinet to store litter and other pet essentials.

Creating a Multigenerational Home



It's becoming increasingly popular for several generations to live in one home. But before you start planning the perfect "in-law" suite or elevator, there are a few things you should consider.

Assess Your Home

Identify the areas of your home that are easily used by the people who need to be there and those that require modification.

Determine Your Budget

Figure out how much you would like to invest into the project, both your ideal and your maximum.

Keep Resale Value in Mind

While modifications to your home are made for your needs, it's also important to think about resale value. Universally designed space, which means flexible space that can be used for a variety of purposes, will oftentimes add to the value of your home.

Design for the Future

When planning your new space, think about not only how you will use the remodeled space now, but down the road as well. This will ultimately save you time and money.

Plan Ahead

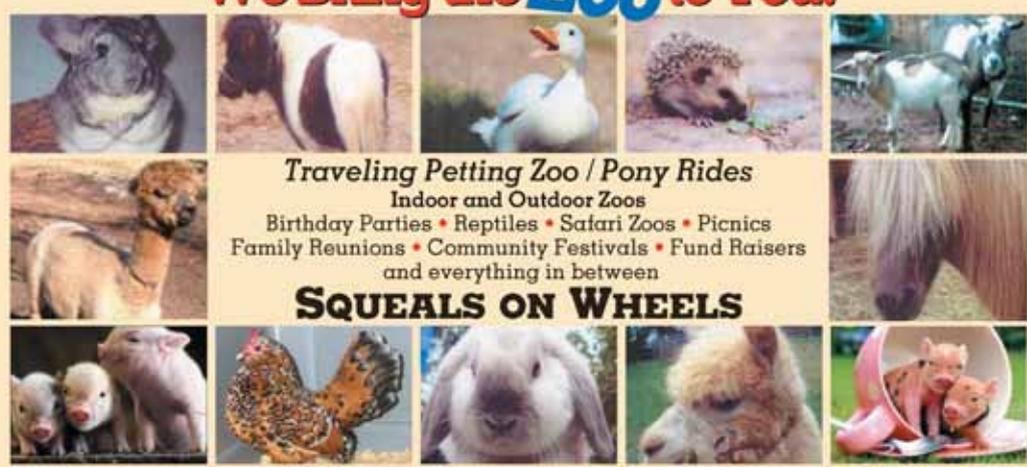
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details at www.PotomacCommunityVillage.org
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'The Music Man' Struts onto Har Shalom Stage

Performances set for Feb. 20-21.

BY SUSAN BELFORD
THE ALMANAC

There may be "Trouble in River City" according to Professor Harold Hill, but there will also be toe-tapping and singing along to the well-known tunes of "The Music Man" presented by the Har Shalom Players.

The six-time Tony Award-winning musical will march onto the stage on Saturday, Feb. 20 and Sunday, Feb. 21, to bring the story of con-artist Harold Hill, Marian the Librarian, the children's band and the Wells Fargo Wagons to Potomac families and their friends.

"The Music Man" is the 11th musical performed by the Har Shalom Players; many of the cast members have performed in all 11 plays. The show is co-produced by Kenneth Lechter and Stewart Remer and directed by Rochelle (Shelly) Horn. The production team of 13 includes Music Director Marci Shegogue, Vocal Director Keith Tittermary, Assistant to the Director Deb Schapiro, and Choreographers Karen Creel and Laurie Newton. A cast and production team of 55 includes children and teens from 15 area schools.

Co-producers Stew Remer and Ken Lechter agree that "This group is an amazing cast." Lechter said, "Some of the kids started performing when they were only 7 years old and they have returned every year. We have also seen many start here and move on to high school and community theatre."

Remer noted that when Steve Cairns auditioned, they both knew immediately that he was their Harold Hill.

This is Cairns' first time performing with the Har Shalom Players. "My favorite part is playing the lovable, redeemable scoundrel," said Cairns.



The Har Shalom Players' "The Music Man" cast during a rehearsal break.

Remer said, "My role as the co-producer is to serve as the 'master facilitator' and problem solver so that the production process (i.e. rehearsals, costuming, director/cast support, etc.) runs as smoothly as possible. One of my favorite parts of "The Music Man" is the "Marian the Librarian" choreography — both the interplay between Harold and Marian and the clever choreography with the teens are fun to watch.

"As one of the producers of the annual Har Shalom productions since their inception," said co-producer Ken Lechter, "it's extraordinarily rewarding that these shows have become institutionalized into the fabric of the synagogue. Our members — and the surrounding community — look forward to the HSP shows every year."

Megan Evans, who will play Marian Paroo in the show, said, "There are so many familiar songs in this show that will make you feel nostalgic for the 'good old days' and leave you with a smile on your face." She is enjoying the challenge of portraying the vulnerability of Marian to the audience. "The role of Marian is a challenge because I have several high soprano notes in my songs. I usually take on roles that tend to have belty or jazzy numbers so I am exercising parts of my voice that don't often get used. This is my second production with Har Shalom, and while I am not a member of the congregation, I am always made welcome. The people involved in this production are some of the most wonderful people you'll ever meet and it feels like home ev-

ery time I step foot in the building."

General Admission tickets to "The Music Man" are \$20 for adults and \$15 for children under age 13. Tickets can be purchased at www.harshalom.org/play or at <http://tinyurl.com/musicmanHS>. For information on group sales, email: play@harshalom.org or call 301-299-7087. Ticket pick up and check-in begins one hour prior to the show. Three video trailers are available on youtube.com - Behind the Magic: Casting of The Music Man: <https://youtu.be/bVWzr9iN9SM>; Veterans - Meet the Cast of The Music Man: https://youtu.be/_r9BbSjk57Y; First Timers - Meet the Cast of The Music Man: <https://youtu.be/fzgz1pKwLk>.



Megan Evans as Marian Paroo.



In rehearsal are (foreground) Mark Chen, Joelle Spector, Kandy Hutman, Ed Hutman, Sydney Ashin, Toby Holtzman, and (back) Ginger Ager.



Blake Strauch as Winthrop Paroo.

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.

"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. "NESTO" 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.

"Shades of Winter." Through Feb. 20, Monday-Saturday, 10 a.m.-6 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Artist Ken Bachman displays oil paintings. Free. Visit www.glenchopark.org or call 301-634-2222.

Creative Crafts Council Exhibit. Through Feb. 21, Saturday-Sunday 12-6 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. This exhibition features artists whose work had received awards at the Creative Crafts Council 30th Biennial Exhibition, which originally took place at Strathmore Mansion in June-July 2015. Free. Visit www.glenchopark.org or call 301-634-2222.

Phil Brown and Westen Muntain: "Alignment." Through Feb. 21, Saturday-Sunday 12-6 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Phil Brown is a fine artist working in wood and wood turning. Westen Muntain is an accomplished intaglio printmaker and often combines painting with printmaking in her work. Free. Visit www.glenchopark.org or call 301-634-2222.

"Pinocchio." Through Feb. 21, various times at the Puppet Co. Playhouse at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. A life-size marionette version of Carlo Collodi's classic children's tale, created in the 1960s by the father of the Puppet Co.'s co-founder, Christopher Piper. Tickets are \$12. Visit www.thepuppetco.org for more.

"The Sound of Color." Through Feb. 28, 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/.

"Jack and Phil, Giant Slayers." Through March 13, 1:30-6 p.m. at

Imagination Stage, 4908 Auburn Ave., Bethesda. In this contemporary adaptation of the classic fairy tale, Jack is a sporty, popular kid whose mother is facing foreclosure on their house. Jack enlists Phil, his smart yet nerdy neighbor, to accompany him to a pawnbroker to trade in his grandfather's gold watch for quick cash. Tickets start at \$10. Visit www.imaginationstage.org for more.

Photo Exhibit: "The Shadow Knows." Through March 14, Saturday 1-4 p.m., Sunday 1-8 p.m. at Glen Echo Photoworks, 7300 MacArthur Blvd., Glen Echo. Find silver gelatin master prints from Photoworks' Advanced Master Darkroom Class. Free. Visit www.glenchophotoworks.org for more.

WEDNESDAY/FEB. 10

Artists in Residence: Bumper Jacksons. 7:30 p.m. at The Mansion at Strathmore, 10701 Rockville Pike. Jess Eliot Myhre and Chris Ousley are the Bumper Jacksons, an American roots project that combines country and traditional jazz. Tickets are \$17. Visit www.strathmore.org.

FRIDAY/FEB. 12

Cupid and Cupcakes. 12:15-1:30 p.m. at Potomac Community Center, 11315 Falls Road, Potomac. Meal includes hearty entrée, soup, salad and beverage. Entertainment by Rhythm/Blues and Old School Music. Tickets are \$10. Call 240-777-6960 for more.

SATURDAY/FEB. 13

Zouk and Kizomba Social. 8 p.m. at The Ballroom Backroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Kizoukchata Nights presents an evening social featuring Brazilian Zouk and Kizomba dances with a Bachata chaser. Admission includes 30 minutes of Zouk and 30 minutes of Kizomba beginner dance lessons, followed by a DJ dance until midnight. Tickets are \$10. Visit www.facebook.com/kizoukchata for more.

Valentine's Day Red Dress Ball. 8 p.m. at The Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The night begins with a beginner swing lesson, and is followed by dancing. Live music will be provided by the Eric Felten Jazz Orchestra. Tickets are \$18. Visit www.flyingfeet.org for more.

The Newly Dead Game. 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Die Laughing Productions presents The Newly Dead Game. This murder mystery comedy show is part scripted, part improv. Tickets are \$20-30. Visit www.ampbystrathmore.org for more.

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.rockvillemg.gov for more.

Valentine's Day Laughter. 3-4 p.m. at Ratner Museum, 10001 Old Georgetown Road, Bethesda. Laughter expert Nira Berry leads a workshop. \$30 fee. Email LaughingRx@gmail.com for more.

Family Dance. 3-5 p.m. at The Ballroom Backroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The Folklore Society of Greater Washington presents a family-

friendly event. Ticket are \$5 for people 4 and older. Visit www.fsgw.org for more.

Argentine Tango. 6:30-11 p.m. at The Ballroom Backroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Tango Brillante DC offers Tango lessons followed by a dance. Tickets are \$15, \$10 for dancing only. Email rene_f_davil@yahoo.com for more.

Alan Cumming Sings Sappy Songs. 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Alan Cumming ("The Good Wife") transforms Valentine's Day into a cabaret with songs from Annie Lennox to Billy Joel to Rufus Wainwright to Miley Cyrus to Berthold Brecht. Tickets are \$35-85. Visit www.strathmore.org.

MONDAY/FEB. 15

Heart Gallery Cup. 8:30 a.m.-12 p.m. at Rockville Sportsplex, 60 Southlawn Court, Rockville. Adoptions Together, the Summerill-Bizzell family, Leveling the Playing Field and Jouons will co-host an all-day soccer tournament at the Rockville Sportsplex. This tournament will benefit the Heart Gallery - a program of Adoptions Together. The Heart Gallery features children in foster care who need a loving family. Find soccer oriented activities in addition to the structured tournament. Registration is \$75. Visit www.playfooty.org/heart-gallery-cup for more.

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.

The Great Zucchini. 10:30-11:15 a.m. at Congregation Har Shalom, 11510 Falls Road, Potomac. For over 20 years, The Great Zucchini has been entertaining young children as a magician and preschool teacher with hands-on, interactive magic shows. Tickets are \$5-10. Visit www.harshalom.org for more.

WEDNESDAY/FEB. 17

Potomac Chamber of Commerce Networking Event. 4-6 p.m. at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Bring business cards, enjoy cash bar, etc. Tickets are \$10 for members, \$15 for non-members, reservation required. Visit www.potomacchamber.org for more.

Artists in Residence Workshop: Bumper Jacksons. 7:30 p.m. at The Mansion at Strathmore, 10701 Rockville Pike. Jess Eliot Myhre and Chris Ousley are the Bumper Jacksons, an American roots project that combines country and traditional jazz. This workshop includes hands-on experimentation with handmade instruments as well as recorded and live musical examples. Through discussion, participants will discover how early American country music was shaped by technology and dance. Tickets are \$17. Visit www.strathmore.org.

THURSDAY/FEB. 18

40th Anniversary: Art & Poetry. 6:30-8:30 p.m. at The Writer's Center, 4508 Walsh St., Bethesda. In collaboration with the Corcoran School of Art/GW, The Writer's Center presents "Ekphrasis," an exhibition of artwork by advanced painters paired up with advanced poets and instructors from the Center. Free. Visit www.writer.org for more.

Book Talk: "Truthwitch" and "Riders." 7-9 p.m. at Bethesda Library, 7400 Arlington Road,



Top: Flying V, Bottom: Adventure Theatre

Local Theatre Companies Present 'Play in a Day'

Six professional Washington, D.C., area theatre companies will write, direct, rehearse and perform original plays based on similar themes in 24 hours. The plays will be presented at the 12th annual "Play In A Day" on Feb. 20 at 8 p.m. at Imagination Stage, 4908 Auburn Ave., Bethesda. Participating theatre companies include: Adventure Theatre MTC (Glen Echo); American Ensemble Theater (Bethesda); Flying V (Bethesda); The Keegan Theatre (Washington, D.C.); Imagination Stage (Bethesda) and Round House Theatre (Bethesda). Tickets are \$15. Visit www.bethesda.org for more.



Bethesda. Young adult authors Susan Dennard, Kami Garcia, and Veronica Rossi discuss. Free. Call 240-777-0970 for more.

a.m. at University of Maryland Extension Montgomery County Office, 18410 Muncaster Road, Derwood. The daylong event offers multiple workshops, networking with other gardeners, answers to your gardening questions, handouts, and reference materials. Participants can attend three of nine concurrent workshops, and two lunch-time talks, all taught by Master Gardeners. Advance registration is \$55. Visit www.mcmgconference.eventbrite.com.

FEB. 19-MARCH 13

Student Art Show. Gallery hours at VisArts, 155 Gibbs St. Students 14 and older may submit work to be considered for participation in a student art show. \$5 application fee. Apply by Thursday, Feb. 4. Visit visarts.submittable.com.

Lunar New Year Celebration. 11 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Performances by the Madison Chinese Dance Academy. Free. Call 240-221-1370 for more.

FEB. 19-MARCH 20

Rachel Hamel: "Necessarily Invisible." Gallery hours at VisArts at Rockville, 155 Gibbs St. Rachel Hamel's small sculptural paintings encourage visual and tactile encounters with distance, home, place, displacement, and landscape. Free. Visit www.visartsatrockville.org for more.

Play in a Day. 8 p.m. at Imagination Stage, 4908 Auburn Ave., Bethesda. Six professional Washington, D.C., area theatre companies will write, direct, rehearse and perform original plays based on similar themes in 24 hours. Tickets are \$15. Visit www.bethesda.org for more.

SATURDAY/FEB. 20

Spring Gardening Conference. 8:30

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I believe the future is only the past again, entered through another gate. -Arthur Wing Pinero

21 Announcements

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Not Snow Fast



By KENNETH B. LOURIE

As an originally diagnosed-as-terminal, lung cancer patient, I try not to panic or worry unnecessarily or be a harbinger of doom or a purveyor of gloom. Unfortunately, the providers of the news/weather reports of "accumulating" (that seems to be the popular phrase of late) snow in the forecast currently and in general, apparently are of the opposite opinion. Rather than make light of the inches predicted, the common (as if they're all reading from the same script) presentation is typically fraught with inferences of impending disaster and/or catastrophic loss. Not only is the message tiresome, its redundancy is downright distressing, as if the goal is to strike such fear into the local population that toilet paper, bread, water, and batteries aside; it's the media that will be the most important must-have.

Do you know what my most important "must-have" is? Sanity, and calm in the face of adversity; logical and rational behavior in the midst of over-the-top reporting of events (maker that snow/weather predictions) destined to change lives - of the media, for the most part. Granted, there's lots of valuable information that must be disseminated when a storm of generational proportions smother the area. Nevertheless, don't burden us with emotional baggage in the interim. The weight of the snow, especially for us manual shovelers, will do more than enough to keep us "sheltered in place." Sometimes, the message is lost in the hyperbole, or in the "emergency" programming as seen on the non-stop, 'round the clock reporting. The sheer volume of it diminishes its impact. Quite frankly, less is more, and more manageable, too.

What us viewers and listeners endure in the Metropolitan Washington, D.C. Area, or what it has increasingly become known as: "The D.M.V.;" (yet another media creation forced upon us residents) is above and beyond the call of citizen duty. Being called as a juror appeals to me more than being subjected to the media maelstrom that precedes (and of course, follows), these "weather events."

Yet here I sit and write, approximately two weeks after the "Blizzard of 2016," trying to filter out fact from fiction concerning next week's "snowcast." And even though the two-plus feet of snow is mostly long gone (but not forgotten), I fear its effect on our preparations and predictions will inhibit us for years: fueled in no small way by the media's fascination with itself and its presumptive place in the world as well as its presumptive place in the lives of thousands of local residents for whom they feel uniquely responsible.

Not that I totally understand many of the ulterior motives behind the means and methods of communication when snow is in the atmosphere, but the pattern seems familiar: create the fear, report the fear, and then cover the effects of the fear; and then in another occasional adjunct: the after-the-fact self-analysis of the fear that was created, the reporting of that fear, and then a post-mortem on all the fear and its consequences.

I have to tell you; as a cancer patient, I can't live my life this way. Every day, I have to buck up and not look for trouble - and not make any trouble, either; not exactly the mission of the media. Ergo, I don't need to make matters any worse than they might otherwise be, nor can I presume and anticipate the worst, or create consequences in advance of them being consequential. Since I'm a great believer in context, having an incurable form of cancer (NSCLC, stage IV) may make me less tolerant of the snow coverage by the media. Then again, maybe I'm just a victim of circumstance, tired of being made to feel like the victim.

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

SPORTS

Churchill Comeback Falls Short Against RM

Senior guard Wilson scores career-high 16 points in loss.

BY JON ROETMAN
THE ALMANAC

Churchill boys' basketball coach Robert Bean downplayed the importance of moral victories. But after listening to senior captain Jon Wilson describe the Bulldogs' growth from last season, it's possible to find a positive outlook for Monday's frustrating defeat.

Facing a Richard Montgomery team with an undefeated record in division play, Churchill fell behind by as many as 13 points and trailed 33-23 at half-time. The Bulldogs battled back to tie the score at 39 with 3:08 remaining in the third quarter, only to have the Rockets pull away again with a 10-0 run.

Churchill made another push in the fourth quarter, twice pulling within one during the final 65 seconds. The Bulldogs had a chance to win in the closing seconds, but Richard Montgomery held on for a 61-58 victory at Churchill High School.

The Rockets improved to 10-0 in the 4A/3A South division. Meanwhile, the Bulldogs suffered their second straight loss following a seven-game win streak.

"The primary feeling is just we lost our second in a row," Bean said after the game.



Churchill's Brad Leventhal scored 10 points during Monday's loss to Richard Montgomery.

"We played well enough in the second half to win, so I'm just kind of disappointed that we couldn't close on that. ... If there's a moral victory — we try not to get too pumped up about those because I think we can play with anybody, we've just kind of got to finish."

Churchill dropped to 10-8 overall and 7-3 in the division, tied for second with Bethesda-Chevy Chase.

A 3-pointer by Ryan Leonard capped a 10-



PHOTOS BY HARVEY LEVINE/THE ALMANAC

Churchill's Reed Moshyedi totaled nine points and 12 rebounds against Richard Montgomery on Monday.

2 Churchill run and tied the score at 39 with 3:08 remaining in the third quarter. Richard Montgomery responded with a 10-0 run, including an alley-oop dunk by Zaire Mitchell-Paden from Julian Watson. Churchill's Wilson knocked down a 3-pointer to cut the Rocket lead to 49-42 entering the fourth quarter.

Another 3-pointer by Wilson pulled Churchill within four with 3:48 remaining. Churchill's Brad Leventhal buried one from

behind the arc with 1:03 left, cutting Richard Montgomery's lead to 57-56.

After a pair of Rockets free throws, a Leventhal bucket with 5.7 seconds remaining cut the Richard Montgomery lead to 59-58, but the Bulldogs couldn't get over the hump.

"RM is one of the top teams in the county and we were down 10 at half-time," Wilson said, "so the fact that we were able to fight back and tie the game up there at the end against a team that normally blows teams out in the second half, we're pretty happy with where we are now, especially compared to last year. If we were down 10 we would have put our heads down and gotten blown out. But this year, we're down 10, they throw an alley-oop dunk at one point, but we're fighting right back."

Wilson knocked down four 3-pointers and scored a career-best 16 points to lead the Bulldogs.

"Jonny brings a lot of leadership," Bean said. "He's been our two-year captain. He works his butt off in the offseason. He goes hard in practice. He's a great role model to everybody else. He's a great shooter — a knock-down shooter. You get a knockdown shooter that can hit some big shots at big times, kind of spread the defense out, that's exactly what we needed to do."

Leventhal scored 10 points for Churchill. Reed Moshyedi finished with nine points and 12 rebounds. Jared Robinson and Michael Schultz each had seven points.

Churchill faced Whitman on Tuesday, after The Almanac's deadline. The Bulldogs will host B-CC at 7:15 p.m. on Friday, Feb. 12.

Celebrate Library Lover's Month at Potomac Library

Activities for all ages.

BY SUSAN BELFORD
THE ALMANAC

Although we think of Valentine's Day, President's Weekend and snow days when we think of February, it is also Library Lover's Month — a month for the Potomac Library to demonstrate its versatility in appealing to everyone from aged 2 to 102. Stop by the Potomac Library to take advantage of all the activities offered to celebrate this month, to write a postcard expressing exactly why you personally love the Potomac Library and to enter a drawing for a bag of gently used books.

February will include a Preschool Chinese/English Storytime (songs, stories and crafts) on Feb. 11 and Feb. 18 at 10:30 a.m., the Adult Book Club discussing "Immortal Life of Henrietta Lacks" on Feb. 17, the Cuddle-Ups Storytime for children who are newborns to 18 months, as well as two special events.

One event will be the celebration of Chinese New Year — the Year of the Monkey. The monkey sign represents quick-wittedness and intelligence, and people born under it are thought to be adaptable and flexible in their thinking.

A Chinese New Year Celebration Concert will take place at 11 a.m. on Saturday, Feb. 20. The Madison Chinese Dance Academy will bring "Splendid China" to the Potomac Library. They will perform Tibetan, Mongolian and other Chinese ethnic folk dances. This will be a family program for all with many hands-on activities.

A special children's program will take place at the Potomac Library at 11 a.m. on Saturday Feb. 27. The story-book character Llama Llama will pay a visit to the library. Three to six year-olds will love meeting Llama Llama and listening to the story. Gently-used children's books will be given away.

To learn more about Library Lover's Month and the many events held monthly at the Potomac Library, go to <http://www.montgomerycountymd.gov/library/branches/potomac.html>.



PHOTO CONTRIBUTED

Last year's Chinese New Year Celebration at the Potomac Library.



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