

# Potomac ALMANAC

Rachel (left) and Jessica Farnsworth attend the Potomac Library's used book sale on Saturday, March 10. All proceeds benefit the Potomac Library.

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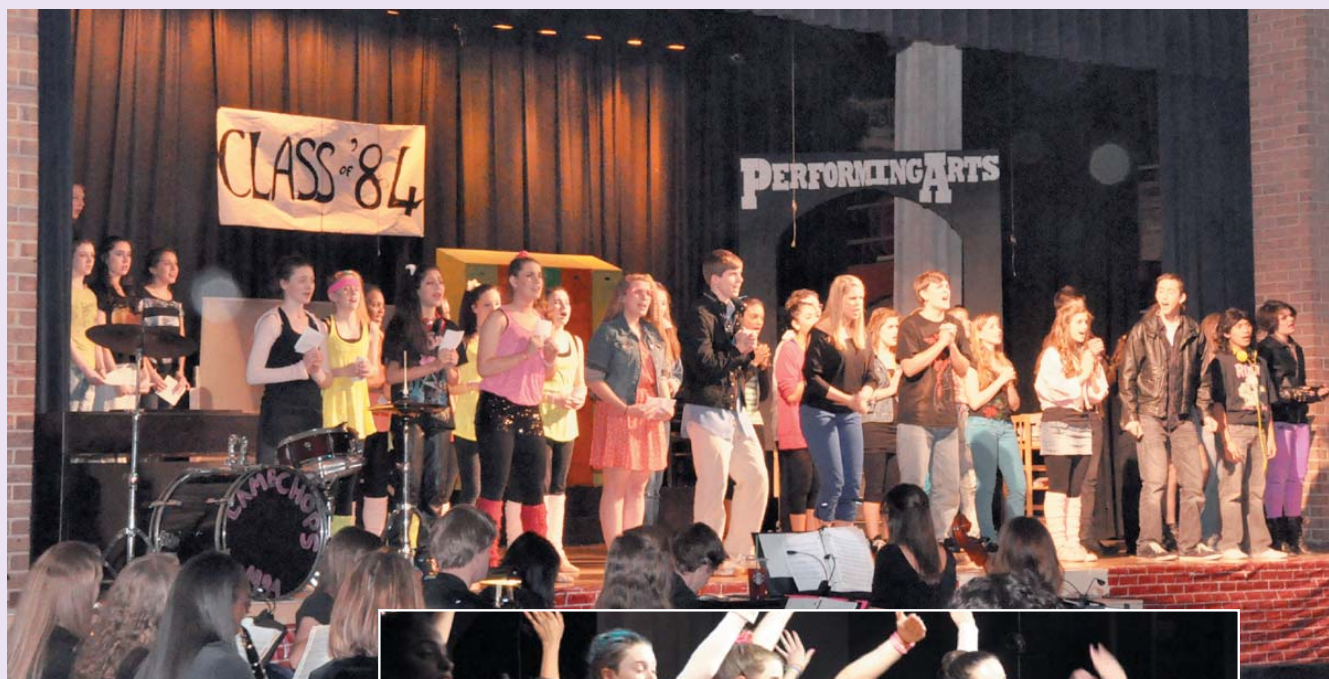
## THIS WEEK IN POTOMAC

### Israeli Ambulance To Be Dedicated Here

**O**n Sunday, March 18, a Potomac family will dedicate an ambulance for Magen David Adom (MDA), Israel's emergency medical service. The dedication will be held at 11:30 a.m. at Congregation Har Shalom, 11510 Falls Road, Potomac. The ambulance will arrive at Har Shalom at 9 a.m. From 9 to 11:30 a.m., the 170 students at the Har Shalom Religious School will visit the ambulance; the students, ages 5 to 13, will be allowed to climb inside the ambulance and explore.

After the dedication and student visits, the ambulance will be shipped to Israel where it will join Magen David Adom's fleet of standard ambulances and Mobile Intensive Care Units (MICUs), most of which were donated by American supporters. MDA provides all of Israel's pre-hospital emergency medical care, including ambulance, disaster, and blood services.

The ambulance is donated by Madeline and Robert Vermut, and their children Nicole and Michael Vermut, and Jill and Kenneth Brodkowitz; the ambulance honors the memory of their parents and grandparents, Miriam and Burt Roper and Frieda and Julius Vermut. Another dedication ceremony will also take place in Princeton, N.J. where Nicole and Michael Vermut live, at a date to be determined.



PHOTOS BY DEBORAH STEVENS / THE ALMANAC

### 'Fame'

**Connelly School of the Holy Child produced "Fame The Musical" last weekend. This year's production had 12 guest actors and musicians from other local schools including The Heights, Gonzaga, Georgetown Prep, Quince Orchard, Churchill and St. John's.**



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## Celebrating Purim

Congregation B'nai Tzedek in Potomac held its Purim Spiel, "A Very Glee Megillah" on Wednesday, March 7. Above, from left, are Alan Blank, Carol Friedman and Ted Heilweil.

PHOTOS CONTRIBUTED



From left: Lily Harburg, Sophia Hahn and Jenny Karsner at the Purim Carnival on Sunday, March 11 at Congregation B'nai Tzedek.



Alyson Herman (left) and Samantha Haendler at the Purim Spiel.



At the Purim Spiel, from left, are Tammy Sickels, executive director, Alan Blank and Bryan Lapidus.

# Whoa!

**Council prepares legislation to reduce Executive's power; citizens prepare for \$40 million lawsuit.**

BY KEN MOORE  
THE ALMANAC

**T**he County Council introduced emergency legislation Tuesday, March 13 that would require the Council to approve any sale or lease of County property before it becomes final.

"The purpose of this requirement is to avoid a situation where [a County] Executive gains approval to dispose of a property and then modifies the term in a way that ... might not be in the County's best interest," according to Michael Faden, the Council's senior legislative attorney.

Five days before, the Brickyard Coalition — with more than 400 members and civic organizations — filed legal notice with the Montgomery State Treasurer of a possible \$40 million monetary claim against the Montgomery County Board of Education for leasing the Brickyard Road property to the county. The notice is required if citizens want to sue and seek monetary damages from the school board or any officials.

Both actions were filed the week of the one-year anniversary of the Board of Education's vote on March 8, 2011 to lease the 20-acre property to Montgomery County.

County Executive Ike Leggett wants to rent the land to Montgomery Soccer Incorporated or another soccer club to construct soccer fields on the property that has been leased to Nick Maravell to operate an organic farm there the last 30 years.

"The hundreds of members of the Brickyard Coalition are hopeful that this legislation will assist in opening up the County process so that we can have an honest and open discussion of the best use of the Brickyard public land site," said Curt Uhre. "And we thank our Councilmember, Roger Berliner, and the other five Councilmembers who sponsored this legislation."

**TUESDAY'S EXPEDITED BILL** would modify the procedures for disposition of county property and would require the Council to approve disposition of certain properties.

"Specifically, Bill 11-12 would

modify County Code by: tightening up the current property disposition process (which includes an opportunity for Council comments but not approval) so as to preclude the broad exemptions found in current County regulations."

Currently, Council legal staff and the County Attorney disagree over the Council's ability to approve terms of land disposition, according to council documents.

**"They really do have a concern that we haven't notified the community yet. I think they believe the outcry will be so overwhelming that we won't proceed."**

**— County officials' e-mail obtained under Freedom of Information Act**

The bill, sponsored by six of the nine members of County Council, including Council President Roger Berliner, who represents Potomac, along with George Leventhal, Marc Elrich, Phil Andrews, Hans Riemer and Nancy Navarro, would take effect on the very day it becomes law.

"The Council declares that this legislation is necessary for the immediate protection of the public interest," according to the bill.

A public hearing is tentatively scheduled for March 20.

**THE BRICKYARD COALITION** formed in response to the surprise notice last spring that the Board of Education would terminate the lease of organic farmer Nick

SEE FOI REQUEST, PAGE 4



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## Red-shouldered Hawk Welcomes Purple Martins



While small mammals like mice and chipmunks are the favorite food of the Red-shouldered Hawk, next on the list are song birds. This hawk sits on top of a Purple Martin house overlooking the Falls Road Golf Course, and offers a somewhat chilling welcome for the Purple Martin, which winters in South America. On the East Coast, Purple Martins nest exclusively in bird houses, and the older pairs of the birds arrive back in the area ahead of younger birds to reclaim their favored nesting spots. The Red-shouldered Hawk lives in the area year-round and can be 18-24 inches tall with a wing-span between three and four feet.

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## FOI Request Illuminates Early Plans

FROM PAGE 3

Maravell in order to lease the Brickyard site to the county for private soccer fields. The public learned of the action just days before the vote.

The County Executive had already decided to turn the land over to a private soccer organization and county officials had been discussing the proposal with Montgomery Soccer Inc. and the school officials for at least two years.

The Brickyard Coalition is an umbrella organization of civic groups and residents and includes the West Montgomery County Citizens Association, the Civic Association of River Falls and the Brickyard Road Citizens' Association.

The Brickyard Coalition filed requests for documents, including email correspondence between county and school officials, under the Freedom of Information Act, and learned that the County Executive had been planning for years to deliver the 20 acres of public land to a "private corporation" for development.

The FOIA request illuminated the County Executive's hastening to get the item on the School Board's agenda last March 8, 2011 even though the School Board voiced reservations.

"This is a huge priority for the Executive. I know your staff is stretched very thin but I need to ask that you help push this particular issue forward so it can be before the School Board on the 8<sup>th</sup>," according to County Executive staff emails dated Feb. 18, 2011.

One email between county officials obtained said that the School Board would be unlikely to sign a lease "until there has been some kind of public notice process of our intent to do this project. They're concerned about public reaction and don't want to be caught in the middle."

But 11 days later, another email stated the school board apologized for time lapsed between communications. "They really do have a concern that we haven't notified the community yet. I think they believe the outcry will be so overwhelming that we won't proceed."

More than 400 individuals and civic associations filed the notice with the Maryland State Treasurer. Each claimant could potentially receive up to \$100,000, according to the Brickyard Coalition.

"If this is permitted to happen, it will set a terrible precedent and no community within Montgomery County will be safe from such schemes, secret planning and private developments on public land," said Uhre.



# BULLETIN BOARD

## ONGOING

**Montgomery County** will open five Early Voting Centers from March 24 - 29, from 10 a.m. - 8 p.m. (Sunday hours noon - 6 p.m.) Voters are able to vote on the same voting equipment used on Election Day, but at a time that is more convenient. Early Voting Centers are located at:

- ❖ Bauer Drive Community Recreation Center, 14625 Bauer Drive, Rockville;
- ❖ Germantown Recreation Center, 18905 Kingsview Road, Germantown;
- ❖ Marilyn J. Praisner Community Recreation Center, 14906 Old Columbia Pike, Burtonsville;
- ❖ Montgomery County Executive Office Building, 101 Monroe Street, Rockville;
- ❖ Silver Spring Civic Building, One Veteran's Plaza, Silver Spring;

Voters are encouraged to visit [www.777vote.org](http://www.777vote.org) - to view information on the Early Voting Centers. During Early Voting hours, the website will display a scroll bar which will provide wait times of each of the five Centers, updated hourly. Call 240-777-VOTE (8683).

**Montgomery County's Board of Elections** is seeking individuals to serve as election judges at polling places for the Presidential Elections to be held on April 3, and Nov. 6, 2012. In accordance with the Election Code, judges must be registered to vote in the State of Maryland. They must also be able to speak, read, and write the English language, and while acting as a judge must not hold, or be a candidate for, public or party office. In addition, election judges may not serve as a campaign manager for a candidate or as treasurer for any

campaign financial entity. In addition, election judges bilingual in Spanish and election judge alternates are needed throughout the county. Training will be provided and all judges will be compensated for Election Judge services. To apply, or for more information, visit [www.777vote.org](http://www.777vote.org) and select the Election Judge Program link.

## WEDNESDAY/MARCH 21

**Support Group — DBSA** 7:30 p.m. (Depression and Bipolar Support Alliance National Capital Area) Family Support Group. At the Parish Hall of St. Raphael's Church at 1513 Dunster Road (Falls Road and Dunster Road) in Rockville. The meeting is for the families and friends of people who have been diagnosed with depression or bipolar illness. Free. Call 301-299-4255 or 301-570-9065. Internet: [www.dbsanca-family.org](http://www.dbsanca-family.org)

## THURSDAY/MARCH 29

**Kindergarten Info Session.** 9:30 a.m. At Potomac Elementary School. Do you have an incoming kindergartner for next Fall? Come meet the Potomac Elementary School Principal, teachers, and members of the PTA. There will be a short presentation about the school and its extracurricular programs. Also a chance to meet other new kindergarten families. Call 301-469-1042.

## ONGOING

To become a volunteer Bike Patrol on the C&O Canal, send an e-mail to Norman Liebow at [Liebow@comcast.net](mailto:Liebow@comcast.net) or 301-714-2218.



PHOTO BY DEBORAH STEVENS / THE ALMANAC

## Dance Party

The band Squeeze Bayou performs at the Cajun and Zydeco Dance Party in Glen Echo Park on Sunday, March 11. From left are Fred Feinstein, Gantt Kushner, Karen Collins, David Lopez, Kevin Enoch and Tom Corradino.



The audience dances to the music.

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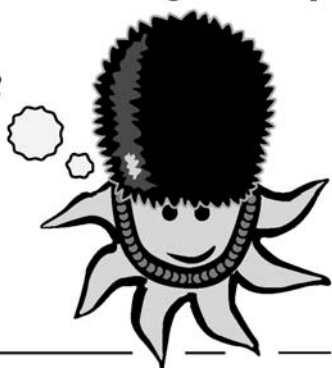
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## POTOMAC ALMANAC

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### PUBLISHER

Mary Kimm  
703-778-9433  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

### EDITORIAL

PHONE: 703-821-5050  
E-MAIL:  
[almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com)

### EDITOR

Steven Mauren, 703-778-9415  
[smauren@connectionnewspapers.com](mailto:smauren@connectionnewspapers.com)

### SPORTS EDITOR

Jon Roetman,  
703-224-3015  
[jroetman@connectionnewspapers.com](mailto:jroetman@connectionnewspapers.com)  
@jonroetman

### ASSOCIATE EDITOR

Steve Hibbard, 703-778-9412  
[shibbard@connectionnewspapers.com](mailto:shibbard@connectionnewspapers.com)

### CONTRIBUTING WRITERS

Cissy Finley Grant, Carole Dell,  
Kenny Lourie, Ken Moore,  
Susan Belford, Colleen Healy

### Contributing Photographers

Harvey Levine, Deborah Stevens

### Art/Design:

Laurence Foong, John Heinly,  
John Smith

### Production Manager

Jean Card  
Geovani Flores

### Special Assistant to the Publisher

Jeanne Theismann  
703-778-9436  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
@TheismannMedia

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### ACCOUNT EXECUTIVES

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[klourie@connectionnewspapers.com](mailto:klourie@connectionnewspapers.com)

### Andrea Smith

703-778-9411  
Classified Advertising  
[asmith@connectionnewspapers.com](mailto:asmith@connectionnewspapers.com)

### Debbie Funk

National Sales & real Estate  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

### Jerry Vernon

Executive Vice President  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

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## LETTER

### Improve Actions Against Deer

To the Editor:

Council President Roger Berliner was "right on" when he stated the need for a cooperative effort to deal with the expanding and destructive deer population in his recent letter you published (March 7-13, 2012). Deer are wildlife pests that roam freely throughout the county and are not confined by National Parks, normal fences or neighborhood yards.

The National Parks, state and county agencies all need to come together with a coordinated broad-based approach. The Gold Mine Tract is just a small area of the county and a managed hunt there will have little effect on the much larger issue of an invasive deer problem throughout the county and state. In fact such a narrow effort could have an unintended result of moving more deer out of the Park area increasing deer densities in our neighborhoods.

Decades have gone by and the deer population has expanded to untenable numbers that can no longer be reduced by hunting strategies alone. County residents complain as deer ravish their landscapes, suffer incidents of Lyme disease and experience deer/auto accidents. Residents and the media should all be shouting to our officials to act now to save our trees, plants and birds. It will take decades for the environment to recover.

The media can continue to be helpful by pushing for more integrated ideas and broader based strategies to save our cherished environment.

**Frank Lostumbo**  
Potomac

## Correction

In the Feb. 29 edition of the Potomac Almanac, the story about Bernie Stopak misidentified his medical role. He is a neurosurgeon.

## Write

The Almanac welcomes views on any public issue.

The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

Send to:

Letters to the Editor  
The Almanac  
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## SCHOOLS

To have an item listed mail to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon for the following week's paper. Call 703-778-9412.

**Gloria Chibueze-Azing**, daughter of Charles Monu of North Potomac, was recently accepted into Phi Eta Sigma, the national freshman honor society, and Phi Kappa Phi, the international honor society, at Salisbury University. Chibueze-Azing is a junior majoring in political science and international studies. She is a peer educator for Campus Against Violence and a member of the Fellowship of Christian Athletes. Chibueze-Azing is a 2009

graduate of Northwest High School in Germantown.

The following local residents have been named to the Dean's List at Clemson University for the fall 2011 semester:

❖ **Elisabeth Geertruida Willems** of North Potomac, who is majoring in Animal and Veterinary Sciences.

❖ **Russell Jan Willems** of North Potomac, who is majoring in General Engineering.

❖ **Jenny Page Erickson** of Potomac, who is majoring in Marketing.

SEE SCHOOL NOTES, PAGE 15



## Academic Honors at Fourth Presbyterian

Fourth Presbyterian School student Charlotte Holdrich (left), who is in 8th grade, was selected as a 2012 Carson Scholar. She will receive a \$1,000 scholarship award that will be invested toward her college education. She will attend the 16th Annual Awards Banquet in Baltimore on April 29 to receive her award from fund founder Dr. Ben S. Carson. Eighth grade student Susanna Yau attained one of the top 100 geography test scores in the state of Maryland. This qualified her to advance to the State Championship round of the National Geographic Bee. She will be competing in April in Baltimore, the winner of which will represent the state of Maryland in the National Bee this May in Washington, D.C.

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by  
**Michael Matese**

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**1 9727 Avenel Farm Drive, Potomac — \$1,725,000**



**4 8228 Windsor View Terrace, Potomac — \$1,050,000**



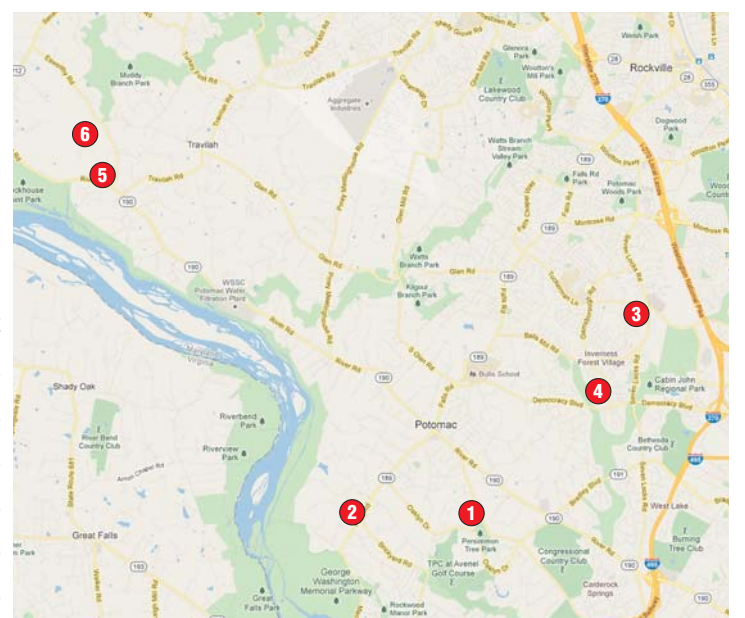
**2 9001 Brickyard Road, Potomac — \$1,575,000**



**5 12601 Maidens Bower Drive, Potomac — \$982,500**



**6 12809 Maidens Bower Drive, Potomac — \$980,000**



© Google Map data

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

<b>1</b>	9727 AVENEL FARM DR	4	3	1	POTOMAC	\$1,725,000	Detached	2.00	20854	AVENEL	01/23/12
<b>2</b>	9001 BRICKYARD RD	4	5	1	POTOMAC	\$1,575,000	Detached	2.09	20854	GREAT FALLS ESTATES	01/27/12
<b>3</b>	11123 POTOMAC CREST DR	4	3	1	POTOMAC	\$1,100,000	Townhouse	0.10	20854	POTOMAC CREST	01/03/12
<b>4</b>	8228 WINDSOR VIEW TER	5	3	2	POTOMAC	\$1,050,000	Detached	0.58	20854	WINDSOR HILLS	01/03/12
<b>5</b>	12601 MAIDENS BOWER DR	6	4	1	POTOMAC	\$982,500	Detached	2.54	20854	ESWORTHY PARK	01/10/12
<b>6</b>	12809 MAIDENS BOWER DR	4	3	1	POTOMAC	\$980,000	Detached	2.12	20854	ESWORTHY PARK	01/18/12

SOURCE: MRIS, INC. FOR MORE INFORMATION ON MRIS, VISIT [WWW.MRIS.COM](http://WWW.MRIS.COM)





PHOTO BY ROBERT RADIFERA

**Sharon Kleinman of Transitions in Potomac will design the master bedroom in the 2012 D.C. Design House using the room's garden view as her inspiration.**

## Local Designers Selected to Make Over DC Design House

**Annual event raises money for Children's National Medical Center.**

BY MARILYN CAMPBELL  
THE ALMANAC

**S**ome of the Washington area's top interior designers are unleashing their creative talent all in the name of charity. Organizers of the 2012 Washington, D.C. Design House announced the designers who will make over the 2012 D.C. Design Home.

"The selection [was] open to all area designers who wanted to apply," said Susan Hayes Long, chairperson of D.C. Design House. "They started by coming to a design walk-through to get a feel for the space, and then [submitted] up to three proposals for rooms, with at least one presentation board. The board [included] their floor plan, color selections, and finishes they would use. Our design team selected the final 23 designers. We had more than 80 proposals this year, and so many fantastic presentation boards. The competition was really tough."

The D.C. Design House serves as a bellwether of local design trends. "Being selected to design for the show house is a bit like being crowned homecoming queen then

having to run a marathon in your ball gown while collecting items for a scavenger hunt," said Shazalynn Cavin-Winfrey of SCW Interiors in Alexandria, who was one of the designers selected. "It is the most prestigious invitation. ... For a committee of veteran designers and industry leaders to select a designer is truly one of the highlights of one's career."

With no paying clients to please, the designers unleash their creative talent. "I love participating in show houses for the freedom it allows me," said Annette Hannon of Annette Hannon Interior Design in Burke, who was also one of the designers selected. "For each house I've had the opportunity to engage in, I've gotten to conjure up an imaginary 'perfect' client and design according to their needs and desires. It's a bit like celebrating one's birthday and getting to create your perfect party."

The Washington, D.C. Design House, a nonprofit entity, began in 2008 as a design event in which some of the region's most sought-after designers decorate a luxury home to raise funds for a local charity. After completion, the home is opened to the public for tours. Now in its fifth year, the D.C. Design House has attracted more

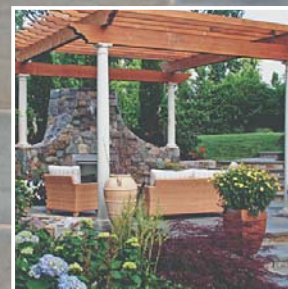
than 30,000 visitors and raised nearly \$600,000 for Children's National Medical Center (CNMC). Proceeds will go to CNMC again this year.

Built in 1956, the 2012 D.C. Design House is located in Washington, D.C.'s Spring Valley neighborhood. It is currently on the market for \$3.9 million.

### Where & When

The DC Design House opens to the public on Saturday, April 14 and remains open until Sunday, May 13. Times are: Saturday and Sunday noon to 5 p.m. and Tuesday through Friday 10 a.m. to 3 p.m. Tickets are \$20 and can be purchased online or at the door.

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**Call Specific Agents to Confirm Dates & Times.**

## Bethesda (20817)

8703 Irvington Ave.....\$1,599,000.....Sat/Sun 1-4.....Autumn Ambrose.....Potomac Heritage..240-687-1104  
7332 Armat Dr.....\$1,550,000.....Sat 1-3.....JoAnne Poole.....Prudential..410-514-1500  
6619 Rannoch Rd.....\$799,900.....Sun 1-4.....Yasmin Abadian.....Long & Foster..301-983-1212

## Cabin John (20818)

6512 75th St.....\$1,349,900.....Sun 1-4.....Jeff Wilson...Washington Fine Props..301-442-8533

## Potomac (20854)

11507 Broad Green Dr.....\$1,350,000.....Sun 1-4.....Keith Gould.....Exit Realty Plus..240-426-4651  
11406 Falls Rd.....\$1,149,000.....Sun 1-4.....Leslie Friedson.....Long & Foster..301-455-4506  
9229 Benridge Ave.....\$1,149,000.....Sun 1-4.....Leslie Friedson.....Long & Foster..301-455-4506  
1501 Kersey Ln.....\$779,000.....Sun 1-4.....Leslie Friedson.....Long & Foster..301-455-4506  
12724 Greenbriar Rd.....\$2,575,000.....Sun 1-5.....Carl Becker.....Premier..301-873-3221  
11409 Falls.....\$1,699,000.....Sat 1-3.....Norman Domingo.....Xreality.NET..888-838-9044  
7903 Declaration Ln.....\$848,500.....Sun 1-4.....David Moya.....Arbour..703-536-5547  
11501 Big Piney Way.....\$1,299,000.....Sun 2-4.....Carolina Limardo.....Long & Foster..301-718-4877  
10400 Riverwood Dr.....\$1,600,000.....Sun 2-4.....Krystyna Kazerouni.....Long & Foster..240-876-8750  
7709 Hidden Meadow Terr.....\$1,199,900.....Sun 1-4.....Yasmin Abadian.....Long & Foster..301-983-1212

## North Potomac (20878)

13513 Stonebarn Ln.....\$1,350,000.....Sun 12-2:15.....Kenneth Bennett..WC&AN Miller, L&F..240-899-0356  
13604 Stonebarn Ln.....\$2,199,000.....Sun 2:30-4:30.....Kenneth Bennett..WC&AN Miller, L&F..240-899-0356  
17725 Stoneridge Dr.....\$498,700.....Sun 1-4.....Ellie Hitt.....Long & Foster..301-975-9500

## Rockville (20850, 20852)

10401 Grosvenor Pl. Unit 1125.....\$259,999.....Sun 1-4.....Pam Costianes.....Long & Foster..301-980-0085  
13205 Jasmine Hill Terr.....\$1,195,000.....Sun 1-4.....Leslie Friedson.....Long & Foster..301-455-4506  
11800 Old Georgetown Rd. #1406.....\$543,995.....Sat 11-6.....Bob Lucido.....Toll..410-979-6024  
11800 Old Georgetown Rd. #1326.....\$474,040.....Sat 11-6.....Bob Lucido.....Toll..410-979-6024  
11800 Old Georgetown Rd. #1325.....\$419,995.....Sat 11-6.....Bob Lucido.....Toll..410-979-6024  
11750 Old Georgetown Rd. #2318.....\$391,335.....Sat 11-6.....Bob Lucido.....Toll..410-979-6024  
11750 Old Georgetown Rd. #2332.....\$449,335.....Sat 11-6.....Bob Lucido.....Toll..410-979-6024  
10401 Grosvenor Pl. #821.....\$288,000.....Sun 1-4.....Anne Solotar.....Long & Foster..240-497-1700

**For an Open House Listing Form,**  
**call Deb Funk at 703-778-9444 or e-mail**  
**[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)**  
**All listings due by Monday at 3 P.M.**

## Home Life Style

# Aging In Place: Hard To Imagine?

Planning ahead for when simple things are not so simple anymore.

BY MIKE DENKER  
AND TODD MCPHEE  
SPECIAL TO THE ALMANAC

WE human beings don't seem to be programmed to think ahead about aging. Most folks say they want to stay in their homes as long as possible as they age. Why not spend a few minutes with me thinking about the concept and the challenges of living in the standard American home as you age and have some difficulty performing the normal daily functions of life. We hear that we are all living longer. What we are not told is that those extended "golden years" can be difficult to negotiate in a typical American home.

Aging In Place (AIP) might be a difficult concept to imagine, or might even put you to sleep unless you are already over 50. The AIP concept resonates with people who are approaching retirement or can imagine it. I suggest, if you plan to live as long as possible in your present home, you should evaluate your home in those terms and consider making some changes that may make living in your home more pleasant as you age. Small changes or big changes, they will make life easier and more fun.

If you have ever broken a limb or experienced a serious illness you know something about AIP challenges. Just getting around your house, bathing, walking upstairs, making food, getting into bed and out again can be a challenge as you recover. AIP focuses on all of these problems and many others and attempts to supply solutions.

When I moved into my home in the early 1980s I was in my 30s and I was blissfully blind to some potential obstacles for those not as agile as myself. My home was built circa 1927. My mother complained that my home wasn't friendly, but her words did not have much effect on me at the time. For instance, there were no hand rails along the stairs. It wasn't really until my wife became ill and experienced difficulty going up and down stairs that I really began to understand, at an emotional level, what basic AIP amenities my home lacked. Finally I had a carpenter install handrails along my staircases. These are perhaps the most basic AIP conveniences that were not mandated by code when this old house was built.

Think about having trouble turning the standard door knob. Europeans seem to be ahead of the USA in almost universally installing levers instead on knobs. Grasping and twisting is much more difficult and in some cases more painful than just pushing a lever down.

Recently a friend who lives in a beautiful historic home which she loves, called and asked for my help. In her 60s now, she is beginning to feel pain as she walks up and down stairs. Could my firm "shoe horn"

a small elevator in from the basement to her study on the first floor and up to her dressing room on the 2nd floor? (We could.) This desire issuing from a perfectly healthy woman in her prime but who has a vision of the future and a desire to stay in the home she loves defines one driving force in the AIP movement.

It takes courage to face the realities of one's life in the future. It doesn't take a visionary to witness the struggles of our parents or grandparents as a preview of our own potential infirmities and future physical challenges. However, building an elevator is an example of one of the more expensive solutions to AIP. Most people will seek simpler and less costly solutions.

## HOME WORK

Many families looking to the future have sought the advice of our construction company to solve these dilemmas. We have reworked many a home to create a master suite on the first floor. This in itself solves a load of problems. More and more we are pulling laundry rooms out of the basement for the same reason and making baths more friendly.

Imagine living life in a wheelchair. It can happen. Imagine negotiating a standard bathroom door in a wheel chair. Actually just getting through the door of your present bathroom might be impossible. In fact changing the width of door openings throughout the house is a standard AIP practice. How do you take a shower when you are wheel chair bound? Now imagine a beautiful bathroom with a shower without a door and without a curb. With these differences, you could wheel yourself in and with the convenience of an adjustable shower head, you could still enjoy the luxury of showering independently and safely.

Sitting down or getting up from a toilet or bath tub can become a major task. Perhaps the most common AIP add-on is the grab bar. They come in many lengths and many configurations and, if aesthetics is a concern, various colors and finishes. Just make sure whoever installs them fastens them securely. To have more convenient access has inspired clients to request that we raise the level of electric outlets and lower the levels of light switches.

Take a moment and think again of being confined to a wheel chair. Imagine having just arrived by car at your home. Would you have problems getting to the front door? Recently some friends called about this issue. Neither uses a wheel chair presently. They are both in their 80s and spry. Their front door was 15 steps above the street. We built them a new off-street parking area and a concrete walkway which now enables them to exit their car and walk a gentle incline without navigating a single step to the front door. If in the future a wheel chair might become necessary, they are prepared.

Have I got you thinking about the unthinkable? I hope so, because what we don't like thinking about can easily become a reality for us baby boomers. As we live longer, and, if we don't want to be institutionalized, AIP planning can seriously extend our happy lives at home.

We welcome your questions and comments: [mike@hopkinsandporter.com](mailto:mike@hopkinsandporter.com)



# ENTERTAINMENT

To have community events listed free in The Potomac Almanac, send e-mail to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon for the following week's paper. Photos and artwork encouraged. Call 703-778-9412.

## SUNDAYS THROUGH APRIL

**Children's Handchime Choir.** 11:15 a.m. Elementary-age children are invited to participate in a handchime choir at River Road Unitarian Universalist Congregation in Bethesda. Directed by master bell ringer Brent Keith, the group will meet Sundays at 11:15 a.m. at RRUUC in Room 25. (Teens interested in assisting are encouraged to inquire.) Participants will learn to play the chimes, perform as part of an ensemble, and participate in musical group activities. Contact Ann Richards at 301-229-0400, [arichards@rruuc.org](mailto:arichards@rruuc.org). The Unitarian Universalist Congregation is located at 6301 River Road, Bethesda. Visit [www.rruuc.org](http://www.rruuc.org).

## THURSDAY, MARCH 15

**Preschool Open House.** 6:30 to 8 p.m. The open house will provide an opportunity for parents to visit the preschool, meet the teachers, take a tour and ask questions. At Rockville's Montrose Discovery Preschool, 451 Congressional Lane, Rockville. Visit [www.rockvillemd.gov/recreation/preschool](http://www.rockvillemd.gov/recreation/preschool) or call 240-314-8631.

**Slow Blues and Swing Dance.** 9 to 11:30 p.m. Admission is \$8. With DJ Mike Marcotte and Guests. Slow Blues lesson from 8:15 to 9 p.m. At the Back Room at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call Donna Barker at 301-634-2231 or go to [info@CapitalBlues.org](mailto:info@CapitalBlues.org) or [www.CapitalBlues.org](http://www.CapitalBlues.org).

## FRIDAY/MARCH 16

**"Hugo," the film.** Special showing at Club Friday held at the Potomac Community Center, 11315 Falls Rd., Potomac. Parents welcome.

**St. Patrick's Day A Cappella Celebration.** Doors at 8 p.m., concert at 9 p.m. Vox Populi and Euphonism. Tickets are \$10/advance; \$12/door. Part of Friday Night Eclectic at the Mansion at Strathmore, 10701 Rockville Pike, Rockville. For further information or tickets, call (301) 581-5100 or visit [www.strathmore.org](http://www.strathmore.org).

## MARCH 16 AND 17

**"The Phantom of the Opera."** Performances are Friday, March 16 at



Students rehearse their upcoming musical, "Joseph and the Amazing Technicolor Dreamcoat." From left to right Director Ron Valenzia, Oliver Johnson, 11, Samantha Liggins, 11, and Destiny Fontenez, 12.

## MARCH 15 AND 16

**"Joseph and the Amazing Technicolor Dreamcoat."** Performed by the sixth-graders at Washington Episcopal School. Thursday and Friday, March 15 and 16 at 7:30 p.m. Tickets are \$5/students; \$6/adults. Visit [www.w-e-s.org](http://www.w-e-s.org).

7:30 p.m.; Saturday, March 17 at 7:30 p.m. (Black-tie performance with 6 p.m. Silent Auction.) Presented with a full 90-piece Churchill Orchestra. Young Artists of America in collaboration with Montgomery County Public Schools, Winston Churchill High School and CityDance at Strathmore. Held at Winston Churchill High School, 11300 Gainsborough Rd., Potomac. Visit <http://www.youngartistsamerica.org>

## SATURDAY/MARCH 17

**Principles of Organic Farming.** Free. 1 to 2:30 p.m. Sponsored by the Friends of Travilah Oak. Two local organic farmers, Mark Israel of Query Mill Hill Farm, and Shawn Eubank, co-founder of Rocklands Farm, are going to share their knowledge, expertise, and tips about organic gardening and farming. Al Vivino of the Travilah Oak Market will be cooking up samples. At the Travilah Oak Market, 12944 Travilah Road, Potomac. Registration required. Call or Email Dana Semmes: 301-983-1857 or [thesemmes@verizon.net](mailto:thesemmes@verizon.net)

## SUNDAY/MARCH 18

**"Aging and End-of-Life Medical and Legal Issues."**

10:25 a.m. Hank Willner, a palliative care physician, and Aidan Jones, an attorney specializing in life, estate, and business succession planning, will address "Aging and End-of-Life Medical and Legal Issues." At River Road Unitarian Universalist Congregation, 6301 River Road, Bethesda; [www.rruuc.org](http://www.rruuc.org), or call 201-229-0400.

**In Memoriam of Gordon W. Bowie.** 3 p.m. The Rockville Concert Band will perform "A Composer Spotlight: In Memoriam of Gordon W. Bowie." The song selections will highlight the career of Bowie, a composer and conductor of the Montgomery Village Community Band and a friend of many Rockville Concert Band members. Tickets are not required; a \$5 donation is suggested. At the F. Scott Fitzgerald Theatre at the Rockville Civic Center Park, 603 Edmonston Drive, Rockville. For tickets, visit [www.rockvillemd.gov/theatre](http://www.rockvillemd.gov/theatre) or by phone 240-314-8690.

**35th Annual Bach Marathon.** 2 to 6 p.m. Part of the Chevy Chase Concert Series. A Washington institution, ten organists again will feature the music of J.S. Bach in half-hour programs. Organists playing

this year are: Julie Evans, Russell Weismann, Jeremy Filsell, Joy Leilani, Chris Gage, Mark Willey, Tracy Richardson, Tyler Canonico, Janet Yieh, and Ken Lowenberg, At the Chevy Chase Presbyterian Church, One Chevy Chase Circle, NW, Washington, D.C. Call 202-363-2202.

**Waltz Dance.** 3:30 to 6 p.m. Admission is \$10. With the Waverly Station Band. Waltz Workshop from 2:45 to 3:30 p.m.; dancing from 3:30 to 6 p.m. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, go to [www.WaltzTimeDances.org](http://www.WaltzTimeDances.org) or e-mail [info@WaltzTimeDances.org](mailto:info@WaltzTimeDances.org).

**From Fear to Confidence.** 1 to 3:30 p.m. Free workshop. Jeni Grant, CPDT-KA, will discuss ways to help your dog overcome his fears – whether people, dogs, thunder, the vacuum cleaner, garbage trucks or others. You will learn how to: identify what triggers your dog's fears; recognize the body language that indicates your dog is moving into a fearful state; help alleviate your dog's fears. Sponsored by Your Dog's Friend. Please leave your dog at home. At St. Luke's Episcopal Church, 6030 Grosvenor Lane, Bethesda. Email [register@yourdogsfriend.info](mailto:register@yourdogsfriend.info) or call 301-983-5913.

## MONDAY/MARCH 19

**"The Seventh Seal" Film.** 7 p.m. Tickets are \$5. At the Robert E. Parilla Performing Arts Center, Montgomery College, 51 Mannakee St., Rockville.

## TUESDAY/MARCH 20

**Mommy & Me (And Daddy, Too!).**

10 a.m. to noon. Free. Takes place the third Tuesday of the month at the Rockville Library. Active learning, creative play, story time, arts and crafts, and more! Visit [www.rockvilletownsquare.com](http://www.rockvilletownsquare.com)

## WEDNESDAY/MARCH 21

**Design and Remodeling Seminar.** 6 to 8 p.m. "How to Fall in Love With Your Home Again." This seminar will include a complimentary supper with an opportunity to discuss one's own project with professional staff. This workshop will provide informal no-obligation discussions with Hopkins & Porter designers. Space is limited to 15 participants per session, so RSVPs are a must. Call Debbie at 301-840-9121, #27, to reserve a space or email her at [debbie@hopksinandporter.com](mailto:debbie@hopksinandporter.com). At the offices of Hopkins & Porter, 12944-C Travilah Road, #204, Potomac.



## THURSDAY/MARCH 15

**Reel Around the Shamrock with Eileen Ivers and Immigrant Soul.** 8 p.m. At the Music Center at Strathmore. Tickets are \$25-\$55. Will be joined by 20 dancers from the Culin School of Traditional Irish Dance, fiddler Brendan Mulvihill and the first B/C button accordionist in Irish music, Billy McComiskey, in a celebration of Irish culture. At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Call 301-581-5100 or visit [www.strathmore.org](http://www.strathmore.org).

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March 11, 18 and 25 at 2:00 pm

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## FINE ARTS

### NOW THROUGH APRIL 9

**Forces of Nature.** Photoworks Gallery at Glen Echo Park presents Forces of Nature, an exhibition of black and white photography. The show's images record the visual beauty of the forces of nature on the natural and man-made worlds. Saturdays, 1 p.m. - 4 p.m.; Sundays & Mondays, 1 p.m. - 8 p.m. Artist Talk, March 24, 2 p.m. - 3 p.m. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org) or email [gaylesue@me.com](mailto:gaylesue@me.com).

### NOW THROUGH MARCH 25

**Glen Echo Park Faculty Invitational.** Noon to 6 p.m. The Popcorn Gallery at Glen Echo Park presents a Faculty Invitational Art Show. This exhibition will feature work by selected Glen Echo Park students, chosen by resident artists and faculty, in a variety of media from painting and drawing, to glass, sculpture, ceramics, silver and more. Visit [www.glenechopark.org](http://www.glenechopark.org).

### NOW THROUGH APRIL 14

**Works by John Paton Davies Jr.** A Singular View: The Art and Words of John Paton Davies, Jr., an exhibit of monographs from the archives of the American diplomat and artist. At the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Call 301-581-5100 or visit [www.strathmore.org](http://www.strathmore.org).

### NOW THROUGH MARCH 31

**Artists-In-Residence.** Featuring Vian Shamounki Borchert, Perry Fowler, Gregory Lambert, Daniel Wise and Deborah Jaffe. The five artists will be painting, creating artwork and giving demonstrations during the month of March. At the Yellow Barn Stone Tower, 7300 MacArthur Blvd., Glen Echo. Visit: [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com).

### NOW THROUGH MARCH 25

**Monica Barbosa Time.** The Glen Echo Park Partnership Gallery presents Time, an exhibition featuring works by mixed media artist Monica Barbosa made between 2009 and 2011, in which she uses techniques of photogravure, etching, dry point and collage. Mondays - Saturdays, 10 a.m. - 6 p.m. Visit [www.glenechopark.org](http://www.glenechopark.org).

### NOW THROUGH MARCH 23

**Student Artists Showcase.** At Glenview Mansion Art Gallery, Rockville Civic Center Park, 603 Edmonston Dr., Rockville. Students who would like to participate in the show should visit [www.rockvillemd.gov/arts](http://www.rockvillemd.gov/arts) or contact Julie Farrell at 240-314-8682 or [jfarrell@rockvillemd.gov](mailto:jfarrell@rockvillemd.gov).



### NOW THROUGH MARCH 30

**Artist Cam Ha Nguyen.** Her paintings feature the play of light and shadow on flowers, gourds, and plants in gardens, conservatories, living rooms, backyards, and parks. Hours are Monday through Friday from 10 a.m. to 4 p.m. At River Road Unitarian Universalist Congregation, 6301 River Road, Bethesda. Visit [www.ruuuc.org](http://www.ruuuc.org) or call 301-229-0400.

### MARCH 6 TO APRIL 7

**Excavations and Negotiations in Clay.** Ceramic vessels by Michael Poness and New Work by Gallery Artists. An artist's talk will be held Saturday, March 17 from 4 to 6 p.m. At Waverly Street Gallery, 4600 East-West Highway, Bethesda. Call 301-951-9441. Visit [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com)

### NOW THROUGH MARCH 31

**Mind's Eye: A Vision of Contemporary Art.** Featuring contemporary paintings by Annapolis artist John Bodkin. At Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Gallery hours are Tuesday to Sunday, 11 a.m. to 6 p.m.

### MARCH 17 TO APRIL 1

**Emerging Glass Artists.** Works by artists Bryan Avila, Ana B. Chepelinsky, Sarah Gilliam-Kincaid, Margaret Halpin, Katherine Siena Hubley and Karen Lerohl Wilson. At the Art Glass Center at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Reception is March 17 from 4 to 6

p.m. Call 301-634-2273 or visit [www.artglasscenteratglenecho.org](http://www.artglasscenteratglenecho.org)

### MARCH 17 AND 18

**"Between Light and Space."** Featuring 60 paintings by Vian Shamounki Borchert. At the Yellow Barn Gallery, 7300 MacArthur Blvd., Glen Echo. The Gallery is open Saturday and Sunday March 17 and March 18 from 12-5 p.m. A reception will be held on Saturday, March 17 from 5-7 p.m. at the gallery. Call 301-371-5593.

### MARCH 17 TO APRIL 1

**Artist's Journey.** Art Glass Center at Glen Echo Park presents Artist's Journey, an exhibition including pieces brought to life from the sketchbooks of six talented glass students. Open Fridays, 10 a.m. - 2 p.m., Saturdays, 10 a.m. - 4 p.m., and Sundays, 12 p.m. - 4 p.m. Artist talk and reception, March 17, 4 p.m. - 6 p.m. Call 301-634-2273 or visit [www.artglasscenteratglenecho.org](http://www.artglasscenteratglenecho.org).

### MARCH 24 - 25

**Command-Shift-3.** Artwork by Glen Kessler. Will present his latest body of artworks at The Yellow Barn Gallery in Glen Echo Park. The Gallery is open to the public from 12 - 5 p.m. daily. An Artist's Reception, also open to the public, is scheduled for Saturday, March 24 from 5 - 9 p.m. Visit [www.GlenKessler.com](http://www.GlenKessler.com) or contact Glen Kessler at [GlenKessler@hotmail.com](mailto:GlenKessler@hotmail.com) or 973-634-0526.

### MARCH 31 TO APRIL 1

**Paintings by Kathy Byrnes.** The Yellow Barn Studio, Glen Echo Park's resident painting and drawing studio, presents works by Kathy Byrnes in the Yellow Barn Gallery. Saturdays and Sundays, 12 p.m. - 5 p.m. Call 301-371-5593 or visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com).

### APRIL 1 TO 29

**Artist Felisa Federman.** Mixed media on canvas and paper. Artist's reception is Sunday, April 1 from 3 to 5 p.m. She is a resident artist at The Art Gallery of Potomac. At River Road Unitarian Universalist Congregation, Fellowship Hall, 6301 River Road, Bethesda; call 301-229-0400.

### APRIL 10 TO MAY 5

**Quietude.** Paintings by Lorian Signori and New Work by Gallery Artists. Artist's reception will be Friday, April 13 from 6 to 9 p.m. A demonstration will be held Saturday, April 14 from 4 to 6 p.m. At Waverly Street Gallery, 4600 East-West Highway, Bethesda. Call 301-951-9441. Visit [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com)



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## THEATRE

### MARCH 15 TO APRIL 7

**"Rapunzel."** Witch Wartsmith wants a baby and, after bargaining for little Rapunzel, must go to great lengths to keep the growing girl out of the hands of a handsome prince. Thursdays & Fridays, 10 a.m. and 11:30 a.m.; Saturdays & Sundays, 11:30 a.m. to 1 p.m. Tickets are \$10/adults and children. Recommended for PreK-Grade 4. Running time: 45 min. Presented by the Puppet Co. Call 301-634-5380. Visit [www.thepuppetco.org](http://www.thepuppetco.org).

### APRIL 12 TO JUNE 3

**"Pinocchio."** The trials and tribulations of the little live puppet. Pinocchio's adventures



**"Rapunzel"**

prove that the "easy way" isn't always the right way. Thursdays & Fridays, 10 and 11:30 a.m.; Saturdays & Sundays, 11:30 a.m. and 1 p.m. Tickets are \$10/adults and children. Recommended: K-Grade 6. Running time: 45 minutes. Presented by the Puppet Co. Call 301-634-5380. Visit [www.thepuppetco.org](http://www.thepuppetco.org).

**"Tiny Tots @ 10."** 10 a.m. "Tiny Tots @ 10" is designed for young children ages 0-4. The program features master puppeteer Bob Brown. The lights stay on, the doors stay open, and everyone has a great time! Tickets are \$5. All individuals must have a ticket, including babes-in-arms. Running time is 30 minutes. Email: [c.piper@thepuppetco.org](mailto:c.piper@thepuppetco.org) or visit [www.thepuppetco.org](http://www.thepuppetco.org). For reservations, call 301-634-5380.

March 17 — "World on a String"  
March 18 — "Animal Crackers"  
March 21 — "Panda-Monium"  
March 24 — "Panda-Monium"  
March 31 — "The Mother Goose Caboose"



# Whitman Baseball in Search of First Region Championship

Senior shortstop/  
pitcher Flack  
selected MSABC  
preseason all-state.

BY JON ROETMAN  
THE ALMANAC

**T**he Whitman baseball program has never won a region championship. With a talented roster and postseason success each of the last three seasons, the Vikings are looking to leave their mark in 2012.

Whitman reached the 4A West Region final in 2009, but fell short against Quince Orchard. The Vikings reached the semifinals in 2010 and 2011, but lost to Gaithersburg each season. This year, there doesn't appear to be a clear-cut favorite to win the region, but Whitman figures to be near the top of the list based on talent and experience.

The Vikings lost only three seniors and return one of Montgomery County's top players in senior shortstop/pitcher Michael Flack. In addition, senior left-handed pitcher/first baseman Ryan McGill returns after missing the majority of last season due to a foot injury, and pitchers Mike West and Gabe Steinberg give Whitman depth on the mound. Factor in the toughness of second baseman Sam Avayou and head coach Joe Cassidy said, "Everyone here is very excited"



**Whitman senior shortstop/pitcher Michael Flack was a preseason all-state selection by the Maryland State Association of Baseball Coaches.**

and the Vikings are eager to make program history.

"You can go through the whole county and [most schools], even if it was a long time ago — Churchill's been there, heck, even the [less successful programs] got there at some point — Whitman's never been there," Cassidy said of the state tour-



**Whitman baseball coach Joe Cassidy praised the toughness of second baseman Sam Avayou.**

nament. "It's a desire for these guys: Let's be the first group to do that."

While Whitman has the tools to be a contender and the desire to make history, Cassidy pointed out Whitman's lack of hardware should keep the Vikings — and others — grounded in their predictions.

"People are just assuming we have a lot of talent and it's ours to win," he said. "But

as I said, we've never won anything here. We hope to."

Flack was selected to the Maryland State Association of Baseball Coaches preseason all-state team and was listed as one of the state's 10 best position players by ESPN.com. Last year, Flack batted .491 with three home runs, five doubles, 23 runs scored and 25 RBIs in 18 games. On the mound, he went 6-2 with a 3.37 ERA.

"He's been a starter ever since he was a freshman," Cassidy said, "and he's gotten better every year. ... He's been a leader since he was a ninth grader."

As a sophomore, McGill went 3-1 with a 1.87 ERA before missing most of his junior year due to injury. He will play first base when he's not pitching.

Last year, Avayou hit .356 with one home run, 19 runs scored and 12 RBIs. He will start at second base.

"Sam's not a typical Whitman kid," Cassidy said. "He'll get in your face and he's got a little toughness in him that some of the Bethesda kids don't, which is good, which is what I think we need. He's not going to back down from anybody."

Josh Biel is the Vikings' catcher. Drew Aherne will play center field, Mike Yang will be in left field, Andrew Castagnetti will play third base, Dan Duffy will be the designated hitter or play first base and Pat Hisle will play right field, shortstop or pitcher.

Whitman opens its season at 3:30 p.m. on Wednesday, March 21 at Poolesville. The Vikings' first home game is on March 23 against Blair.

## Churchill Hopes To Learn from 2011 Postseason Success

Bulldogs reached region final under head coach Scott Blackwood.

BY JON ROETMAN  
THE ALMANAC

**S**cott Blackwood wasn't getting through to his players during the early part of his second season as head coach of the Churchill baseball team. The Bulldogs were having chemistry issues and the result was a 0-5 start to the 2011 campaign, during which the team was outscored 31-6.

Churchill eventually won a game, and started to show bright spots here and there. But after winning three of four, the Bulldogs went back to their losing ways, dropping six of seven. Churchill finished the regular season 7-12 and received the No. 13 seed in the 4A West tournament.

While the Bulldogs' record was hardly ideal, they closed the regular season with three straight wins, outscoring Clarksburg, Kennedy and Northwood 45-6. Things were starting to click.

"We really turned it on at the end of the season and we started working well together," pitcher Kelby Spring said. "In the beginning, we didn't really have that camaraderie, but then we kind of figured each

other out and I think that's really what carried us at the end of the season. We trusted each other [and] we worked hard for each other."

Saying the Bulldogs "turned it on," is an understatement. Churchill, a team that was once 4-12, upset No. 4 Paint Branch, beat Richard Montgomery and knocked off No. 1 Sherwood in the postseason before falling to Gaithersburg in the region championship game. Ten months later, the Bulldogs enter the 2012 season knowing they're capable of great things if they put in the work.

"Our guys, they know what it takes," Blackwood said. "They've been there; they were on the losing side of it, so they know how it feels. If they have the right mindset of going in and not wanting to feel that again, they know the hard work it takes to get there."

Blackwood said Churchill has three goals: a division title, a region championship and a state crown. The coach said these are common team goals, but he felt members of the Churchill program didn't necessarily strive for that kind of success before his arrival. Spring said he's noticed a change in environment under the third-year Bulldog skip-

per.

"The first couple years were a lot harder on us because it was a lot different than the [previous] culture of this team," Spring said. "But [Blackwood's] method has definitely worked and I think we're all starting to subscribe to that, so now the whole team is starting to click together under his leadership."

Senior shortstop Danny Weiss echoed his teammate's statement.

"Back when I was a ... sophomore, it was more like reinventing this program and a new coaching staff [trying] to increase baseball at Churchill," Weiss said, "and now it's more take it to the next level and winning a state championship is our main goal."

Spring is a senior left-hander and the team's top pitcher. The crafty hurler throws in the upper 70-mph range and relies on location. He pitched both meetings against Sherwood last season, limiting the high-powered Warriors to three runs in two starts.

Weiss was named one of the state's top players by ESPN.com. Senior Ian Shemer will play either catcher or third base. Se-

niors Nick O'Brien and Matt Kogan can both play in the outfield.

"We don't have clear-cut puzzle pieces," Blackwood said. "We've got guys that if this person goes here, this person will go there. It's a matter of

**"In the beginning, we didn't really have that camaraderie, but then we kind of figured each other out and I think that's really what carried us at the end of the season."**

**— Churchill pitcher Kelby Spring**

just figuring out the puzzle and making sure all the pieces fit. That's my job."

Churchill will open the season at 3:30 p.m. on Wednesday, March 21 at Northwest. The Bulldogs' first home game is March 23 against Magruder.



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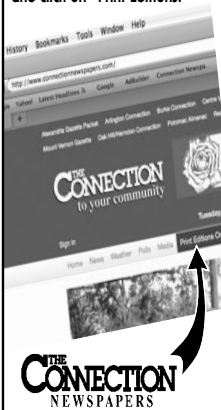
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**Zone 6:** The Arlington Connection  
The Vienna/Oakton Connection  
The McLean Connection  
The Great Falls Connection

## "Early Results Show Stable Disease"



By KENNETH B. LOURIE

There's five words e-mailed from my oncologist that I can live with (Duh!). Certainly better than the previous nine words e-mailed eight weeks ago regarding my then current CT Scan: "Scan results show progression. We'll talk more on Friday." Not that early results (I think 'early results' means after the first two infusions) guarantee any future results, but half good is better than all bad. Continued 'progression' (growth and/or movement; meaning the chemotherapy was having zero effect) would have been disappointing (you think?), so reading 'stable' in my doctor's message was welcome news indeed; any port in a storm, as they say. And make no mistake about it, when you're diagnosed as a terminal patient, who's now outlived your original prognosis – by years – every day is a storm, and any place of refuge, leaky or otherwise, is a welcome sight. Just as pilots say: "Any landing you walk away from is a good one," I'm going to create a corollary for cancer patients: any scan that doesn't cause your oncologist to advise you to get your things in order ("Five Wishes") is a good one. And so Tuesday, February 18th was real good – for "Kenny-with-cancer." Alive and reasonably well.

However, just as life goes on, so too do the diagnostic scans and all the associated anxiety – and hopes and prayers as well. It's a balancing act to be sure, to be always living on the edge (make that precipice), but obviously I'm grateful to be doing so – despite the emotional upheaval. Though I've been there – and still doing it, it doesn't make any of it easier going forward. Being familiar with the chemotherapy (the "second line" I'm now enduring) – and its side effects from three years ago when I was originally diagnosed and treated, doesn't really lessen the anxiety of it, it more reinforces the fear of it. Regardless of the success I've had fending off cancer's ravages, it's difficult to rid yourself of the inevitability of its power.

At least now there are e-mails (and Web sites to access) between doctor and patient to maintain the lines of communication and facilitate the prompt exchange of information, and to shortcut the previously interminable waits patients had waiting for scan/lab results. The results are not immediate, let's be realistic; but they are sort of predictable, time-wise, and in that predictability evolves a certain calm. And however 'calm' can be introduced into the doctor/cancer patient equation, it exponentially improves the patient's quality of life.

Now when you have your follow-up appointments – and certain information has already been communicated, these appointments can be more productive, less emotional and more strategic moving forward rather than spent reacting to medical facts only recently in evidence. After all, the oncologist is trying to keep you alive, and any methodology that enhances that relationship and improves the quality of the time between doctor and patient is better for all concerned. The e-mails blunt some of that unproductive but predictable emotion, which then enables the doctor and patient to more intelligently and dispassionately consider the options/treatments available. At some point, however, reality has to be addressed (I wouldn't say embraced, though). Way back when, my oncologist advised us that none of this was going to be easy, and he was right. But his honesty – and treatment has made it a bit more bearable for me. I wouldn't characterize or dare say that there's a recipe for success in anything he or I have done together or that I've done independently of him; so far, so good though. I am alive three years post-diagnosis after originally receiving a less than encouraging prognosis: "13 months to two years."

Within the next month, I will have had two more chemotherapy infusions followed up by yet another CT Scan, and this fun will begin all over again. I can't really say that I'm looking forward to it, but being terminal is all it's cracked up to be, and looking forward is still better than not being able to look at all.

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



# NEWS

From left, parents Jim and Maria Fusco with Eagle Scout Michael Fusco, and Eagle Scout Jeff Bass with parents Pam and Barry Bass.



## Jeff Bass and Michael Fusco Receive Eagle Rank

Jeff Bass and Michael Fusco of Potomac received their Eagle Scout awards at a ceremony on Feb. 28. They are both members of Troop 773, which meets at the Potomac United Methodist Church.

Jeff Bass is a senior at Bullis High School, has been active in Scouting since the second grade, progressing through Cub Scouts and Boy Scouts. He has participated in Double H High Adventure base as well as camping at Goshen Scout Reservation and participating in many Scout outings. For his Eagle project, Jeff produced and directed a musical revue of Broadway show tunes for the residents of Landow House and Ring House, Rockville. Jeff was

the captain of the Bullis Cross Country Team and an accomplished thespian, recently starring in "Les Mis."

Michael Fusco is a senior at Winston Churchill High School, Potomac, and has been active in Scouting for 12 years. For his Eagle project, Michael organized several initiatives to benefit the community Council for the Homeless at Friendship Place, Washington, D.C. He led a group of volunteers who painted the office, cleaned and painted the outdoor porch, cleaned the kitchen, restocked the pantry and provided food for a community meeting. Michael is a founding member of the Churchill Crew Team.



**Victor (left) and Daniel Fesenko attend the Potomac Library's used book sale on Saturday, March 10. All books are donated by the community for this sale. All proceeds benefit the Potomac Library.**



**Leo Min at the used book sale.**

## SCHOOL NOTES

FROM PAGE 7

The following students from the area have been named to the dean's list at Frostburg State University in recognition of outstanding academic achievement for the fall 2011 semester.

- ❖ **John Jankosky** from Potomac.
- ❖ **Colleen Krizan** from Potomac.
- ❖ **Celia Lichtman** from Potomac.
- ❖ **Neffetara Morris** from Potomac.

The following students from Colgate University are recipients of the Dean's Award for academic excellence during the 2011 fall term at Colgate University.

❖ A member of the Colgate class of 2014, Colleen Graham Oberg, is the daughter of Mr. Keith L. Oberg Mrs. Kathleen K. Oberg. Oberg is a graduate of Sidwell Friends School.

❖ A member of the Colgate class of 2014, Madison Sullivan Brown, is the

daughter of Mr. Andrew K. Brown Mrs. Robyn A. Brown. Brown is a graduate of The Madeira School.

❖ A member of the Colgate class of 2014, Avery Brooke Albert, is the daughter of Mr. Craig M. Albert Mrs. Darla D. Albert. Albert is a graduate of Winston Churchill High School.

❖ A member of the Colgate class of 2015, Katherine Eleni Sotos, is the daughter of Dr. George A. Sotos Mrs. Margaret A. Sotos. Sotos is a graduate of The Madeira School.

❖ A member of the Colgate class of 2014, Madeline Aikins Tennis, is the daughter of Mr. William J. Tennis Dr. Sara A. Cartmell. Tennis is a graduate of The Holton-Arms School.

**Stephen Mathis of North Potomac** graduated from the University of New Haven on Jan. 14, 2012 with a M.S. in Computer Science.



PHOTOS BY MARY KIMM/THE ALMANAC

## Lenten Rose

**Hellebores, also known as Lenten Rose, begin to bloom in February even in cold years. The perennial flowers grow in small bushes and, at least at this point in time, are not favored by deer. Hellebores, daffodils and snow drops are early spring flowers that the deer do not consume. Tulips however are a deer favorite.**







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