

Potomac ALMANAC

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PET ALMANAC



Sylvie is available for adoption at the Montgomery County Animal Services and Adoption Center.

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PHOTO BY DEBORAH STEVENS/THE ALMANAC

FEBRUARY 24 - MARCH 1, 2016

ONLINE AT POTOMACALMANAC.COM



Mousy

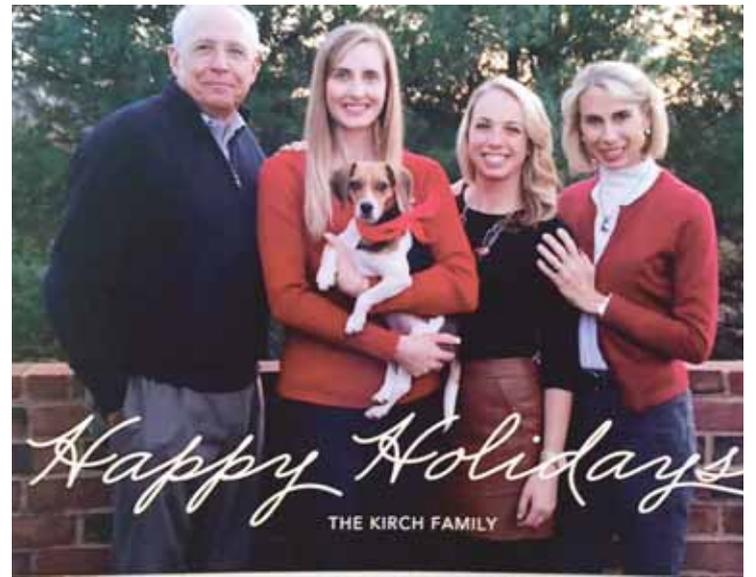
Christmas morning I was taking a walk down the neighborhood street when I saw something really small moving towards me. I got curious and came closer to find out it was a tiny baby squirrel on the ground. My best guess was that poor thing was not in the right place and still should be in the nest with her momma, being taking care of. I've no experience with wild life rescue but before I thought of anything, the baby squirrel took the initiative and climbed up and hid in my jacket sleeve! I cut my walk short and made a nice warm nest out of the jacket where she slept for a couple of days. On the third day she got brave enough to let us to feed her. On the very next day she learned to drink water from a bowl. So then we realized we got ourselves a pet. We named her Mousy. She has now grown bigger, lives in the backyard, all well and happy, and coming to our window for a treat every morning. — ELENA TCHANIA



Gemma: Before and after

Gemma

Samantha Kirch rescued Gemma last May from Lost Dog Rescue. Gemma had been abused and neglected and was very withdrawn and afraid at first. With lots of love and patience and walks in the woods and on the canal in Potomac, she has blossomed into a more confident and very affectionate and friendly-to-all little dog —



From left: Darrell, Samantha, rescue doggie Gemma, Madeline and Deborah Kirch



Deborah Kirch and Gemma

at only 15 lbs. We all love Gemma and she has given us much more back than we have given her. She loves to go on “snuffle” intense sniffing walks and she has gotten us all out more and we have met many more neighbors. Thank you, Gemma, for coming into our lives.

— THE KIRCH FAMILY



Molly

Border collie Molly, 3 years old, of the Potomac Falls neighborhood



Nick Phelps with Molly



Terri Carr with Molly

Thinking about aging in place in your own home?

Come have coffee, talk with others about how they plan to make it happen

Wednesday, March 2, 10 - 11:30 a.m.
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See our website for details on our March 17 meeting on “The History of Chocolate”

www.PotomacCommunityVillage.org

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PET ALMANAC

A Haven for Pets in Need

MCPAW seeks to raise awareness and donations to support their mission.

BY MARILYN CAMPBELL
THE ALMANAC

While performing an emergency operation at the Montgomery County Animal Services and Adoption Center (MCASAC), the surgeon realized that Paco would have been dead within hours without this surgery. Toxins had begun to build in the Chihuahua's tiny body, the result of untreated bladder and urinary stones. He was one of 66 dogs seized from a Rockville home by Montgomery County Police on New Year's Day. "A few days after his surgery he was adopted," said Karen Gerken, executive director of Montgomery County Partners for Animal Well-Being, Inc. (MCPAW).

When Bullwinkle, a 13-year old feline, arrived at MCASAC, he was in such great pain that he couldn't eat.

"This is the only facility like it in the country and we're so proud of it."

— Allan Cohen, MCPAW's Chairman of the Board of Directors

All of his teeth, eroded by extreme dental disease, had to be pulled. Bullwinkle now resides in a retirement community. "He's king of the hill there," said Gerken. "Residents love him. It's a great story of how he went on to mean so much to so many people."

Both medical procedures were funded by MCPAW, a non-profit organization whose staff and volunteers work as partners with MCASAC, donating time and money to improve the quality of life for animals in the county.

"A big goal of ours is to sustain the work that we've done so far and build and expand upon," said Gerken. "There is so much more that we can do."

Allan Cohen, MCPAW's chairman of



Shanna Ewoldt of the Montgomery County Animal Services and Adoption Center plays with a Rottweiler-mix canine in one of the outdoor recreation areas.



This dove is up for adoption at The Montgomery County Animal Services and Adoption Center.

PHOTOS BY
MARILYN CAMPBELL
THE ALMANAC

the board of directors, added, "We have a great vet staff, but we need another veterinarian. One vet cannot handle 300 animals."

Fueled by a passion for protecting pets, volunteers such as Cohen are a regular presence at MCASAC. "Our work is important because there are more than 40,000 dogs and cats in Montgomery County and the shelter handles more than 10,000," he said. "We want to make sure there isn't a homeless animal out there."

Strolling the corridors of the 49,160-square-foot, state-of-the-art adoption facility, Cohen describes MCASAC's work and dedication to animal welfare. From pit-bull mixes to doves, short-haired cats to potbellied pigs and flying squirrels to iguanas, Cohen says MCASAC has space to house a wide array of fauna. Two potbellied pigs and two roosters are in a second outbuilding, a livestock barn, waiting to be adopted.

"Most people don't know that all these animals are here," he said. "This is the only



Allan Cohen, MCPAW's chairman of the board of directors, plays with a kitten who is up for adoption at the Montgomery County Animal Services and Adoption Center.



The livestock barn at the Montgomery County Animal Services and Adoption Center holds two potbellied pigs that are up for adoption.

facility like it in the country and we're so proud of it."

Built for energy efficiency less than two years ago, the shelter is equipped with amenities that could rival those at a pet spa. Animals get exercise and fresh air in one of the play areas or one of the walking trails. Odors are kept at bay with the building's HVAC systems, which give 10 air changes per hour and help prevent the spread of disease.

Radiant floor heating and a Zen room with a portable waterfall boost the comfort and wellbeing of the animals in residence. Funding from MCPAW donors help for such conveniences. "Our enrichment program supplies amenities to help counter the effects of kennel stress ... while the animals wait to be adopted," said Gerken.

SEE A HAVEN FOR PETS, PAGE 5



Bubbles the Guinea Pig



Holly



Ms Hopper



Tigger



Minion

PHOTOS BY
DEBORAH STEVENS

 **PET ALMANAC**



It took a while for much older Trilke to adapt to Cumin's arrival but now they show affection between sometimes animated hissing conversations.

— MARY KIMM



Rugby enjoys a run through his "Dogloo," courtesy of our latest snow storm.

— GREG TALCOTT, POTOMAC



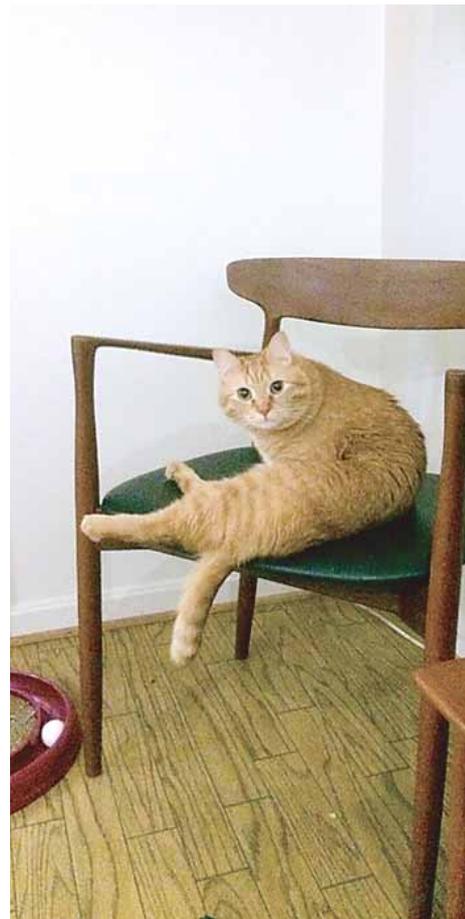
MomCat awaits her next meal. She is of no fixed address other than Hackamore Drive in River Falls. She was kind enough to leave a six-kitten litter at 8008 Hackamore Drive two years ago. All kittens were adopted and MomCat has since been spayed and has continued a happy, healthy life in the wilds of Potomac.

— GREG TALCOTT, POTOMAC

Emma Dixon of Potomac and Stella in their annual Christmas photo.



Rose was rescued by Jean Card and Lost Dog and Cat Rescue, and now lives with Mary Kimm in Potomac.



Cumin, adopted from Pet Connect more than 3 years ago, lives with Emma Dixon in Potomac.



Bessie enjoys reading the New York Times while sitting on Peter Kimm's lap in Potomac.



Elliott — our Chinchilla



Quilliam — our African Pygmy Hedgehog

Squeals on Wheels Pets

Squeals on Wheels is an educational and award-winning miniature animal petting zoo and pony rides business that offers a hands-on, educational experiences.



Llama Bean — our miniature llama



Velveeta — our velveteen English Lop-Eared Bunny



PHOTOS BY MARILYN CAMPBELL/THE ALMANAC

Allan Cohen, MCPAW's chairman of the board of directors, checks a Purple Care cage. Amber Care (dogs) and Purple Care (cats) are adoption programs funded by MCPAW to promote the adoption of cats and dogs who would be considered difficult to adopt because of their age or special needs.

A Haven for Pets in Need

FROM PAGE 3

MCPAW maintains a pantry of pet food that is donated and distributed free of charge to county residents in need. By providing food, MCPAW volunteers hope to decrease the number of residents who need to surrender their animals to the shelter. "There are no questions asked," said Cohen. "We want people to come and get food for their pets when they need it."

More than 20,000 pounds of pet food were collected by MCPAW and distributed to caretakers of stray cats and pet owners in need. "There are people in the community who fall on hard times," said Gerken. "We don't want people to have to choose between food for their family and food for their pets."

Controlling the pet population is the goal behind MCPAW's Spay it Forward initiative, which uses TNR (trap, neuter, return) to help limit the number of feral cats in the county and reduce the number of stray felines brought into the MCASAC each year. "There are some kind people in the community who are caring for and feeding community cats," said Gerken. "Research shows that trapping and spaying and neutering them is the right thing to do."

Money raised through donations help fund the organization's programs. Their Veterinary Medical Fund provides money to cover the cost of out of the ordinary medical care for adoptable animals at the MCASAC. The Purple Care/Amber Care program pays the

To Donate to MCPAW

www.mcpaw.org/donate/

adoption fees for dogs or cats that might be considered less appealing because of their age or special needs.

The names of people who have donated money to MCPAW are etched in bricks that were laid just outside the MCASAC entrance or hung on a wall in the lobby. The funding, says Gerken, serves a critical role. "So many animals have problems and it would be impossible for the government to fund all of them, but the need is just so important," she said. "We depend on donations because we're a non-profit."



A volunteer helps to socialize a cat at The Montgomery County Animal Services and Adoption Center.

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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
4/27/2016.....Spring Outlook 2016

MAY

5/4/2016.....McLean Day Pullout
5/4/2016.....Mother's Day Dining & Gifts II
5/4/2016..... Wellbeing
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Sharing a Home with 'Toothless'

BY PAM SETTLAGE

At around 8:30 one cold, rainy night, a few days before Thanksgiving in 2014, our German Shepherd was making a terrible fuss outside. She's a barker anyway, but she usually stops once the unfortunate recipient of her wrath (often the UPS truck) has passed.

But she wasn't stopping, and my husband finally went outside to see what the ruckus was. Then I heard him yelling that Elphie had cornered an animal in the roots of a large apple tree on the corner of our lot. I quickly ran out and grabbed the dog and got her back in the house, which allowed my husband to discover that the vicious creature was actually a tiny, 8-week-old black kitten. The poor baby was terrified. I've never seen a cat so angry; such hissing and clawing. I'm convinced that the reason he didn't become a snack for Elphie is because he scared her too.

We couldn't imagine where he'd come from. Was he dropped in our yard? Was he a feral kitten, and if so, were there others around? Where was his mama?

We live right in Potomac Village; he could have come from anywhere. None of these questions ever got answered, though we searched all over the neighborhood that night. We brought out food and milk; he hissed and swatted the dish away when my husband got too close. (You can see that he's wearing the milk in the first picture.) He wouldn't touch the food, and until he calmed down, we couldn't get near him. We stayed with him for a while, but when it started to rain harder, I went inside and dug out our cat carrier, thinking perhaps he would crawl into it if we put the food inside it.

About 30 minutes later, I went outside and found him curled up in the carrier, sound asleep. I quickly latched the door, and then thought, "Now what?" I couldn't bring him inside; the dog would go crazy. So I finally decided to leave the carrier on the back seat of my car in the garage, planning to take him to Potomac Animal Hospital the next morning to be checked out.

We didn't know what we should do — we already had a dog and another cat, and it



Toothless, outside.

would be difficult to keep them separated. But we were also aware that there are hundreds of black kitties in shelters, and most do not get adopted. We surely didn't want to have this little fur ball put down, but what to do?

Our two sons would be coming home from college later in the week; we decided we could manage to keep him separated from the other animals at least long enough to let the boys help us decide.

The only place we could safely keep him separated was the basement, where we could keep the door closed. It meant that Elphie wouldn't be able to come downstairs with me when I worked out in the morning, and it meant we needed to move our current cat's litterbox upstairs. For the first four days or so, I never saw the little guy; I knew he was hiding under the stairs, but he would never come out when I was there. But I'd come down every morning and evening to discover that the food I'd placed nearby was completely gone.

Then I decided to place the food farther out



Toothless

into the room; if he wanted to eat, he'd have to get a little braver. Sure enough, every time I'd return, the bowl would be empty. After a couple of weeks, I decided to push the envelope even further: if he wanted to eat, he'd have to do it while I was in the room. And so began the step-by-step journey of Toothless coming out of his shell. Each time I'd sit a little closer to the dish, until one day, I brought no dish. If he was hungry, he'd have to eat out of my hand. It took a day or two, but he finally trusted me enough to take the food from my hand, and soon thereafter, to begin rubbing up against me, and letting me pet him. The day I finally heard him purr, I knew he was ours.

Today, this shiny black 15-pound beauty is — hands down — the most laid back, loving, snuggly cat we've ever had. I often think about how we humans treat other people, and how Toothless has taught me that patience, love, and diligent kindness can change even the hardest of hearts.

And why did we name him Toothless, you ask? Well, on that first night, I snapped a few phone pictures of the scary creature. When I looked at them, I thought, "I've seen this picture before." A quick Google search turned up what I'd remembered, an image of Toothless the baby dragon from "How to Train Your Dragon." The similarities of their stories is rather uncanny, and when we looked at the cartoon picture, we knew instantly that Toothless was the only name he could be.



Namesake: Toothless the baby dragon from "How to Train Your Dragon."

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.

VOLUNTEERS NEEDED

Work with Victims of Sexual Assault. Volunteers are needed to assist sexual assault victims and their families through the Victim Assistance and Sexual Assault Program of the Montgomery County Department of Health and Human Services. Interviews are currently being conducted for a spring 2016 training session. Volunteers provide 24-hour crisis counseling and companion services at Montgomery County hospitals and police stations for victims of rape, sexual assault, and domestic violence. Bi-lingual volunteers are encouraged to apply. All potential volunteers must attend a

training program. Call 240-777-1355 or go to www.montgomerycountymd.gov/vasap.

WEDNESDAY/FEB. 24

Volunteer Training. 7 p.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 www.seniorconnectionmc.org.

FRIDAY/FEB. 26

Nomination Deadline. 5 p.m. Nominations Sought for Montgomery Serves and Neal Potter Volunteer Service Awards to honor some of the County's most dedicated volunteers. ♦ Neal Potter Path of Achievement

Awards. In partnership with the Commission on Aging and "The Beacon Newspapers," two residents aged 60 and above will be selected for their lifetime of volunteer service to the County. This annual award is named in memory of former County Councilmember, County Executive and longtime community activist Neal Potter.

♦ Montgomery Serves Awards. These awards recognize special volunteer accomplishments during the calendar year 2015 in four categories: Youth (individuals 18 years and under and/or youth groups); Business (businesses that engage their employees as community volunteers); Community Service – Individual; and Community Service – Group. Nomination forms can be found at www.montgomeryserves.org, by calling 240-777-2600 or emailing serviceawards@montgomerycountymd.gov.

Real Food for Kids Midwinter Celebration.

7-9:30 p.m. at the Tower Building at 1101 Wootton Parkway, Rockville. Midwinter celebration featuring Jenny Hein, Executive Director of Real Food for Kids in Fairfax, Loudoun and Alexandria, Va., speaking on "How to Effectively Advocate for Positive Change in Schools - A History of School Food Advocacy in Fairfax and Loudoun Counties." Following the talk, there will be heavy hors d'oeuvres, wine, and a silent auction. Visit <https://realfoodforkidsmontgomery.givezooks.com/events/rfkm-mid-winter-celebration> for tickets.

SATURDAY/FEB. 27

How Dogs Interpret What We Do. 1:30-3:30 p.m. We all want our dogs to be happy companions, but often,

SEE BULLETIN, PAGE 11

POTOMAC ALMANAC

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Newspaper of Potomac
A Connection Newspaper

An independent, locally owned weekly newspaper delivered to homes and businesses.

1606 King Street
Alexandria, Virginia 22314

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Potomac Almanac is published by Local Media Connection LLC

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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.

"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 apply paint in many layers. Free. Visit www.jccgw.org/exhibit/the-sound-of-color/.

Encore Rocks Glen Echo Registration Open. Through March 2, 1:30 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Encore Creativity for Older Adults, the nation's largest choral singing program for adults age 55, announces the Spring season of Encore Rocks Glen Echo. Each rehearsal is 90 minutes in length. There are no auditions and singers may be seated for rehearsals and performances. Registration is \$110 for 10 weekly rehearsals, use of sheet music, and performance. Call the Washington Conservatory at 301-320-2770 Monday-Friday between 10 a.m.-6 p.m. or go online to www.washingtonconservatory.org.

"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.

Student Art Show. Through March 13, 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.

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.glenechphotoworks.org for more.

Rachel Hamel: "Necessarily Invisible." Through March 20, 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.

CAMPS, CLASSES & WORKSHOPS

Art Explorers Open Studio. Every Saturday, 10 a.m.-12:30 p.m. at The Candy Corner Studio, 7300 MacArthur Blvd., Glen Echo. Art activities for parents and children. Activities change weekly and there is

no pre-registration; \$10 per child. Visit www.glenechpark.org/saturday-art-explorers.

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

WEDNESDAY/FEB. 24

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

FEB. 25-MARCH 6

Victorian Lyric Opera: "Robin Hood." Various times at F. Scott Fitzgerald Theatre-Rockville Civic Center Park, 603 Edmonston Drive, Rockville. Watch a performance following the folkloric outlaw as he robs the rich and gives to the poor. Tickets are \$28, \$24 for seniors, and \$20 for students. Visit www.vloc.org.

FRIDAY/FEB. 26

Art Exhibit Reception: "Cranes in Motion." 7-9 p.m. at VisArts at Rockville, 155 Gibbs St., Rockville. As an artist and filmmaker, Cathy Cook is inspired by nature. "Cranes in Motion" aims to promote public interest, awareness, and appreciation of crane culture through a multifaceted portrayal of the natural history of this species. Artist Cathy Cook will be on hand for questions and commentary. Free. Visit www.visartsatrockville.org for more.

FEB. 26-APRIL 10

Art Exhibit: You and Me, You and I. Gallery hours at VisArts at Rockville, 155 Gibbs St., Rockville. Artist Calla Thompson examines culture through visual art. Free. Visit www.visartsatrockville.org for more.

FEB. 26-APRIL 24

Art Exhibit: "Cranes in Motion." Gallery hours at VisArts at Rockville, 155 Gibbs St., Rockville. As an artist and filmmaker, Cathy Cook is inspired by nature. "Cranes in Motion" aims to promote public interest, awareness, and appreciation of crane culture through a multifaceted portrayal of the natural history of this species. Free. Visit www.visartsatrockville.org for more.

FEB. 27-MARCH 27

Art Exhibit: "Fields of Inquiry." 12-6 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. "Fields of Inquiry" brings together the work of three artists working the space of imagination: Mei Mei Chang, Pat Goslee, and Kathryn McDonnell. Free. Call 301-634-2222.

SATURDAY/FEB. 27

Victorian Lyric Opera: "Robin Hood" Special Event. 7 p.m. at F. Scott Fitzgerald Theatre-Rockville Civic Center Park, 603 Edmonston Drive, Rockville. Learn about the history of the creation of Robin Hood from Felicity Ann Brown, Theatre,



"Accelerato" by Alan Sislen Camera Club Presents 'City Scapes' at Waverly Street

"Cityscapes" explores the beauty of urban life through the lenses of members of The North Bethesda Camera Club. The exhibition will feature various aspects of urban life and architecture. This show was juried by Colleen Henderson, a fine art photographer and educator living in Bethesda. The show will run at Waverly Street Gallery, 4600 East-West Highway, Bethesda, March 8-April 2. The public is invited to an opening reception on March 11. Admission to the gallery is free. Visit www.waverlystreetgallery.com.

Dance, and Performance Studies Librarian at the University of Maryland's Michelle Smith Performing Arts Library. Free. Visit www.vloc.org for more.

SUNDAY/FEB. 28

Vision Board Workshop. 2-4 p.m. at Ratner Museum, 10001 Old Georgetown Road, Bethesda. This two-hour workshop include laughter exercise, journaling, and make a vision board. \$40 fee and poster board not included. Email LaughingRx@gmail.com.

Dixieland Jazz Jam Session. 3-6 p.m. at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Bring your instrument and sit in with the Conservatory Classic Jazz Band during the first set. Or just drop in to listen to classic jazz, Dixieland, and swing. \$10 admission, free for jammers and students. Call 301-762-3323 or visit www.prjc.org.

WEDNESDAY/MARCH 2

"Pontius Pilate: Faces Around the Cross." 6:30 p.m. at St. James' Episcopal Church, 11815 Seven Locks Road, Potomac. Join the "Seven Locks" churches Wednesday evenings during Lent for a study of the faces around the cross. Free. Visit www.stjamespotomac.org for more.

FRIDAY/MARCH 4

Bernard/Ebb Songwriting Awards Concert. 8 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. This concert will feature live performances by the competition's finalists. One will be named the winner and receive \$10,000. Three songwriters from the Young Songwriter category (applicants who are under 18 years of age) will also perform live and compete for \$2,500. Tickets are \$10 and \$15. Visit www.bethesda.org.

Flamenco Vivo: "Poema de Andalucia." 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. There are four elements of flamenco: Cante—Voice, Baile—Dance, Toque—Guitar, and Jaleo—audience

participation. Tickets are \$28-72. Visit www.strathmore.org for more.

Potomac After Hours. 9:15-11 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. Middle schoolers (6-8th graders) are invited to attend "live band night." Find arts and crafts including tie dye and a live band. Admission is \$5. Visit www.activemontgomery.org and use code #11952 to register.

SATURDAY/MARCH 5

Boy Scout Troop 773 Spaghetti Dinner. 5-8 p.m. at Potomac United Methodist Parish Center, 9908 South Glen Road, Potomac. Attend a fundraiser where boy scouts and family members serve. Tickets are \$10, \$40 per family. Email Diane Berinstein at dhberinstein@me.com.

SATURDAY-SUNDAY/MARCH 5-6

Israeli Dance Festival. 3-5 p.m. at the Bullis School, 10601 Falls Road, Potomac. Attend performance and community Harkada (dance party). Tickets are \$15-25. Visit www.israelidancefestivaldc.com.

TUESDAY/MARCH 8

"Mindfulness Meditation." 1-2:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Workshop leader Mitchell Ratner, founder of the Still Water Mindfulness Practice Center, will present "Touching Life Deeply: An Introduction to Mindfulness Meditation." He will focus on increasing the capacity to be fully present in one's own life, through conscious breathing, sitting and walking meditation, and mindfulness as a daily practice. Free. Call 240-777-0980.

MARCH 8-APRIL 2

"City Scapes." Gallery hours at Waverly Street Gallery, 4600 East-West Highway, Bethesda. "City Scapes" explores the beauty and fragility of urban life through the lenses of members of The North Bethesda Camera Club. Free. Visit www.waverlystreetgallery.com for more.

LET'S TALK Real Estate



by Michael Matese

Your Home's Price tag

Pricing is about supply and demand, something that is part science of economics and part the art of the deal. Your Realtor will start out with a Comparative Market Analysis, choosing homes in your area that are comparable in size, bedrooms, bathrooms and amenities. The list should contain homes no more than a half mile away and specific to your neighborhood. This is a standing rule, unless of course your property is in the country. Then you use the closest comparables in amenities and acreage.

The main things to compare besides bedrooms and bathrooms are square footage, amenities like fireplaces and pools, garages and the age of a home. You won't get a fair market analysis if the house you're marketing is being compared to other homes that are older, or say have a garage.

Another thing to keep in mind is neighborhood division. Pay attention to physical barriers such as major streets, access to freeways and if there are multiple entries and exits to the neighborhoods.

A good market analysis shows how competitive your house can be in today's market, so consult your Realtor and find out what your house is really worth!

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

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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

November, 2015 Sales, \$1,150,000~\$3,275,000

IN NOVEMBER 2015, 45 POTOMAC HOMES SOLD BETWEEN \$3,275,000-\$110,800.



1 11509 Dahlia Terrace — \$3,275,000

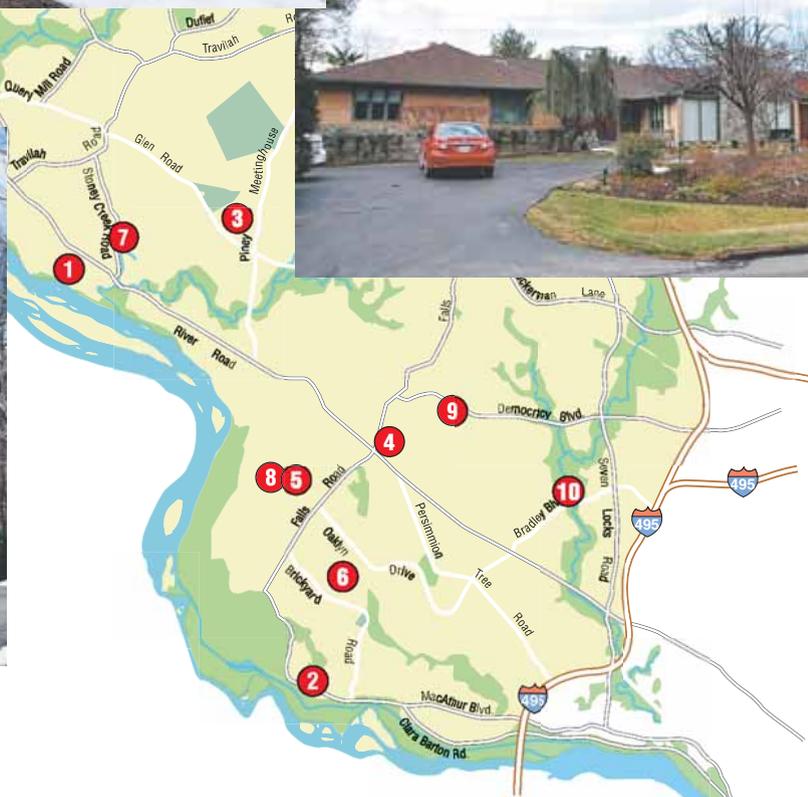


3 11308 Greenbriar Preserve Lane — \$1,450,000

4 10020 Ormond Road — \$1,385,000



2 10611 MacArthur Boulevard — \$1,700,000



5 10808 Stanmore Drive — \$1,330,000

Address	BR	FB	HB	...	Postal	City	..	Sold Price	Type	Lot AC	..	PostalCode	Subdivision	Date Sold
1 11509 DAHLIA TER	6	.5	.1		POTOMAC	...	\$3,275,000	Detached	0.62	20854	MERRY GO ROUND FARM	...	11/23/15	
2 10611 MACARTHUR BLVD	6	.8	.1		POTOMAC	...	\$1,700,000	Detached	0.56	20854	POTOMAC OUTSIDE	11/20/15	
3 11308 GREENBRIAR PRESERVE LN	5	.5	.1		POTOMAC	...	\$1,450,000	Detached	0.33	20854	GREENBRIAR PRESERVE	11/18/15	
4 10020 ORMOND RD	5	.4	.2		POTOMAC	...	\$1,385,000	Detached	1.10	20854	POTOMAC VILLAGE	11/20/15	
5 10808 STANMORE DR	4	.4	.1		POTOMAC	...	\$1,330,000	Detached	2.24	20854	GREAT FALLS ESTATES	11/24/15	
6 8553 HORSESHOE LN	4	.3	.0		POTOMAC	...	\$1,300,000	Detached	2.00	20854	POTOMAC RANCH	11/03/15	
7 12107 STONEY CREEK RD	5	.4	.1		POTOMAC	...	\$1,249,000	Detached	2.01	20854	LAKE POTOMAC	11/03/15	
8 10905 PLEASANT HILL DR	5	.4	.2		POTOMAC	...	\$1,180,000	Detached	3.29	20854	GREAT FALLS ESTATES	11/06/15	
9 8901 IRON GATE CT	6	.4	.2		POTOMAC	...	\$1,180,000	Detached	2.06	20854	CAMOTOP	11/09/15	
10 9416 TOBIN CIR	6	.4	.1		POTOMAC	...	\$1,150,000	Detached	0.54	20854	MCAULEY PARK	11/09/15	

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PEOPLE



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Grand George Washington Ball

The day before George Washington's 284th birthday, the Great Falls Tavern at the Chesapeake & Ohio Canal National Historical Park hosted Dr. Larry Keener Farley and his 19th-century dance ensemble for an afternoon of dance.



Marcella Peyre-Ferry, Karen Lyddane, Sue Cornbower, Annette Keener-Farley, and Jackie Hertzog.

Frenchie Mallet plays the accordion and Ellen Jimerson plays the Hammer Dulcimer.



Annette Keener-Farley



Supervisor and Park Ranger Geoff Suiter, Keri Nace, and Dr. Lawrence Keener-Farley.

Changing Your House With a Second-Story Addition



Building up on your home can allow you to capture views, maximize square footage on a small lot and locate all the bedrooms on a single level. Good design and structural planning up front will allow you to maximize your new space.

Seamless integration. A good design will make the second story look like it was always there, so take the necessary time to make sure the addition enhances your curb appeal and your home's functionality.

Structural requirements. A second story with occupied rooms will weigh much more than your old roof system, so calculations will need to be made to know how much weight the main-floor walls and foundation will carry and how to hold that weight up.

Mechanical. Your furnace, water heater and electrical panel all work based on your home's square footage and the number of fixtures you have. When you increase the size of your home, these systems may need to be adjusted.

Finishes. Often the finishes of your existing home — door style, trim, flooring — can dictate the finishes in your addition. But adding a new story allows you to revisit every finish.



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications.

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Jim Bindeman, of Montgomery Magazine and Premier Values Magazine, and Jill Phillips, of Squeals on Wheels and Potomac Community Village.



Jaimee Goodman, Montgomery Housing Partnership, and Sheila Moldover, Potomac Community Village



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Networking

Sue-Anne Slonin, Falls Road Veterinary Hospital, and Nomvimbi Meriwether, Meriwether Foundation at the Potomac Chamber of Commerce's networking event on Feb. 17 at Normandie Farm Restaurant.



Adam Greenberg (left), owner Potomac Pizza and president of the Potomac Chamber of Commerce, and Cary Prokos, owner of Normandie Farms.

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A Further Explanation



By KENNETH B. LOURIE

Though last week's column, "One Hundred Pills," ostensibly was about the pill count of my most recent prescription and my interpretation of its meaning, the underlying point of the column which I might have failed to clearly mention was: cancer and the effect it has on your thinking; consciously, sub-consciously, and probably even unconsciously as well. If I had not been diagnosed with a "terminal" disease: stage IV, non-small, cell lung cancer (NSCLC), would I even have heard how many pills were in that bottle, or considered at all the numerical impact on my life, and that life's expectancy? Moreover, would I have been the least bit concerned with pharmacy/prescription procedures, medical or otherwise? And finally, would I have stumbled emotionally because of any of it? I'll be presumptuously self-assured and answer all of these previous questions: The answer would be a resounding "No."

And the cause of all these questions and the effect on the answers is cancer. To say cancer is a difference-maker is an insult to all difference-makers. Because cancer is insidious, and often, as evidenced in last week's column, a life-changer both physically and mentally, its effects rear their ugly head when you might not expect it. All I did was pick up a prescription but since cancer is in charge, I went off on a tangent of anxiety. But, and this is the point - perhaps lost in last week's column, which I am now focusing on in this week's column: you can't help yourself. Whether or not you admit to or acquiesce to cancer's control, it does take over. In effect, your brain is rewired, figuratively speaking. You simply don't think, consider, prioritize, react, etc., as you did prior to your diagnosis. It's almost as if you were struck by lightning; it's a jolt, emotionally, and you'll never be the same.

Sure, on the outside (to people looking at you), everything may appear normal (if you're amazingly lucky), but on the inside, especially in your head/brain, the world, your place in it and your behavior while being there has taken a turn. Not necessarily for the worse, but definitely for the different. Oddly enough, the changes are not so subtle that you don't notice them or won't acknowledge them or can't articulate them. In my experience, I notice/acknowledge and articulate them. However, I am hard-pressed to do much about them. It's not as if I've become an inconsiderate, selfish, intolerant, uncaring and self-indulgent a--hole (different than I'd like to think I was/mostly still am), but, and I'm not too proud to admit this: I do have my moments. And when I do, I blame the cancer. As I asked my oncologist one day about my hair turning gray seemingly overnight, could I blame the cancer? He quickly responded: "You can blame the cancer for anything you want." And so I have, occasionally.

Not that I have taken his statement to heart or embraced it as a regular excuse, but cancer does seem to have its way. And though I am well aware of its tentacles and subliminal-almost ties that regularly bind, I am still cognizant of who I am and who I want to be. Nevertheless, author Siddhartha Mukherjee didn't title his book about cancer (and PBS didn't likewise title its miniseries): "Cancer, The Emperor of All Maladies" because cancer is kind and gentle and benign. Hardly. Cancer is none of these characterizations. And what's worse, it changes people; at least it's changed me, and not always for the better.

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

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Whitman junior Abby Meyers drives to the basket against Paint Branch on Monday.



Whitman senior Betsy Knox led the Vikings with 19 points against Paint Branch on Monday.



Hannah Niles and the Whitman girls' basketball team will enter the postseason as the No. 1 seed in Section I of the 4A West region.

PHOTOS BY HARVEY LEVINE/THE ALMANAC

Whitman Girls Ready for Another Deep Playoff Run

Vikings beat Paint Branch despite slow offensive start.

BY JON ROETMAN
THE ALMANAC

The Whitman girls' basketball team marked several boxes on the adversity checklist Monday night. The Vikings experienced a sloppy first half at the offensive end while on the road against a Paint Branch team with a 17-4 record. Meanwhile, senior guard Marie Hatch, one of Whitman's best players at both ends of the court, missed the game due to injury.

While struggling through half of an away game against a quality opponent at less-than-full strength hardly sounds like a recipe for success, the Vikings managed to turn the scenario into a positive.

Whitman defeated Paint Branch 62-37, improving its record to 18-3 while extending its win streak to 13 games. While the Vikings struggled early on offense, Whitman limited Paint Branch by using a zone defense the team had worked on recently. When the Vikings' scoring picked up in the second half, Whitman turned a 22-11 half-time advantage into a blowout.

For Whitman, the outcome can serve as a reminder in future games that the Vikings are capable of overcoming adversity.

"With the different situations we've been in, I just think there's a lot of confidence that no matter what we see [we'll be able to deal with it]," Whitman head coach Pete

Kenah said. "... Holy Child put a box-and-one against us and we were able to solve that — we were up 10-0 in the blink of an eye. There's just a lot of different looks that we've seen that we've been able to solve, so I think their confidence is high."

What did the Vikings take away from Monday's game?

"If it's not going great on offense," Kenah said, "that it's a four-quarter game and believe in the zone."

Senior forward Betsy Knox led Whitman with 19 points. Junior guard Abby Meyers finished with 15 points, senior guard Hannah Niles scored seven, and junior forward Olivia Meyers and senior guard Jenna Hosker each had six.

"I think we've never played better, honestly," Niles said. "I think everybody's really buying in defensively and it's giving us a lot of energy offensively."

Whitman has won two region championships in the last three years and appears capable of winning another. The Vikings would benefit from the return of Hatch, who Kenah said has missed multiple games with pre-stress fractures in each of her lower legs, but her status is uncertain.

Hatch has battled injuries throughout her high school career. Last season, she suffered a broken right ankle against Wootton in the 4A West region championship game at Paint Branch High School.

"If there's any fairness," Kenah said, "she'll

get to come back and give us something."

Despite Hatch's injury troubles, the Vikings remain confident that after multiple deep postseason runs in recent season, this can be the year Whitman wins a state title.

"Every single person on this team works so hard, whether they're sitting on the end of the bench or they're on the floor," Knox said. "You can count on the hard work. Also, we're just a very veteran team. A lot of us have playing together for six years. We know each other really well, there's a great dynamic there and I think we've over the years built up a trust for each other, which, certainly I hope will help us in the playoffs."

Last year, Whitman won its first 23 games before losing to Eleanor Roosevelt in the state semifinals at Towson University. In 2014, the Vikings finished 21-3 and lost to Kennedy in the sectional final. In 2013,

Whitman lost by one point to Baltimore Polytechnic in the state semifinals.

"A lot of [Vikings players] on their screensavers on their phones, they have a picture of Towson," Kenah said. "This has been the first group to really openly talk about advancing and going to Towson. Before, it was 'One game at a time.' It's just a goal that this group really, really wants. I think it's something special when you have seniors that want it. When you're an underclassmen, you can sometimes say, 'Well, I've got next year.' We have six seniors who put everything into the program and they're on a mission." Whitman concluded the regular season with a game against Wootton on Tuesday, after The Almanac's deadline.

Whitman, the No. 1 seed in Section I of the 4A West region, received a first-round bye and will face the winner of Montgomery Blair and Walter Johnson March 1.

BULLETIN BOARD

FROM PAGE 6

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Lenten Vespers and "The Prodigal Son." 5:30-6:45 p.m. at St. James' Episcopal Church, 11815 Seven Locks Road, Potomac. A brief service of vespers followed by an exploration of reconciliation through scripture, art, and discussion. Gather for a time of prayer, reflection, and conversation led by St. James' seminarian, Catharine Gibson. Visit stjamespotomac.org/ for more.



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