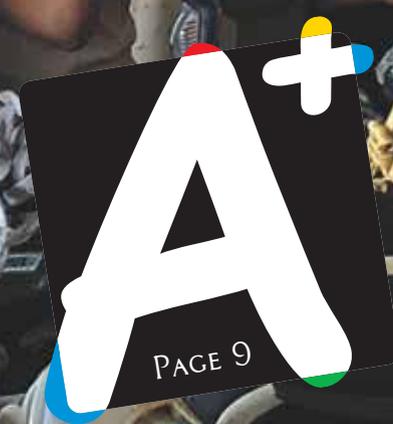


For their Day of Service,
McLean School students
helped refurbish gently
used sports equipment.

Potomac ALMANAC

CALENDAR, PAGE 6-7 ♦ CLASSIFIEDS, PAGE 11

PHOTO COURTESY OF MCLEAN SCHOOL



Day of Service

Beatrix Potter's
Life in Nature

NEWS, PAGE 3

Long-Term Benefits
Of Summer Camp

A+, PAGE 9

NEWS, PAGES 3-3

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SHELL
— brothers —

Day of Service Teaching students to become good stewards of the earth.

BY COLLEEN HEALY
THE ALMANAC

The McLean School of Potomac held its first annual school-wide Day of Service on Tuesday, April 11. The school partnered with Charity Connect, a Potomac-based nonprofit that matches volunteers with nonprofits. The day included 400 students and 50 staff volunteering at 11 organizations. In total, they provided 1,600 hours of community service — in one day.

All grades, K-12, went off campus to participate in service activities geared toward teaching students to become good stewards of the earth.

Cristin Caine, founder and CEO of Charity Connect, reflects on the day: “When planning McLean’s Day of Service my main goal was for the students to be able to understand how their service impacted others and to leave the day with knowledge, inspiration, and a desire to serve again.”

Matching volunteers with service opportunities that fit their interests and availability is the focus in Charity Connect’s mission of creating lifelong volunteers. Nonprofit partners for the event were matched with grades that would connect with the work and could be inspired to continue volunteering there.

Students travelled to places such as Locust Grove Nature Center, Oasis Farm, and MoCo Recycling Center. At Leveling the Playing Field, students helped get gently used sports equipment back in the game. Clearing out invasive weeds was tough but rewarding for students working with the Rock Creek Conservancy, Little Falls Watershed Alliance and Earth Sangha. Other hands-on activities included grooming rescued horses at Days End Farm Horse Rescue, reducing food waste at Nourish Now, and teaching spring break campers to protect their environment with So What Else. After sending grades 3-12 on their way to serve the community, Charity Connect planted seeds of service and wildflowers by teaching the K-2 students how to make seed balls (homemade wildflower starters that help the bee population) at a neighborhood creek. McLean recognizes that community service is important for student wellness.



Charity Connect planted seeds of service and wildflowers by teaching the K-2 students how to make seed balls (homemade wildflower starters that help the bee population).

Their students have been doing grade-specific community service activities for several years.

Wanting to make more of an impact with the students, Frankie Engelking, the director of Student and Community Wellness, initiated a school-wide day of service. Charity Connect facilitated all of the service trips to ensure that the mission and purpose of each nonprofit was a good match with McLean’s students.

“The feedback from both students and faculty has exceeded our expectations,” Engelking said. “A unanimous call has come by faculty to please do it again next year. The students reported feeling pride in contributing to an important cause and good about themselves for not giving up on tough tasks. The experience of being part of a school-wide commitment to give back increased school spirit and advanced the feelings of camaraderie among the students. The energy that was generated in the school by everyone was electric.”

To learn more about Charity Connect go to www.charityconnect.us. McLean School is located at 8224 Lochinver Lane in Potomac. See www.mcleanschool.org.



Students fell in love with the rescue horses.



Students made friends through service with spring break campers.

Biographer To Discuss Beatrix Potter’s Life in Nature

**Free presentation
at Potomac Library.**

BY SUSAN BELFORD
THE ALMANAC

Many remember the endearing little books crafted by Beatrix Potter. The adventures and misadventures of young Peter Rabbit in “The Tale of Peter Rabbit” as he is chased around

the garden by Mr. McGregor have entertained children since 1901. Although Potter’s written and illustrated children’s books and merchandise have captured the imaginations and hearts of generations of children, it should also be noted that her life was multifaceted. Not only was she a writer and busi-



Linda Lear

nesswoman, she was a natural scientist, preservationist and conservationist — all unlikely for a woman who lived during the Victorian Age.

The Potomac Village Garden Club and the Friends of the Library, Potomac Chapter will present author and Beatrix Potter authority Linda Lear to discuss “Beatrix Potter’s Gardens: From Imagination to Preservation.” The discussion will center on Potter’s life, books, illustrations and influence from the gardens of the Lake District. Lear is the

author of the award-winning book “Beatrix Potter: A Life in Nature.” The free presentation will be held at the Potomac Library on April 25 at 7 p.m.

“Beatrix Potter: A Life in Nature,’ began quite by happenstance,” Lear said, “while I was on book tour in the UK in 1999. There I discovered her botanical illustrations, her collateral interest in mycological science. I realized there was much more to this Victorian children’s writer than I had ever

SEE LOCAL AUTHOR, PAGE 4

POTOMAC ALMANAC ♦ APRIL 19-25, 2017 ♦ 3

OPINION

Mother's Day The Almanac is seeking submissions for its annual photo gallery.

Mother's Day is Sunday, May 14 this year and as usual every year at this time, The Almanac calls for submissions to our Mother's Day photo gallery.

Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. We will not print your full address or contact information.

You can upload photos and information directly to www.connectionnewspapers.com/mothersday/ or email to almanac@connectionnewspapers.com.

newspapers.com.

Immediately after we publish our Mother's Day photo galleries, we will begin to ask for submissions for our annual Father's Day galleries. Each year we seem to receive many more photos for Father's Day.

We've always been curious whether that is because it is the second of the set so readers are more aware or because mothers are more likely to send in images of the fathers in their life.

Throughout the year, we ask for community submissions. Twice a year we ask you to tell us stories about your pets and how they have come into, touched and left your lives.

In late summer, we invite readers to share

what they know about their community for neighbors and newcomers alike.

And wrapping up the year, we gather writing and art from local students to fill our holiday edition. Each year, through an enormous effort by area teachers and school staff we receive more material than is possible to publish for most of our 15 editions.

In addition, regular contributions to our entertainment calendars, community bulletin boards, school notes, and business notes help us to share news in your community. We also always welcome photos and captions from community organizations (Scouts, sports teams, faith groups, school activities, etc.) and local businesses.



A goat and the troll from the production of "The Three Billy Goats Gruff."

At Glen Echo Park

Puppeteer Chris Piper with Atticus Tagami at the Puppet Co. Playhouse production of "The Three Billy Goats Gruff." The performances run through April 30. See www.thepuppetco.org.



PHOTOS BY
DEBORAH STEVENS
THE ALMANAC

Puppeteer Chris Piper with Elijah and Isaac Joseph at Glen Echo Park.

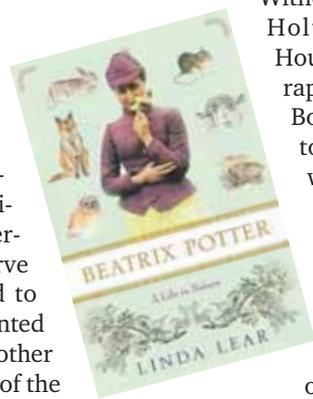


Local Author Discusses Beatrix Potter's Life

FROM PAGE 3
imagined and children's books were only the beginning. This book took eight years to prepare. It won the Lakeland Book of the Year prize in 2007, the most prestigious of England's regional literary prizes, the first time ever given to an American writer."

"The most interesting thing I discovered when writing this book," Lear said, "was that her ability to observe was nothing short of extraordinary. It impacted everything she did: art, story, science, sheep raising and conservation. This ability to observe was central to her being and to her accomplishments. She wanted to make something of herself other than being a 'decorative' lady of the upper middle class."

Lear was born in Pittsburgh and now lives in Avenel in Potomac. She graduated from Connecticut College and completed her graduate work at Columbia University. She had a career in college and university teaching but her fellowships at Yale's Beinecke Rare Book Library and at the Smithsonian Institution



helped her to "redefine myself as a fulltime writer."

An interest in Pittsburgh native (and Maryland resident) Rachel Carson and her life and writings inspired her to write her first biography of Rachel Carson — "Rachel Carson: Witness for Nature" published in 1997 by Holt and republished in 2009 by Houghton Mifflin Harcourt. This biography was awarded the prize for "Best Book on Women in Science" by the History of Science Society for 1998. Lear was consequently selected to write introductions for all of Carson's works and an afterward for a hand-bound folio edition of Carson's first published essay, "Underseas."

"Writing about Carson gave me a chance to give voice to someone whose work reflects what a single individual can do to bring about change, to understand the origins of the contemporary environmental movement and to be immersed in the prose of one of the best nature writers of the 20th century," said Lear.

Additionally, Lear writes op ed articles for the New York Times, frequently lectures on Carson and Potter, and serves as a Trustee

Emerita on the Board of Connecticut College in New London, Conn. In 1999, she was honored with the Goodwin-Niering Center Alumni Environmental Achievement Award and has donated her manuscript materials to establish The Lear/Carson Collection and the Lear/Potter Collection. In 2008, the Linda Lear Special Collections and Archives in the Shain Library at Connecticut College was dedicated. She donated all of her materials collected for the Potter biography as well as her Victorian card collection to this Library Room which is open to the public as well as to students for research.

She was awarded an Honorary Doctorate of Humane Letters from Chatham University (Carson's Alma Mater) in 2007; and the Connecticut College Medal in 2013, the highest honor the college bestows for her work on women and the environment. Lear also serves on the Board of the Washington Independent Review of Books.

Lear has traveled to Great Britain to view all the places Potter lived and the environment that she so loved and sought to preserve. As a member of the Beatrix Potter Society, Lear seeks to continue the legacy of Beatrix Potter who is, as she describes her, "regarded by Brits to be nearly as important as the Queen."

POTOMAC ALMANAC

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This monopole behind Cabin John Park Fire Station 30 on Falls Road in Potomac is scheduled to be replaced with a taller pole, 185 feet tall.

PHOTO BY
PEGGY MCEWAN
THE ALMANAC

Height Matters

Meeting to discuss replacing monopole at Falls Road fire station.

BY PEGGY MCEWAN
THE ALMANAC

Montgomery County Department of Technology Services, Radio Communications Services, will hold a community meeting Tuesday, April 25 to discuss replacing the monopole at Fire Station 30, 9404 Falls Road. The meeting will be held at 7:30 p.m. at Potomac Elementary School, 10311 River Road.

In a press release, the Department of Technology answered seven frequently asked questions about the current monopole and the reasons it needs to be replaced.

The change is being made, "In order to improve radio coverage for Police and Firefighters along the Potomac River and surrounding neighborhoods ..."

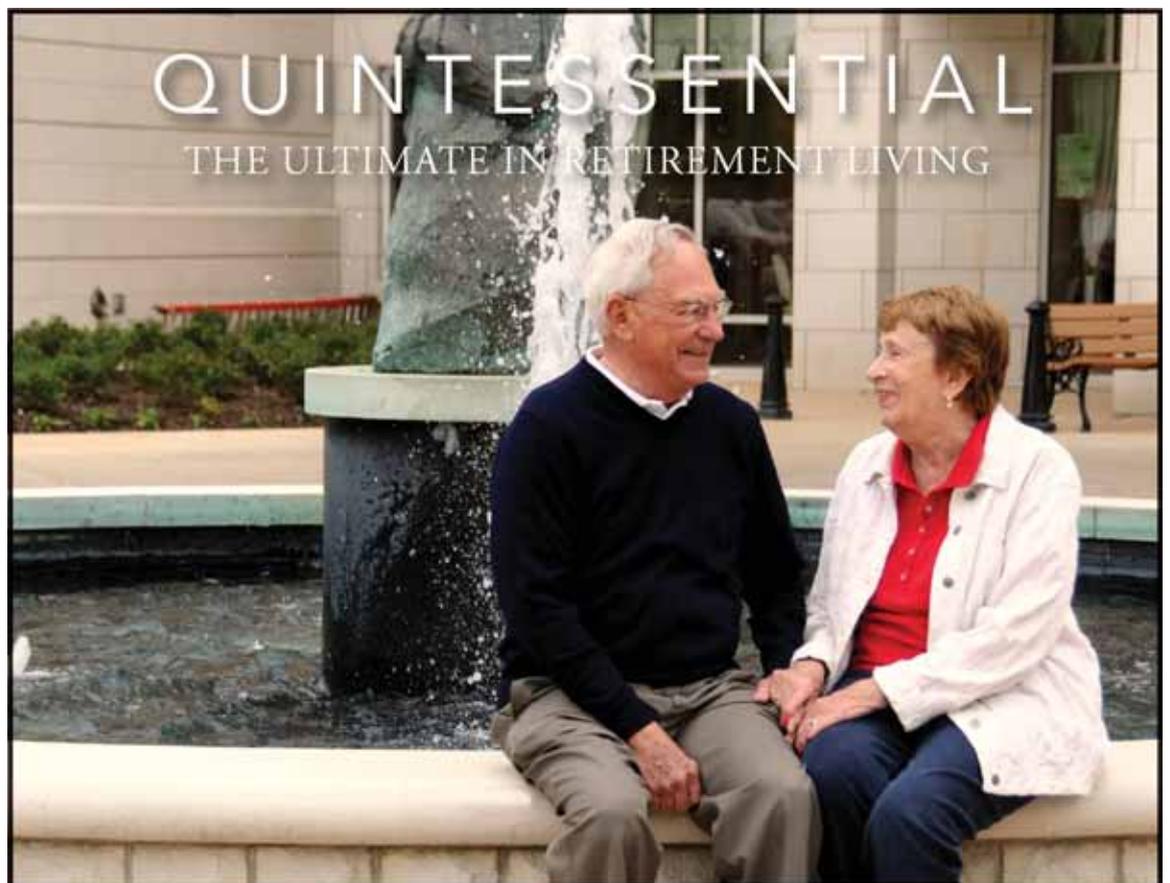
Further explanation states that "the existing monopole is not high enough for radio signals to reach

the Potomac River and surrounding neighborhoods at the strength required for police and firefighters to communicate effectively."

The replacement is part of the Montgomery County project to upgrade the current radio system used by police and firefighters. With the current system it is difficult for radio signals to reach low lying areas along the Potomac River. The taller monopole would produce stronger signals allowing faster response to 911 calls in the area.

The current monopole, which is a structure used to support antennas, will be replaced by another that is 185 feet tall. It will hold five "omni-directional antennas (shaped like tall, thin poles) and two microwave dishes," according to the press release.

For more information visit www.scribd.com/mobile/document/344855164/2017-April-25-Meeting-Monopole-Fire-Station,



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ENTERTAINMENT

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

ONGOING

The Three Billy Goats Gruff. Various times through April 30 at the Puppet Co. Playhouse 7300 MacArthur Blvd., Glen Echo Park. Three variety numbers precede the performance, demonstrating the making of a simple hand puppet, and manipulation of rod puppets and marionettes, as an introduction to the art of puppetry. Visit www.thepuppetco.org 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.

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.

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



Live Music

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.

studio and includes an ongoing exhibition, as well as sales of the work of artist-in-residence Blair Anderson. Free. Visit www.silverworksglenechopark.com.

Art Glass Center at Glen Echo. All day Wednesdays; Fridays, 10 a.m.-2 p.m.; Saturdays, 10 a.m.-4 p.m.; Sundays, noon-4 p.m. Art Glass Center, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Ongoing exhibitions feature work of resident artists. Sculpture, vessels, functional art and jewelry for sale. Classes are taught year-round for beginner, intermediate and advanced students. Visit www.artglasscenteratglencho.org for more.

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

artwork is also for sale. www.yellowbarnstudio.com.

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

STARTING IN APRIL

2017 Canal Boat Excursions Season Opens. At Great Falls Tavern Visitor Center, 11710 MacArthur Blvd., Potomac. April-October, Saturday and Sunday at 11 a.m., 1:30 p.m., and 3 p.m. June-August, Friday, Saturday and Sunday at 11 a.m., 1:30 p.m. and 3 p.m. To confirm the boat ride for your visit,

call 301-767-3714 for details as special circumstances may affect this schedule. Prices: \$8 for adults (ages 16-61), \$6 for seniors (ages 62+), and \$5 for children (ages 4-15). Children aged three and under ride free. In addition to the boat fee, there is an entrance fee to the park of \$10.00 per single vehicle.

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.

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

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ENTERTAINMENT

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.

Holistic Veterinarian Dr. Jordan Kocen. 1:30-3:30 p.m. 7300 Grosvenor Lane, Bethesda. At this workshop, Dr. Jordan Kocen of Veterinary Holistic Center, will explain what holistic care is and how it could help prevent, heal, or reduce the discomfort of various medical issues your pet may face. Free workshop. Visit yourdogsfriend.org/free-workshops/ or call 301-983-5913.

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.

SUNDAY/APRIL 23

Garden Photography Presentation. 2-4 p.m. Waverly Street Gallery, 4600 East-West Highway, Bethesda. The Play of Light and Shadow, The Magi of Garden Photography by Sarah Hood Salomon. Call 301-951-9441.

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

Author Panel. 6:30 p.m. at Barnes & Noble Bethesda, 4801 Bethesda Ave. Authors Jessica Esteveo, Sherry Harris, Julie Hennrikus, Edith Maxwell, Liz Mugavero and Barbara Ross will present on topics ranging from where they find inspiration, their New England settings and their research into murder weapons. Call 301-986-1761 for more.

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.

SATURDAY/APRIL 29

Mountain Dulcimers of Northern Virginia. 12:30-3 p.m. at Great Falls Tavern, 11710 MacArthur Blvd. Visitors may also try their hand at playing a hammered dulcimer, percussion instruments, or simply sing along. Free concert but there is an entrance fee to the Park of \$10.00 per single vehicle. Call 301-767-3714 for more.

"An Evening with Strauss" Waltz Ball. 8 p.m.-midnight at the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd. Waltz Time presents the 34th Annual Evening with Strauss Waltz Ball, featuring Viennese and other waltzes in the beautiful Spanish Ballroom. Call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, or go to WaltzTimeDances.org for more.

APRIL 29-30

Bead, Jewelry and Textile Bazaar. 11 a.m.-5 p.m. in Bohrer Park Activity Center, 506 South Frederick Ave., Gaithersburg. The Bead Society of Greater Washington is presenting its' 65th Bead Bazaar. \$5. Visit www.bsgw.org, or email: bazaarbsgw@hotmail.com for more.



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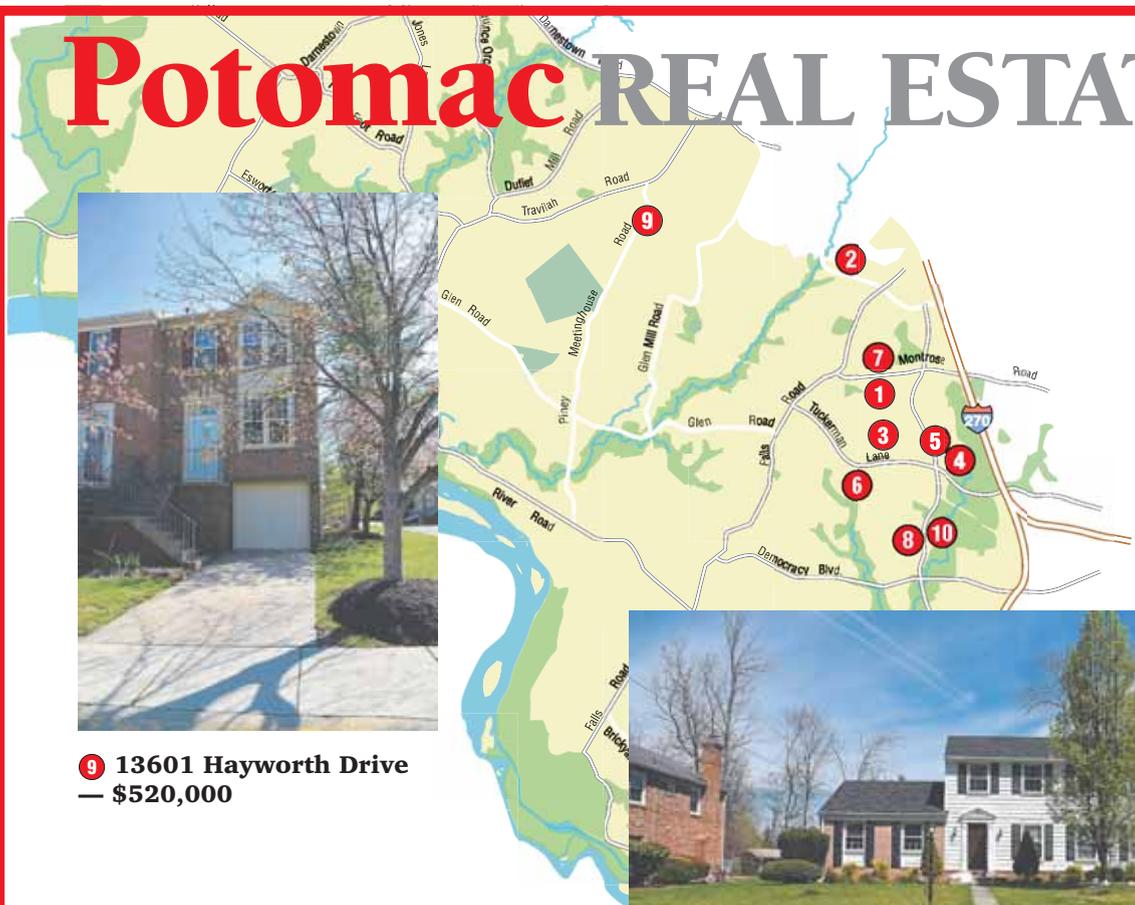
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7 12330 Old Canal Road
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7509 HEATHERTON LN	3	3	1	POTOMAC	\$584,900	Detached	0.05	20854	INVERNESS KNOLLS	02/18/17	
7827 HEATHERTON LN	3	2	2	POTOMAC	\$580,000	Townhouse	0.05	20854	INVERNESS KNOLLS	02/15/17	
11011 GAINSBOROUGH RD	4	2	1	ROCKVILLE	\$575,000	Detached	0.23	20854	FOX HILLS	02/28/17	
12330 OLD CANAL RD	4	2	1	POTOMAC	\$570,000	Detached	0.21	20854	MONTGOMERY SQUARE	02/13/17	
7972 INVERNESS RIDGE RD	3	3	1	POTOMAC	\$542,500	Attach/Row Hse	0.05	20854	INVERNESS FOREST TH	02/28/17	
13601 HAYWORTH DR	3	3	1	POTOMAC	\$520,000	Townhouse	0.05	20854	PINEY GLEN VILLAGE	02/17/17	
7701 SCOTLAND DR	3	1	1	POTOMAC	\$360,000	Townhouse	0.05	20854	SCOTLAND COMMUNITY	02/28/17	

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Camps such as Summer at Norwood offer opportunities to develop social skills.



PHOTO COURTESY OF SUMMER AT NORWOOD

Benefits of Summer Camp

Camp experiences can enhance social and psychological development, say experts.

BY MARILYN CAMPBELL

As the end of the school year draws near, so does the beginning of summer camp experiences. Child development experts say that summer camps offer more than just fun; they present opportunities for emotional, social and psychological growth and development.

“Summer camps provide children with a sense of community where they can feel safe and learn through first-hand experiences, said Stacie Gottlieb, director, Bullis Summer Programs at Bullis School in Potomac, Md. “Within this setting, campers develop a sense of independence as they try new adventures in an environment different from the norm.”

Children benefit from the nurturing structure of a summer camp in a way that is different from the structure they get during a school year, says Jim Supple, associate dean of students and director of Summer Programs at St. Stephen’s & St. Agnes School in Alexandria.

“Summer camps allow children to be children,” he said. “They allow them to make new friends, try new things, and learn how to be part of a group. These are attributes of camps that will promote not only healthy interaction among peers, but also building a healthy image of what type of child they want to be.”

Opportunities to explore new interests and devote intense focus to activities of particular interest to them at camp help build a child’s self-confidence, says Gottlieb. “As children explore, caring adults serve as responsible role models who help to nurture the campers by providing a safe, supervised environment of inclusion,” she said. “Children gain self-confidence as they learn new things, develop social skills, expand their friendship circles and build character through planned activities. Summer camps give children a unique, fun environment to discover more about

SEE LONG-TERM, PAGE 10

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Long-Term Benefits of Camp

FROM PAGE 9

themselves and their passions.”

A summer camp where children engage in new and memorable activities will sow seeds for learning during the upcoming academic year, said Shannon Melideo, Ph. D. associate dean of the School of Education & Human Services and associate professor of education at Marymount University. “For example, if your child’s summer camp takes a field trip to a historical site that your son finds fascinating and then during the school year, the teacher introduces [the] same historical events and location, he has schema for the lessons. He is more likely to participate, learn more, be better prepared to read his social studies textbook, and even perform better on the exam.”

Summer camp experiences that combine academic challenges and physical activity can offer fun while preventing the loss of academic gains made throughout the school year, says Melideo. “Summer slide is the resultant learning loss students experience without educational activities outside of the academic school year,” she said. “Research shows such academic regressions can be quite significant and parents have the ability to help prevent the summer slide by providing educational experiences such as high quality summer camps.”

“Summer camp can be a terrific opportu-

nity to grow your child’s sense of competence and mastery over something that they love,” added Carolyn Lorente, Ph.D., professor of psychology, Northern Virginia Community College. “By picking a camp where your child has an interest, they can be mentored in a passion in ways that a typical school day often can’t.”

WHEN SELECTING A CAMP, Melideo advises parents to consider a complete picture of their child. “For example, while your daughter, Sophia loves softball, find a summer camp where she can refine [her] batting and pitching skills and engage with books, perform in skits, play math games, and try something new,” she said.

A child’s social skills can be boosted at camps which provide children with opportunities to make new friends or nurture existing friendships, says Colleen K. Vesely, Ph. D., assistant professor of Early Childhood Education and Human Development at George Mason University. “Developing new social and cognitive skills outside the physical walls and social boundaries of school can help promote healthy self-esteem in children, while spending time in nature can boost children’s overall health and well-being.”

Camps offer an opportunity for children to gain skills that lead to independence. “For older children, over 8-plus years old, typi-



Campers such as those at Bullis Summer Programs in Potomac, Md., gain life skills through summer camp experiences.

PHOTO COURTESY OF BULLIS SUMMER PROGRAMS

cally, sleep away camp offers opportunities to develop independence and self-reliance by providing children with space to navigate daily life away from the directing of parents but under the guidance of trusted adults,” said Vesely.

For some parents, there are mixed emotions around enrolling a child in camp. “Sometimes working parents feel guilty for enrolling their children in summer camps because of the need for child care during the work day,” said Ivy Beringer, Ed.D., professor of Early Childhood Education and Dean for Social and Professional Sciences at Northern Virginia Community College.

“However, children are usually very excited to attend summer camps. This is especially true if the children have input into the camp selection.”

“A mother recently called me with a concern that her son only wanted to attend soccer camps this summer and she felt this was too limited of an experience,” continued Beringer. “My response to her was that if he was interested in improving his soccer skills she should view this in a positive light. After all, he will be outdoors in the fresh air and sunshine everyday, exercising his body, and enhancing skills in a sport he loves. What’s not good about that choice?”



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Rallying for Quieter Skies

U.S. Rep. Don Beyer (D-VA) and U.S. Rep. Eleanor Holmes Norton (D-DC) this month wrote house Appropriations Committee members in support of airplane noise mitigation provisions in the fiscal year Transportation-Housing and Urban Development Appropriations Bill.

Both Beyer and Norton are members of the Congressional Quiet Skies Caucus. Their letter urged Appropriations Committee members to fund health studies on the effects of airplane noise.

“Airplane noise caused by FAA’s NextGen flight paths into and out of Reagan National Airport is wreaking havoc on District of Columbia neighborhoods, and it is critical that the FAA recognizes the potentially serious health effects,” Norton said in a press statement. “Our constituents have raised concerns, and a new independent health study is the least we can do in order to fully understand the impact of airplane noise. The Quiet Skies Caucus will continue to press this important national issue in order to get action from the FAA and remedies for our constituents.”

Montgomery County residents have noticed an increase in airplane noise and are also taking action by alerting their representatives in Washington about the problem.

The West Montgomery County Citizens Association hosted Ken Hartman, director of the Bethesda-Chevy Chase Regional Service Center, at its January meeting to discuss the noise and frequency of planes flying over the county to land at Reagan.

U.S. Rep. Jamie Raskin (D-8) is aware of the problem and is working to reduce the noise in Montgomery County.

Lauren Doney, Raskin’s communications director, sent this statement about Raskin’s efforts via email: “Congressman Raskin is absolutely aware of the airplane noise issue in Montgomery County. We participate in the MoCo Quiet Skies Coalition’s monthly meetings (including the one [April 6]), and will be at this month’s Noise Working Group meeting at [Reagan National]. We are working closely with local elected officials and stakeholders to address this issue, and will actually be sending a joint letter to FAA with other elected officials, requesting a review of the new flight paths that have led to increased noise.”

Next Gen, according to the FAA website, “is a comprehensive suite of state-of-the-art technologies and procedures that, in short, enable aircraft to move more directly from Point A to Point B. This helps passengers reach their destinations on time, while reducing fuel burn and lessening our impact on the environment.”

— PEGGY MCEWAN

Credit The Card



By KENNETH B. LOURIE

I’m not a big spender, maybe a medium spender — on my best day. My brother is a big spender, my father was, too. My mother, probably who I most likely take after: ‘medium’ and judicious, again, like me (or is it me like her?). Nevertheless, the money got spent and if there was more of it, it likely would have got spent, too. It’s not as if I was deprived growing up, I got the things that mattered — in the long run. I just didn’t get everything money could buy.

But that was before credit cards. Well, before Visa, MasterCard, Discover and Capital One. Sure, there were department store cards: Filene’s, Jordon Marsh, Kennedy’s — in Boston, and off course there were gas cards: Esso, Amoco and Arco, and I suppose I recall knowing about American Express and Diner’s Club, but they weren’t used by everybody everywhere, certainly not by the Louries. Now, plastic is the currency by which many of us pay to play, and some of us use to merely stay in the game.

And for me, it sort of is a game: how long can I go without charging something and how much can I charge and still be able to pay the balance off when the next monthly credit card bill arrives? As I contemplate my daily/weekly/bi-weekly/monthly inflow and outgo, I associate my efforts at restraint and attempted control with that of a levee, if I understand their function correctly — which I might not: bend and not break? Like some NFL team defenses are often described.

The problem arises — for both me and the levee, when the levee/spending restraint breaks (quite the opposite of brakes/stops). That’s when the damage occurs. That’s when the balance overflows. That’s when good, bad and indifferent money follows. In for a dime, in for dollars, some of which don’t make sense. Once that resolve is weakened, and once that wallet is opened and that credit card is handed over, I feel very much the addict. Once I’ve started — and stopped denying myself the pleasure of the purchase, I find it extremely difficult to get off the spending bus. Invariably, it’s taken me awhile to get on so whether it’s sensory deprivation, deferred gratification or premature escalation, there are no more skid marks on that slippery slope. The race is on, so to speak and until I hit my imaginary financial wall, my credit card balance is going onward and upward.

Sure it feels good to spend money I don’t have without considering the pay-back consequences. Presumably, the benefits derived from the purchase will help soothe the savage, impoverished beast as he jiggles and then juggles the dollars in order to find some cents. I imagine that’s what makes the world go ‘round: short term pain for long term gain. Still, it doesn’t feel much like progress and progress is what feels good to me. Although, these new Rockport leather slip-ons with the “cushiony” soles and orthotic inserts are improving my disposition and lessening the pain in my feet and fatigue in my legs, it still costs me money not in my wallet.

I admit, I am enjoying the support and comfort my new shoes are providing. But I’m also keenly aware that I haven’t received the credit card bill yet reflecting there and other slippery-slope purchases made that same weekend. And when the piper has to be paid, I may not like my new shoes — among other items, nearly as much as I do right now. Right now, the shoes are free. Soon they won’t be.

Further complicating this spending-not spending dilemma is the fact that I’m a 62-year-old cancer patient; how do I deprive myself of any creature comforts when I have recurring highly stressful situations that give me, and my life-expectancy, pause. Naturally, I’d rather pay my way — and my share, but at what cost? I suppose cash in hand is still worth two in the bush, but if a credit card is all I have ... ? Either I use it or lose it. The pain and/or pleasure will likely follow regardless.

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

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