

Potomac ALMANAC

Bud Cline, volunteer with the C&O Canal, shares his knowledge about the bald eagles at the Chesapeake & Ohio Canal National Historical Park on Saturday, March 4.

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White and gray painted cabinets like those in this kitchen by Winn Design + Build will dominate kitchen color schemes in 2017.



Homeowners are seeking kitchen spaces that are calming and clutter-free says, Shannon Kadwell of Anthony Wilder Design/Build, Inc.

PHOTOS COURTESY OF WINN DESIGN + BUILD

Kitchen Design Trends to Expect in 2017

Local designer share popular design ideas.

BY MARILYN CAMPBELL
THE ALMANAC

Those looking for kitchen design ideas have a new source of inspiration: the National Kitchen & Bath Association's (NKBA) list of trends for 2017. Local designers reveal which trends are most popular in the Washington, D.C. region.

NKBA predicts that contemporary-styled kitchens will overtake traditional to become the second most popular design after transitional. Locally, Michael Winn, president of Winn Design + Build expects to see "a

strong move towards transitional and contemporary styles, with no fussy designs."

Homeowners are looking for "kitchen spaces that look comfortable, calming and clutter-free," said Shannon Kadwell of Anthony Wilder Design/Build, Inc.

Clean lines, built-in shelving and simple door styles dominate kitchen designs. Megan Padilla, senior designer for Aidan Design reports an interest in custom storage ideas. "We're inspired by our work with clients who often have collections of table décor — everything from antique trays to vintage oyster plates," she said. "By creating custom storage these cherished items can be readily accessible."

When it comes to painted cabinetry, gray is the new white and the popularity of both colors shows no signs of slowing down, according to the NKBA survey. However, blue painted and high gloss kitchen cabinets are emerging, especially in the Washington area, says Winn. "Blues and grays are very popular [and] "White continues to be popular."

For overall color schemes, two-toned kitchens are gaining popularity while blue and black are emerging as sought after colors. "We're seeing a rise in product offerings available in matte black — from appliances to plumbing fixtures to cabinet hardware," said Padilla. "We love it paired with white in a classic black and white kitchen,



Clean lines, built-ins and neutral colors, such as those in the kitchen of this Potomac, Md. home by Anthony Wilder Design/Build, Inc., are expected to be popular in 2017.



"I would also expect the technology side to be a focus in D.C.," said Samantha Klickna, project developer with Case Design/Remodeling, Inc.

but also as an accent piece. Matte black also pairs beautifully with brass, which has been trending for the past couple of years."

"People have less time and want to cook so want to do it quickly and they're wanting these appliances that can accomplish that."

— Shannon Kadwell of Anthony Wilder Design/Build, Inc.

Quartz is the most sought-after kitchen countertop material, followed by granite. "Most of our clients aren't really interested in a kitchen that [is] too trendy since they plan to have it in place for 15-20 years," said Padilla. "We've seen an uptick in interest in incorporating color by way of alternate neutrals. Navy blue is probably the top choice, but taupes and lighter blues are also on the list."

An interest among homeowners in incorporating technology in kitchen design is increasing as well. About one third of the NKBA professionals surveyed reported recent projects that included wiring and pathways for future tech integration. "I would also expect the technology side to be a focus in D.C.," said Samantha Klickna, project developer with Case Design/Remodeling, Inc. "The ease and comfort of controlling your home while at the office or on travel is very appealing and convenient for the city dweller."

Induction cooktops and convection ovens are trending higher, and microwave drawers are surpassing freestanding or built-in microwaves in popularity. "People have been purchasing appliances like steam ovens and induction ovens now more than ever before," said Kadwell. "People have less time, but still want to cook. They want to be able to cook quickly, so they're looking for appliances that can accomplish that."



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

A bald eagle nest can weigh up to 1 ton and measure 3 to 4 feet in diameter and 2 feet deep. The birds add sticks to their nest every year and return to the same nest every year. When bald eagles find mates they stay together until one dies, then they go find another.



Discussing Bald Eagles

Bud Cline aligns his telescope with the bald eagle nest of Conn Island near the Great Falls Tavern.



PHOTOS COURTESY OF PETE PIRINGER

The Montgomery County Fire and Rescue Service's River Rescue and Tactical Services Team deployed five boats to search the Potomac River on the morning of Tuesday, Feb. 7.

Body of Missing Woman Recovered

River Rescue team finds body in river.

BY FALLON FORBUSH
THE ALMANAC

The body of Becky M. McCleskey, 56, of Arlington, Va., was found in the Potomac River. Her body was recovered from the water near the Old Angler's Inn restaurant in Potomac, on Friday, Feb. 24, at approximately 5:50 p.m.

The U.S. Park Police determined hypothermia and drowning caused McCleskey's death and that there were no signs of foul play, according to Anna Rose, the department's spokesperson.

Her body was originally spotted by hikers on the Maryland side of the Potomac River who then called 911, Rose said.

The discovery came 18 days after she was reported missing on Monday, Feb. 6.

The park police spent three days searching the 800-acre, mostly forested Great Falls National Park in Virginia by land and helicopter after McCleskey's car was found parked in its north parking area on the first day she went missing. Her car entered the park

at 4:36 p.m. that evening.

The park was closed for two hours the following morning because of the investigation.

At 7:38 a.m. on Tuesday, Feb. 7, the Great Falls Park Facebook account posted a status informing the public that it was closed and warned visitors to call the visitor center before attempting to enter the park. By 9:47 a.m., the park posted a new status saying, "Great Falls Park is now back open!"

"Essentially, we wanted to close the park to ensure visitor safety and to ensure that visitors didn't impact the crime scene," said Aaron LaRocca, National Park Service spokesperson.

The Montgomery County Fire and Rescue Service joined the U.S. Park Police, searching the Potomac River along the Great Falls and Chesapeake and Ohio Canal parks. "Maryland has jurisdiction in the river," said Pete Piringer, MCFRS spokesperson. "They called us Monday night [Feb. 6]."

The swift water search was suspended because of stormy weather at midnight on Feb. 7, but resumed hours later that morning. The team also searched on Wednesday, Feb. 8.

By Thursday, Feb. 9, the search was called off.

McCleskey's next of kin was notified of the body's discovery, according to Rose.



The Montgomery County Fire and Rescue Service's River Rescue and Tactical Services Team searched the Potomac River for three days.



PHOTO COURTESY OF THE UNITED STATES PARK POLICE

Becky M. McCleskey, 56, was missing since Monday, Feb. 6, and was last seen leaving her home at 8 a.m. that day.

Go Organic: Save Green and Stay Green

BY CAROL VAN DAM FALK
PRESIDENT

American households spent nearly \$30 billion in 2013 on lawns and gardens, about \$347 per household, according to a National Gardening Association survey. That does not include the cost of time and energy spent on performing these chores.

Homeowners can slash the amount of time and money spent on maintaining their yard, avoid toxic chemicals, and still have a great-looking lawn. There are successful alternatives to maintaining green lawns, such as replacing grass with perennials and mulching — but if your desire is to keep a green lawn looking lush without chemical fertilizers and pesticides, there are environmentally friendly ways, according to Paul Tukey, chief sustainability officer for the

WMCCA

Glenstone Museum on Glen Road in Potomac. Glenstone does not use any chemical fertilizers, pesticides, or herbicides. Instead, Tukey instructs gardeners to spread a thin layer of compost on the grass in the spring, irrigate deeply every so often, and mow with cutters set high, not low. Mowing closely actually causes lawns to deteriorate.

Tukey recommends mowing only when needed, more often in the spring when grass is actively growing and less often during the hot spells of summer. Hear what Paul Tukey recommends to retain moisture, fight clover and dandelions, and how to care for a chemical-free lawn when he addresses our General Meeting at the Potomac Community Center.

Maryland Catering Inc. Banquet / Motel Facility Hearing Postponed — Again

BY SUSANNE LEE

The hearing on Maryland Catering's application for a conditional use permit to build a banquet/motel facility at 10801 MacArthur Boulevard adjacent to the C&O Canal National Historical Park was scheduled to begin on Feb. 24 before the Office of Zoning and Administrative Hearings (OZAH) Hearing Examiner (HE) Lynn Robeson.

Instead, shortly after it began, the hearing

Next Meeting

Paul Tukey, chief sustainability officer for the Glenstone Museum in Potomac and author of "The Organic Lawn Care Manual," will give a presentation on organic grounds management at the March 8 meeting of the West Montgomery County Citizens Association at 7:15 p.m. in the Potomac Community Center.

The public is invited to attend. If schools are closed because of inclement weather, the meeting will be cancelled.

was postponed yet again to Sept. 25. The application was filed nearly two years ago and the hearing has now been rescheduled five times.

The major reason for the postponement was the Montgomery County Planning Board's determination that it had insufficient information from Maryland Catering and thus it could not provide a recommendation regarding the application. The Planning Board stated that "due to the unique location of the subject property adjacent to the National Park and the issues arising from the proposal for this use at this location" it had a strong interest in providing an informed recommendation.

This followed a lengthy hearing before the Planning Board on Fe. 16, at which WMCCA and a broad coalition of citizens associations and adjacent homeowners, as well as representatives of cyclist and canal user organizations, testified in opposition to the application. The hearing officer ordered as follows: Maryland Catering must submit all documents by April 3; a new Planning Board Public Hearing will be on July 13; and, "[n]o postponements of the Sept. 25 hearing date will be granted absent force majeure or other acts outside of the control of the parties."

Tree Montgomery Is a Program to Plant Shade Trees — for Free

BY GINNY BARNES

The Montgomery County Department of Environmental Protection is looking for places to plant shade trees, including yards of single family homes, around parking lots, and multi-family communities.

They are also targeting areas where there is a lot of development, little tree canopy, or a

real need for shade. The county will install shade trees and give them some after care — all for free.

When installed, the trees will be more than 10 feet tall and they will eventually grow to more than 50 feet tall. These shade trees will provide decades of shade. Funding for Tree Montgomery is on-going and provided through the Tree Canopy Law. If you are interested in a free shade tree, sign up now.

Please go to: <https://www.montgomerycountymd.gov/green/trees/tree-montgomery.html> and simply input the address where you want to plant a shade tree to start the application.

Zoning and Planning Updates

BY SUSANNE LEE

WMCCA along with the Brickyard Coalition and the Pauls, the abutting homeowners, have appealed the partially adverse District Court decision in Brandywine Senior Living regarding the Board of Appeals' conditional use approval for a 140 assisted living facility on the former site of the Potomac Tennis Club on Falls Road.

WMCCA members, working with adjacent homeowners, are preparing arguments in opposition to a forest conservation plan variance request for 12925 Circle Drive, the site where a 255 year-old, 65 inch ash tree was recently chopped down.

WMCCA is also preparing comments on a proposed change in countrywide sewer policy that would allow extensive expansion of sewer into low density RE-1 zones throughout the county in violation of the Potomac Subregion Master Plan and Statewide sewer and smart growth policies.

WMCCA Nominating Committee

The following individuals are proposed to serve on the Nominating Committee and will be voted on at the March 8 General Meeting:

Chairperson — Ken Bawer

Members: Barbara Hoover, George Barnes, Jill Phillips, and Ginny Barnes

The committee will nominate officers and directors to be voted on at the May 10 General Meeting.

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.

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.

FRIDAY/MARCH 10

Brown Bag Lunch and Learn. 12:30-2 p.m. at the Potomac Community Center, 11315 Falls Road, Potomac. Two years after Castro came to power, speaker Simon Babil was the first in his family to leave Cuba and arrive in the U.S. at age 15, with one suitcase and \$5 in his possession. Babil brings alive the refugee story with his recounting of having to learn English in his first two years in Chicago and finally reuniting with his family in New York where he studied electrical engineering. Bring a brown bag

lunch. PCV will provide beverages and dessert. While reservations are not required, it will help us know how many cookies and other goodies to set out and how many chairs, if you call 240-221-1370 or email info@PotomacCommunityVillage.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 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/

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United Against Threats

County and state leaders meet to support Jewish congregations.

BY PEGGY MCEWAN
THE ALMANAC

Montgomery County Executive Isiah Leggett held a press conference Friday to reaffirm the county's solidarity with the Jewish community in light of recent bomb threats.

"This hate has to stop," Leggett said as he stood before a gathering of Maryland state and county senators, representatives, council members, police, Jewish leaders and rabbis and members of other faith communities in the county.

During the conference, Leggett announced that he was sending the County Council a supplemental appropriations recommendation to the Fiscal Year 2017 Capital Budget of \$225,000 to fund security improvements at the Bender Jewish Community Center, Charles E. Smith Jewish Day School and the Jewish Federation of Greater Washington, Inc.

"The Jewish community has already borne heavy costs to protect their facilities, and it is important

that the county demonstrate its support with these contributions," Leggett wrote in a memorandum to Council President Roger Berliner on Monday.

To date there have been 120 threats nationwide including two at the Bender Jewish Community Center of Greater Washington in Rockville where the conference was held, according to Ronald Haber, executive director of the Jewish Community Resource Council of Greater Washington. There was also a bomb threat called in to the Charles E. Smith Jewish Day School upper school in Rockville on Monday, Feb. 27. The purpose of the bomb threats is to sow fear and anxiety in Jewish communities, Halber said, but we will continue to practice our Jewish faith without reservation.

Rabbi Mitchel Malkus, headmaster of Charles E. Smith Jewish Day School, said that when the bomb threat came into his school it brought not only disruption to the school day, but "that someone wanted to blow up their school," was an emotional shock to the students

Assistant Police Chief Daryl Deprenda reminded the gathering that the police need the community to help combat the threats.

"If you see something, say something," he said. "Every tip matters, every tip will be followed up. We will together overcome this hate."

Learning about Technology for Homes

Raising the IQ level of one's home, ranging from the simple to the sophisticated, from replacing LED bulbs to fully integrated home automation systems, is the mission of Gary Flax, in his presentation, "Smart Technology For Our Homes," at Potomac Community Village's monthly meeting on March 16.

Flax, president of Smart Automation Solutions, brings more than 20 years of experience and imagination to creating and producing a variety of answers to homeowners' needs, not the least of which is reducing the energy footprint and costs of the home.

"Our goal is to maximize the green effect of home automation," Flax said. "We add fun and function while giving homeowners better control over energy costs through greater efficiency."

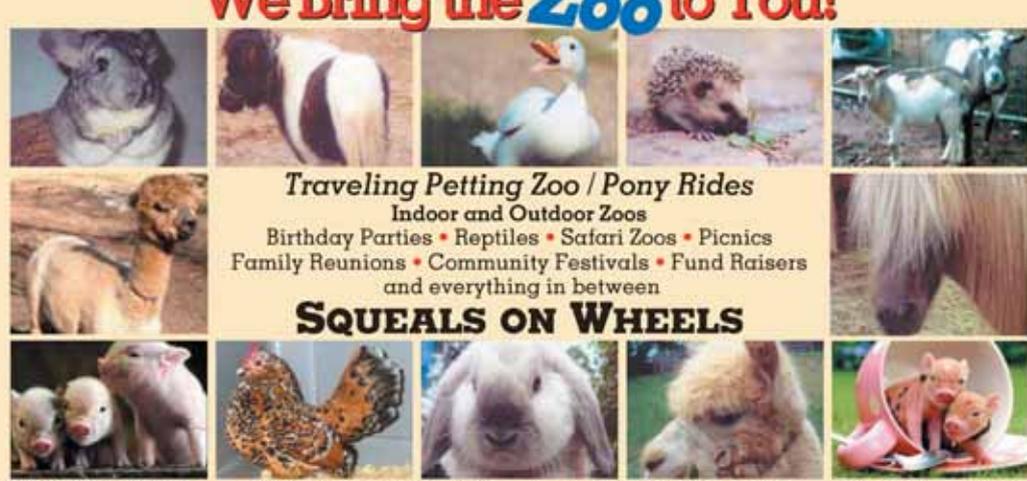
Making home automation simple to use runs the gamut from products easy for individuals to install themselves to entire systems controlled by a single device that Smart Automation Solutions designs and installs. Such technology can also offer solutions to

homeowners seeking to remain in the homes and neighborhoods they love. Costs can range from the high end of automated blinds and lighting control to the more moderate and common such as thermostat control.

PCV's March 16 meeting takes place from 7-9 p.m. at the Bolger Center's Franklin Building, 9600 Newbridge Drive, Potomac. Look for directional signs on the property to the meeting location.

PCV is a non-profit all-volunteer "aging in place" network of friends and neighbors, providing programs and services so members can live active and healthy lives, while living in their own homes and neighborhoods. Volunteer services offered include transportation, electronic device assistance, errands, friendly phone calls and visits, and simple home repairs. For more information, to volunteer or get volunteer help, contact 240-221-1370, info@PotomacCommunityVillage.org or check out www.PotomacCommunityVillage.org or www.Facebook.com/PotomacCommunityVillage.

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Thursday, March 9, 10 - 11:30
Tally Ho Restaurant, Potomac Village

Afternoon Tea & Talk
Tuesday, March 14, 3- 4:30
Corner Bakery, Westlake Drive

"Smart Technology for Our Homes"
Thursday, March 16, 7 p.m.
Bolger Center, 9600 Newbridge Drive

details at 240-221-1370
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Sow Now, Reap this Spring

Getting a garden and yard ready for warm weather.

BY MARILYN CAMPBELL
THE ALMANAC

One of the most anticipated sights of spring is a garden in bloom. While the project of tackling a yard or garden after a dormant winter can seem daunting, horticulturalist Misty Kuceris of Burke Nursery & Garden Centre says an organized plan will make the task manageable.

“First walk around your yard and look at what’s happened over the winter months,” she said. “Look at your trees and shrubs. Do they need pruning before things really start growing?”

Flower and garden beds should be surveyed as well, says Kuceris.

“If you didn’t clean out the flower beds and vegetable beds at the end of fall, you need to do that,” she said. “Take a look at whether you need to add more compost to make the soil better.”

Even after flowerbeds are clean, David Watkins, general manager of Merrifield Garden Center says that homeowners should wait before planting warm season flowers like impatiens and begonias. “You want to hold off until the last frost is gone, he said. “Some nurseries however have tulips and daffodils that are already potted.

Those can be planted now. There is also a Lenten Rose which blooms from February until June and you can add color to your yard that way.”

Kuceris also suggests reestablishing the weathered edging of a garden bed and adding new mulch when necessary. “The other thing that is good to do every two years is a soil test,” she said. “Find out the pH is of your lawn and garden.” Soil pH is a measure of the acidity and alkalinity in soils.

One source that Kuceris recommends is the Virginia Tech Soil Testing Laboratory. Researchers analyze soil samples submitted by the public and perform tests to evaluate the soil’s nutrient potential. The tests also help researchers determine the most beneficial application rates of fertilizer and lime for optimum plant growth.

After the garden is tidy and the soil is prepared, vegetables can be planted. “If you have a vegetable garden, March is the best time to plant potatoes, scallions, onions, asparagus, lettuce, kale, cauliflower, broccoli, and even horseradish because those plants love spring,” said Kuceris. “We call them cool season plants.”

If weeds are an issue, you can apply a weed and crabgrass



PHOTOS BY MISTY KUCERIS

March is a great time to plant trees, like these Dogwoods.

“Pansies just love spring weather. The color is phenomenal on pansies. They make a lot of people happy.”

— Misty Kuceris, horticulturalist

prevention and fertilizer,” says Kuceris. “For a natural alternative, you can use corn gluten meal as a natural weed suppressant and fertilizer for grass lawns.”

“With anything you plant now, the roots are going to start growing and you’ll have a much better established plant by summer,” added Watkins.

Most trees or shrubs can also be planted now, says Watkins. “Now is a great time to mulch and fertilize your trees, shrubs and lawn,” he said. “That alone makes it look a lot better, even without planting.”



Horticulturalist Misty Kuceris says that pansies are an ideal flowering plant for spring.

Butterfly Weed Wins Perennial of the Year

BY CAROLE FUNGER
THE ALMANAC

The designation Perennial Plant of the Year is awarded each year by the Perennial Plant Association to the perennial that outshines its competitors not only in appearance, but also in its noteworthy characteristics. To be considered, a plant must be able to grow in a wide range of climates, require little maintenance and have multiple seasons of interest. And, it should be relatively pest and disease free.

That’s a tall order for many plants, but late last year, orange-flowering butterfly weed (*Asclepias tuberosa*) more than rose to the occasion. In November it was voted 2017 Perennial Plant of the Year, becoming the 27th in a distinguished line of perenni-

als to receive such an honor.

What makes butterfly weed so special?

Native to much of the continental United States as well as Ontario and Quebec, butterfly weed grows wild in a variety of climatic conditions including dry forests, along roadsides and in prairies and open fields. A member of the milkweed family, it tops out at about 1 to 2 feet. Its natural preference for average to dry soil makes it an excellent drought-resistant plant.

Butterfly weed’s large clusters of flowers are a brilliant orange-yellow, a beacon among other subtler-toned plants. Happily blooming from June through August, they produce copious amounts of nectar that at-

GARDENING

tracts hordes of butterflies, birds and a wide assortment of insects. The distinctive flowers are composed of five petals that stand up (called hoods) and five petals that hang down. The hoods enclose a single orange horn that when cross-pollinated, forms a follicle. Later in the season, the follicle opens up along one side to disperse silky-tailed seeds.

Not to be outdone, butterfly weed’s foliage has its own attractions. Long and pointed, the 4” leaves provide food for the larvae of native Monarch butterflies, while also lending a deep green backdrop to the brilliant flowers.

Plant butterfly weed in full sun in well-drained, moderately dry soil. For an eye-catching composition, pair it with other strong-hued perennials like *Liatris spicata*,



The butterfly weed.

Echinacea ‘Double Scoop Raspberry’ and Hemerocallis ‘Stella D’Oro.’ Or, let its orange flowers shine amidst subtler toned flowers like lemon-yellow Hemerocallis ‘Happy Returns’, white Phlox ‘David’ and apricot Cosmos.

NEWS BRIEFS

Record Views Of Heroin Epidemic Show

The first show of a new series on County Cable Montgomery (CCM), Montgomery County's government cable station, this week surpassed 20,000 online views — making it the most-watched issue-based video in the history of the station.

The first show of the series "Montgomery County: A Closer Look" studied how the nationwide heroin epidemic has become a prominent problem in Montgomery County, impacting local families.

"Heroin—The Quiet Epidemic" debuted on CCM in September. It also became available via streaming at the Montgomery County web site at <http://tinyurl.com/z9982v8> and on YouTube at <https://youtu.be/RkHtrNxkXPE>. In the first week of its release on YouTube, the 30-minute video was viewed more than 2,500 times.

The show originally aired on CCM, which can be viewed on Cable Channels 996 (high definition) and 6 (standard definition) on Comcast; Channels 1056 (HD) and 6 (SD) on RCN; and Channel 30 on Verizon. The show additionally was broadcast on the Montgomery Community Media station, which also is a member of the County's or-

ganization of PEG (Public / Education / Government) cable channels.

"Heroin – The Quiet Epidemic" is about the rise of overdose cases over the last five years in the county. The show tells the story of families who found themselves trying to battle the epidemic, with some of the efforts too late. One Montgomery County death involved the daughter of a Montgomery County judge, who is featured in the show.

The show also provides signs that parents should aggressively look for — even if they believe there is no reason to suspect their child has a drug problem.

A report released in June 2016 by the Maryland Department of Health and Mental Hygiene shows the number of deaths related to heroin, prescription opioids or fentanyl has more than doubled statewide since 2010. In that year, there were 588 such reported deaths in Maryland, including 238 by heroin. In 2015, there were 1,439 such reported deaths statewide, including 748 by heroin. In 2015, Montgomery County had 37 deaths.

In the video, the CCM cameras were allowed into a meeting of the Montgomery County organization that members have named S.O.U.L., or Surviving Our Ultimate Loss. The weekly Tuesday night group started with a handful of mothers one year ago. Its meetings now have about 25 mem-

bers. The video advises parents, once aware of the spread of the epidemic, to take a further look if their child sleeps more than normal and often complains of an upset stomach or constipation. Finding items that are out of the ordinary for a child could lead to concern.

Montgomery County public safety units now carry the drug Narcan, which, when used in time, can pull a victim out of a heroin overdose. The video also talks about Montgomery County's Drug Court that provides an alternative to jail for some people charged with violations of drug laws.

"We are fortunate in Montgomery County to have organizations like

Susan Kenedy was the producer and reporter for "Heroin—The Quiet Epidemic." Mike Springirth was the videographer and editor. Executive producers Sonya Healy and Delphine Harriston conceived the story idea for this edition of "Montgomery County: A Closer Look."

Home Care Agency Awarded

Options for Senior America in Gaithersburg has been selected as one of the 2017 Best of In-Home Care Award winners on SeniorAdvisor.com, a ratings and reviews site for senior care and services in

North America.

The designation honors the top one percent of senior care providers across the country. The annual SeniorAdvisor.com Best of Awards tabulates over 130,000 family created reviews to find the best quality care providers for this honor. Of the nearly 200,000 communities currently listed on SeniorAdvisor.com, just over 1,400 were recognized with this award.

"We are humbled and grateful to be recognized with this award for the second year in a row. It is recognition like this that keeps us trying to continuously improve our service to the community. We thank SeniorAdvisor.com and A Place For Mom for their continuous effort to provide a medium for feedback on this very important service that we offer our seniors" said Potomac resident Ramzi Rihani, president and CEO of Options For Senior America.

To qualify for inclusion in the Best of 2017 Awards, providers must have maintained an average overall rating of at least 4.5 stars while receiving three or more new reviews in 2016. Additional details and a complete list of award winners can be found on SeniorAdvisor.com.

Options For Senior America Corp. is a home care agency that began providing home care services in 1989. The agency specializes in live-in services. For more information, visit www.OptionsCorp.com.

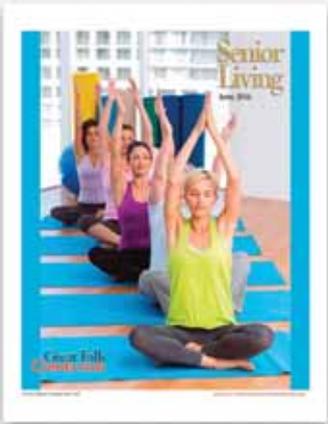
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SENIOR LIVING

This expanded pullout section will include stories focusing on enhanced lifestyle for seniors among Connection readers and their families, including spiritual, physical, mental and financial well-being. Target the neighborhoods of the top suburban communities with the highest home values, incomes and spending power with many mature adults exploring their many opportunities. Showcase your products and services in this special pullout section with the award-winning Connection Newspapers print and digital media.

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Advertising Closes:
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*Price excludes taxes and fees. Additional restrictions apply; see website for details.



Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

IN JANUARY 2017, 19 POTOMAC HOMES SOLD BETWEEN \$1,385,000-\$473,000.

January, 2017 Top Sales

7 12317 Rivers Edge Drive — \$1,085,000



3 13319 Morning Field Way — \$1,175,000



2 11014 Larkmeade Lane — \$1,215,000

1 10707 Lockland Road — \$1,385,000



6 9000 Potomac Station Lane — \$1,100,000



5 7309 Masters Drive — \$1,110,000

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	PostalCode	Subdivision	Date Sold
1 10707 LOCKLAND RD	5	4	2	POTOMAC	\$1,385,000	Detached	2.00	20854	POTOMAC OUTSIDE	01/09/17
2 11014 LARKMEADE LN	4	4	1	POTOMAC	\$1,215,000	Detached	0.19	20854	BELLS MILL ESTATES	01/30/17
3 13319 MORNING FIELD WAY	6	5	1	POTOMAC	\$1,175,000	Detached	0.22	20854	PINEY GLEN VILLAGE	01/23/17
4 10700 LAUREL LEAF PL	4	4	1	POTOMAC	\$1,160,000	Detached	0.37	20854	WOODROCK	01/05/17
5 7309 MASTERS DR	4	2	2	POTOMAC	\$1,110,000	Detached	0.35	20854	RIVER FALLS	01/17/17
6 9000 POTOMAC STATION LN	5	4	2	POTOMAC	\$1,100,000	Detached	2.00	20854	POTOMAC OUTSIDE	01/13/17
7 12317 RIVERS EDGE DR	6	4	1	POTOMAC	\$1,085,000	Detached	2.26	20854	RIVERS EDGE	01/13/17

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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

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 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.

Ballroom Dancing. 1-3 p.m., every Wednesday in March, at North Potomac Senior Center, 13860 Travilah Road, Rockville. Come out and practice the international style Ballroom Dance, like Waltz, Viennese Waltz, Tango, Paso Doble, Quickstep and Slow Foxtrot, Latin Dancing, such as Cha Cha, Rumba and Samba, also social dances, such as swing. This is a volunteer-led practice. Free.

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.

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

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.

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

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

Mommy & Me (& Daddy, Too). Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-alongs, prizes and more. rockvilletownsquare.com/events/mommy-and-me.

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

Chocolate Factory Tours. Fridays and Saturdays, 2-5:45 p.m. at SPAGnVOLA Chocolatier, 360 Main St., Gaithersburg. Take a short tour of The Truffle Factory facilities. Free. www.spagnvola.com.

Glen Echo Park Films. Saturdays and



Petting Zoo

The National Philharmonic features Modest Mussorgsky's "Pictures at an Exhibition" Saturday, April 22, at 8 p.m., and Sunday, April 23, at 3 p.m. at Strathmore. An instrument "petting zoo" will take place from 2-2:30 p.m. Sunday in the lobby, allowing young concertgoers a chance to handle various instruments.

PHOTO CONTRIBUTED

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.silverworksglencopark.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.

Acoustic Open Mic. Wednesdays, 7-11 p.m. at Benny's Bar & Grill, 7747 Tuckerman Lane. Everyone welcome to perform. Wine bottles are 50 percent off. www.bennysbargrill.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.

Strathmore Launches Food, Beverage Program. Partnership kicks off 2017 focusing on creative, upscale bar cuisine, sharable drinks, expanded service with Ridgewells. For additional information or to purchase tickets, visit www.ampbystathmore.com or call 301-581-5100.

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.

DEADLINE APRIL 15

"Students Making History"

Contest. High school students from Maryland, D.C., Virginia, and West Virginia are invited to submit a research paper or artistic illustration on the theme "African American and Women's History on the C&O Canal." for the chance to win a scholarship. Students must be willing to have their research shared within the park and published on social media and the park's website. Visit www.nps.gov/choh/learn/education/students-making-history.htm or email cocanaleducation@nps.gov.

FRIDAY/MARCH 10

Meet the Artists. 6-9 p.m. at Waverly Street Gallery, 4600 East West Highway, Bethesda. The media in this show which displays through April 8, include watercolor, acrylic, oil painting, mixed media, photography and sculpture. Call 301-986-8739 for more.

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.

Potomac After Hours. 9:15-11 p.m. at Potomac Community Recreation Center, 11315 Falls Road. This is a special program "Choice Night" for 6th-8th graders. Join other middle schoolers for active and creative fun. \$5. Register online at ActiveMontgomery.org under activity #28443. Call 240-777-6956 for more.

SATURDAY/MARCH 11

Mountain Dulcimers of Northern Virginia. 12:30-3:30 p.m. at the Great Falls area of the C&O Canal National Historical Park, located at the intersection of Falls Road and MacArthur Blvd. Traditional historic music as well as Irish tunes will be performed. This event is free to all park visitors. There is an entrance fee to the park of \$10 per single vehicle. Visit www.nps.gov/choh or call 301-767-3714 for more.

Dog Behavior Expert. 1:30-3:30 p.m. at St. Luke's Episcopal Church, 6030 Grosvenor Lane, Bethesda. Veterinary behaviorist Dr. Leslie Sinn will explain how to help dogs with noise phobias, including thunder and fireworks, and cope better with their fears. Visit yourdogsfriend.org/free-workshops/ or call 301-983-5913 for more.

THURSDAY/MARCH 16

Smart Technology at Home. 7-9 p.m. at the Bolger Center's Franklin Building, 9600 Newbridge Drive, Potomac. Gary Flax presents "Smart Technology For Our Homes." Visit www.PotomacCommunityVillage.org or call 240-221-1370 for more.



Canal Pride Days

On Saturday, April 22, from 9 a.m.-noon in Great Falls, Md., it's Canal Pride Days when volunteers get out and help preserve historic buildings, improve park grounds, remove invasive plant species, and more. Visit www.canaltrust.org for more.

LOGO CONTRIBUTED

ENTERTAINMENT

FRIDAY/MARCH 17

St. Patrick's Day Skate. 4:45 -6:15 p.m. at Cabin John Ice Rink, 10610 Westlake Drive, Rockville. Wear green to get reduced admission. \$7. Call 301- 765-8620 for more.

SATURDAY, MARCH 18

Dog Ownership Workshop. 11:45-1:45 p.m. at Your Dog's Friend Training Facility, 12221 Parklawn Drive, Rockville. Learn how to make life with an adopted dog easier and hear a trainer discuss dog training and behavior, helpful pet products, and the many common issues that dog adopters face. Visit yourdogsfriend.org/free-workshops/ or call 301-983-5913 for more.

Meet the Author. 1 p.m. at Barnes & Noble, 4801 Bethesda Ave., Bethesda. Washington, D.C. author Ursula Werner will be discussing her debut novel "The Good At Heart," based on the author's own discoveries about her great-grandfather—who reluctantly served as the German Secretary of Economy under Hitler from 1933 to 1945. Visit catalog.simonandschuster.com or call 301-986-1761 for more.

Spaghetti Dinner. 5-8 p.m. at Potomac United Methodist Parish Center, 9908 South Glen Road. The all you care to eat dinner selections are prepared and served by Boy Scouts and Scout parents in casual, family style seating. \$10, \$40 per family. For additional information, or to purchase tickets in advance, contact Virginia Horton at virginia.horton6@gmail.com.

MARCH 17-18

Local Documentaries. Screenings at various times at Imagination Stage, 4908 Auburn Ave., Bethesda. Local filmmakers include Ben Powell and Taylor Powell, Falls Church, with film "Charlie & Sam," Vanina Harel and Aditi Desai, Arlington, with film "The Culture of Collards," Joe Dzikiewicz and Jaclyn O'Laughlin from Arlington and Alexandria with film "Encaustic," and Lauren Knapp of Alexandria, with "The Sandman." \$10. Visit www.bethesda.org or call 301-215-6660 for more.

SUNDAY/MARCH 19

Jazz from New Orleans. 2-4 p.m. at the Theater Arts Performing Center, Montgomery College Rockville Campus, 51 Mannakee St., Rockville. The Potomac River Jazz Club and Montgomery College present an afternoon of Jazz from the French Quarter. \$25, \$20 for members and groups, free for students. Call 301-762-3323, or visit prjc.org for more.

Showcase Concert. 5 p.m. at at



Opera

Video game opera takes the stage on April 8 at Rockville High School Auditorium, 2100 Baltimore Road, Rockville. Tickets are \$8 online, \$9 at the door.

Westmoreland Congregational Church, 1 Westmoreland Circle, Bethesda. Part of the Washington Conservatory Concert Series. Free, accepting donations used to benefit the Washington Conservatory student scholarship fund for low-income families. Visit www.westmorelanducc.org/ for more.

THURSDAY/MARCH 23

Historical Home Tours. 11 a.m. at

The Mansion at Strathmore, 10701 Rockville Pike. A guided tour for adults illuminating the history, architecture and personal stories of the Mansion at Strathmore. The tour lasts approximately 45-60 minutes. Free. Please note: Tickets will not be mailed. There will be a will call list at the door. Private tours for larger groups are also available by appointment for a \$30 fee by calling 301-581-5102 or emailing historictours@strathmore.org.

SATURDAY/MARCH 25

American Swing Dance. 7 p.m. at Glen Echo Spanish Ballroom, 7300 MacArthur Blvd. Dances sponsored by the American Swing Music and Dance Association. \$20, less with a discount card. Visit www.gottaswing.com.

SUNDAY/MARCH 26,

Seafood Feast Fundraiser. 1-5 p.m. in the Anastasi Room at the Rescue Squad, 5020 Battery Lane, Bethesda. Shrimp and oyster feast fundraiser for the Bethesda-Chevy Chase Rescue Squad, a community-supported nonprofit organization that provides fire, rescue, and emergency medical services for the Bethesda-Chevy Chase area, \$50. Visit www.bccrs.org.

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

SATURDAY/APRIL 1

Mozart's Piano Concerto. 8 p.m. at Strathmore, 5301 Tuckerman Lane, North Bethesda. Chinese-American pianist Eric Lu joins the National Philharmonic, led by Maestro Piotr Gajewski, to perform Mozart's Piano

Concerto No. 23 in A Major. \$23-\$78, free for ages 7-17. Visit www.nationalphilharmonic.org or call 301-581-5100 for more.

SATURDAY/APRIL 8

Video Game Music Concert. 7 p.m. at Rockville High School Auditorium, 2100 Baltimore Road, Rockville. The Washington Metropolitan Gamer Symphony Orchestra will play a video game music concert, playfully titled "Downbeats with Determination!" marking the debut of a multi-movement symphonic suite featuring music from the game "Undertale," as well as an interactive Game Gallery. \$8 online, \$9 at the door. Visit www.wmgso.org/ for more.

APRIL 8-9

DancEthos with Gin Dance Company. Various times at the Kreeger Auditorium, Bender Jewish Community Center of Greater Washington, 6125 Montrose Road, Rockville. \$25 adults, \$20 Seniors, students, military, \$15 children 12 and under. Visit www.dancethos.org for more.

SATURDAY/APRIL 22

Canal Pride Days. 9 a.m.-noon at Great Falls in Potomac, 11710 MacArthur Blvd. Preserve historic buildings, improve Park grounds, remove invasive plant species, and more. Visit www.canaltrust.org.



Waverly Art Show

On March 10, it's "meet the artists," Waverly Street Gallery 4600 East West Highway, Bethesda. Call 301-951-9441 for more.



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BULLETIN BOARD

FROM PAGE 4

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.

Part Three of Lenten Study Series and Dinner. 6:30 p.m. at St. James' Episcopal Church, 11815 Seven Locks Road, 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 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 "The Lord's Supper." Call 301-762-8040 or visit stjamespotomac.org.

FRIDAY/MARCH 24

Fit4Function Workshop. 1-2:30 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.

Part Four of Lenten Study Series and Dinner. 6:30 p.m. at Seven Locks Baptist Church, 11845 Seven Locks Road, Rockville. "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 29 topic: "The Creeds." Call 301-279-9388.

SCHOOL NOTES

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

Jack S. Walsh, of Potomac, who is majoring in communication, was named to the dean's list at Clemson University (Clemson, S.C.) for the fall 2016 semester.

Todd Michael Erickson, of Potomac, who is majoring in graphic communications, was named to the president's list at Clemson University (Clemson, S.C.) for the fall 2016 semester.

Daniel Weiss, of Potomac, is a member of Wesleyan University's (Middletown, Conn.) men's ice hockey team that just won the Little Three Title on Feb. 17 — the first time the team has won a title since the 1986-87 season.

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No More "Dating"



By KENNETH B. LOURIE

Not until next year, anyway. Besides, there will be enough water gushing under that bridge, almost as much seen a few weeks back flowing onto the Oroville Spillway in Northern California. At least I hope so. Because if there's no more 'gushing,' there's likely no more, well; we don't have to talk about that. Not talking and planning for one's future is bad for a cancer patient's business; self-fulfilling prophecy and all that presumptive karma. And with all the dos and don'ts and hopes and prayers in the cancer world, my general philosophy has been not to mess with Mother Nature, too much, if you know what I mean? I don't necessarily believe in leaving well enough alone, but neither do I believe in poking the bear.

I mean, I acknowledge that I'm dying, but aren't we all really? Reminiscent to a few years back when a former ESPN Sports anchor (Dan Patrick, I believe it was, now of NBC Sports) made famous a similar characterization concerning a ballplayer's injury, when he said: "He's listed as day to day, but then again, aren't we all?" Oh yeah. A little perspective goes a long way, even a decade or so in arrears. I guess that's what's so enriching about reading. Unfortunately, reading is not fundamental for me, writing and listening is. And as with my unexpected non-small cell lung cancer diagnosis at age 54 and a half (lifelong non-smoker, no immediate family history of cancer or premature death; I know, any death is premature), I make the best of my situation and endeavor to strive to stay alive. I don't dwell on the negative. Sure, I accept and understand my reality (maybe in some dispute, but not in my head though), but having been raised with a positive attitude by both my late parents, I am able to endure until science/medicine finds a cure. It's not ideal, but it's a living — thank God!

And even more so the day after chemotherapy, as I sit and write on Saturday, March 4. Reminded as I am of the situation I find myself living in and trying to learn from to cope and always hope. Somehow trying to find a way to continue to take cancer in stride while not hiding from the harsh realities that affect many cancer patients. Just as occasionally looking in the mirror is not a pretty sight, nor is droning on and being cancer-centric. Though I am mostly cancer-centric in my weekly column, I hope its contents provide enough context that it sheds some light on how one lives with a terminal disease rather than how that same one puts off death.

I don't mean to imply that being diagnosed with cancer is akin to having a bad roommate where you can sort of close their bedroom door or try to ignore their comings and goings except as it concerns rent and utilities, but similar elements have to be enforced. 'Enforced' may be too strong a word. Maybe ingrained would be a better word? You have to own the responsibility of living with a terminal disease, but somehow try and not believe it. It sort of invokes the quote about minor surgery: "Minor surgery is someone else having it." When it's me having it, it's major. Compartmentalizing one's cancer diagnosis/prognosis is crucial to its acceptance. Obviously, it dominates your thinking and awareness, but it can't be allowed to control it. You just hope when you peel away the emotional layers you impose to maintain an even/humorous keel (in my approach, anyway), it won't resemble the damage seen on the Oroville Spillway.

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

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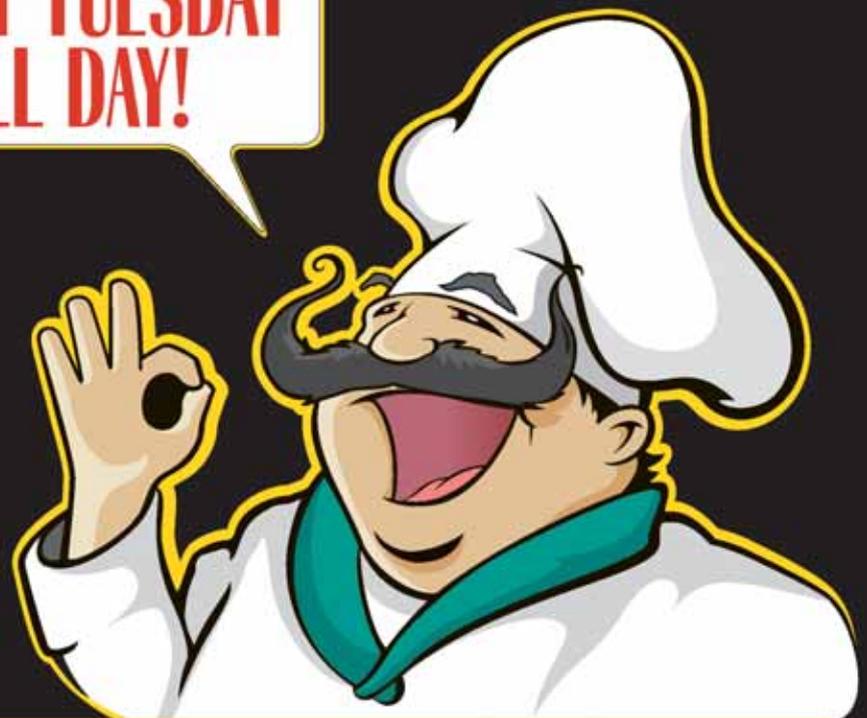
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