

Potomac ALMANAC

Lessons in Caring
And Sharing

NEWS, PAGE 6

Independence
And Convergence

PEOPLE, PAGE 4

Look at the size of that paw. This pup started life in an abandoned house in South Carolina. And, where is he now? Safe in the arms of PetConnect board member Ginny Faucette of Potomac. "Hugs" will be adopted into a family with a large farm: A happy ending to a difficult beginning.

Finding Forever Homes

PETS, PAGE 2

PET ALMANAC

Inside

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Puppies and Pretty Prints

BY CAROLE DELL
THE ALMANAC

If pretty florals caught the eye at the Lilly Pulitzer store at Westfield Montgomery, it was the puppies scattered throughout the prints that stole the show.

On the Saturday before Valentine's day, they became the attraction of the moment. The puppies, who were rescued from South Carolina shelters by Potomac's PetConnect Rescue, appeared to enjoy the attention, peering up from under volunteer's legs, then flopping for a nap on a nearby foster person's foot. Their presence gave those waiting to hold the pups, the opportunity to shop and adopt.

Lilly Pulitzer contributed 10 percent of all sales during the event to PetConnect and adoption papers were available for those who longed to take a pup home.

PetConnect rescues and adopts out approximately 700 to 800 dogs and cats a year. In addition, their outreach programs help to educate communities on the importance of spaying and neutering. According to the ASPCA, approximately 2.7 million pets are euthanized annually because shelters are too crowded and too underfunded. DoSomething.org states that only one dog born out of every 10 will find a permanent home. So, the puppies in their colorful surroundings at Lilly Pulitzer were some of the lucky ones.

Two wooly shepherd-mix pups named Hugs and Kisses needed just that after they, and a sibling that did not survive, were found abandoned in an empty house in Florence, S.C. As if they had not suffered enough, they were turned away when taken to the nearest shelter because of a lack of space. Eventually, the two pups were dropped at a local vet's office where they huddled in a steel crate until a foster could be found.



This is the face that could launch a movement of another sort. Little Hugs has gone from rags to riches thanks to volunteers at PetConnect Rescue. Born in poverty with no future he is on his way to a warm and loving home on a farm where he will have miles and miles to roam before he sleeps.

PetConnect

To volunteer, foster a pet or donate, go to www.petconnectrescue.org. PetConnect's next cat adoption event will be held on Saturday, March 4, at Potomac PetValu, from 11 a.m. to 1 p.m.

A dog adoption event will be at Kentlands BARK!, Saturday, March 4, from 11 a.m. to 1 p.m.

If interested in volunteering at these events, contact Kelly Grinham at: kgrinham@petconnectrescue.org.

Many abandoned puppies and other pets do not survive such an ordeal, but volunteers, who heard about their plight, offered to drive them to Potomac beginning the long trip north to PetConnect and eventual adoption.

The other litter of pups at the event, Brett, Bruno, Brody and Brianna, called the "B" pups, also arrived in Potomac on the wings of good luck because volunteers spoke up for the entire litter, including the mother, Lexie. Shelters in South Carolina are often so overwhelmed with puppies and pregnant females that workers reach out to northern rescues for relief. "PetConnect is always

SEE RESCUED DOGS, PAGE 3



PHOTOS BY CAROLE DELL/THE ALMANAC

Two girls and a pup: Sisters, Simone and Natalia Tidwell, 8 and 12, of Columbia, Md. came to shop with their mom but may go home with more than a pair of Uggs. It is not easy to pass up a few pats from, of all names "Kisses," sister to "Hugs" who turned tail for a new adventure.



In another setting this could be a campfire gathering, just missing the marshmallows. Visitors made themselves at home with PetConnect volunteer Kelly Grinham and Max the coolest pup around. Here they chat about his possible adoption with Brock 8, friend, Olivia Girson, 10, Brock's brother Kai, 10, and dad Joe Stanton, a wrestling coach in Chevy Chase. Max found a home.



Hannah Ngo, 6, from Silver Spring and Emma Rinaudot, 3, found a couple of puppy playmates for the afternoon.



Two puppies are worn out from a busy day.



Lilly Pulitzer Associate Manager Emily Apple and little Max, a Dachshund mix, spent special time together. A curious boy, he met his future family at the event and was adopted into his forever home in Chevy Chase.



Lilly Pulitzer had a lot to show off at the PetConnect adoption event. Three of the store's managers and some very happy pups: From left are Anne Murphy holding Briana, Emily Apple with Brody and Rachel Whitlock and Bruno.



Little Roger is one of those black puppies that is often overlooked in shelters, but he caught the eye of PetConnect and is now waiting for his forever home.

Rescued Dogs Find Forever Homes through PetConnect

FROM PAGE 2

happy to help," said Catherine Edwards, executive director of PetConnect Rescue, who offered to foster Hugs and Kisses and place the others.

After the event at Lilly Pulitzer, Edwards' two foster pups, plus Max, a Dachshund mix, and Briana, one of the B pups, all found a safe and loving home, closing another chapter in the on-going rags to riches saga that is animal rescue.

Carole Dell is a board member of PetConnect Rescue.

PHOTOS BY
CAROLE DELL
THE ALMANAC



Stopping by from their post at Vineyard Vines across the hall, Camila Soto tried to get acquainted with Brady, who was tired of being photographed. Manager Meridith Eirkson held a camera-happy Brett long enough for both to fall in love.



A favorite of the day, little Max, the Dachshund mix, preferred to be cuddled like the baby he is.



PetConnect Rescue volunteer, Kelly Grinham may not be on the Today show just yet, but she had her own following of window watchers just outside the Lilly Pulitzer store. Catching passers-by eyes are the bevy of "B" pups, Brady, Brett, Briana and Bruno.



Little "Kisses" gave too many kisses and wore himself out. He found the perfect place for a nap, but does hope the owner of the shoe has nowhere else to go.

PEOPLE

Another Valentine's Day Love Story

Gay and Tony Barclay live in an old farmhouse built in the 1860s.

BY STEVE HIBBARD
THE ALMANAC

Gay, 67, and Tony Barclay, 71, of Potomac have been married for 40 years; they live on River Road in an old farmhouse built in the 1860s. Through the years they've loved living in Potomac, raising hens, chickens, horses and ponies. Gay enjoys gardening, having been involved with the Country Gardeners, which does beautification around Potomac, for 30 years.

When they first moved here in 1982, Potomac had a certain quiet and sense of remoteness; an active group of horse riders rode on the bridle trails, which were well kept. But now the development has changed and it's no longer a place to have a farming life. "As a result, I've pulled up the fences and the horses have moved into Virginia. I've had to make adjustments to the changes in Potomac," she said.

An anthropologist by trade, Tony Barclay is semi-retired and works as a part-time professor at Georgetown's School of Foreign Service. He was formerly the president and CEO of DAI in Bethesda, an employee-owned consulting firm that specializes in economic development where he worked for 29 years. He used to be chair of the Citizens Advisory Board for Western Montgomery County, which works on grassroots issues and local planning proposals for Potomac, Bethesda and Chevy Chase; and served on a half-dozen boards.

Gay Barclay worked at NRDC (the Natural Resources Defense Council), the U.S. National Arboretum in the District, and as

a gardening writer for the Potomac Almanac. She's on the board of the Indianapolis Museum of Art. They have two children: Eliza, 37, who works for vox.com; and a son, Hampton, 34, a Denver real estate consultant.

Asked what he loves most about his wife, Tony Barclay said her boundless energy and deep curiosity. "When she wants to learn something, she goes very deep, whether it's the arts, music or another culture," he said. "She's always ready for the next trip to the airport; we travel a lot together. We've been to 50 countries together; I could not image a better companion for all of that."

He said the secret to a happy and successful marriage is giving each other room for independence in the relationship. "I think independence as you grow and mature, and convergence as the years go by that you bring the interests together," he said.

Gay Barclay describes her husband as attentive, funny, and responsible, who takes care of things like organizing trips and getting plane tickets. "Tony is wonderful with details and takes care of details that I'm not so good at," she said.

She added: "Tony is a wonderful listener. Tony is forthright and has been talking to me about his work and his problems, and we are able to talk a lot about the things we care about. We communicate and I think talking to each other is vital.... He's so cozy; he is a great leader. He is truly inspirational to others and always thoughtful."

Tony Barclay says Gay is able to inspire others to take action, is deeply intuitive, and figures out things rapidly. "She's also a genu-



PHOTO BY STEVE HIBBARD/THE ALMANAC

Gay and Tony Barclay of Potomac have been married for 40 years.

inely warm and loving person who gives of herself to everyone around her — family, friends and people who just show up. She's also a brilliant trainer of dogs; she's fluent in the language of dogs."

When they met, she was living in Greenwich Village and working uptown. What first attracted her to her spouse, she said was: "He was the first guy that I dated who invited me out of New York City to go climbing to Mount Monadnock in New Hampshire, and I thought that was the greatest date anyone could offer me," she said. "Versus the guys who offered me 21 minutes at the restaurant 21."

Their romance took her to Nairobi, Kenya, where Tony Barclay was doing his Ph.D. fieldwork in anthropology. "I was writing

for the Saturday Evening Post and had some trips in Kenya. I stayed and Tony showed me the great charm, beauty and what a fantastic country Kenya is and we decided to get married," she said. They wed on her family's farm in Indianapolis where she grew up. She attended boarding school, then the University of Colorado and George Washington University, and studied landscape design. Tony Barclay is from New Haven, Conn., and also attended boarding school. He studied African history at Yale, got his Ph.D. from Columbia University, and joined the Peace Corps, where he was a teacher in the highlands of western Kenya. "We got to know each other living in Kenya; we were there together about two years before we moved to Washington," he said.

BULLETIN BOARD

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

BEGINS IN FEBRUARY

New Canal Quarters Exhibit. The C&O Canal Trust, in partnership with the C&O Canal National Historical Park, is seeking stories from African American workers of the Civilian Conservation Corps (CCC) who worked along the C&O Canal from 1938-1942. The CCC was one of the New Deal programs created by President Roosevelt in response to the calamity of the Great Depression. The workers' stories will be incorporated into a new exhibit to be housed in Canal Quarters' Lockhouse 10, which depicts the time period of the 1930s. Contact Josh Whitman at canalpridedays@canaltrust.org or call 215-820-6913.

DEADLINE FEB. 24

Achievement Award Nominations. 5 p.m. for the Neal Potter Path of Achievement Award two residents aged 60 or better will be selected for their lifetime of volunteer service in the County. Visit www.montgomeryserves.org for more.

FRIDAY/FEB. 24

"Fake News: How to Spot It." 4 p.m. at 900

4 ♦ POTOMAC ALMANAC ♦ FEBRUARY 22-28, 2017

Wayne Ave., Silver Spring. "Fake News: How to Spot It" will help participants determine the kind of fake news that exists and provide tools to evaluate news for reliability and truth. Contact Mary Ellen Icaza at 240-777-0006.

SUNDAY/FEB. 26

STEM Summit. 12:30-4 p.m. at Silver Spring Civic Building, 1 Veterans Place, Silver Spring. Montgomery County Council Vice President Hans Riemer, in an effort to inspire increased participation in Science, Technology, Engineering and Math (STEM) educational programs, will host the County's first-ever "STEM Summit." Free. RSVP at mcostemsummit.eventbrite.com. Visit councilmemberriemer.com/stem for more.

MONDAY/FEB. 27

"Fake News: How to Spot It." 6 p.m. at 7400 Arlington Road, Bethesda. "Fake News: How to Spot It" will help participants determine the kind of fake news that exists and provide tools to evaluate news for reliability and truth. Contact Mary Ellen Icaza at 240-777-0006.

BEGINS FEB. 27

Job Search Training for Seniors. 9 a.m.-4 p.m. JCA's Career Gateway Program can help hone a resume, polish networking and interviewing skills, use Internet job search resources more effectively, and turn age and

experience to an advantage. Each session of the Career Gateway features 30 hours of small-group classroom instruction over five days, comprehensive take-home materials, practical exercises, and a long-term mentor. \$75. Session IV takes place Feb. 27, March 1, 3, 6, 9, 2017. Call Ellen Greenberg at 301-255-4215 or email egreenberg@AccessJCA.org.

TUESDAY/FEB. 28

Candidate Filing Begins. 8:30 a.m. Individuals interested in running for the following Montgomery County offices — County Executive, County Council, State's Attorney, Clerk of the Circuit Court, Register of Wills, Sheriff, the Montgomery County Board of Education (Districts 1, 3, 5, and At-Large), Republican Central Committee, or Democratic Central Committee — may file a Certificate of Candidacy with the Montgomery County Board of Elections at 18753 N. Frederick Ave., Suite 210, Gaithersburg. The Montgomery County Board of Elections is open from 8:30 a.m.-5 p.m. Monday-Friday. To arrange an appointment, contact Christine Rzeszut at 240-777-8585.

Public Hearing. 1:30 p.m. Third Floor Hearing Room, Council Office Building, 100 Maryland Ave., Rockville. The Montgomery County Council will hold a public hearing on Expedited Bill 2-17 that would amend the rights and benefits for certain employees under the Employees' Retirement System. Those interested in testifying at the public hearing can start signing up on Thursday, Feb. 16, online at

www.montgomerycountymd.gov/council/phsignup.html or by calling 240-777-7803. The deadline to sign up is 5 p.m. on Monday, Feb. 27. Call 240-777-7910 to obtain copies of the bill or go to tinyurl.com/gvjx6fw.

"Fake News: How to Spot It." 6 p.m. at Century Boulevard, Germantown. "Fake News: How to Spot It" will help participants determine the kind of fake news that exists and provide tools to evaluate news for reliability and truth. Contact Mary Ellen Icaza at 240-777-0006.

Shrove Tuesday Pancake Supper. 6-7:30 p.m.

SEE BULLETIN BOARD, PAGE 5

BUSINESS NOTES

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

Michael P. Daugard has joined ROSS Companies, a leader in multifamily acquisitions, property management and renovation in the Mid-Atlantic region, as vice president of acquisitions. He has more than 17 years of experience in commercial real estate and has completed \$4.5 billion of transactions in his career. Daugard graduated cum laude with a Bachelor of Science degree in finance from the University of Maryland at College Park. He later served as an adjunct professor for six years, teaching classes in real estate finance and development.

Olde Towne Pet Resort Adds Rockville Location

Expansion brings \$9 million pet care facility to Montgomery County.

Olde Towne Pet Resort, a pet care and boarding facility, is launching its third location in Rockville this month. The 22,000-square-foot state-of-the-art facility will be located at 122230 Wilkins Ave.

Olde Towne Pet Resort's presence in Rockville is evidence of the increasing level of consumer demand for pet care. Over 65 percent of households in the country own a dog or cat. National polls reveal that owners consider their dogs and cats true members of the family, often receiving more time, attention, and expenditure than human family members.

The American Pet Products Association estimates that in 2016, Americans spent over \$63 billion on pet care, an increase of over \$30 billion since Olde Towne Pet Resort opened its first location in Fairfax County, Va. in 2002.

"The creation and expansion of our business in Rockville is a labor of love," said Leah Fried Sedwick, president and owner of Olde Towne Pet Resort.

"What started as a passion project over a decade ago to provide our own family pets with the level of care they deserved and a level of care that did not exist, soon turned into a successful enterprise that pioneered an entire new concept.

Now, many pet owners consider doggie day camp and hotel-like boarding essential to the care of their family pets. Our resorts

represent the culmination of years of experience, research, and the steadfast belief that others felt the same way about their pets as we did."

Olde Towne Pet Resort offers an air filtration system that brings outdoor air inside every three to four seconds, roughly five times more often than the air flow in the average home, helping to eliminate airborne contaminants and reduce the risk of diseases such as kennel cough.

Multiple levels of soundproofing built into the facility's design reduces the stress-inducing sound of barking. Safety features include an emergency power generator guaranteeing no interruption of electricity for its 120 suites for dogs and 40 cat condos, under- and above-ground fencing, redundant double doors throughout, and a certified staff at one of the highest pet to staff ratio in the region.

The indoor and outdoor day camps will allow for 100 dogs to frolic every day. The facility includes a grooming salon and spa, play spaces, and a heated swimming pool for therapy and exercise. Pet owners can choose from mental and physical exercises for their pets including agility training and a fido boot camp, and treatments that range from sports massages and grooming, to one-on-one cuddle dates.

For more information about Olde Towne Pet Resort, see www.OldeTownePetResort.com.

Potomac River Basin will hold its quarterly business meeting. In addition to regular commission business, the group will receive a report updating efforts in developing a basin-wide comprehensive water resources plan and a presentation on how ICPRB staff are providing better ways to measure the health of tidal and nontidal waterways. Meetings are open to the public, but require a reservation. Contact Bo Park at 301-274-8101 or bpark@icprb.org.

BULLETIN BOARD

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at St. James' Episcopal Church, Parish Hall, 11815 Seven Locks Road, Potomac. Join the St. James' community for a Shrove Tuesday pancake supper prepared by the Men's Prayer Breakfast Group. A free-will offering will be accepted. Call 301-762-8040 or visit stjamespotomac.org for more.

WEDNESDAY/MARCH 1

Ash Wednesday Services. 7 a.m., noon, 5:30 p.m. and 7:30 p.m. at St. James' Episcopal Church, 11815 Seven Locks Road, Potomac. St. James' will hold four Eucharist services with imposition of ashes on Ash Wednesday. Call 301-762-8040 or visit stjamespotomac.org for more.

MONDAY/MARCH 6

Application Deadline. here is an opportunity to serve on the Solid Waste Advisory Committee. Access vacancy announcements for boards, committees, and commissions through the following link: www.montgomerycountymd.gov/boards/index.html Read instructions carefully on that page, where you will find a link directly to the vacancy announcements.

TUESDAY/MARCH 7

Quarterly Meeting. 9:45 a.m.-12:15 p.m. at ICPRB Offices, 30 W Gude Drive, #450, Rockville. The Interstate Commission on the

WEDNESDAY/MARCH 8

Part One of Lenten Study Series and Dinner. 6:30 p.m. at Emmanuel Lutheran Church, 7730 Bradley Boulevard, Bethesda. "One Lord, One Faith, One Baptism," with the "Seven Locks Churches" of Potomac (St. James' Episcopal, Geneva Presbyterian, Seven Locks Baptist, Scotland AME Zion, Emmanuel Lutheran). Join the "Seven Locks" churches Wednesday evenings during Lent for dinner and then a study led by the pastors of the churches. The March 8 topic is "Baptism." Call 301-365-5733 or visit elcbethesda.org.

WEDNESDAY/MARCH 15

Part Two of Lenten Study Series and Dinner. 6:30 p.m. at Scotland Recreation Center, 7700 Scotland Drive, Potomac. "One Lord, One Faith, One Baptism," with the "Seven Locks Churches" of Potomac (St. James' Episcopal, Geneva Presbyterian, Seven Locks Baptist, Scotland AME Zion, Emmanuel

SEE BULLETIN BOARD, PAGE 11



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SCHOOLS

Lessons in Caring and Sharing

Kindergartners at Carderock Springs Elementary School held a Valentine's Day party on Feb. 14.



Carderock Springs Elementary School Valentine's Party in Julie McDonald's Kindergarten classroom.

Ethan Karp
and Joelle Rosen



Annie Gilbert



Elise Troop



Gavin Kaplan and Lucia Garcia-Musalem



Ryan Easley



Sophia Yau



From left are Katie and Annie Gilbert, Ashley and Max Kundanmal, and Jen and Nate Rampulla — room parents and their children.

PHOTOS BY
DEBORAH STEVENS
THE ALMANAC

Lucia Garcia-Musalem,
Natalie Roscetti,
Waverly Gulhandsan,
and Alex Shields.



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

2016 Inaugural Video Art

Exhibition. 5-7 p.m. at Glen Echo Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Photoworks showcases a group of female visual artists who use video to reveal the personal, the intimate and the artistic. Desires, dreams and fears are all visually explored in Photoworks' Inaugural Video Competition and Exhibition, curated by Na'ama Batya Lewin. Free. Visit www.glenechophotoworks.org.

Goldilocks Puppet Show.

Through Feb. 19 at Glen Echo Park, 7300 MacArthur Blvd. Story is told with rod puppets and giant hand puppets, this production keeps the audience guessing while including all the favorite elements of the classic children's fairytale. Call 301-634-2222.

Faculty and Students Exhibit.

Through Feb. 26 at Glen Echo Park, 7300 MacArthur Blvd. Exhibition focuses on the relationship between teacher and student, showcasing work from the faculty and students. Reception is Saturday, Feb. 11, 4-6 p.m. Photoworks is located on the first floor of the North Arcade building across from the Dentzel Carousel. Call 301-634-2222.

Caroline or Change.

Through Feb. 26, various times at the Round House Theatre, 4545 East-West Highway, Bethesda. Play follows a black maid working for a middle-class Jewish family in Louisiana. When a small amount of money goes missing, buried tensions threaten to rip two families apart. Call 240-644-1100 or visit RoundHouseTheatre.org for more.

Club Friday.

Through March 17, 7-9 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. Children grades 3-6 are invited to participate in games, crafts, movies, sports and more. Membership fee is \$88. www.montgomerycountymd.gov/rec.

Ella Enchanted Theater

Production. Through March 19, various times at Glen Echo Park, 7300 MacArthur Blvd. Based on the Newberry Honor book by Gail Carson Levine. Baby Ella of Frel is given the "gift" of obedience and cannot disobey any direct order, which leads to challenges. Call 301-634-2222.

Thang Ta.

Wednesdays, 6-7 p.m. at Sutradhar Institute of Dance and Related Arts, 1525 Forest Glen Road, Silver Spring. Learn the ancient art of

the sword and spear. \$25. www.dancesidra.org.

Weekly Blues Dance.

Thursdays 8:15-11:30 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd. Capital Blues presents rotating DJs and instructors with beginner workshop 8:15-9 p.m., no partner necessary. \$8 for all. capitalblues.org

Weekly Swing Dance.

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

Argentine Tango with Lessons.

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

Contra and Square Dance.

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

Drop in Art Activities.

Every Saturday 10 a.m.-12:30 p.m. in the Candy Corner Studio at Glen Echo Park, 7300 MacArthur Blvd., parents and children can explore a new art form or theme. \$10/child, parent combo. Drop-in only. www.pgip.org.

Glen Echo Park Films.

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

SilverWorks Studio & Gallery.

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

Art Glass Center at Glen Echo.

All day Wednesdays; Fridays, 10 a.m.-2 p.m.; Saturdays, 10 a.m.-4 p.m.;

Sundays, noon-4 p.m. Art Glass Center, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Ongoing exhibitions feature work of resident artists. Sculpture, vessels, functional art and jewelry for sale. Classes are taught year-round for beginner, intermediate and advanced students. Visit www.artglasscenteratglenecho.org for more.

Yellow Barn Studio & Gallery.

Saturdays and Sundays, 12-5 p.m. The Yellow Barn Studio & Gallery presents free exhibitions of emerging artists' work. Each weekend features the work of a different artist. Most artwork is also for sale. www.yellowbarnstudio.com.

Potomac Games Group.

Wednesdays, 6:30 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. The world is in the midst of a Golden Age of new board and card games for players of all ages. Free. Contact event host Randy Hoffman at 412-983-5411 or wrandyhoffman@gmail.com.

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.glenechopark.org/saturday-art-explorers for more.

Ceramic Classes.

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

FRIDAY/FEB. 24

My Gym Potomac Open House.

4-7 p.m. at My Gym, 11325 Seven Locks Road, Potomac. Games, music, puppet shows, prizes, raffles, and open house discounts. Free. Email potomac@mygym.com or call 301-983-5300 for more.

SATURDAY/FEB. 25

Aum Amriteswaryai Namah.

6 p.m. at the MA Center, 9109 Harrington Drive, Potomac. Br. Ramanand will lead everyone with spiritual talk, meditation, chants and bhajans, along with the worship of the Shiva Linga, and an have an opportunity to perform Abhisheka, the holy bathing of the Shiva Linga. \$35. RSVP to macdcrmc@gmail.com.

Tom Cunningham Orchestra.

8 p.m. at Glen Echo Park, 7300 MacArthur Blvd. Swing into spring with orchestra music. \$18, \$14 for students with valid ID, and \$10 for children ages 5-13, 4 and under free.

Visit www.glenechopark.org or www.tomcunningham.com for more.

SUNDAY/FEB. 26

Grand George Washington Ball.

1-4 p.m. at Great Falls Tavern Visitor Center 11710 MacArthur Blvd., Potomac. The Chesapeake & Ohio Canal National Historical Park hosts Dr. Larry Keener Farley and his 19th-century dance ensemble for an afternoon of Civil War-era dance. Free but there is a fee to enter the park, currently \$10 per vehicle for a single visit, unless a passenger has an applicable park pass. Call 301-767-3714 or visit www.nps.gov/choh.

TUESDAY/FEB. 28

Community Pancake Dinner.

5-7:30 p.m. at the Potomac Presbyterian Church, 10301 River Road. All-you-can eat Pancake Dinner (gluten-free too), scrambled eggs, sausage, toppings and live jazz music. \$10, \$40 for family. Visit www.potomacpresbyterian.org or call 301-299-6007 for more.

FEB. 28-MARCH 1

Dionne Warwick in Concert.

8 p.m. at the Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave. 4th Anniversary concert. \$115-\$150. Visit www.bethesdabluesjazz.com or call 240-330-4500.

FRIDAY/MARCH 3

Songwriting Awards Concert.

7:30 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave. The third annual Bernard/Ebb Songwriting Awards, produced by the Bethesda Arts & Entertainment District, will feature a live concert performed by the competition's finalists, which includes Matthew Hemmer from Bethesda, in the Pop/Electric category. Visit www.bethesda.org.

TUESDAY/MARCH 7

Coffee, Cookies, Conversation, & Coloring.

1:30 p.m. at Potomac Library, 10101 Glenolden Drive. Meet people, enjoy a nice beverage and cookies, and express, adult coloring is known to reduce stress. Visit www.montgomerycountymd.gov/library/ for more.

FRIDAY/MARCH 10

Family Bingo Night.

7-9 p.m. at Clara Barton Community Center, 7425 MacArthur Blvd. Bingo cards for all ages to play, local celeb callers, pizza and drinks, prizes. Bingo Cards \$5 each. Visit www.FriendsCBCC.org or call 240-777-4910.

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

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A free special program...

Brown Bag Lunch and Learn

Simon Babil, on growing up under Castro, coming to the U.S. as a teen refugee, Castro's impact on the Cuban Jewish community

Friday, March 10, 12:30 - 2

Potomac Community Center

RSVPs required, as space is limited

240-221-1370

Details at

www.PotomacCommunityVillage.org

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PHOTOS BY DEB STEVENS/THE ALMANAC

IN DECEMBER 2016, 46 POTOMAC HOMES SOLD BETWEEN \$2,356,550-\$300,000.

December, 2016 Sales, \$615,000~\$775,000



6 14001 N. Commons Way — \$692,000



5 1126 Halesworth Drive — \$700,000

1 15 Locks Pond Court — \$775,000



4 11916 Canfield Road — \$692,000



2 11504 Bedfordshire Avenue — \$770,000

Address BR FB HB Postal City . Sold Price ... Type Lot AC .. PostalCode Subdivision Date Sold

| | | | | | | | | | | | |
|----|------------------------|---|---|---|-----------|-----------|----------|------|-------|--------------------|----------|
| 1 | 15 LOCKS POND CT | 6 | 3 | 1 | POTOMAC | \$775,000 | Detached | 0.36 | 20854 | POTOMAC WOODS EAST | 12/06/16 |
| 2 | 11504 BEDFORDSHIRE AVE | 4 | 3 | 1 | POTOMAC | \$770,000 | Detached | 0.25 | 20854 | BEDFORDSHIRE | 12/16/16 |
| 3 | 8728 SLEEPY HOLLOW LN | 4 | 2 | 1 | POTOMAC | \$767,000 | Detached | 0.26 | 20854 | FOX HILLS | 12/27/16 |
| 4 | 11916 CANFIELD RD | 4 | 3 | 1 | POTOMAC | \$742,000 | Detached | 0.28 | 20854 | FALLSREACH | 12/12/16 |
| 5 | 1126 HALESWORTH DR | 4 | 3 | 1 | POTOMAC | \$700,000 | Detached | 0.19 | 20854 | ORCHARD RIDGE | 12/09/16 |
| 6 | 14001 N. COMMONS WAY | 4 | 4 | 1 | POTOMAC | \$692,000 | Detached | 0.23 | 20854 | HORIZON HILL | 12/05/16 |
| 7 | 8406 BUCKHANNON DR | 5 | 2 | 1 | ROCKVILLE | \$632,000 | Detached | 0.18 | 20854 | HIGHLAND STONE | 12/13/16 |
| 8 | 7 CHAREN CT | 3 | 2 | 1 | POTOMAC | \$625,000 | Detached | 0.34 | 20854 | REGENCY ESTATES | 12/16/16 |
| 9 | 12861 TRAVILAH RD | 3 | 2 | 1 | POTOMAC | \$620,000 | Detached | 0.82 | 20854 | DARNESTOWN OUTSIDE | 12/12/16 |
| 10 | 11813 MILBERN DR | 4 | 2 | 1 | POTOMAC | \$615,000 | Detached | 0.21 | 20854 | REGENCY ESTATES | 12/19/16 |

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3 8728 Sleepy Hollow Lane — \$767,000

HEALTH

A Record Year

Alzheimer's Association of National Capital Region honors its supporters.

BY EDEN BROWN
THE ALMANAC

Megan Newman told her story at the Alzheimer's Association "Wall of Hope" reception at Tyson's Corner, Va. on Feb. 9. She was only 18, a senior in high school, when her mother started to ask the same question more than once. They both attributed it to stress. They laughed about it. A few months later, it became clear to Meghan that what was wrong with her mother was more than stress. She convinced her to see a doctor, but it took many tests and many neurologists later before she was diagnosed with Alzheimer's.

It came at a difficult time for Megan, as she was headed off to college. She was supposed to be at the "best years of your life" stage. She laughs about it now, but switching roles with her parent at that point in her life was anything but funny. When she went to college, her mother went with her. When she moved off campus, she moved with her mother. The long days of caregiving, studying and managing the lives of two people took a toll on Megan. Her mother didn't really appreciate being told she had to brush her teeth or that she wasn't going to be able to drive her car any longer. Alzheimer's patients don't always exhibit a good-natured response to having children tell them what to do. Megan wasn't always patient and forbearing. And that bothered her. When it became time for her to hold down a job, Megan couldn't manage both tasks anymore. That is why she was so grateful to find the Alzheimer's Association, and why she will always give back to this organization: they helped her manage her mother and supported her, she said.

The reception on Feb. 9 recognized event participants and supporters who distinguished themselves through leadership and exemplary fundraising during the year. Supporters were able to see the unveiling of new plaques on the Wall of Hope, which honors those who suffered from the disease and their friends and family who gave in their name.

Attendees at the event made up 2 percent of the fundraisers and sponsors who raised over 45 percent of total funds from events. In 2016, 7,700 participants raised a record \$1.78 million. And they had



PHOTOS BY EDEN BROWN/THE ALMANAC

Many activities raise funds for Alzheimer's and create solidarity for caregivers, sufferers, and healers together.

a good time doing it. Chris Boullire, the CEO of the National Capital Area Alzheimer's Association chapter, honored the 29 cyclists who created the "Ride to Remember," riding 100 miles and raising more than \$20,000; the 260 Longest Day participants who raised over \$118,000 participating in creative activities; the "Blondes v. Brunettes" (a flag football game for women,) which had 80 participants and raised over \$85,173; and the biggest event for 2016 in this area: the Walk to End Alzheimer's had 7,300 participants at seven walks throughout the region who raised \$1.53 million.

The Alzheimer's Association in the area is always looking for additional Walk volunteers and teams for 2017. Interested people can visit www.alznca.org/walk.

Megan Newman told the story of being a senior in high school when her mother was diagnosed.



Chris Boullire welcomes fundraisers from around the area to the Wall of Hope reception, handing out awards for fundraising "champions."



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| 3/1/2017..... | Wellbeing |
| 3/8/2017..... | HomeLifeStyle Real Estate & Remodeling Pullout |
| 3/15/2017..... | A+ Camps & Schools |
| 3/22/2017..... | Spring Fun, Food, Arts & Entertainment |
| 3/29/2017..... | Connection Families |

APRIL

| | |
|----------------|---|
| 4/5/2017..... | Wellbeing: Senior Living Pullout |
| 4/12/2017..... | Spring Parade of Homes |
| 4/19/2017..... | A+ Camps & Schools |
| 4/26/2017..... | A+ Camps & Schools Pullout |
| 4/26/2017..... | Mother's Day Celebrations, Dining & Gifts I |
| 4/26/2017..... | Connection Families; Spring Outlook 2017 |

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HOME SALES

In January 2017, 19 Potomac homes sold between \$1,385,000-\$473,000.

| Address | BR | FB | HB | Postal | City | Sold Price | Type | Lot AC | Postal Code |
|-------------------------|----|----|----|-----------|------|-------------|-----------|--------|-------------|
| 10707 LOCKLAND RD | 5 | 4 | 2 | POTOMAC | | \$1,385,000 | Detached | 2.00 | 20854 |
| 11014 LARKMEADE LN | 4 | 4 | 1 | POTOMAC | | \$1,215,000 | Detached | 0.19 | 20854 |
| 13319 MORNING FIELD WAY | 6 | 5 | 1 | POTOMAC | | \$1,175,000 | Detached | 0.22 | 20854 |
| 10700 LAUREL LEAF PL | 4 | 4 | 1 | POTOMAC | | \$1,160,000 | Detached | 0.37 | 20854 |
| 7309 MASTERS DR | 4 | 2 | 2 | POTOMAC | | \$1,110,000 | Detached | 0.35 | 20854 |
| 9000 POTOMAC STATION LN | 5 | 4 | 2 | POTOMAC | | \$1,100,000 | Detached | 2.00 | 20854 |
| 12317 RIVERS EDGE DR | 6 | 4 | 1 | POTOMAC | | \$1,085,000 | Detached | 2.26 | 20854 |
| 12821 THREE SISTERS RD | 4 | 3 | 1 | POTOMAC | | \$960,000 | Detached | 2.03 | 20854 |
| 10 GATE POST CT | 4 | 3 | 1 | POTOMAC | | \$950,000 | Townhouse | 0.09 | 20854 |
| 9412 WOODINGTON DR | 4 | 3 | 1 | POTOMAC | | \$880,000 | Detached | 0.42 | 20854 |
| 11101 GLEN RD | 4 | 4 | 1 | POTOMAC | | \$860,000 | Detached | 2.57 | 20854 |
| 9224 BENTRIDGE AVE | 4 | 3 | 1 | ROCKVILLE | | \$805,000 | Detached | 0.29 | 20854 |
| 13305 SUNNY BROOKE PL | 3 | 3 | 1 | POTOMAC | | \$725,000 | Townhouse | 0.05 | 20854 |
| 1541 BLUE MEADOW RD | 4 | 3 | 1 | POTOMAC | | \$722,500 | Detached | 0.25 | 20854 |
| 11804 GREGERSCROFT RD | 4 | 2 | 1 | POTOMAC | | \$711,000 | Detached | 0.39 | 20854 |
| 10913 WHITERIM DR | 3 | 2 | 2 | POTOMAC | | \$668,000 | Townhouse | 0.05 | 20854 |
| 11902 HENRY FLEET DR | 4 | 2 | 1 | POTOMAC | | \$663,000 | Detached | 0.22 | 20854 |
| 8 WOODSEND PL | 5 | 3 | 1 | POTOMAC | | \$580,000 | Detached | 0.49 | 20854 |
| 10605 MUIRFIELD DR | 3 | 2 | 2 | POTOMAC | | \$473,000 | Townhouse | 0.03 | 20854 |

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NEWS BRIEFS

Learn about Asian Vegetables

Author Wendy Kiang-Spray will address the Metropolitan Washington Garden Club on Wednesday, March 1, 8 p.m. at Fellowship Hall, Bethesda United Church of Christ

10010 Fernwood Road, Bethesda.

She will discuss how to grow a variety of Asian vegetables such as chrysanthemum greens, luffa gourds, bitter melon and more. Kiang-Spray will explain how to use these vegetables traditionally and in recipes. Learn tricks to grow Asian greens and prevent bolting and pests, and how to use fragrant lemongrass or kaffir lime leaves in recipes.

Kiang-Spray is a freelance writer and speaker. Her book about growing and cooking Chinese vegetables, "The Chinese Kitchen Garden: Growing Techniques and Family Recipes from a Classic Cuisine," was just released by Timber Press in February, 2017. She gardens in Rockville, where she works by day as a high school counselor.

In her spare time, she volunteers as a DC Master Gardener intern and blogs about gardening and family at greenishthumb.net. Also, see her blog about Asian vegetables at www.wendykingspray.com.

Getting Motivated To Exercise

Potomac Community Village is partnering with the National Institute on Aging's Go4Life program, in a pilot workshop set for Friday, March 24, 1-2:20 p.m. at Potomac United Methodist Church.

The free workshop, "Fit4Function Workshop from Go4Life," is designed for people age 50-plus who:

- ❖ are not exercising regularly but want to,
- ❖ who used to exercise regularly and need more motivation to do it again. It's not for people who are already exercising regularly, or for those who don't want to exercise, or those who are infirm.

The program is open to those who meet these qualifications, but space is limited and interested individuals must register in advance by March 17. The workshop will be taught by Go4Life Director Stephanie Dailey, who will be testing out the latest research on how to encourage those who know exercise is good for them, but somehow can't get themselves motivated enough to do it.

The goal of the pilot program is to develop a workshop that motivates older adults to become more physically active by learning the tools to start and stay motivated to exercise; and a trainer's guide that can be used by site coordinators to lead these workshops. PCV is one of several organizations partnering with Go4Life on this project.

Participants will engage in guided discussion, watch videos, practice simple stretches and other non-aerobic activities and share ideas and experiences. Dress is casual, with no need for "exercise clothes." Sneakers would be appropriate but are not necessary.

PCV will provide healthy snacks and Go4Life will distribute free helpful materials. Space is limited, and drop-ins will not be accepted. Provide name, address, telephone number and email when registering, either to the PCV Help Desk at 240-221-1370 or to info@PotomacCommunityVillage.org. Potomac United Methodist Church is at 9908 South Glen Road, at the corner of Falls Road.

Potomac Community Village is a non-profit all-volunteer network of friends and neighbors, providing programs and services so members can live vibrant, active and healthy lives, while living in their own homes and neighborhoods. For more information, to volunteer or get volunteer help, call 240-221-1370, email info@PotomacCommunityVillage.org or check out www.PotomacCommunityVillage.org or www.Facebook.com/PotomacCommunityVillage.

Free Tax Help Available

Low income taxpayers in Montgomery County have a variety of opportunities to get free income tax preparation and tax counseling before the Tuesday, April 18 tax deadline. Through the IRS's Volunteer Income Tax Assistance and Tax Counseling for the Elderly programs, local volunteers help low-to-moderate income residents and seniors file their taxes and learn about important tax credits, such as the Earned Income Tax Credit and renter's credits.

Working with county agencies and nonprofits, volunteers are trained and certified to assist residents as they prepare state and federal returns for 2016. There are several locations throughout the community and varying service days and hours.

To learn more about free tax services in Montgomery County, residents can go to the county's Cashback website, www.montgomerycountymd.gov/CASHBACK, or call 3-1-1.

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www.lostdogandcatrescue.org

BULLETIN

FROM PAGE 5

Lutheran). Join the "Seven Locks" churches Wednesday evenings during Lent for dinner and then a study led by the pastors of the churches. The March 15 topic is "The Trinity." Call 301-299-5226 or visit www.scotlandamezion.org.

FRIDAY/MARCH 17

Nomination Deadline. The County's Community Action Board is seeking nominations for several awards which recognize individuals and organizations that have made a difference in reducing poverty, or for advocating on behalf of Montgomery County's low-income residents. Awards will be presented at the Board's annual Community Action Awards and Celebration on Tuesday, May 23. The nomination form is available at www.surveymonkey.com/r/CommunityActionAwards. For more information or to request a paper copy of the nomination form, call the Community Action Agency at 240-777-1697.

WEDNESDAY/MARCH 22

Education Forum. 6:30-8:30 p.m. at Walter Johnson High School (cafeteria), 6400 Rock Spring Drive, Bethesda. Montgomery County Council Education Committee Chair Craig Rice, Montgomery County Public Schools Superintendent Jack Smith and Montgomery College President DeRionne Pollard will host a public forum to provide information, and seek input, on the programs and budgets of the County's public school system and its community college. Contact Councilmember Rice's office at 240-777-7955 or email Councilmember.Rice@montgomerycountymd.gov.

FRIDAY/MARCH 24

Fit4Function Workshop. 2:30 p.m. at Potomac United Methodist Church, 9908 S. Glen Road, Potomac. Sign up for a free pilot program workshop that Potomac Community Village (PCV) is organizing with Go4Life (a unit of the National Institute on Aging at NIH). The workshop, Fit4Function Workshop from Go4Life, is designed for people age 50+ who are not exercising regularly but want to or who used to exercise regularly and need more motivation to do it again. Space is limited; advance register required by March 17. Contact 240-221-1370, info@PotomacCommunityVillage.org or visit www.PotomacCommunityVillage.org or www.Facebook.com/PotomacCommunityVillage.

WEDNESDAY/MARCH 29

Education Forum. 6:30-8:30 p.m. at Richard Montgomery High School (cafeteria), 250 Richard Montgomery Drive, Rockville. Montgomery County Council Education Committee Chair Craig Rice, Montgomery County Public Schools Superintendent Jack Smith and Montgomery College President DeRionne Pollard will host a public forum to provide information, and seek input, on the programs and budgets of the County's public school system and its community college. Contact Councilmember Rice's office at 240-777-7955 or email Councilmember.Rice@montgomerycountymd.gov.

BEGINS APRIL 24

Job Search Training for Seniors. 9 a.m.-4 p.m. JCA's Career Gateway Program can help hone a resume, polish networking and interviewing skills, use Internet job search resources more effectively, and turn age and experience to an advantage. Each session of the Career Gateway features 30 hours of small-group classroom instruction over five days, comprehensive take-home materials, practical exercises, and a long-term mentor. \$75. Session V takes place April 24, 26, 28, May 1 and 3, 2017. Call Ellen Greenberg at 301-255-4215 or email egreenberg@AccessJCA.org.

THROUGH APRIL

Host Families Needed. The Big Train is looking for families to share their homes with a Big Train player during the 2017 season. Players stay with families from late May through late July or early August. Contact Emily Waldman at waldmanemily@gmail.com or Anne Fletcher at fletch428@gmail.com.

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Centre View South
Zone 5: The Potomac Almanac
Zone 6: The Arlington Connection
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The McLean Connection
The Great Falls
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A Date With Destiny



By KENNETH B. LOURIE

I suppose, given that Feb. 27, 2017 is the eight-year anniversary of my original non-small cell lung cancer, stage IV diagnosis, followed up almost immediately with my "13 month to two-year" prognosis, I should make mention of it. Not that I need any reminding, but perhaps you regular readers who don't exactly know my history, might be curious as to how long I've been droning on about cancer. Strictly speaking, it was June 2009 when my first cancer-type (it was the diagnostic process, actually) column was published: "Dying to Find Out, Sort Of." And I've been self-indulging myself ever since save for the odd occasion when my mind wanders elsewhere and I'm able to write outside the cancer bubble.

Which is probably a good thing, as is venting every week about the good, bad and the ugly, concerning my having cancer and learning how to live with it. Not that the content is particularly informative, factually, but it is an honest description of the anxieties and fears a patient experiences. Occasionally, I will include a few facts, but as a sports- and chocolate-person, medicine/science and my knowledge and understanding, and ability to explain them are mutually exclusive at best and an oxymoron at worst, with yours truly being the moron. What kind of moron you ask? As Curly Howard of The Three Stooges answered in a long-ago "two-reeler": "Why? Are there more than one kind?"

Nonetheless, in spite of myself, life has gone on as I'm proud and extremely fortunate to say. As to where I am in the cancer-survivor scheme of things? Somewhere between slim and none. When I was first diagnosed, my oncologist said the survival rate for similarly staged patients (stage IV) after five years was in the low single digits (as in 1 to 2 percent). When my wife, Dina, asked him why aren't there any parades for lung cancer survivors (as is so often the case with breast cancer survivors), he answered quite succinctly: "Because there aren't any," (survivors, that is). I appreciated his honesty and told him so. I was clueless however, as to what my immediate future would really be like. I would know soon enough as it was recommended that I start chemotherapy as soon as possible. I remember my brother, Richard, asking the oncologist what would he do if it was his brother diagnosed with lung cancer; his answer was to begin infusions without delay and so a week later, we began.

And so here I am, nearly eight years later, still minding my own business and sharing it with you all every week. My infusions now occur every five weeks, CT Scans every three months. My face-to-face appointments with my oncologist occur quarterly as well, a week or so after the scan to discuss the results. So far, mostly so good. Oh sure, I've had my moments (tumor growth, fluid build-up in both lungs followed by a week-long stay in the hospital, ongoing kidney concerns, no surgery though), but for the most part, I've been incredibly lucky (my oncologist calls me his "third miracle").

As to what I'm doing to help myself and hurt the cancer? Not nothing. In addition to the standard fare offered by my oncologist, I have supplemented my treatment with a variety of non-Western alternatives, many of which I've mentioned in previous columns. Are they working? They're not hurting, I can tell you that. Could I do more? Probably. Should I do more? Absolutely! Am I doing more or less than I used to? Less, I'm afraid. But as Popeye the Sailor Man said so often: "I 'yam what I 'yam." And come Monday, Feb. 27, 2017, I'll have "yamed" myself into an eight-year lung cancer survivor. Do I hear nine? Hopefully, I hear a lot more than that. From my pen to God's ears.

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



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