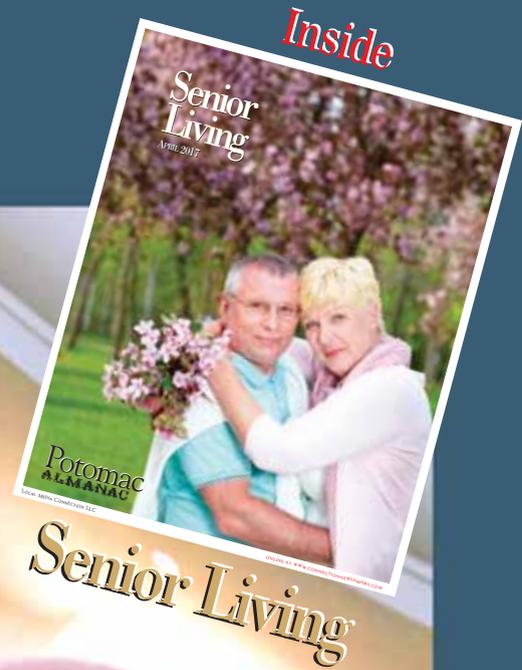


Potomac ALMANAC



Longtime friends Danny Krifcher (left) and Lee Cowen share ribs and sausages at the 2017 Guys Night Out and Seder Summit at Beth Shalom Congregation.

Inspiring Camaraderie

NEWS, PAGES 3

Shopping at St. Francis Episcopal Church's Nearly New Sale

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CALENDAR, PAGE 6 ♦ CLASSIFIEDS, PAGE 11

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SCHELL
— brothers —

Inspiring Camaraderie Beth Shalom Congregation's 7th annual 'Guys Night Out' and Seder Summit.

BY SUSAN BELFORD
THE ALMANAC

Potomac's Beth Shalom Congregation hosted a one-of-a-kind gathering on Sunday, April 2: More than 500 men from Maryland, D.C., Virginia and beyond came together for single malt and blended malt Scotch whisky, Kosher BBQ ribs, fried chicken and fries. Orthodox rabbis, men who rarely experience a synagogue, fathers, father-in-laws, grandfathers, sons, grandsons, nephews, friends and acquaintances all enjoyed Guys Night Out.

Bruce Weiner has attended since the inception. "It's hard to distill the most meaningful part of the event," he said. "I'd like to single out the camaraderie. The event draws guys from all over the D.C. area. It's a wonderful chance to enjoy each other's company, help exceptional nonprofits, and learn together."

Another regular attendee is Avi Hofman. His feelings about the evening are: "It is a wonderful combination of fun, good food and drink, words of Torah that help get me in the mood for Pessach and a great bunch of guys from all walks and all persuasions. There is always a tzedakah project associated with the Guys Night Out. We often bring slightly-worn suits to help those looking for jobs who can't afford to buy a suit for an interview. It really makes me feel like I'm doing something worthwhile. One of the most fun take-aways for me last year was that there is really no reason that the entire Seder has to take place at the dining room table. Since I learned this from Rabbi [Nissan] Antine, we have begun every Seder in the family room sitting on comfortable couches and chairs. It adds to the fun and certainly serves the purpose of getting the kids to ask why this night is so different from others. Every year Rabbi Antine has a few gems that he shares which make the holiday more meaningful."

Heroes was the theme for this year. Four Jewish Wounded Warriors/active duty military personnel attended along with five emergency responders from Baltimore who went to Israel to fight fires. The 500 men celebrated the bravery of these heroes — along with sharing camaraderie and stories



PHOTO BY ERIC SILBERG

More than 500 men attended "Guys Night Out" and Seder Summit at Beth Shalom Congregation.

of their courage.

The evening was also about giving back to community. This year, participants were asked to bring used sports equipment to the event as well as gently used sport coats. The sports equipment will be given to LPF — Level the Playing Field — a nonprofit that distributes equipment to underprivileged youth. The Wider Circle will distribute the sportcoats. The group will also make a donation to support their Maot Chitim fund allowing Jewish families to buy Passover food for the holiday.

Rabbi Antine, host of the event, planned an educational Seder Summit: "Passover celebrates the Jewish liberation from slavery in Egypt thousands of years ago. There is a rabbinic teaching that suggests that one of the reasons that the Jewish people merited liberation was because they continued to dress like Jews. Many have interpreted this statement to mean that an antidote against assimilation is Jewish dress. As Jews

SEE BETH SHALOM, PAGE 9



PHOTO COURTESY OF BETH SHOLOM CONGREGATION

Marty Goldfarb (second from right), his two sons, Saul (center) and Danny (right), and his three grandsons, from left, Michael, Scott and Adam.



From left are Josh Stevens, Jeff King, and Sam Rank.



From left are Josh London, Rabbi Nissan Antine, and Lou Marmon.



PHOTOS BY DAVID WASSERMAN

From left are Jason Froehlich, Sammy Felsen and his father David Felsen.

OPINION

Learn about Stormwater Management

BY CAROL VAN DAM FALK
WMCCA PRESIDENT

As everyone knows, April showers bring May flowers, which is a perfect time to talk about Green Streets. Green Streets are roadway landscaping designs that reduce and filter stormwater runoff.

This program is part of a county initiative to capture stormwater runoff in neighborhoods that have minimal stormwater controls and not enough open space for larger stormwater practices. Green Streets use Low Impact Development (LID) and are constructed within the street right-of-ways.

Benefits of Green Streets include creating aesthetically pleasing streetscapes and providing a natural habitat for pollinators like bees and butterflies, as well as birds. They also make a nice, visual connection between neighborhoods and schools, parks, and local business districts. But perhaps most importantly, these areas reduce stormwater runoff, which can be a major problem in certain neighborhoods of the Potomac subregion.

Please join us for the April 12 WMCCA General Meeting when Douglas Marshall tells us about how residents can get involved with implementing Green Streets projects. Mr. Marshall plans to give a general overview of what Green Streets are, describe where the county has already installed Green Streets, and talk about where future projects are being planned. Our thanks to WMCCA board member Ken Bawer, who brought this very important program to our attention.

Website Assistance Needed

BY PETER POGGI

WMCCA is looking for someone to help modernize and share long-term responsibility for updating our website and posting the monthly online newsletter.

While the current www.wmcca.org website has served us well since 2003, it is built upon an outdated Microsoft Frontpage 2003 platform, written entirely in HTML using frames, and reliant upon a single person. Our objectives are twofold.

First and foremost, we need to have a trained backup who will share responsibility for maintaining the current site alongside our current website administrator. Once familiarized with the site, this responsibility will require a minimal time commitment of less than 30 minutes monthly.

Our second goal is to identify and begin transforming the site to a more sustainable, perhaps template driven platform. This will require gaining an understanding of the existing website structure and working closely with the WMCCA Board and website administrator to come up with a suitable design.

Interested candidates should have a current background in current document management type website design and development methodologies, and a familiarity with available host-

WMCCA Meeting

The next meeting of the West Montgomery County Citizens Association is Wednesday, April 12, 7:15 p.m. at the Potomac Community Center.

The guest speaker will be Douglas Marshall, Watershed Planner with the Montgomery County Department of Environmental Protection.

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

ing options. Please contact Peter Poggi, peter.poggi@yahoo.com.

Planning and Zoning Updates

BY SUSANNE LEE

In response to a request by Montgomery County's Department of Environmental Protection (DEP), WMCCA submitted comments regarding a proposal to extend sewer lines into established low density RE-1 neighborhoods. WMCCA's point-by-point response was prepared by Board Member Ken Bawer and emphasized that, contrary to DEP's assertions, the

extension of sewer to these often environmentally sensitive areas will likely result in decreased, not increased, water quality.

At a hearing on March 30, the Montgomery County Planning Board approved amendments to a 1998 Final Forest Conservation Plan that will, in effect, sanction the almost total clear cutting of the lot at 12925 Circle Drive in Glen Hills. A 255-year-old ash was recently removed from the site and the new property owners seek to remove all remaining specimen and other trees of significance except for one and to disturb 32 percent of the Critical Root Zone of that remaining tree. To do so required the board to approve a variance from the Forest Conservation statute.

WMCCA opposed the request for a variance based in part on the standards recently established by the Maryland Court of Appeals in *Assateague Coastal Trust, Inc. v. Schwalbach, et al.* We are awaiting issuance of the written decision by the board in order to determine whether WMCCA should consider an appeal.

Help support WMCCA's efforts in defending the Master Plan. Renew or become a new member of WMCCA. Look for the renewal notice in the mail or go to the website to download a membership form or join using PayPal: www.wmcca.org.

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

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 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 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.

THURSDAY/APRIL 20

Potomac Community Village Speaker. 7-9 p.m. at the Bolger Center, Franklin Building, 9600

SEE BULLETIN BOARD, PAGE 10



GRAPHIC COURTESY OF C&O CANAL TRUST

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C&O CANAL PRIDE DAYS 2017

'Canal Pride'

The 2017 winning "Canal Pride" design is by Hannah Debelius. She will receive a prize package that includes a stay in a Canal Quarters lockhouse and her artwork will appear on all of the T-shirts that will be handed out to volunteers at Canal Pride events.

POTOMAC ALMANAC

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Shoppers Theresa Wallingford and Hezi Schaffer. Items that didn't sell at the church's thrift sale were donated to the Lupus Foundation.



Blanca Vega at St. Francis Episcopal Church's annual thrift sale last weekend.

Volunteers and Shoppers

From left are Susan Dolan, Carol Jarvis with her grandchild, Karen Meyers, Barbara Heywood, Cindy Boinis, Debra Byarn, Faith Doody, Mary Ashworth, Susie Burbage, Marianne Ryn, and Marianne Enger at St. Francis Episcopal Church's Nearly New Sale.

PHOTOS BY
DEBORAH STEVENS
THE ALMANAC

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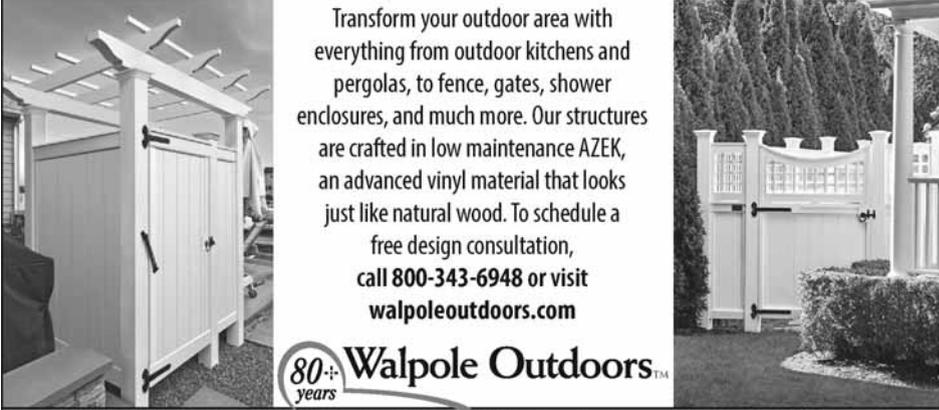


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ONGOING

Tally Ho Toastmaster's Club. First and third Mondays each month, 7:30-8:30 p.m. in the Potomac Community Center, 11315 Falls Road.

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.

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

Live Music

Conservatory Classic Jazz Band in concert, Sunday, April 9, 3-6 p.m. in Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road. Call 301-983-8838 for more.

PHOTO CONTRIBUTED

Echo Park, 7300 MacArthur Blvd., Glen Echo. SilverWorks Studio & Gallery is a working silversmith studio and includes an ongoing exhibition, as well as sales of the work of artist-in-residence Blair Anderson. Free. Visit www.silverworksglenechopark.com.
Art Glass Center at Glen Echo. All day Wednesdays; Fridays, 10 a.m.-2 p.m.; Saturdays, 10 a.m.-4 p.m.; Sundays, noon-4 p.m. Art Glass Center, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Ongoing exhibitions feature work of resident artists. Sculpture, vessels, functional art and jewelry for sale. Classes are taught year-round for beginner, intermediate and advanced students. www.artglasscenteratglenecho.org.



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ENTERTAINMENT

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.ampbystrathmore.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/APRIL 7

Rob Patrick Concert. 7-11 p.m. in Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road. Call 301-983-8838 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.

SUNDAY/APRIL 9

Conservatory Classic Jazz Band. 3-6 p.m. in Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road. Call 301-983-8838 for more.

APRIL 13-MAY 4

Skills Class. 7-10 p.m. at 7300 MacArthur Blvd., Glen Echo. "Lighting Like Caravaggio with Frank Van Riper," class. Lighting master Frank Van Riper will teach students how to create still lifes and portraits. Visit www.glenechophotoworks.org for more.

SATURDAY/APRIL 15

Rob Patrick Concert. 7-11 p.m. in Margery's



Live Music

PHOTO CONTRIBUTED

Angela Lavelle in concert, Thursday, April 27, 7-10:30 p.m. in Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road. Call 301-983-8838 for more.

Lounge at Normandie Farm Restaurant, 10710 Falls Road. Call 301-983-8838 for more.

APRIL 15-MAY 20

Vision Class. 9:30-11:30 a.m. at 7300 MacArthur Blvd., Glen Echo. Spring meet and shoot with Photoworks Faculty, shoot at four different locations with a Photoworks faculty member. \$65 per session, \$300 for five sessions. Visit www.glenechophotoworks.org for more.

SUNDAY/APRIL 16

Waltz Workshop. 2:45-3:30 p.m.-midnight at the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd. The ensemble Honeysuckle Rose 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.

FRIDAY-SUNDAY/APRIL 21-23

The Little Mermaid Jr. Various times at Herbert Hoover Middle School, 8810 Postoak Road, Potomac. A community musical with students and parents involved. Call 301-968-3740 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.

APRIL 22-23

Pictures at an Exhibition. Saturday, April 22, at 8 p.m., and Sunday, April 23, at 3 p.m. at Strathmore 5301 Tuckerman Lane, North Bethesda. The National Philharmonic features Modest Mussorgsky's "Pictures at an Exhibition." Visit www.strathmore.org/ for more.

TUESDAY/APRIL 25

Networking Event. 4-6 p.m. at 10801 MacArthur Blvd. Potomac Chamber of Commerce and Old Angler's Inn sponsoring and providing hors d'ouerves. Potomac Chamber members \$10, non-members \$15. Call 301-299-2170 or email Jennifer@potomacpizza.com for more.

Meet the Author. 7 p.m. at Potomac Library, 10101 Glenolden Drive. Linda Lear will highlight her book "Beatrix Potter: A Life in Nature" for the Potomac Village Garden Club and The Friends of the Library (Potomac Chapter). Visit www.LindaLear.com or call 240-777-0690 for more.

THURSDAY/APRIL 27

Angela Lavelle Concert. 7-10:30 p.m. in Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road. Call 301-983-8838 for more.



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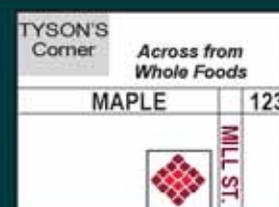
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Beth Shalom Congregation's 'Guys Night Out' and Seder Summit

FROM PAGE 3

in America, we want to absorb in and participate in all of the wonderful things that happen in America. At the same time, we want to remain strong to our Jewish identity, heritage and values. The question for most Jews (other than ultra-Orthodox who still wear a very distinct Jewish garb) is what does it mean to dress like a Jew? What does it mean to wake up every morning and, literally, as we dress, to be making Jewish decisions?

"Are there items (and Jewish dress in general) just meant to be negative identity markers (we are Jewish because we dress differently from non-Jews) or are there positive spiritual and ethical lessons behind the symbols of what we wear? There are fascinating parallels to this discussion in Islam with Hijabs. The question of minorities wearing their distinct dress and the balance between healthy acculturation versus assimilation and loss of identity is fascinating to me."

Antine added, "I have been a part of this



More than 500 men fill the Beth Shalom sanctuary as part of the 2017 Guys Night Out and Seder Summit.

PHOTO COURTESY OF BETH SHOLOM CONGREGATION

wonderful men's event from the beginning. It has been amazing to watch it grow over the years. There is nothing more meaning-

ful than watching grandfathers, fathers and sons/grandsons enjoying a wonderful evening centered around great food and

great learning. Passover is all about passing our Jewish values from parent to child through the Seder. I think we live in a world, where fathers and son have fewer opportunities to share this and this program allows them to bond in that way. Guys Night Out has also given me the opportunity to meet and learn with so many wonderful people from our community who don't otherwise come to our Shul. I will often be at the Giant and someone who I don't recognize will say 'Hey Rabbi Antine, You don't know me but I know you ...' and I will complete the sentence 'from Guys Night Out.' It is a great bonding experience for men across the community from all denominations. It is an evening of unity around good food, drink, kindness and Torah study.

"The most meaningful Guys Night Out so far was last year when my own father came for the first time. I spoke about some Jewish gifts and values that my father gave to me. I did this in front of 500 of my best friends. My dad was very touched." See www.bethsholom.org.

Brown To Discuss: 'A Hospital Stay in Your Future?'

Whether scheduled or unexpected, the resulting stress, anxiety and relevant recovery from hospital stays that include surgery and rehabilitation can be managed with the right information and advance planning, according to Jennifer Brown, director of marketing at Forest Hills of DC.



Brown

In her presentation, "A Hospital Stay in Your Future? Preparing for a Successful Recovery and Transition Home," Brown brings her expertise and experience to Potomac Community Village's April 20 meeting, to be held at the Bolger Center.

"You can be swinging that tennis racket or golf club again, mastering that new dance craze or just enjoying being back in your

regular routine, if you prepare yourself for the myriad decisions you will have to make to reach the best outcome," Brown said. "And be sure you enlist a companion or cheerleader to be a second set of eyes and ears to help you keep it all straight."

To achieve a good result, Brown emphasizes understanding insurance to find and choose the best covered options for the type of rehabilitation to which one is entitled, and the facility to provide it.

Brown has BS and M.Ed degrees in psychology and prior to coming to the Forest Hills of DC (formerly The Methodist Home of DC) almost six years ago, served at the Fountains at Washington House and Medi-

cal Services of America, both in Virginia.

PCV's April 20 meeting takes place from 7-9 p.m. at the Bolger Center' Franklin Building, 9600 Newbridge Drive, Potomac. Use Parking Lot #1.

Potomac Community Village is a non-profit network of neighbors and friends geared to enabling older Potomac residents to age in place in their existing homes by creating social connections and providing volunteer services such as transportation, computer assistance and simple home repairs. For more information, to volunteer or get volunteer help, contact 240-221-1370, info@PotomacCommunityVillage.org or www.PotomacCommunityVillage.org or www.Facebook.com/PotomacCommunityVillage.

SUPPORT GROUPS

The Alzheimer's Association's Memory Cafes offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. The memory cafe in Rockville (4860 Boiling Brook Parkway) operates the third Wednesday of each month from 2:30-4 p.m. Pre-registration is required. Contact Lindsey Vajpeyi at 240-428-1342 or lvajpeyi@alz.org.

Suicide Grief Support Group. At JSSA, 6123 Montrose Road, Rockville. This ongoing bereavement support group is for those who have lost a loved one to suicide. This group meets every first and third Monday. No charge. Pre-registration is required to attend. Call 301-816-2708.

Adult Bereavement Groups. Dates and times vary depending on group members. Hospice Care, 518 S. Fredrick Ave., Gaithersburg. Peer driven support groups in those in need of support. Free. Contact Penny Gladhill at 301-990-8904, or Pennyg@hospicearing.org.

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"A Hospital Stay in Your Future?"
Being prepared for a successful recovery"
Thursday, April 20, 7 p.m.

Bolger Center, 9600 Newbridge Drive

details at 240-221-1370

www.PotomacCommunityVillage.org

Club Wins U.S. Short Track National Championship

Fourteen members of the Potomac Speedskating Club competed at the 2016-17 U.S. Short Track Age Group Nationals in Midland, Mich. March 17-19, bringing home the National Club Championship title.

Based in the suburbs of Washington, D.C., the team practices at Wheaton Ice Arena and Cabin John Ice Rink. Potomac previously won the national club championship title in 2012 and was runner-up last year. The title is awarded to the club whose skaters earn the most points at Age Group Nationals.

Returning national champion Hailey Choi, of Oakton, Va., broke national records in all four distances in the Junior D Ladies division, for 11- and 12-year-old skaters: 333 meter, 500 meter, 777 meter and 1000 meter. She earned first place overall in the division. Altogether, Choi has won the overall national title for her age division three times for short track and four times for long track, including last month at the U.S. Long Track Age Group Nationals in Lake Placid, N.Y. In addition to the four short track national records, Choi currently holds three U.S. outdoor long track records.

Returning national champion Brandon Kim, of Fairfax, Va., broke his own national record in the 500 meter in the Junior C Men's division, for 13- and 14-year-old skaters. He now holds national records in all four distances in the division: 500 meter, 777 meter, 1000 meter and 1500 meter. Last December, Kim won first place overall among men at the 2016-17 U.S. Short Track Junior Championships in Kearns, Utah. Kim also competed at the World Junior Short Track Championships in Innsbruck, Austria, in January, 2017, where he won a bronze medal in the 3000 meter relay, setting a new U.S. junior record.

Together, Choi and Kim set five of the seven new national records made at the U.S. Short Track Age Group Nationals, which took place at Midland Civic Arena.



Members of the Potomac Speedskating Club.

The team was led by Head Coach Simon Cho, who joined Potomac in May 2016, following a career as a short track speedskater. Cho won a bronze medal in the 5000 meter relay in the 2010 Winter Olympics and was the 2011 World Champion in the 500 meter.

Other results from Potomac skaters include:

- ❖ Russell Riehl won the bronze medal in the 50 to 59-year-old Master skaters division.

- ❖ Faith Kim placed second in the Junior A Ladies division, for 17-to-29-year-olds.

- ❖ Andrew Heo won the national title in the Junior B Men's division, for 15- and 16-year-olds.

- ❖ Andrew Kim earned 2nd place overall in the Junior C Men's division.

- ❖ For Junior C Ladies, Ava Fradlin, Renee Miller and Samantha Leventis earned 4th, 5th and 7th places overall.

- ❖ Shawn Kim and Christian Kim finished 1st and 3rd, respectively in the Junior D Men's division, for 11- and 12-year-old skaters

- ❖ Jing-Kye "Mathew" Yen finished 2nd and Benjamin Sullivan, 8, the youngest competitor at the meet, placed 9th in the Junior E Men's division, for skaters from seven to 10 years old.

- ❖ Kyungeun "Cindy" Jang won 4th place in the Junior E Ladies division.

To be eligible to compete at nationals, skaters must earn a qualifying time that is less than 120 percent of the current national record in any distance in their age division.

More than 160 skaters from around the country raced in the event.

In addition to the 14 skaters who competed at Age Group Nationals, Potomac members Aaron Heo, Shaner LeBauer and Roen Riehl competed at the American Cup III competition, also held at Midland Civic Arena the same weekend, finishing 2nd, 3rd and 14th overall, respectively. American Cup III is one of a series of races used to determine overall national rankings for the season and to qualify for selection for the U.S. World Cup Team and the Olympic trials.

The Potomac Speedskating Club welcome skaters of all ages and abilities. The club offers a free trial session as well as a discounted rate for a learn-to-speedskate package. For more information about the club, visit www.potomacspeedskating.org or email info@potomacspeedskating.org.

PHOTO BY JACKIE CHOY

BULLETIN BOARD

FROM PAGE 4

Newbridge Drive. Jennifer Brown's presentation "A Hospital Stay in Your Future? Preparing for a Successful Recovery and Transition Home." Visit www.potomaccommunityvillage.org/ for more.

BEGINS APRIL 24

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

THROUGH APRIL

Host Families Needed. The Big Train is looking for families to share their homes with a Big Train player during the 2017 season. Players stay with families from late May through late July or early August. Contact Emily Waldman at waldmanemily@gmail.com or Anne Fletcher at fletcher428@gmail.com.



Saturday Fire

Ten people were displaced and a dog died due to a residential fire at the Congressional County Club on April 1. Fifty firefighters responded to the blaze which originated on the first floor, according to the Montgomery County Fire and Rescue Service.

PHOTO BY PETE PRINGER/MCFRS

PEOPLE NOTES

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

Potomac teen **Marie-Josée Bourelly** is in the cast of Neil Simon's Brighton Beach Memoirs playing in Theater J, 1529 16th Street, NW Washington, DC, from April 5-May 7.

SCHOOL NOTES

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

Alyssa Weiss, of Potomac, is one of 13 members of the Yale field hockey team named to the NFCA National Academic Squad for the 2016 season. Weiss, a senior, attended Winston Churchill High School.

Olivia Liu, of Potomac, has been awarded the Rachel Carson Scholarship by Green Mountain College (Poultney, Vt.).

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Sick & Tired



By KENNETH B. LOURIE

Man o' man was I sick last weekend (that was not a question). It began as a runny nose, followed by an annoying hacking cough, compounded by sneezing and watery eyes, an occasional headache, with zero interest in food and hardly any energy to get myself out of bed where I spent practically the entire two days. I haven't been that sick/incapacitated since, I don't know when. Thankfully, there was no temperature, sore throat or nausea to further complicate my inability to move off the bed. And most thankfully, there was no urgency to visit the bathroom (I don't know if I would have had the wherewithal to even get there). Otherwise, I might have actually had to call/email the doctor and/or make an appointment at the Emergency Room. After all, I do have cancer so I really shouldn't ignore — totally — the times when I'm feeling uncharacteristically bad. This past weekend, had I gone from bad to worse, I would have called.

However, my symptoms, as miserable as they were, especially for two days, didn't meet the this-is-it threshold as set forth by my oncologist. Though the symptoms were new and different versus the everyday norm, they certainly weren't uniquely different (lung cancer related) for a seasonal-type cold. Moreover, the pain/discomfort/cough wasn't coming from my lungs, and the symptoms had only lasted a few days, not a few weeks. I therefore determined that unlike Babe Ruth who felt "just as bad" as he sounded in his famous Babe Ruth Day farewell speech at Yankee Stadium on April 27, 1947, I wasn't dying. I was just sick with a bad cold, one that was worse than any I remember (although maybe I've forgotten. See column titled "I Can't Forget What I Don't Remember" published 3/22/17).

Nevertheless, since I'm not a doctor, just a patient, presumably I should know what my body is telling me. However, I may not be so inclined to listen (fear mostly). Though my life may occasionally be at stake, I still struggle with the facts of my case. I delude myself into thinking that if I don't give in to the pain and suffering — as rare as they usually are, then I won't suffer the consequences: dying before my time. I don't want to believe the worst so I don't. I wouldn't attribute my above-average life "unexpectancy" since diagnosis (eight years — AND ALWAYS COUNTING) as the power of positive thinking since I never read the book written by Norman Vincent Peale. But I try not focus too much on my diagnostic reality.

I mean, it's not as if I laugh in the face of death; heck, I cry more than ever, especially while watching programs on television when heartstrings are pulled. Somehow though, I try not to take my cancer personally, if that makes any sense? I try to take it the same way Curly Howard of The Three Stooges took his many slapstick pratfalls: "I'm a victim of circumstance."

But when I get sick, whether or not I feel anything in my chest/lungs, I cross over into an entirely new realm. No more am I able to talk/humor myself into or out of things, no more am I able to deny my cancer reality and no more am I able to pretend that all is right in my world. It's during these situations when the metaphorical/proverbial you know what hits my emotional fan that I suffer the most. Unfortunately, there's not a shut-off button. I just have to ride it out, as bumpy as it typically is, and hope I come out the other end in better shape than when I went in.

So far, so good. Although I'm still coughing a bit and blowing my nose, all the other symptoms have subsided and no more do I feel worse for the wear. I don't suppose it's cancer-related, but of course, what do I know? What I do know is this: if the remaining symptoms linger, I'll worry, and on Wednesday, April 19 — and for the following week, I'll worry even more awaiting the results from the CT Scan and lower abdomen MRI I have scheduled that day (it's a special: two for one). Granted, these tests are not any newer than catching a cold, but still, I can't help wondering: since I was diagnosed as "terminal," this can't keep going on forever, can it?

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

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Senior Living

Fit for the Golden Years

Exercises for strength, endurance, balance and aerobics are key.

BY MARILYN CAMPBELL
THE CONNECTION

At 7 a.m. each weekday, a group of Del Ray seniors meet at Starbucks to embark on a brisk, 45-minute walk. The women return to their starting point for coffee and conversation. Their goal is to stay active and socially engaged.

“Even those of us who’ve never exercised and aren’t necessarily fit enjoy our walks,” said Joyce Herrington, one of the group members. “It’s mostly social and we enjoy it. The fact that we’re getting some exercise is a bonus.”

Late last month, representatives from Go4Life, a program created by the National Institute on Aging (NIA), held a pilot workshop in Potomac, Md., that was designed to test methods for motivating older adults to increase their physical activity. Workshop participants were from Potomac Community Village, one of several Go4Life partner organizations of seniors who are helping to design strategies to engage seniors in exercise programs.

Sheila Moldover, Potomac Community Village Communications Chair believes that local seniors can benefit from Go4Life.

“We’re going to include some easy and simple flexibility, balance and strength exercises at each of our Potomac Community Village meetings, and distribute Go4Life materials to our members, including to those who are already exercising,” she said. “We want to encourage everyone to pay attention to their balance, flexibility and strength as well as to endurance. We see that as enabling us to age in place, to thrive in place, and be healthy and active.”

Go4Life, an exercise and physical activity campaign from the National Institute on Aging (NIA) at the National Institutes of Health (NIH), is designed to help those who are over 50 incorporate exercise and physical activity into their daily lives.

“We want people to know that it’s never too late to start an exercise program, and we focus on four types of exercise: strength, endurance balance and flexibility,” said



Members of the Potomac Community Village attend a workshop on the Go4Life program, which was designed to help those who are over 50 incorporate exercise and physical activity into their daily lives.

PHOTO BY SHEILA MOLDOVER

“The most important thing is to find an exercise or activity that you enjoy. If you enjoy what you are doing, you will be more likely to continue.”

— Susan P Thompson, Ph.D., Northern Virginia Community College.

Stephanie Dailey of the Go4Life program at the NIA. “It’s important that they’re doing all four components. Older adults can gain a lot from exercising. In fact, people have a lot more to lose by not exercising than by starting exercising.”

WHEN BEGINNING an exercise program, Dailey recommends guidelines established by the Centers for Disease Control and Prevention.

“About 150 minutes per week of moderate activity is recommended for adults,” she said. “If you are going to start a fitness program, see your doctor first.”

For older adults exercise is important for maintaining function, physical strength and fitness, managing and preventing diseases, improving your mood and giving you more energy.

In spite of a popular misconception, older adults can gain strength and improve their

muscles with these exercises, says personal trainer Christian Elliot, CEO, Founder TRUE Health and Wholeness in Arlington, Va. “I work with people who are in their 60s, 70s, 80s and 90s and I’ve never met a person who couldn’t improve their fitness,” he said. “We’re not going to stop aging, but you can certainly slow it.”

Elliot recalls a client who was in her late 50s who didn’t have a history of physical fitness, but wanted to get in shape. “She has hit some of the most phenomenal milestones, like being able to hold a 12-minute plank, do 50 push-ups and five push-ups on one arm,” he said.

FOR THOSE WHO are new to fitness, there is good news. “There’s a lot of evidence that middle age is a great time to get fit,” said Julie Ries, Ph.D, professor of physical therapy at Marymount University. “You want to be active and healthy in your middle

age so that will keep dementia at bay in your old age. Exercise is not only for your physical health, but also your cognitive health.”

A well-rounded exercise program should include exercises that focus on aerobic exercise, flexibility, muscular strength and muscular endurance, and balance, says Susan P Thompson, Ph.D., assistant dean, Health Physical Education at Northern Virginia Community College.

“Cardiovascular exercises should be done most days of the week for a minimum of 20-30 minutes,” she said. “Walking, swimming, cycling, dancing, hiking and any activity that uses your large muscles in a continuous movement will increase your heart rate and improve circulation.”

Stretching and moving your joints through their range of motion will keep the joints lubricated and less stiff. “Stretching will also help decrease pain and stiffness in the back, neck, hip and feet,” said Thompson. “For the sportsman it will increase your power and ability to improve your follow through motion. For the hiker, it will let you lift your arms and legs higher. You can stretch daily. Yoga and dance are activities

SEE FIT, PAGE 7

Bridge Sharpens Mental Skills

BY SHIRLEY RUHE
THE CONNECTION

Dark clouds and heavy rain didn’t deter the 9 1/2 tables of duplicate bridge players from showing up at Madison Senior Center in Arlington on Friday, March 31. Complete silence envelops the room as furrowed brows concentrate on the cards in their hands. An occasional “both of the kings are off” or “I knew I should have stayed home” penetrates the silence.

Mike Zane, coordinator of the group and an American Contract Bridge League (ACBL) certified director said, “we’ve been going ... well, it’s got to be at least 10 years.” Zane said that bridge was big in the

1930s-60s. “If you watch any old film, even a war film, you’d see a bridge game. Even Ian Fleming played the Earl of Sandwich in a James Bond film. But,” he continued, “it’s lost its flavor.”

Zane said it used to be that in the military academies the two required extracurricular classes were ballroom dancing and bridge, two important social skills.

Zane looks around the room and pulls out a long computer sheet of names. “The players at the tables go up (clockwise) and the board goes down (counter-



Duplicate bridge players concentrate on their next move at the regular ACBL-sanctioned games held Friday mornings from 10 a.m.-2 p.m. at Madison Senior Center.

PHOTO BY SHIRLEY RUHE/
THE CONNECTION

SEE BRIDGE, PAGE 7



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Senior Living

Women in Retirement? Busier than Ever

Doing what one wants.

BY EDEN BROWN
THE CONNECTION

More than a half-dozen local women recently answered the question: What can you say about retirement? Jamie Usrey, who was a teacher in the Arlington County Public School system for 20 years, is hardly letting a lot of grass grow under her feet.

She said, "I feel a little embarrassed when I say I am retired when I look at people who are still working hard ... like Hillary Clinton. I am enjoying being able to be outside more — biking, playing tennis, working in the yard, going for walks with friends and taking more trips to see national parks where we can hike through the beauty of nature. I have more time to exercise ... love those zumba classes ... and read.

"I love doing Reading Recovery "light" with three kids where I feel I am kind of still 'working' but don't have to go to meetings or write up long reports. I do want to find a way to be more helpful in making our government work better ... next week. Lots to still do and lots to still see."

Jan Heininger says she is "happier than ever with even more travel, near daily long bike rides, daily mile swims in the summer, and far more time for reading lots and lots of books. I also get to spend far more time at our beach house where I can more easily avoid politics."

Ruth Neikirk said: "Retire? I never did retire. I stay busy. It's good to stay busy."

Karen Smagala said: "I'm busier than I ever have been since retirement, and I'm enjoying life so much more. My blood pressure went down when I stopped working. People who aren't retired think that retired

people have all this time: but I don't have more time. I had to stop saying 'yes' to people who thought I had free time. I do the Master Gardener program and I work at the library in the tool shed two hours a week."

Sheridan Collins said: "Busier than ever! Documenting at the Textile Museum provides continuing education for the brain, tennis and gym keep me fit, and this year more time on politicking helps maintain a healthy attitude. And then there's grandmothering requiring lots of travel. All good!"

Mary Lanaras said: "Retirement is like: everyday is a snow day!"

Joanna Cameron said: "Retirement? There is no such word! If you retire, you stop moving, and if you stop moving, you get old. Retirement is just a word signifying that your priorities have shifted to ones that are all about enjoying what you love, getting outside more and relishing the things that make you happy. Staying in motion above all."

For many women, retirement is a foreign concept: they didn't necessarily work outside the home earning a salary from 9 a.m.-5 p.m.

Lanaras worked to home school her children until middle school and helped her husband, Charles, with his real estate business. And then there are people like Flo Broussard, 88, an Arlington resident from 1960 until she moved to Goodwin House a few years ago: she responded by saying: "Retirement? I'm a lifelong volunteer. I have volunteered for WETA, The White House, Alexandria Hospital, and several other organizations. Then when I 'retired' to Goodwin House, I still volunteer, doing plantings and making crafts for sale to benefit local charities."

And there she was on April 2 at the Rehydration Salts project at Temple Beth El.



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Senior Living

Council Passes Senior Property Tax Credit

The Montgomery County Council passed Bill 42-16 on March 7, which will provide a tax credit for people who are over 65 years of age and who either:

- ❖ Have owned and lived in the dwelling that they own for at least 40 consecutive years, or

- ❖ are retired from one of the United States' armed forces (Air Force, Army, Coast Guard, Marine Corps, Navy).

The owner who is 65 or over and who has owned and lived in the dwelling for at least 40 consecutive years must be on the deed for the property. An owner who is 65 or over and is a military retiree must be on the deed for the property.

Not all owners must be over 65, just the one that meets the requirements above. Not all owners must have owned and lived in the dwelling for at least 40 consecutive years, just the one that meets the requirements above. Not all owners must be retired from the U. S. armed forces, just the one that meets the requirements above.

This bill will provide a 20 percent credit, on county property taxes only, only for owner-occupied dwellings for which at least one of the owners meet the eligibility requirements. The credit is granted for five consecutive years, and the credit is not available after that five-year period.

There is only one credit; if an owner is 65 or over and has owned and lived in the same dwelling for at least 40 consecutive years, and that owner is also a military retiree, the tax credit is still a 20 percent tax credit on county property taxes only, for five consecutive years.

"Dwelling" refers to the entire property, not just the home on the land; it includes the land. The assessment on a dwelling is therefore the assessment that is shown on the tax bill, as this includes both the home and the land.

For owners that are at least 65 years of age and have owned and lived in the same dwelling for at least 40 consecutive years, the tax credit is only available if the dwelling has an assessment of \$650,000 or less, at the time of the application for the credit. If the dwelling is assessed at more than \$650,000, then the property is not an eligible property, and no credit will be granted.

For owners that are at least 65 years of age and are military retirees the tax credit is only available if the dwelling has an assessment of \$500,000 or less, at the time of the application for the credit. If the dwelling is assessed at more than \$500,000, then the property is not an eligible property, and no credit will be granted.

An application must be made each year for the tax credits. The applications will be due on April 1, before the tax year that begins on July 1 of the same calendar year. Tax years begin on July 1 — the 2017 tax year begins on July 1, 2017.

For 2017 taxes only, applications will be accepted until Sept. 1, 2017. To receive a credit for 2017 taxes, one must apply by Sept. 1, 2017.

For all other tax years, one must apply by April 1.

This tax credit will not be issued on the annual property tax bill that is sent in July, instead it will be calculated and issued on a subsequent revision of your tax bill, with the tax credit appearing as a line item deduction on the bill.

The revised bill amount will be available by calling MC311 (dial 311 if in the county, and dial 240-777-0311 if calling from outside of Montgomery County).

Please mail your application to: Department of Finance, Division of Treasury; Attn: Bill 42-16 Tax Credit; 255 Rockville Pike, Suite L-15; Rockville, MD 20850



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Senior Living

Elaborating a Log Cabin

Retirees find special satisfactions in pair of art studios, and front porch with view.

BY JOHN BYRD

Blissful retirement often validates of the old homily: “Busy hands mean happy hearts.”

On this point, it is hard to imagine a more fruitful environment than the home of Kirby and Helen Thornton, two 70-something retirees who recently completed focused renovations to a log cabin style home in Lorton they have occupied for more than 20 years.

The changes were all about tweaking to even higher relevance aspects of the home that had gradually become a source of distinctively personal satisfaction to both seniors.

Kirby Thornton, a former electrical engineer, has been exploring his passion for woodworking for many years. Helen Thornton, a one time research analyst, revels in creating shimmering objets d’arte from fused glass. When not pursuing their hobbies, the couple might otherwise be found taking in the scenery from the wide, rustic-style front porch that now graces the home’s front elevation.

For all the quiet simplicity that abounds in every direction though, the Thornton’s lifestyle accommodation has been decades in the making, beginning with purchasing the 2,900 sq foot house and garage in the late 1990s.

“We were attracted to the relaxed ambiance of a log home,” Kirby Thornton said. “There were changes we wanted to make from the first, but since we were both busy, modifications would have to occur in phases.”

The first step was acquiring more storage space.

As Kirby Thornton tells it, the couple hired Foster Remodeling Solutions of Lorton to remove an unneeded balcony, add a floor above the open garage and apportion the space for storage and other uses to be determined.

Soon Kirby Thornton decided that the windowless garage loft would work fine as a place to take up woodworking. He had actually purchased a lathe from the home’s previous owner. Helen Thornton, seeing the loft’s potentials as a studio, acquired a kiln and began fusing glass.

The pursuit of one’s muse being all-absorbing, the pair spent little time worrying about the fact that the workspace provided zero natural light, or that it was hard to stand erect under the four foot high ceiling that dominated much of the floorspace.

About the only change to the physical



Rough-hewn timbers — the handiwork of Foster master carpenter Mike Borman — is integral to the aesthetics of a new front elevation that is both inviting and whimsical. Red cedar trim and molding provides sympathetic color accents.

space in this interval was the introduction of a partition designed to keep wood dust on Kirby Thornton’s side of the studio.

Even so, as full retirement dawned, both saw there was now time to reconsider the larger “wish list” of remodeling preferences.

“We knew we would have to change the studio roof line to get the head room and natural light we wanted,” Kirby Thornton said. “About this time, Helen was looking into front porch ideas in log home magazines. We sketched out several designs of what we thought we wanted. That’s when we called Foster Remodeling back in.”

But the first surprise inspired another pause: Turned out the front porch seen as spanning the entire front elevation couldn’t be built because of its proximity to a part of the home’s septic system.

“The symmetry, the curb appeal, was important to us,” Helen Thornton said. “We wanted a balanced facade on both the house and the garage. We were kind of at a loss.” Fortunately, Foster’s team led by Chris Arnold came up with an innovative solution.

Foster’s architectural concept call for a faux peak on the main house at exactly the same pitch as the one above the garage which is, in turn, reinforced by the peak of a front-facing archway that defines the ground-level entrance to the porch.

A porch swing occupying the far corner now fleshes-out the portrait of a restful care-free idyll amidst flowers and trees. For an expanded view, there’s a large Velux skylight overhead.

Underfoot, a flagstone patio lends color and texture, a natural tonal complement to the dark-stained log siding. Kirby Thornton says the couple selected the color palettes

at a nearby stone yard over several days, and played with combinations until they found what they wanted.

Rough-hewn timbers, the handiwork of Foster master carpenter Mike Borman, is integral to the aesthetics of a new front elevation that is both inviting and whimsical. Red cedar trim and molding, meanwhile, provide sympathetic color accents.

To fashion studio space useful to all, Foster found a way to elevate the headroom to fully six feet, freeing up all 770 square feet of floorspace. A front-facing dormer featuring a pair of double hung windows invites generous southerly light. Kirby’s wood shop — equipped with a lathe, a drill press and table saw — is tucked snugly behind a new partition. Helen Thornton uses two kilns to produce her work.

Matching the logs needed to “pop up” the second level also entailed a close examination of existing details.

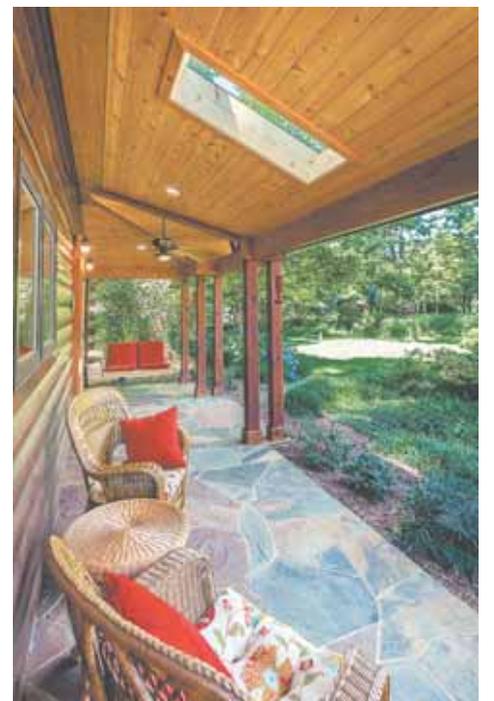
“We spent quite a while researching options with various vendors, which is a challenge when you’re working with a 30-year-old exterior,” said project manager Chris Arnold.

Summarizing the well-planned lifestyle shift, Kirby Thornton says the couple are frequently in the studio at the same time.

A window in the interior partition allows each spouse to witness the other’s progress, if so inclined. It’s a working environment, but also a place of interaction and play.

The distinctive by-products of the Thornton’s labors are mostly donated to friends, children and grandchildren. Kirby Thornton is keen on picture frames and book cases; Helen Thornton recently completed a glass bird bath.

“This is a very sweet place to be spend-



Underfoot, a flagstone patio lends setting-appropriate color and texture. The Velux skylight allows needed available light.

ing this time in our lives, “Kirby Thornton said. “Perfect in fact.”

Foster Remodeling Solutions will be holding an open house in its expanded design and selection center Saturday, April 22 from 10 a.m. to 5 p.m. There will be three seminars. A workshop on Aging-In-Place will be held at 1 p.m. The design center is located at 7211-H Telegraph Square Drive, Lorton, VA 22079. To RSVP call: 703/550-1371, or contact us at www.fosterremodeling.com

John Byrd (byrdmatx@gmail.com) has been writing about home improvement for 30 years.

Bridge Sharpens Mental Skills

FROM PAGE 3

clockwise.)” He explains each player has 13 cards and you play with a partner against the other two players at your table. The highest card wins. Each table will rotate and play the same set of cards. The object is 24 hands or 24 problems to solve. “It’s the easi-

est game in the world.”

The duplicate bridge group plays on Fridays from 10 a.m. to 2 p.m., about the time it takes to play one game with a half hour lunch break. Zane says he started playing bridge because his mother, father, and sister played. “Bridge takes

four people.”

In European high schools every student is required to take bridge according to Zane. “I am interested in getting bridge into schools in America. That’s the only way it will survive.”



Mike Zane, coordinator of the Friday morning duplicate bridge group at Madison Senior Center and an ACBL certified director, says he is hoping to copy European schools and get bridge into American high schools. “That’s the only way it will survive.”

PHOTO BY SHIRLEY RUHE/
THE CONNECTION

Fit for Golden Years

FROM PAGE 3

which focus on stretching.”

Improved muscular strength and endurance will allow you to do everyday tasks with less energy with less chance of injury, advises Thompson. “Leg strength will enable you to walk faster, get up and down from chairs with more ease,” she said. “For resistance, [you can use] hand weights, resistance bands, weight machines, water walking and exercise or your own body weight. Resistance training should be done two-three times a week working the major muscles. Pilates and other floor work focus

on the core muscles.”

Balance training is important to prevent falls, one of the leading causes of death and disability in the senior population. “Although muscular strength, muscular endurance, flexibility and cardiovascular exercises contribute to better balance, specific balance training is focused on body awareness, controlling your center of gravity, being able to navigate your environment and react quickly,” said Thompson. “The most important thing is to find an exercise or activity that you enjoy. If you enjoy what you are doing, you will be more likely to continue.



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Senior Living

Mid-Century Classic for Artful One-level Living

In 1950s, Hollin Hills was a mecca for cutting-edge housing design; 60 years later, mid-century modern is a resurgent style ripe for nuanced improvements.

BY JOHN BYRD

Two years ago, Jeff and Jenny Herre, both retired, were living in a five-level townhouse in Old Town Alexandria with a view of the river. Long-term residents, they were satisfied with all the house had to offer. They collected art and fine furniture and their periodic renovations over several years had extended all the way to the attic.

As they approached their 70s, however, they questioned how much effort they wanted to expend getting from room to room.

"We were wondering aloud whether we'd still want to be climbing five flights of stairs in 10 years," Jeff Herre said. "That's when we began thinking about downsizing, and ways we might concentrate our primary living needs on one level."

As the research got under way, Jeff Herre saw that cost would inevitably play a role in their choices. One-level structures in and around Old Town were appreciably beyond the family budget. Looking further out of town, the options boiled down to: a) purchase a ready-to-occupy home which would come at a higher price; or b) find an older home with renovation potential that could be shaped into a place brimming with personal style.

The latter course would entail finding a creative design/build team with whom one could collaborate closely.

After assessing available northern Virginia properties for several months, a Realtor in-



At slightly over 900 square feet, the primary living area the Herres' remodeled home in Hollin Hills is comparatively small. But designer Jon Benson's wall elevations employ texture and color that make the space feel expansive.

PHOTOS BY GREG HADLEY

roduced the Herres to a home in Hollin Hills, a community of some 450 houses in Hybla Valley. Hollin Hills is renowned in architectural circles — even listed in the historic record as one of the first communities in the U.S. to feature modern architecture exclusively, mid-century modern in particular.

"In the 1950s, most progressive modern homes were owner-commissioned," said Roger Lataille, a design consultant at Sun Design Remodeling. "But Hollin Hills was an entire development focused on the advanced architectural concepts that emerged after World War II."

Part of the enduring appeal was that architect Charles Goodman and landscape architect Dan Kiley had sited each Hollin Hills residence to maximize privacy. Even though lots are seldom more than one acre, it's difficult for your neighbor to see you from their house, and vice versa.

"We loved the wooded setting right away," said Jeff Herre. "The problem was, the house itself didn't look like anything we'd want to live in."

For starters, there were the obstructed sight lines starting from the front entrance. Walking in, one looked left at interior drywall that defined the parameters of a 10-foot-by-10-foot galley kitchen. To the immediate right, a floor-to-

ceiling exposed brick hearth with a masonry niche designed for firewood. To the left, a floor-to-ceiling bookcase and an odd chandelier. Straight ahead, an open stairwell descending to ground level.

Further back, a door leading to the master suite, which included the original 70-square-foot tile-clad bathroom. Two closets less than two feet deep provided the only wardrobe accommodation.

While floor-to-ceiling windows dominating the eastern and western wall elevations boasted a dramatic view of surrounding woodland, the Herres also soon learned that much of the glazing was single pane.

Herre's question for Lataille from the start was right to the point: "Can you make the changes we want within our budget?"

Topping Herre's wish-list: an open plan with places for art display that will work well for entertaining; design that allows the couple to mainly live on one level; a master bath with a walk-in shower and a new powder room; additional storage; a visually compelling interior design; replacement of single pane windows with insulated double-ply thermal glass.

"There have been significant developments in open floor plan design in recent years," Lataille said. "Part of this is driven by demand: more people want spaces that allow for both privacy and easy interaction."

A kitchen-centric floorplan a popular option for a home's primary living space, and offered a practical solution for amateur chef Jenny Herre, who enjoys regaling guests with her original dishes while otherwise fully engaging in the party all around her.

"We thought an open kitchen would really work in this house," Jeff Herre said, "but we needed to see well-developed ideas

before moving forward with the purchase."

Enter Jon Benson, Sun Design's lead designer, master craftsman with several published books on woodworking to his credit.

"When you're removing kitchen walls, the goal is to develop a space plan that meets all functional requirements, yet really supports the room aesthetically," Benson said. "That's why it's important to design elevations that present an appropriate combination of color, texture and tone."

On this score, Benson designed a cook top island and dining counter perfectly positioned between the dining room and the seating area around the fireplace.

Light maple Shaker-style cabinet facings combined with quartz Caesarstone counter surfaces present clean lines and reinforce the light, accessible ambiance of a room surrounded by windows.

Collectibles from India, Lebanon and Brazil are now on view in Benson-designed display spaces.

"This really feels like our home now," said Jeff Herre. "We've made the transition we wanted, and are pleased with it."

Sun Design Remodeling frequently sponsors design and remodeling seminars as well as tours of recently remodeled homes. Headquartered in Burke, the Sun Design also maintains an office in McLean. Sun Design will be sponsoring an open house in a recently remodeled home on April 29 and 30 from 11 a.m. to 5 p.m. daily. For more information: www.SunDesignInc.com

John Byrd (byrdmatx@gmail.com) has been writing about home improvement for 30 years.



Light maple Shaker-style cabinets combined with quartz Caesarstone counter surfaces reinforce the ambiance of a light-filled room.