

Potomac ALMANAC

Mattes Crichton, Lily Harburg and Isabella Cross enjoy a snow day on March 14, less than a week before Spring's official arrival.

From Sudden Winter To Sudden Spring

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SPRING FUN

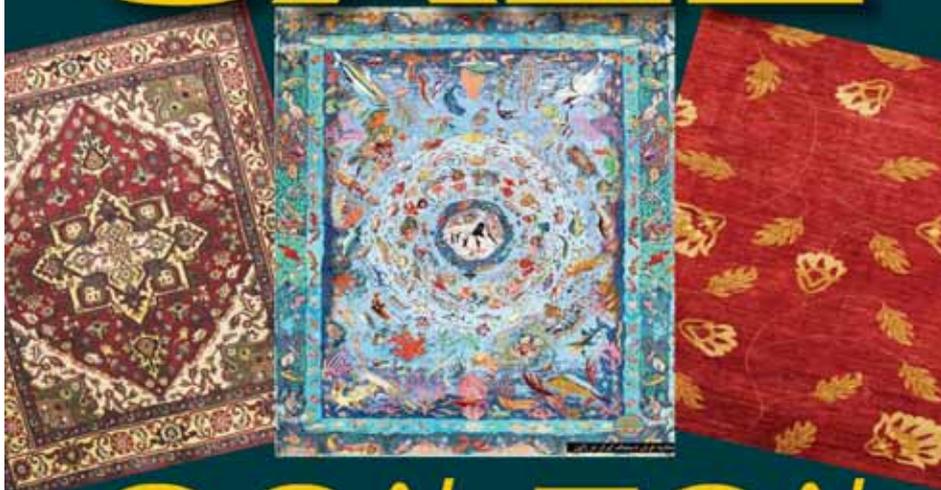
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NEWS

Spring Happenings

Five things to do as winter and spring fight for seasonal rights.

BY PEGGY MCEWAN
THE ALMANAC

Spring arrived officially on Monday at 6:28 a.m. The temperature was below freezing in many parts of the area at that time. Some days this week will seem like spring, some not.

Whether waiting for spring to arrive or welcoming the season as it is already, here is a list of things to do in and around Potomac to help fight off the winter doldrums.

'BLAST 28 INFINITY'

For 28 years students at Winston Churchill High School, 11300 Gainsborough Road, have wowed audiences with song and dance taken from today's top 40 and favorite classic rock songs.

This year will be no exception. "Blast 28 Infinity" opens Friday, March 24 at 7:30 p.m. followed by performances Saturday, March 25, Friday, March 31 and Saturday, April 1 all at 7:30 p.m. and a final performance Sunday, April 2 at 2:30 p.m.

Tickets are \$20, \$15, for students. They may be purchased at the box office one hour before performances or online at www.wchsarts.com.

LIBRARY BOOK CLUB

Potomac Library, 10101 Glenolden Drive, hosts a book club on the third Wednesday of every month at 1 p.m. Get reading for the April 19 discussion of "The Pearl That Broke Its Shell" by Potomac author Nadia Hashimi.

The book is described as "A tender and beautiful family story ... A portrait of Afghanistan in all its perplexing, enigmatic glory, and a mirror into the still ongoing struggles of Afghan women," by Khaled Hosseini, author of "The Kite Runner."

Books are available at the registration desk. Call 240-777-0690 for more information.

DO SOMETHING FOR OTHERS

"Doing good for others is not a duty, it is a joy, for it increases your own health and happiness," a quote from Zoroaster.

What better time than now to increase health and happiness while helping another?

EveryMind, formerly the Mental Health Association of Montgomery County, is an independent, nonprofit organization working towards mental health and wellness for all, is looking for volunteers.

The organization has several opportunities available: become a supportive listener, help with community referrals for those in need or train to help with the suicide prevention hotline.



PHOTO BY PEGGY MCEWAN/THE ALMANAC

A sure sign of spring, pansies in a variety of colors are lined up at Potomac Petals and Plants on River Road.

Training is provided with new courses offered every month.

For more information call 301-424-0656 ext. 541, email volunteer@every-mind.org or visit www.Every-Mind.org.

GO FOR A WALK

The Olmstead Island bridge and walk to the Falls Overlook at the C&O National Historical Park at Great Falls is closed for repair until the end of June, but there are many other hikes to take in the park.

Visitors are encouraged to explore the River Trail, Goldmine Trail or the Overlook Trail, said Pete Peterson, supervisory manager of the park's Palisades Area, which includes Great Falls.

Maps of all the park's trails are available at the information desk in the Great Falls Tavern.

Just a short walk from the parking lot, the Tavern will host a talk about the women who worked on the canal at 2 p.m. Saturday, March 25.

On Sunday, March 26 a canal volunteer will lead a bike tour to the Seneca Quarry beginning at the Tavern at 9:30 a.m.

ADD SOME COLOR TO HOME AND YARD

Perk up your life with colorful plants and flowers. It's not too early to plant pansies, hellebores or primrose outside according to Greg King, assistant general manager at Potomac Petals and Plants, 9545 River Road.

Also in stock are many other plants including bright red and pink geraniums and English Daisies, hardy vegetables, even strawberry plants.

It is too early to put most plants outside, King said, but people are asking for them so they are available.

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WWW.CONNECTIONNEWSPAPERS.COM

KEEN on Staying Fit Volunteers always welcome at recreational programs for young people with special needs.

BY ASHLEY CLAIRE SIMPSON
THE ALMANAC

Imagine how important physical fitness is — increasing life expectancy and overall quality of life. It's the same case for children. According to the World Health Organization, children and young adults should be physically active for at least 60 minutes a day for significant health benefits, including reduced anxiety and depression. Statistics like these are only some of the reasons that local non-profit KEEN Greater DC (Kids Enjoy Exercise Now), a volunteer-run organization that provides free physical and recreational activities for young people with profound developmental and physical disabilities, has grown steadily since its inception exactly 25 years ago.

"I've been volunteering for KEEN Greater DC for the last eight years," Board Member Barbara Guterman said. "I came one time and got hooked because I quickly realized how great of a way it was to give back to the community. The mission is so meaningful when you think about what exercise means to the brain and body."

Through a number of programs, KEEN Greater DC serves 450 young people with significant disabilities — at no cost. It all started in 1992, in a



PHOTOS CONTRIBUTED

KEEN Greater DC hosts an open-gym program at Tilden Middle School on the weekends.



Montgomery County middle school, where KEEN welcomed people with disabilities between ages five and 25 to enjoy time in the gym. To make this individual active play possible, KEEN paired a volunteer with every participant to ensure his or her safety, and also for companionship.

Today, the open-gym program that KEEN started with, now at Tilden Middle School on the weekends, is still one of the most popular programs. During the 75-minute open gym session, one or two volunteers are assigned to each

young person so that every KEEN athlete can engage in whatever gym activity they feel drawn toward — from shooting hoops to taking laps around the basketball court. As the children and young adults get their exercise, they also become a part of a community where no one judges them, or limits what they can do.

After turning 25, the people who enjoy KEEN programs are not "kicked out," Guterman said. Typically, they graduate to KEEN's adult program, KEENFit.

"We would never take away that time for physical fitness," Guterman said. "KEEN programming is really growing along with every individual in KEEN community."

In addition to the open-gym sessions,

Get Involved

To volunteer, visit www.keengreaterdc.org/volunteer-keen.

KEEN also provides weekly programs that provide specific recreational classes — including music, Tae Kwon Do, swimming, bowling and Zumba dance. There are also special events throughout the year.

As KEEN athletes enjoy open-gym time or another confidence-building class, parents and caregivers are free to take some time for themselves, knowing that the young person they care for is in good hands.

SEE VOLUNTEERS, PAGE 4

Preparing for '25th Annual Putnam County Spelling Bee'

BRAVO Productions expands with adult cast.

BY SUSAN BELFORD
THE ALMANAC

The scene is the Putnam County Middle School where a group of unpredictable adolescent spellers compete in the Spelling Bee Championships, run by three equally idiosyncratic grown-ups. While attempting to spell their way through the challenge, the tweens share humorous, yet touching stories from their home lives, hoping and praying not to be eliminated by the soul-crushing "ding" of the bell.

This funny and heart-warming play will be presented on April 7 and 8 at Alexandria Country Day School by BRAVO Productions — Theatre for Young Adults. After 20 years of producing theater with children, BRAVO is presenting its first production with an adult cast. Executive Producer Laurie Levy

Issembert said, "I am thrilled to expand our repertoire to include a show with adult performers. We've assembled an incredibly talented cast of veteran actors to bring to life these quirky and lovable characters in a perfect middle school venue."

The production is especially timely since it is being presented while the Scripps National Spelling Bee is taking place. Since 1925, children across America have participated in school, local and regional bees with the singular hope of making it to the Scripps National Spelling Bee in Washington, D.C. This year, 11 million students will join in the experience.

Potomac's Alexander Scott, a senior at Winston Churchill High School will play the role of Chip Tolentino for the second time. He first performed in "The 25th An

SEE SPELLING BEE, PAGE 10



PHOTO BY MEREDITH KIRCHNER

From left, front row, are Valerie Issembert (#11 Olive Ostrovsky), Sarah Mielbye (#53 Marcy Park), Alexandria Clapp (#1 Logainne SchwartzandGrubenierre); second row, Jessica Bay Graber (Rona Lisa Peretti), Alexander Scott (#72 Chip Tolentino), Steve Cairns (Vice Principal Douglas Panch), Matthew Trollinger (#24 Leaf Coneybear), Matthew Sahlin (Mitch Mahoney); and not pictured Jake Robertson (William Barfee).

Students Launch Own Newspaper

The Little Bulldog encourages writing.

BY COLLEEN HEALY
THE ALMANAC

All it took was a student asking her teacher on the playground, “Why doesn’t the lower school have its own newspaper?” for The Little Bulldog to begin publication at the Bullis School.

The teacher agreed to be the sponsor if the student agreed to be a reporter and a club was born. Now in its sixth year, The Little Bulldog staff is made up of third, fourth and fifth graders who write, layout and publish the paper. Carolyn Cohen, a third grade teacher, is their sponsor: “The kids are getting excited about writing. I find it fascinating and I love being a part of the newspaper. Now that we are a club, students who really, really want to write are involved. We have three editors who take turns formatting the paper. The reporters cover school news as well as world news, human interest, sports, health, politics, science and editorial pieces.” The students choose from an assignment board of subjects and are given a primary source to start along with a deadline. They must edit their story before submitting it to an editor and then make any corrections or changed before the story goes to print. Each student has found their area of interest since joining the staff.

Why did the student reporters join The Little Bulldog and what do they like to write about?

Alisha Schrufer joined because “I have a talent for writing. I am working on a story called ‘Yellow



The staff of The Little Bulldog, the lower school newspaper at the Bullis School. Back row from left: Alexis Ewing, Alisha Schrufer, Anneke Lewis, Dilan Mendiratta, Jack Sandi, and Elizabeth Martin. Front row from left: Samantha Pepper, Matthew Halle, Drake Arnold, Nathan Chen, Clay Narcisenfeld, and advisor Carolyn Cohen.

World’ about my childhood. I like to write fiction the best.”

Anneke Lewis writes about things she finds interesting. Her most recent story was a science one about pipelines. She likes being an editor because “I get to read everyone’s articles and I like the formatting part. It helps me edit my own work.”

Samantha Pepper started on staff in third grade: “I thought it was a cool thing to do and I loved working on the paper. It gives me a good idea of what is happening outside in the world.”

Dilan Mendiratta likes to write about sports: “My favorite sport is football and I like the Seattle Seahawks. I cover football and basketball at Bullis.”

Matthew Halle likes writing about sports too: “I like hockey especially the Capitals. I decided to join the paper because I like writing about interesting and different things. I get excited when I see the printed copy.”

Drake Arnold joined the paper because “I wanted to know what is happening around the world. Sometimes even outside of the world. I like space and wrote a story about people going to Mars in 2030. I have written stories about outer space and things happening in foreign countries like reporting on the King of Thailand.”

Jack Sandi writes about what is new in the world. He recently did stories on clever cats and a 3D printed Adidas running shoe. He joined the paper because “I like writing and have good ideas for stories. If I stay on task and keep writing it will turn it into an amazing article.”

Alexis Ewing like to write about people. Her most recent stories were on a young inventor and Serena Williams, the champion tennis player. “I joined because it seemed like a good activity to be creative and express yourself in different ways. I feel excited when I get my newspaper copy and I

hope people enjoy my stories.”

Nathan Chen designed a new front page for the paper. “I changed the colors, font, and shape and added a picture of the whole staff. I like covering natural disasters like the Louisiana tornado. I joined because I love writing and it is fun to have a whole newspaper for the lower school.”

Elizabeth Martin likes to be an editor because “formatting is fun and I get to read other people’s articles and edit them. I joined for the opportunity to be an editor and I like to write about politics.”

Clay Narcisenfeld joined because “it is fun to write and for people to read the work we do. I like to write about anything interesting like ice melting in the Arctic. I get excited and nervous when the paper is published.”

In the future, sponsor Cohen hopes to have time to form a journalism class and would like the students to continue writing and develop confidence as writers.

Volunteers Always Welcome at KEEN

FROM PAGE 3

“It’s all free of charge for the families,” Guterman said, “This hour makes a huge difference to the kids and to the families. At the same time as providing great opportunities for the kids involved, it allows a respite for the families and caretakers.”

Mark and Barbara Bucknam of Potomac can speak to the importance of KEEN to their family, which includes their son, 20-year-old Jake, who has autism. The Bucknams have been a part of the KEEN community for nine

years.

“To John, this is something he can do to get exercise,” Barbara Bucknam said. “It exposes him to different environments and a variety of people. It’s been great introducing him to certain fitness equipment that he might not otherwise have gotten to enjoy. Through KEEN, he has learned that he loves to swim. He’s gotten to do so much, it’s really amazing. He went to the KEEN Prom last year, where he got to wear his dad’s tuxedo and dance with a date. While he gets to experience all this, Mark and I can socialize

with the other parents, or we get to go run errands or enjoy a nice lunch.”

Mark Bucknam said that KEEN has been instrumental both to John’s development and to his own as a parent of a child with special needs.

“It’s so great for all these kids to move around and exercise,” he said. “The volunteers and mentors are so great. We donate to KEEN every year because we get so much out of it. We’ve been able to meet a lot of

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POTOMAC ALMANAC

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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 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/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.

FRIDAY/MARCH 31

Girl Power Writing Contest Deadline. The Montgomery County

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PHOTO BY PEGGY MCEWAN/THE ALMANAC

Irish Tunes

Abigail Selby of Germantown, left, and Cathy Palmer of Mt. Airy perform Irish tunes on harp and fiddle at Great Falls Tavern in Potomac on Sunday, March 19. The concert was preceded by a talk on the work of Irish immigrants in building the C&O Canal.

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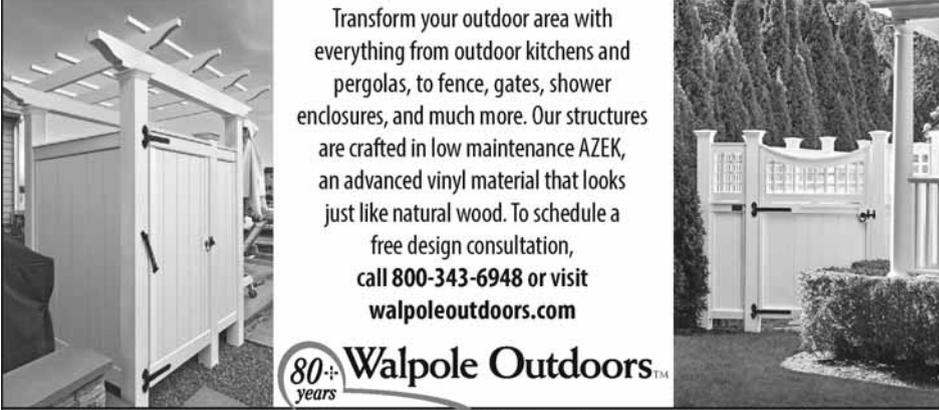


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SPRING FUN, FOOD & ENTERTAINMENT

Ready for Some Spring Adventures?

Near and far, some suggestions to embrace spring.

BY SUSAN BELFORD
THE ALMANAC

Snow-covered lawns, down jackets, slippery roads — is it really the third week in March or the middle of January? Winter floated through January and February without even one flake of snow — until this past week. Time to start thinking about Spring Breaks, Spring Flings and Springing Ahead to the sunshine-filled days of April and May. Start planning now — and hopefully in the next couple of weeks the weather will transform into spring.

Here are some ideas to get excited about spring. When the days are warmer and longer, it's time to rush from the house, breathe in fresh air, forget about spring cleaning — and get back in shape after a winter of Netflix and ESPN.

PEDAL THE TRAILS

The D.C. area is known for some of the best biking in the U.S. The area is brimming with bike trails that travel from Montgomery County through the hills of Virginia, north to Pennsylvania, east through Silver Spring, up and down the C&O Canal and beyond.

Biking downtown to D.C. is fun on the C&O Canal or Capital Crescent Trail — and a way to visit museums, picnic, or explore Alexandria. An enjoyable excursion add-on is to catch the water taxi over to National Harbor. So dust off that bicycle, blow up

those tires, stop by Big Wheel Bikes in Potomac for a local bike trail map, and take a ride.

EXPLORE NEIGHBORHOODS

Every Saturday and Sunday, Washington Walks offers two-hour guided tours through Embassy Row, Georgetown, Capitol Hill, Arlington Cemetery, Roosevelt Island and more. Revel in the architecture of D.C. while learning the history and politics behind each sight. Some fascinating and timely tours include the “Blossoms Secrets Tour,” “Hamilton’s Washington,” “John F. Kennedy in Georgetown,” “Capitol Hauntings: Ghosts of the U.S. Capitol” and more. Tours are \$20 per person. Make reservations at www.washingtonwalks.com. Most walks embark from a Metro Station.

RAMP UP YOUR GOLF GAME

Warm up those golf skills and get prepared for summer on the links. Head to Top Golf in Ashburn, Va. or Alexandria, Va. where practice involves fun and competitive golf games in a climate-controlled bay.

The double-decker bays feature room for lunch or dinner, space for group gatherings, golf lessons, games to improve the long game, short game and putting, virtual games that let provide famous courses from around the world. See www.topgolf.com.

SCRAMBLE, HIKE, CLIMB

Just five minutes away from Potomac Village, find exceptional hiking trails along the C&O Canal and Potomac River. Park at Old Angler’s Inn and walk south on the Canal to arrive at Billy Goat A and B (easier) or choose to scramble over boulder after boulder on way to the precipice. Gorgeous views await on top. One highlight is to spot rock climbers risking their lives scaling rocks on

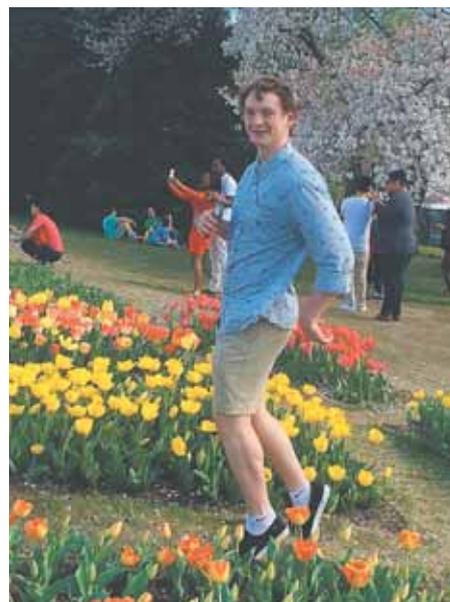


PHOTO BY SUSAN BELFORD/THE ALMANAC

Jackson Belford tiptoeing through the tulips.

the Virginia side of the Potomac River. Depending on one’s speed, the hike could take at least two hours and might be an out-of-your-comfort-zone experience. Enjoy the views, the experience, the challenges and the adrenaline rush — and return again and again.

BIRDING

Head out for birding or wildlife photography on the Eastern Shore of Maryland. Just a little over an hour from Potomac is the town of Chestertown in Kent County. Years ago, the rumor was that one could walk across the Chester River on the backs of the canvasbacks and other ducks that packed the waters. Those days are long gone, but birds still flock to Kent County.

Birders will spot Canada and snow geese, 24 species of ducks, great blue herons, terns,

swallows, sparrows, blackbirds and eagles. These are among the 300-plus species recorded in the county. Areas to explore include Chesapeake Farms, the Millington Wildlife Management Area, Sassafras Natural Resource Management Area, Turner’s Creek County Park and the Eastern Neck national Wildlife Refuge. All of these refuges invite birders, photographers, and nature-lovers to explore year-round.

STEP BACK IN TIME

Pile the family into the car and take a two-hour spring ride through the Virginia countryside to Jefferson’s Monticello. Jefferson was a president, inventor, historian, philosopher, and plantation owner who served his country for over five decades.

Monticello yields insights into the nation’s history. Stroll through gardens, visit the home, learn how Jefferson invented an improved dumb waiter, an iron hillside plow, an elbow macaroni machine, the wheel cipher, a swivel chair, and the first pedometer. Then take the Hemings Family Tour, hike the Saunders-Monticello trail and visit the University of Virginia, founded by Jefferson.

TULIPS

Tiptoe through the tulips at Brookside Gardens in Wheaton. Since the cherry blossoms may not be nearly as spectacular as in previous years, head over to Wheaton to take advantage of 50 acres of dazzling flowers. Not only will you see tulips, daffodils and lots of other spring flowers, you can visit the Aquatic Garden, Azalea Garden, Butterfly Garden, Children’s Garden, Rose Garden, Japanese Style Garden, Trial Garden, Rain Garden, and the Woodland Walk. Everyone in the family will appreciate this Montgomery County park.

CALENDAR

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.

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 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

2017 SPRING EVENTS

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.

SUNDAY/MARCH 26

Seneca Quarry Bike Ride. 9:30 a.m. Chesapeake & Ohio Canal National Historical Park (C&O Canal), at the intersection of Falls Road and MacArthur Boulevard in Potomac. Ric Jackson, longtime volunteer with the C&O Canal, will lead a bike tour and share his knowledge of Seneca Stonecutting Mill. \$10 per vehicle. Email dorothy_mcquaid@nps.gov 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 for more.



On Sunday afternoon, March 26, the Conservatory Classic Jazz Band will be playing at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road from 3-6 p.m. Call 301-983-8838 for more.

SUNDAY/MAY 21

Potomac Hunt Races. 10 a.m. at 14401B Partnership Road, Poolesville. Visit www.potomachuntraces.com/ for more.

CALENDAR

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, call 301-581-5100 or visit www.ampbystrathmore.co.

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.

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

Cars 'N Coffee. 8-10 a.m. at the Corner Bakery, 10327 Westlake Blvd., Bethesda. Plenty of parking and free coffee. Visit www.carsncoffeebethesda.com.

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,

Seneca Quarry Bike Ride. 9:30 a.m. Chesapeake & Ohio Canal National Historical Park (C&O Canal), at the intersection of Falls Road and MacArthur Boulevard in Potomac. Ric Jackson, longtime volunteer with the C&O Canal, will lead a bike tour and share his knowledge of Seneca Stonecutting Mill. \$10 per vehicle. Email dorothy_mcquaid@nps.gov.

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.

FRIDAY/MARCH 31

Annual Thrift Sale. 8 a.m.-4 p.m. St. Francis Episcopal Church, 10033 River Road, Potomac. Clothing, jewelry, household, collectibles. Call 301-365-2055 for more.

SATURDAY/APRIL 1

Annual Thrift Sale. 9 a.m.-1 p.m. St. Francis Episcopal Church, 10033 River Road, Potomac. Clothing, jewelry, household, collectibles. Call 301-365-2055 for more.

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.

SUNDAY/APRIL 2

Waltz Workshop. 2:45-3:30 p.m.-midnight at the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd. The ensemble Devine Comedy will provide a mix of folk waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polka. Call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, or go to www.WaltzTimeDances.org.

Rabbi Jack Gabriel Sings. 7 p.m. at the Temple Shalom, 8401 Grubb Road, Chevy Chase. \$20, \$15 for Temple Shalom members, \$10 for students and \$5 for kids. Email herbcl1@gmail.com or call 703-380-3151 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.

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Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

January, 2017 Sales, \$473,000~\$711,000

IN JANUARY 2017, 19 POTOMAC HOMES SOLD BETWEEN \$1.385.000-\$473.000.



1 11804 Gregerscroft Road — \$711,000



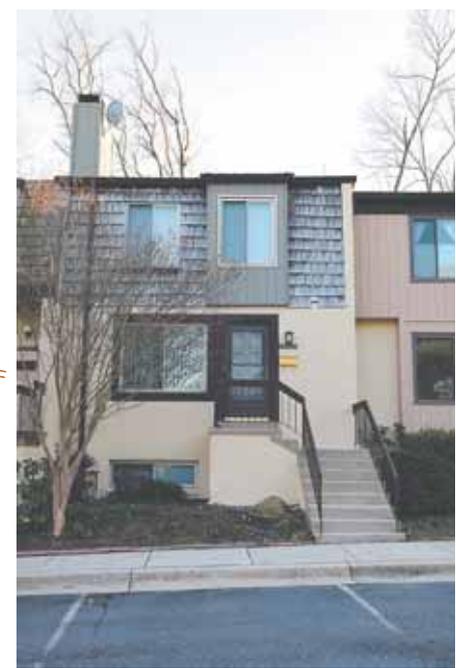
4 8 Woodsend Place — \$580,000



3 11902 Henry Fleet Drive — \$663,000



2 10913 Whiterim Drive — \$668,000



5 10605 Muirfield Drive — \$473,000

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 11804 GREGERSCROFT RD	4	2	1	POTOMAC	\$711,000	Detached	0.39	20854	GLEN OAKS	01/31/17
2 10913 WHITERIM DR	3	2	2	POTOMAC	\$668,000	Townhouse	0.05	20854	FAWSETT FARMS MANOR	01/20/17
3 11902 HENRY FLEET DR	4	2	1	POTOMAC	\$663,000	Detached	0.22	20854	REGENT PARK	01/04/17
4 8 WOODSEND PL	5	3	1	POTOMAC	\$580,000	Detached	0.49	20854	SADDLEBROOK	01/12/17
5 10605 MUIRFIELD DR	3	2	2	POTOMAC	\$473,000	Townhouse	0.03	20854	INVERNESS NORTH	01/12/17

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BUSINESS

Introducing Moby Dick House of Kabob

New restaurant offering fast casual food opens in Potomac.

BY PEGGY MCEWAN
THE ALMANAC

Details

Moby Dick House of Kabob

9812 Falls Road, Potomac
240-660-2626
www.mobyskabob.com
Open 11 a.m. to 10 p.m. Monday through Sunday though the hours will be adjusted as business falls into a pattern.

Less than a week after opening on March 15, Moby Dick House of Kabob in Potomac Village is doing a bustling business.

At lunchtime on Friday, tables filled and emptied and filled again, a pattern that continued through the afternoon. It's surprising, considering the restaurant did not have a grand opening.

"I think it's coming from our good reputation," manager Behzad Falahi said. "The food is great, everybody likes it."

Moby Dick's features 10 different kabob entrees, served with rice and or salad and pita bread with yogurt cucumber sauce. There are also sandwiches and appetizers on the menu and a selection of vegetarian choices.

Alex Momeni, director of Moby Dick, said he thinks the favorites are the Joojeh Kabob, which is made with chunks of chicken, or the Kubideh Kabob, with ground beef. Both are marinated in special house seasoning.

"They are the largest sellers," Momeni said.

Moby Dick is a local chain started in 1989 by Mike Daryoush, a Potomac resident, and a partner who is no longer active in the business. The original restaurant was Moby's Luncheonette and it struggled until the owners changed the menu to focus on Persian food like Daryoush enjoyed as a boy in Iran. The Potomac store is number 21 in the growing chain with restaurants in Maryland, D.C.

or Virginia.

Of course, everyone wants to know how a kabob restaurant came to be called Moby Dick.

"If you find out, I'd like to know," said Sandra McMurtrie, of Bethesda.

She and her grandson A.J. Herndon, were having lunch together at the restaurant after grandparents' day at his school.

"We've been waiting for [Moby's] to open," she said. "My grandchildren knew about it."

A.J. seconded that.

"It is really, really tasty," he said.

McMurtrie wanted to note how nice the staff is at the restaurant. She said she brought the wrong purse and had no money of credit cards and they were very nice about letting her call home and give them her credit card information on the phone.

About the name, Momeni said the story is that the founders were trying to come up with a name and one was reading Herman Melville's "Moby Dick" and suggested that as a name. It stuck. He did say that they later added "House of Kabob" because many people thought they were a seafood carry out.

Falahi has been with Moby Dick's for almost nine years. He was manager of the Kentlands res-



PHOTO BY PEGGY MCEWAN/THE ALMANAC

Moby Dick House of Kabob opened March 15 in Potomac Village.

taurant before coming to Potomac.

He too is from Iran and is proud to be sharing foods from his homeland.

"I like the company," He said. "We are presenting our culture and our food. I like the connection between the Iranian culture and the American culture."

Both Falahi and Momeni talked about the quality of the ingredients used at Moby Dick's. The ka-

bobs are cooked over charcoal, not oil, and all meats are antibiotic free.

"We don't cut corners," Momeni said.

Eva Civan, a Potomac resident who works at the nearby Long and Foster Realty office, stopped by for lunch Friday.

"This is much needed," she said. "It's a good fit for people of international backgrounds."

When It's Time For More Space



Are you expecting a new baby or have parents or in-laws moving in? Adding space can be a great way to not only make your home function better for you, but increase resale value as well. Two popular ways to add space... adding onto the back or adding a second story.

An addition that attaches onto the back of the house is one of the most common ways to add space. They provide a great opportunity to add light and great views and access to the backyard. Being mindful of scale on any addition is important. An addition that is too large can overwhelm an existing structure. One solution can be to design the addition into several parts that blend with the existing structure.

Raising your roof to allow for a second story addition can be another great way to go especially if limited by lot size. A second story can entirely change your home's curb appeal. Many families who opt for this solution will move bedrooms to the second floor, allowing for a nice open floor plan on the first floor.



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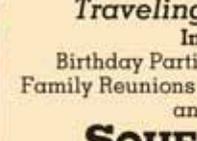






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BULLETIN BOARD

FROM PAGE 5

Commission for Women is kicking off Women's History Month by inviting residents of all ages to participate in the first annual Girl Power Writing Contest, "What's It Mean to Be a Woman in 2017?" Girls and women can share their own experiences while boys and men can reflect on what they think life is like for the women in their life. Submissions can be intellectual, emotional, funny, spiritual or serious. Written entries should be no more than 500 words. Entries should include full name, age, grade and school (if applicable), phone number, and email address. Winners will be announced by April 14. Entries may be submitted by mail or email. Mail entries should be sent to Girl Power Contest, Montgomery County Commission for Women, 21 Maryland Ave., Suite 330, Rockville, MD 20850. Email entries should be sent to cfwinfo@montgomerycountymd.gov with "Girl Power Contest" in the subject line. Call 240-777-8300 or visit www.montgomerycountymd.gov/cfw for details.

WEDNESDAY/APRIL 5

Part Five of Lenten Study Series and Dinner. 6:30 p.m. at Geneva Presbyterian Church, 11931 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 A.M.E. 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 April 5 topic is "The Crucifixion and Resurrection." Call 301-424-4346 or visit genevapotomac.org.

WEDNESDAY/APRIL 12

Application Deadline. The

Montgomery County Council is seeking applicants to fill a vacancy on the Montgomery County Planning Board, which serves as the council's principal adviser on land use planning and community planning. Planning Board members, who serve four-year terms and are limited to two full terms, also serve as commissioners of the Maryland-National Capital Park and Planning Commission. Letters of application expressing interest, including a résumé listing professional and civic experience, political party affiliation, home and office telephone numbers and an email address, should be addressed as follows: Council President Roger Berliner, County Council Office, Stella B. Werner Council Office Building, 100 Maryland Avenue, Rockville, Maryland 20850. Applications also may be emailed to county.council@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



PHOTO BY MARY KIMM/THE ALMANAC

Pre-Spring Surprise

This pile of snow in the Potomac Promenade parking lot on Saturday, March 18 is likely to be around for some time even with warmer temperatures.

Fletcher at fletch428@gmail.com.

FRIDAY/MAY 5

Building Attachment Through Trust. 9 a.m.-4 p.m. at Silver Spring Civic Center, 1 Veterans Place, Silver Spring. Children exposed to trauma, abuse and neglect often have trouble trusting adults, which can contribute to challenging family relationships. Explore the newest neuroscience-based research and interventions on enhancing attachment and

connection in families. Early Bird (through March 31): Parents, \$79, professionals (includes 6 CEUs), \$129; parents, \$99, professionals (includes 6 CEUs), \$149. Lunch will be provided. Contact awolf@familyworkstogether.org or 410-402-1121 for more.

GUIDE DOG FOSTERS NEEDED

Guiding Eyes for the Blind - Montgomery Region is looking for volunteers to foster and train future

SEE BULLETIN, PAGE 11

'Putnam County Spelling Bee'

FROM PAGE 3

nual Putnam County Spelling Bee" when he was at Stagedoor Manor summer camp. "I have loved playing the role of Chip for BRAVO Productions," he said. "Working with professional adults feels odd because I've been trained in a pre-professional program, and actual professional theater is much different than I was trained for. People are much nicer and respectful than I expected and they are also very welcoming. The biggest difference between my first production of 'Spelling Bee' at Stagedoor Manor summer camp where I also played Chip and this one is the people, because I built relationships with my previous cast mates, and expect to see my friends when I turn around, but it's actually now a professional actor. I love getting the opportunity to play Chip again with a cast so talented and amazing as this."

Potomac residents have very likely seen Alex performing in local productions or at Winston Churchill High School (WCHS). He has appeared at Imagination Stage, Arena Stage and the Arc theaters. He is also involved in many of the music programs at WCHS where he is a senior. He is a singer, vocal captain and guitarist for the Churchill production "Blast," as well as a creator, arranger and performer for the Pitch Pipes, a male capella group. He plays guitar in the Honors Jazz Band and is a bass drummer in the drumline. He has also performed in many WCHS drama productions and in Showstoppers. Alex stud-

ies classical piano, singing and dancing while attending weekly conversational Portuguese and French classes with his dad. In the summer, he works as a lifeguard at the Inverness Recreation Center Pool.

In addition to serving as the director of "Spelling Bee" and artistic director of BRAVO Productions, Valerie Issembert will perform the role of Olive Ostrovsky, a newcomer to the Bee circuit and an only child who spends much of her time alone reading the dictionary. Issembert previously performed with the Metropolitan Opera Company in New York City. She said, "This show and this venue presented the perfect opportunity for BRAVO Productions to bridge the gap between theatre with young actors and theatre with adults because Spelling Bee is a show about children, played by adults, and written for all to enjoy. After a decade performing mainly with adults in New York, and a subsequent three years teaching mainly children in Washington, D.C., I wanted to integrate the two worlds. This experience has provided that opportunity. I get to work with my friends, colleagues, family, and students. What more could I ask for?"

"The 25th Annual Putnam County Spelling Bee" will be performed in Alexandria Country Day School's Performing Arts Center, 2400 Russell Road, Alexandria, VA 22301 on April 7 at 8 p.m. and April 8 at 2 p.m. and 8 p.m. Tickets are available online at www.showtix4u.com for \$28 until April 6 for \$30 (cash or check only) at the door.



PHOTO BY DEBORAH STEVENS/THE ALMANAC

For a Good Cause

Torie Mills and Emily Crump sell sweets to raise money for the Humane Society on Tuesday, March 14.

Spring Happenings

FROM PAGE 2

"I bet nobody has English Daisies within a hundred miles," he said. "They come in red, white and pink and bloom throughout the summer."

New to Potomac Petals and Plants, King said he looks for unusual plants, working to offer a better selection than any other garden center in the area.

He is a trained horticulturist and plant diagnostician. He can help identify diseases or insects on plants and grass.

"Just bring in a leaf," he said. If it's too cold to think about planting, just a walk through the center gives a colorful, sweet smelling hint of things to come.

For more information, call 301-765-7670.

NEWS

KEEN on Fitness

FROM PAGE 4

families who then introduce us to certain programming and therapies that benefit John. It helps to have this community as we navigate the milestones and life events.”

Guterman said the majority of KEEN participants are on the autism spectrum, or have cerebral palsy or Down Syndrome. This description, however, is not all-encompassing.

“No child is ever turned away from our programs,” Guterman said. “The volunteers work with such a wide spectrum of ability. While the majority of the event volunteers work one-on-one with a child, sometimes we have to make it work by having two volunteers working with someone who may need more help.”

To honor the organization and its 25 years of success, the board and KEEN staff have set some anniversary goals: to create new programs and serve more young people with special needs.

To make this expansion possible, KEEN continues to grow its network of committed volunteers, which currently range from local high school students to people who have been volunteering with the organization since the beginning.

“Anyone can volunteer,” KEEN Greater DC Executive Director Beata Okulska said. “You don’t need to have any experience working with special needs kids. We look for people with imagination, good will and patience.”

KEEN volunteers benefit from the KEEN experience perhaps every bit as much as the disabled population that the organization serves.

“Volunteering for KEEN helps people develop their leadership skills, teaches tolerance, and helps them to understand and appreciate diversity,” she said. “When you begin volunteering with KEEN, you immediately see the huge impact that 75 minutes a week can make on everyone involved. The effect that KEEN has on the community is indisputable. KEEN teaches not only facts on different disabilities, but teaches something far more important, that everyone is equally important and needed in building the community, and that diversity makes the world a better place.”

BULLETIN BOARD

FROM PAGE 10

guide dogs. Volunteers will foster a specially bred guide dog for 14 months, attend bi-monthly training classes, and teach the pup house manners, people skills and socialization within the community. Dog crates, training equipment and monthly medications are provided. Contact Margie Coccodrilli at 301-869-2216 or gebraiser@comcast.net or visit www.guidingeyes-md.org.

DATES FOR NEXT SCHOOL YEAR

The Montgomery County Board of Education approved the start and end dates for the 2017-2018 school year at its Nov. 15, 2016 meeting. The school year will begin on Tuesday, Sept. 5, 2017, and the last day of school will be no later than Friday, June 15, 2018.

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I Can't Forget What I Don't Remember



By KENNETH B. LOURIE

I wouldn't say I'm forgetting things, but according to my wife, Dina, I certainly don't seem to be remembering them, at least as she does. Naturally, this “misremembering” could be attributed to the condition which likely affects many couples who have been over hill, over dale and over many dusty trails in nearly 39 years of marriage, as we have. Nevertheless, identifying the condition doesn't soothe the savage beast. Another possible/probable explanation is the ever-unpopular, recently-confirmed actual occurrence common to many cancer patients receiving chemotherapy: “chemo brain.”

Even though I'm a veteran of these cancer/chemo wars apparently doesn't make me immune to its harmful effects. Quite the contrary in fact. Survival is wonderful, but years-long treatment does take its toll. And for a cancer patient now in his ninth consecutive year of treatment, the bell tolls for me. Fortunately, I can still hear the bell. The question is: will I remember having heard it? I say, absolutely! My wife says: not so fast.

All kidding aside, I can see this difference of opinion becoming a problem. At present, I'm not the least bit (well, maybe a little bit, otherwise; why would I be droning on about it?) concerned about a few of our memories fading since I don't believe that they have. I'm inclined to invoke an opposite-George Costanza here and say it's her, not me. Not surprisingly, my wife will play the part of one of George's ex-girlfriends and say it's definitely me. So what else is new? Nothing. The question/worry is: will this become a chronic problem?

Which in a way is what all us heretofore “terminal” cancer patients want. Obviously, a cure for what ails me/others similarly diagnosed would be ideal, but the more realistic scenario is that one day, cancer will be treated as a chronic condition, like diabetes, not a terminal disease as my stage IV, non-small cell lung cancer was originally characterized by my oncologist on Feb. 27, 2009 (you bet I remember that date!). Oh yes, that is a date that will live in infamy. Unlike Pearl Harbor, however, where thousands died, and unlike the message delivered by Franklin Delano Roosevelt that same day, when the sober news was first heard by a nation then at war, only three people heard what my oncologist said to me that day, and only my life was at stake, though certainly my wife, Dina and my brother, Richard were impacted, even though they weren't he ones receiving a grim prognosis.

As Dina and I regularly reminisce about our life together, we regularly have different recollections. She's entitled. I'm entitled. There might be a right. There might be a wrong. But without Warner Wolf around to “go to the videotape,” the chance that we'll remember a shared memory similarly or at all considering there's now almost four decades worth of stuff is unrealistic, isn't it? I mean, we're different people. We process and store information differently. In fact, I might say, it's likely a miracle if we did actually remember, identically, people, place and things.

The older one gets, the greater the cumulative information in our brains and apparently, the less chemical/muscular ability we have to access/retrieve all that information. Not remembering or remembering differently is nothing more than the passage of time rearing its ugly head. Now combine that inevitability with the toxicity of chemotherapy — and God knows what else my cancer is affecting, and what you have here is a sitting duck. If I were to believe totally in this inevitability or in my wife's assessment, I would say there's disintegrating hope for me. But I don't. I believe in the power of me. I believe in the power of positive thinking and in always seeing the bright side — and joking/laughing about all of it. So what if I don't remember or remember differently, it probably wasn't worth remembering anyway.

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

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