

Potomac ALMANAC

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Holy Child "Tiger Trot" Alum Jessi Frend participates in last year's event. This year's run starts at 8 a.m. on April 15.

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The start of last year's Holy Child "Tiger Trot."

'Tiger Trot' 5k Will Take Off April 15

Holy Child's race is open to entire community.

BY SUSAN BELFORD
THE ALMANAC

At 8 a.m. on Sunday, April 15, the hills of Potomac will abound with runners competing in the 2nd annual Holy Child "Tiger Trot" 5K. The young women of the Connelly School of the Holy Child, their parents, siblings, grandparents, faculty and friends are eagerly awaiting the starting signal for this fun-filled yet challenging community event. The proceeds of the 5K run/walk will support both the Cabin John Fire Volunteer Fire Department and the wellness programs at the Connelly School of the Holy Child.

More than 200 runners and walkers took part last year in the first annual run. This year, the coordinators are hoping to expand the event beyond the school into the broader community. They have improved the course to provide an easier start and finish and are offering cash awards of \$200, \$150 and \$100 for the top three male and female overall winners. In addition, prizes will be awarded for the top three finishers in each age division.

The scenic course will begin at the Holy

Child School, 9209 Bradley Boulevard, with the start heading from the school towards Avenel. Runners will turn right on Persimmon Tree, circle into Bronson and back to the school again.

Walkers will enjoy a scenic stroll through a scenic area of Potomac. At the conclusion of the race, a post-race party will feature a moon bounce, food, vendors, music and raffle prizes.

Avid runner Sue Whitaker participated in the race last year: "I am a runner who runs purely for pleasure, but I also enjoy the occasional race. The 2010 Tiger Trot was well organized and the course was clearly marked and relatively flat and fast. I thought the race was a great size and the parking and packet pick-up were very quick and easy. I will definitely participate in the Tiger Trot again."

The event sets an example of the young women of Holy Child participating in running as a life-long wellness program to maintain fitness, set goals and meet challenges. The faculty is also joining in by challenging each other and their students to try for their personal bests. Additionally, alumnae are organizing a "Tiger Tot Trot" to

encourage parents with young children to walk or run in the "stroller brigade."

Race-day registration will begin at the school at 6:30 a.m. Crishon Landers, Holy Child's dance coach, will lead warm-up exercises at 7:30 a.m. and the race will begin at 8 a.m. Holy Child Dad John Martin (MIX 107.3 DJ) will serve as the announcer for the race as well as the event's emcee. Savantage Solutions is the presenting sponsor, and title sponsors are Gettysburg Blue Festival/The Drummond Family, IQ Solutions, the Roustamov family and Charles Schwab. State-of-the-art timing (ChronoTrack) will be managed by RaceDC Timing. The post-race party and awards will be provided by Freddy's Lobster and Clams, Pacers, Roy Rogers, Whitetail, California Tortilla, Liberty Mountain, Powerade, Potomac River Running, Giant, Old Town Market, Plow and Hearth, Pirate's Booty, and As Kindred Spirits.

To register for the race, sign up at <https://www.holychild.org/tigertrot> by April 8. The cost is \$25 for racers/walkers aged 20 and over. After April 8, the cost is \$30. Students 19 and under are \$20 on all dates. All registered runners and walkers will re

SEE TIGER TROT PAGE 11

Thousands To Untrash The River

More than 228 tons of trash removed last year; volunteers needed.

BY KEN MOORE
THE ALMANAC

Every spring, Jim Heins hikes the entire C&O Canal, starting in Cumberland and ending in Georgetown.

"It takes about 14 days to hike. The bluebells come out, the red bells come out ... how can you not love something like that?" he said. "I've hiked the entire park, I've probably ridden it 20 times, I know it very well and I've done a lot of thinking about it in terms of history. It's a beautiful place."

But every spring, Heins, of the C&O Canal Association, helps coordinate volunteers who pick up trash along the Potomac River during the Alice Ferguson Foundation's Annual Potomac River Watershed Cleanup.

In 2011, 11,388 volunteers removed 228 tons of trash, including 20.66 tons of tires and 14,606 bags of trash and recyclables from 613 sites along the Potomac River watershed. More than 15 tons of recyclable materials were actually recycled after last year's cleanup.

"Through citizen engagement you can impact behavior change," said Alena Rosen, of the Alice Ferguson Foundation.

Eighty percent of the region's drinking water comes from the watershed, she said. "Litter is a serious issue. It

SEE UNTRASH, PAGE 11

"Good heavens, why is there so much trash?"
— Jim Heins

Arts Night at the Art Gallery

Bringing poetry and music together with art.

BY COLLEEN HEALY
THE ALMANAC

On March 31, P.A.I.N.T (Potomac Artists in Touch) hosted the first Potomac Arts Night at The Art Gallery of Potomac. The event was moderated by Dalton Delan who has produced concerts at The White House and Kennedy Center.

His idea for the evening was "to find several musicians and poets I thought I could entice to come. I also wanted to feature young people and asked who the best musicians in the area are

SEE ARTS NIGHT, PAGE 11



PHOTO BY COLLEEN HEALY

Linda Pastan reads a selection of her poems at the Potomac Arts Night. She said, "It is nice to have the arts in Potomac. There is no place for writers to get together since The Book Stall left. I am curious to see what this night will begin."

Get Involved

Volunteers are needed for the Alice Ferguson Foundation 24th Annual Potomac River Watershed Cleanup on April 14, from 9 a.m. to noon.

See www.PotomacCleanup.org or fergusonfoundation.org.

Sites for the April cleanup include areas throughout Potomac including Angler's Inn, Carderock Park, Cabin John Park, Great Falls Tavern, Pennyfield, Riley's, Violette's and Swain's locks.



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Juliana Willems, marketing and events director for the Montgomery County Humane Society, and Madeleine Mersky, volunteer for McPaw, stand with Ruby, the adoptable shelter dog.

Fashion Event Raises Funds for McPaw

**Animal lovers gather
to support new center.**

BY SUSAN BELFORD
THE ALMANAC

Animal lovers and fashionistas filled the second level of the Friendship Heights' Bloomingdale's, enjoying a fashion show, champagne and the opportunity to raise funds for McPaw (Montgomery County Partners for Animal Well-Being) to support the new Montgomery County Animal Services and Adoption Center. Even Ruby, an

adorable and adoptable shelter dog was on hand for the ceremonies. As McPaw volunteer Madeleine Mersky explained, "Ruby is single and looking!"

The Spring/Summer line of designer Gerard Darel was featured at the March 28 event. Models were from MCPAW and included Potomac residents Vanessa Sperling and Dr. Alex Naini. Ali, Ella and Ben Sperling assisted emcee Aly Jacobs from MIX 107.3. The designer donated 10 percent of all sales as well as raffle items to the cause.

"Tonight is the first of many exciting fashion and fine-dining events MCPAW will host in support of Montgomery County's new Animal Services and

SEE MCPAW, PAGE 15



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Potomac's Vanessa Sperling models the new Spring line.



Valerie Johnson, executive assistant to Isaiah Leggett models this season's most popular color.

PEOPLE

Field Notes ...

BY CAROLE DELL

"It isn't how old you are, but how you are old," Jules Renard.

On Feb. 1, my mother-in-law passed away. What's remarkable is that she was a woman not only of exceptional years, 103, but also quite memorable. Those who met her rarely forgot Margaret Lundy Dell of Bethesda, affectionately called Gaga.

Why Gaga? Well, she didn't like Granny, so she became a Gaga long before the name gained fame. It

stuck and spread from grandkids to friends and even to those who only heard of her. People usually asked me: You're Gaga's daughter-in-law, right,



Margaret Lundy Dell

never Margaret's.

Imagine living for a century. Gaga skipped right on past the 100 mark with barely a nod. She was too busy. At 96, she shoveled her snowy sidewalk before we could help; at 99, she could still be seen driving her baby blue Cadillac like a NASCAR driver, her flock of white hair and blue eyes peeking over the steering wheel and at 100, she danced all evening at my daughter's wedding.

As 101 then 102 rolled around, she made sure she never missed a party or fun trip. During her last few months at 103, Gaga still made plans and asked for her car. New York was on the list. She would look up from her recliner chair and exclaim: "I'm so lucky! I just don't know how I got so old."

Maybe because she cared, which meant she always had time for others, never gossiped (that was a disappointment for me), and dwelled only on the positive. Optimism ruled in her house.

When asked how she managed to live so long, Gaga flashed a cheeky smile and answered: "Every day I eat ten golden raisins soaked in cheap gin," always a head-turner of an answer.

They became a staple on the kitchen counter, her gamy panacea languishing in a steadily diminishing film of cheap gin, which she offered to guests with glee.

Since Gaga never drank, her forays into the local liquor stores became legend. One owner rebuffed her, answering with a huff, "Lady, we don't sell cheap gin."

If Gaga's fads waxed and waned, three lifelong passions endured: tennis, knitting and bridge. Tennis was her baby.

Each summer during the Legg Mason Tennis Classic she spent hours watching the matches, all the while knitting countless colorful scarves and hats and staying so long that the staff offered to put her up for the night.

Gaga's knitting needles rarely stopped and she handed out her creations like calling cards. Eventually they adorned family members and most friends, as well as disadvantaged mothers and babies at the Christ Child Society.

She was a fixture on the tennis courts at Columbia Country Club, in Bethesda, until she was 98 when an old injury sidelined her. She even had a club tournament named after her. Why not, who else was out there hitting balls at that age.

As her partners began to drop out, mostly from old age, Gaga simply picked up her racquet and joined a younger crowd, badgering them to allow her a double bounce. They would have none of it.

If it was too cold to play tennis, she moved indoors at Columbia to join her bridge pals. Gaga played for over 40 years and at 102, as her health waned, we judged its ebb and flow by her card-playing ability. If she could out-deal us in double solitaire, she was back in the game.

EARLIER ON, as Gaga began to slow down, I thought she should speed up, believing in the value of exercise, and so suggested walks.

It was usually during that quiet time after dinner, when the lights in her neighbors' homes glowed around us, that we strolled into her world of memories. She and her husband raised their four children in a house across the street from Bethesda's Edgemoor Club, where they played tennis. Once the boys began to play tournaments, referees prayed that Gaga, who was known for stopping the match and taking her boys home for lunch, would be busy elsewhere.

Eventually, as the walks grew slower, the moments grew richer and I wanted to hold on to them for my mental scrapbook. It was those moments and the ones we spent alone together that will always remain my most treasured.

I can still picture us playing cards or watching TV, her needles clicking away until she, or we, fell asleep. If we stayed awake, we'd



Gaga hanging out in her baby blue Caddy with granddaughter, Alexandra Dell.

dig into the myriad boxes of chocolate that always remained within an arm's reach of her recliner and talk of old times, which usually meant her memorable tennis matches. One stood out.

It was a scorching summer the year Margaret, then 96, played a mixed doubles tennis exhibition during the Legg Mason tournament — one of those pro/am matches meant to highlight someone famous. It was her dream day.

During the warm up, her partner, a wiry 89-year-old chap ran around the court and tried a few



Celebrating Gaga's 100th birthday on a gal's day out at Hunter's Inn were Carole Dell, Gaga, Jeanne Moutoussamy-Ashe and Gaga's daughter, Mary Lou Dell.

jumping jack tricks in the heat. He looked at Gaga the way a potential buyer looks at an old carhorse that had seen better days. She stared back, undaunted.

No slouch when it came to shrewd tennis strategy, Gaga let her partner burn up the court during the match. The faster he ran; the slower she moved and she gamely returned the shots that came her way.

Then, it was over. Her partner collapsed on the court leaving Gaga standing over him calling for help. As they carried him off, she gave the crowd a championship

wave and trotted to the net to shake hands for the both of them.

I could go on and on about Gaga, about her indomitable spirit and her devotion to daily mass at Our Lady of Lourdes Catholic Church; her love of children who followed her like puppies, about the time she drenched some teenagers stealing her flag by throwing a bucket of water from her upstairs window and about her never-ending zest. She was beautiful in that timeless way because of the life she led. Gaga was my mother-in-law, my mentor and my best friend.

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OPINION

C&O Canal: With Love Comes Responsibility

BY SUSANNE LEE
WMCCA PRESIDENT

Another spring and another love affair with the C & O Canal Historical Park! Yes, we may brave the cold for a few winter visits, but there is nothing like springtime on the Canal. We who live here are fortunate to have easy access to this incredibly lush, tranquil treasure of natural, historic and recreational resources.

Thanks to a variety of ecological factors, especially geologic formations and frequent flooding, the Canal is one of the most biologically diverse parks in the National Park System. And within its 184.5-mile length, the Potomac Gorge (Great Falls south to Roosevelt Island) is the Super Star — deemed by the Park Service to be one of the most significant natural areas in the eastern United States. That same spectacular hydrology that elicits awe as we gaze down into the falls also brings together diverse northern, southern, eastern, western, mountain and coastal species, including over 200 rare species and communities in the Gorge area alone.

WMCCA

This National Park at our doorstep creates a wealth of personal Canal love stories — my kids' first kayak bow rolls, trees dripping with warblers, ice skating from Fletcher's Boathouse to Georgetown, identifying skunk cabbage, connecting zebra swallowtails and paw-paws, surviving the Billy Goat, knowing canal families, and hours and hours and hours of bicycling and hiking. Hopefully you have, or soon will have, your own Canal love story.

But with love comes responsibility. As amazing as it may seem, it was within some of our lifetimes that plans were to make the Canal into an interstate highway. It was only because of the efforts of Supreme Court Justice William O. Douglas and other concerned citizens that the highway was halted. Fortunately, there is no current comparable threat. However, the Canal has over four million annual visitors, and there are continuing pressures of all kinds. Ensuring protection of the Canal is an enormous ongoing challenge for the U.S. Park Service.

WMCCA continues to work on a variety of issues to support those efforts. Several years ago Daniel Snyder was caught clear-cutting mature trees along the Canal. Members played key roles in stopping the cutting and ensuring it did not happen again at other sites along the Canal. Our members are currently engaged in efforts to address daunting parking and access issues in the area near Old Anglers Inn. We look forward to hearing from the U.S. Park Service representatives on these and other Canal issues at our April General Meeting.

POTOMAC SWIM AND RECREATION ASSOCIATION TENNIS BUBBLE FACILITIES

At the Board of Appeal's-required meeting with surrounding neighbors and a WMCCA representative on March 1, the club's representatives were specifically asked about how they were going to implement the Board of Appeals specifications with regard to outside lighting, including the requirement that all

Next WMCCA Meeting

The next meeting of the West Montgomery County Citizens Association will be held Wednesday, April 11, 7:15 p.m., at the Potomac Community Center. If schools are closed because of inclement weather, the meeting will be cancelled.

The speaker will be Kevin Brandt, Superintendent, Chesapeake & Ohio Canal National Historical Park. Potomac residents are fortunate to have at their doorstep a National Park. The C&O Canal NHP is an 184.5 mile narrow ribbon of green stretching along the Potomac River from Washington D.C. to Cumberland, Md. A popular recreation area brimming with natural wonders, it also tells the story of the canal's role in American history and retains living remnants of a great 19th century engineering masterpiece. Brandt will give a brief overview of the park and then update, discuss and answer questions on projects closest to Potomac. The Great Falls access road is now complete. Old Angler's is a hot spot of repair to the canal breach and construction of a multi-purpose building. What else is going on along our stretch of the Canal? As always, the public is welcome to attend.

lights must be off by 9 p.m. The representatives stated that there would be no problem because, even though they had been approved by the Board of Appeals, no additional outside lighting was going to be installed on the site. Shortly thereafter, the club installed eight new outside lights, including halogen lights that are on all night and shine into neighbors' windows. The neighbors requested assistance from County Council Member Leventhal, and they have now received an email response from Diane Schwartz-Jones, the director of Permitting Services, stating that she has requested an investigation.

BRICKYARD SCHOOL SITE UPDATE

On March 23, the County Executive announced that Montgomery Soccer, Inc. (MSI) was selected to construct, operate and manage private soccer fields on the Brickyard Road Public School site; MSI was the only bidder. The selection of MSI is the result of more than two years of secret meetings and negotiations between County Executive Ike Leggett, the Board of Education and MSI, followed by a year of public outrage over what has unfolded since — a complete travesty of the Request for Proposal process that ignored every suggestion for public amenities made by our community. There is no dual use as the County Executive promised. This is, pure and simple, a commercial development in the middle of a residential zone. What happened to two fields? What happened to limited hours? This allows 9 a.m. – 9 p.m. for organized play, plus unorganized play beyond that, and players can arrive at 8 a.m.

This is a private sports complex on public land, with four pay-to-play soccer fields, 300 paved parking spaces, rest rooms, concessions, and other facilities. MSI will be allowed to license third-party vendors such as food and ice cream trucks and other service providers to use the facilities. Promises made by the County Executive for no lights or artificial turf are missing from the Sublease to MSI. According to the Executive office, objections to the MSI Lease must be submitted in writing and re-

ceived no later than 5 p.m. on April 13. Send to: Cynthia Brenneman, Chief Office of Real Estate, DGS Attn: Brickyard Comments, 101 Monroe Street, Rockville, MD 20850.

On March 21, the Brickyard Coalition filed a Maryland Public Information lawsuit in Circuit Court, seeking to compel County Executive Ike Leggett and David Dise, the director of the Department of General Services, to provide all public records relating to the secret Brickyard political deal, which is required by the Maryland Public Information Act. We have run out of patience, since the documents initially requested in November of 2011 continue to be withheld.

— GINNY BARNES

COUNTY COUNCIL BILL 11-12

Potomac is not the only one troubled by the County Executive's power to utilize exemptions to dispose of public lands without appropriate oversight. While not specifically aimed at the Brickyard issue, Bill 11-12 would give the County Council some review by modifying the County Code to preclude the broad exemptions found in current regulations. As defined in the bill, "disposition" of property the County owns or controls includes any sale, lease or license for a term of at least three years. The bill has six Council sponsors, though initiated by Councilmembers Leventhal and Berliner. After two sessions of public hearings, it is currently undergoing proposed amendments in the Government Operations and Fiscal Policy Committee, and won't be ready for a vote until after spring break. While the provisions of the bill could be applied to the Brickyard case, it is unlikely to pass in time to beat the County Executive's push to sign the MSI Sublease.

GLEN HILLS SEWER STUDY

Glen Hills Sewer Study Citizen Advisory Committee has been established by the Department of Environmental Protection, (DEP) and the first meeting will be held April 2. Susanne Lee, WMCCA president and a Glen Hills resident, has been selected by DEP to serve as a member as WMCCA's representative. Following WMCCA's March General Meeting, we sent a letter to the speaker Bob Hoyt, director of DEP, requesting that answers to frequently asked questions be posted on the study website. We have not yet received a response.

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.

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SCHOOLS

Increasing awareness of a burgeoning disability.

Churchill High School Observes Autism Month



BY SUSAN BELFORD
THE ALMANAC

New statistics concerning autism have again propelled the topic of autism and its effects to the forefront of the news. According to the U.S. Center for Disease Control, autism now affects 1 in 88 children, and 1 in 54 boys — a rise of 23 percent in the past two years. More children will be diagnosed with autism this year than with AIDS, diabetes and cancer combined. It is the fastest-growing

serious developmental disability in the U.S. — and many consider it a national epidemic.

Churchill High School has two classes for autistic youth that serve 11 students. These classes are an integral part of the Churchill community and therefore, the students, teachers, parents and sports teams are joining organizations around the world, including the United Nations, in raising awareness about autism. They would like the Potomac area community to join in and support upcoming events.

"I am really thankful that Churchill staff and students have been so supportive of the autistic program," Churchill parent Mona Zeiberg said. "The entire school makes a special effort to provide an accepting environment for all the students."

Churchill is the first Montgomery County high school to formally organize a comprehensive series of Autism Awareness activities. For the month of April, the daily school announcements will feature facts about autism to help the students, faculty and staff gain a clearer understanding of autism. On

April 13, the track team will be competing against Wootton at 5:30 p.m. Since the theme of Autism Awareness month is "Light it up Blue," the track and field team will be wearing blue t-shirts and blue shoe laces. Spectators are also requested to wear blue shirts or hats. Later in the month, an assembly will be held with a scientist who will further explain autism to the student body.

For more information about the events planned at Churchill please contact Doreen Brandes at 301-469-1200 or Mona Zeiberg at 301-518-0170.

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SOUTH from MD., Cross the American Legion Bridge. Take the first Exit on the left, Exit 45B. Go 1/2 mile. Take Exit 19B onto Rt. 123 North for 1.4 miles. Right on Rt. 309. Go 1/2 mile. Mae's Dress Boutique is on the right.

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9. **Kick** Sound System, \$115.
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LET'S TALK Real Estate



by
Michael Matese

Kitchen Appeal

It doesn't matter if you're a gourmet cook or have to ask directions to the kitchen, once your house has that sign in the yard, you'll need to know a little about marketing one of the most favorite rooms in the house.

Traditionally, kitchens are the most important room in the home and making sure yours shines is a sure bet to a successful sale. Counter tops should be clear, whether it's 9 a.m. or five p.m. and cabinets need to gleam, even in dim light. Refrigerators make great bulletin boards, but once it's known that your house is for sale and it's being shown, you'll need to move your bulletin board/command center elsewhere, like your home office. It should be noted that it should be out of sight there as well, if at all possible.

Make sure the lighting is good as well. A good rule of thumb is low wattage in the light above the stove top, left on, will allow buyers to make their way easily to the light switch and then see what a great kitchen they could have.

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Technology can enhance our lives in many ways but when used in excess, technology can have a negative impact. Excessive use of electronic media can be an attempt to cope with significant psychological problems, such as depression, anxiety, ADHD, or social skills deficits. Dr. Edward Spector will discuss the healthy use of technology, including common forms of electronic games, the Internet (social networking sites and online communities), and smart phones. Dr. Spector is a licensed psychologist with expertise in helping children, adolescents, and adults in individual and group therapy.



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Bethesda, MD 20814

6:30 pm Registration
(Please allow time for parking)

7 - 9 pm Seminar

Registration:

www.yfstechnology.eventbrite.com



FINE ARTS

Through Our Eyes'

Two artists exhibit works based on their travels.

BY COLLEEN HEALY
THE ALMANAC

This month The Art Gallery of Potomac will present a show entitled "Through Our Eyes" which will highlight paintings by two artists inspired by their travels to Ireland and Italy.

Artist Elaine Hurst has always been fascinated by Ireland and wanted to travel there and experience the culture. She found a group of plein air painters on the internet and was invited to attend a festival in Wexford.

The paintings in this exhibit were inspired by her trip and painted outside at the festival and on the Aran Islands. She describes her art as "representational painting with a part of it abstract. I enjoy seeing how the light hits things and how it reflects colors. The closer you look at something the more colors you see. I hope my work connects someone to a place and time. When you paint from the soul that can't help but come through and touch someone."

In addition to painting landscapes, Hurst also paints equines and canines. For the artist demonstration later in the month she will be painting a horse. "When I was younger I used to shop here when it was The Surrey and go upstairs and smell all the saddles. Having my work hang in this space is synchronicity and like coming home."

Dot Procter never considered herself an artist even though her mother and grandmother were artists. It was not until after they died that she quit everything and became an artist full time.

"I am an emotional painter and consider it such a privilege. I never know what is going to touch people. I feel that the paintings don't belong to me, but I am just a caretaker."

She often paints the C&O canal and feels "it is so beautiful and quiet. It is different every time I go. You see so many socio-economic classes and hear all different languages being spoken. The canal is a grand equalizer." Procter traveled to Florence, Italy, thinking she would come back and paint all the landscapes she photographed on her trip. Instead she "fell in love with the inside spaces. There is such a mysticism and holiness with the ancient and sacred places. I love Italian oranges and yellows. It is the most sensuous and delicious place."



PHOTO BY COLLEEN HEALY/THE ALMANAC

Artist Elaine Hurst and her painting "Walls of Stone."



PHOTO BY COLLEEN HEALY/THE ALMANAC

Artist Dot Procter and her paintings of Italy.

The Art Gallery of Potomac is located at 10107 River Road in Potomac. Phone: 240-447-9417. Gallery hours are Wednesday through Sunday noon until 4 p.m. The show will run April 4 through April 29. An opening reception will be April 14, 4-7 p.m. A paint-out will be held April 14 (rain date

April 15) at Anglers Boat Landing from 9-12 p.m. Children are welcome. Bring painting supplies and a bag lunch. Go to www.dotprocter.com for details. There will also be an artists' demonstration April 28 from 1-4 p.m. For more information, go to www.potomacartists.org.

FINE ARTS

APRIL 4 TO APRIL 29

DC NOW. Gallery B is pleased to present its seventh exhibition, DC NOW, curated by Morton Fine Art. DC NOW features new artworks by nationally renowned, Washington, D.C. based contemporary artists Maya Freelon Asante, Billy Colbert, Rosemary Feit Covey, Laurel Hausler and Victoria Shahern. The exhibit will be on display at Gallery B, located at 7700 Wisconsin Avenue, Suite E, Bethesda. Gallery hours are Wednesday - Sunday, 12-6pm.

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. Visit www.glenechophotoworks.org or email gaylesue@me.com.

APRIL 7 AND 8

Artist Sam Miller. Will display an array of landscapes, portraits and abstracts. An artist's reception will be held Saturday, April 7 from 4 to 6 p.m. At the Yellow Barn Gallery at Glen Echo Park, 7300 MacArthur Blvd. Glen Echo.

ENTERTAINMENT

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. The Unitarian Universalist Congregation is located at 6301 River Road, Bethesda. Visit www.rruuc.org.

Zumba at Village Yoga. Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Come join the fun at Village Yoga! Classes are held on Tuesday nights, 7:15 p.m.-8:15 p.m., and Saturday mornings 11:30 a.m.-12:30 p.m. Village Yoga, 10154 River Road, Potomac. Call 301-299-1948.

Beginner's Yoga Classes at Village Yoga. Village Yoga is adding a new Beginner's Yoga Class on Mondays, 8-9 p.m. Continues our Thursday, 7:30-8:45 p.m. Beginner's Gentle Flow class as well. For all new local students - \$10 for the entire first week. Must be used on your first visit to the studio. Special for all yogis this month - 4-pack of classes for \$48. Village Yoga, 10154 River Road, Potomac. 301-299-1948. www.villageyogayogi.com.

WEDNESDAYS, APRIL 4, 25

Mary Alouette. 7:30 p.m. Tickets are \$12. Gypsy jazz vocalist will perform tracks from her debut album, Midas. At the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Visit www.strathmore.org or call (301) 581-5100.

THURSDAY/APRIL 5

Slow Blues and Swing Dance. 9 p.m. 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 or www.CapitalBlues.org.

Preschool Storytime. 10:30 a.m. Stories, songs and rhymes for 3-to-6 year olds and their caregivers. No registration required. At the Potomac Library.

Kevin Costner and Modern West. 8 p.m. Tickets are \$35 to \$90. At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Call 301-581-5100 or visit www.strathmore.org.

SATURDAY/APRIL 7

Julian Bond Presents. 6 to 8:30 p.m. "Crossing the Color Line: From Rhythm 'n Blues to Rock 'n Roll." Admission is \$25/adults; \$10/students, and includes a dessert, wine and softdrink reception from 6 to 7 p.m. The presentation begins at 7 p.m. At River Road Unitarian Universalist Congregation, RRUUC, 6301 River Road, Bethesda. Call 301-229-0400 or www.rruuc.org.

Video Games Live: Bonus Round. 2 and 8 p.m. An all-new concert combining technology with symphonic music. Tickets are \$25 to \$76. At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Visit www.strathmore.org or call 301-581-5100.

Crossing the Color Line: From Rhythm 'n Blues to Rock 'n Roll. Julian Bond performs 6 to 8:30 p.m. Admission is \$25/adults; \$10/students. . At River Road Unitarian Universalist Congregation, RRUUC, 6301 River Road, Bethesda. Call 301-229-0400 or visit www.rruuc.org.

MONDAY/APRIL 9

Taxpayer Dollars Discussion. Time: 7:45-10 p.m. Wonder where your County taxpayer dollars might go and what you can do about it? Come hear the presentation on the County's proposed capital and operating budgets at the next monthly meeting of the Montgomery County Civic Federation. Meeting place: the County Council Office Building, 100 Maryland Avenue, Rockville. Free parking in adjacent County Garage. The one-hour program, including question period, will be followed by discussion of other important local issues. All County residents and representatives of civic organizations welcome. Visit www.montgomerycivic.org.

TUESDAY/APRIL 10

Healing Moves Yoga Classes. Starting on April 10. First class free to new students. Tuesdays and Thursdays 8:30-9:45



APRIL 10

Acoustic bluesman David Jacobs-Strain. 8 p.m.
Tickets are \$18/door; \$15/advance. At the Unitarian Universalist Church of Rockville, 100 Welsh Park Dr., Rockville. Visit www.focusmusic.org.

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 or www.CapitalBlues.org.

APRIL 13 THROUGH 15

Sugarloaf Crafts Festival. More than 250 craftspeople will be selling their wares. Admission is \$7/online; \$9/door. Friday, April 13 from 10 a.m. to 6 p.m.; Saturday, April 14 from 10 a.m. to 6 p.m.; Sunday, April 15 from 10 a.m. to 5 p.m. At the Montgomery County Fairgrounds, 16 Chestnut St., Gaithersburg. Visit www.sugarloafcrafter.com.

APRIL 13 TO APRIL 29

"Baby." Presented by Rockville Musical Theatre. Performance dates are: April 13, 14, 20, 21, 27, 28 at 8 p.m.; and April 15, 22, 29 at 2 p.m. For tickets, call 301-258-6394. Performances are held at the Gaithersburg Arts Barn, 311 Kent Square Road, Gaithersburg.

FRIDAY/APRIL 13

Zydeco and Cajun Dance. 9 p.m. to midnight. Admission is \$15. With the band, Dennis Stroughmatt and Creole Stomp. Introductory dance lesson from 8:30 to 9 p.m. At the Bumper Car Pavilion at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call Michael Hart at 301-762-6730 or Glen Echo Park at 301-634-2222, or go to www.DancingbytheBayou.com.

Churchill Booster Club Gala/Fundraiser. 8 to 11 p.m. At Bowlmor Lanes in Bethesda. All proceeds go towards supporting the school's student athletes and sports. Tickets are \$55/person; \$100/couple, which includes dinner, unlimited bowling, prizes, music, videos and more. Sponsored by the Churchill High School Booster's Club.

APRIL 13 TO 15

Sugarloaf Crafts Festival. More than 250 craftspeople will be selling one-of-a-kind, hand-crafted items. Friday, April 13 and Saturday, April 14 from 10 a.m. to 6 p.m.; Sunday, April 15 from 10 a.m. to 5 p.m. Admission is \$7/online; \$9/door. At the Montgomery County Fairgrounds, 16 Chestnut St., Gaithersburg. Visit www.sugarloafcrafter.com.

SATURDAY/APRIL 14

AIDS Benefit Concert. 7:30 p.m. Featuring Fred Hersch, widely-praised solo jazz pianist. Suggested donation: \$35, \$25 for students and seniors. All proceeds from this concert will benefit Dennis Avenue Health Center, La Clinica del Pueblo, and The Association of Francois-Xavier Bagnoud. At Bradley Hills Presbyterian Church, 6601 Bradley Blvd, Bethesda. Call 301-365-2850 or visit www.bradleyhillsschur.org.

Jazz Pianist Fred Hersch. 7:30 p.m. An interfaith concert to benefit HIV/AIDS. Donation of \$35 at door; \$25/seniors and students. At Bradley Hills Presbyterian Church, 6601 Bradley Blvd., Bethesda. Concert beneficiaries: The Dennis Avenue Health Center HIV/AIDS Program, The Association of Francois-Xavier Bagnoud (FXB) South Africa, and La Clinica del Pueblo "Entre Amigas" Program.

Bethesda Art Walk

The Bethesda Art Walk will feature seven art galleries hosting art exhibitions on Friday, April 13 from 6-9 p.m. The opening exhibitions will include painting, sculpture, photography, pottery, mixed media and more. The Bethesda Art Walk takes place the second Friday of every month from 6-9 p.m. Additional information including a map showing each gallery location can be found at www.bethesda.org.

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For more information please contact:

Nancy Steinberg
240-994-5092
nancy@kulayogaclass.com
www.Kulayogaclass.com

Shanthi Subramanian
301-320-9334
shanthi@hamsa-yoga.com
www.hamsa-yoga.com

POTOMAC PRESBYTERIAN CHURCH

Invites You To Worship With Us During Holy Week!

Palm Sunday, April 1st 11:00am

Maundy Thursday, 4/5 7:30pm & Good Friday, 4/6 7:30pm

Easter Sunday Worship

April 8th at 9:00 am and 11:00 am

(Music featured by a local Brass Quartet at both Easter services)

Easter Egg Hunt @ 10:15 a.m.

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Potomac REAL ESTATE

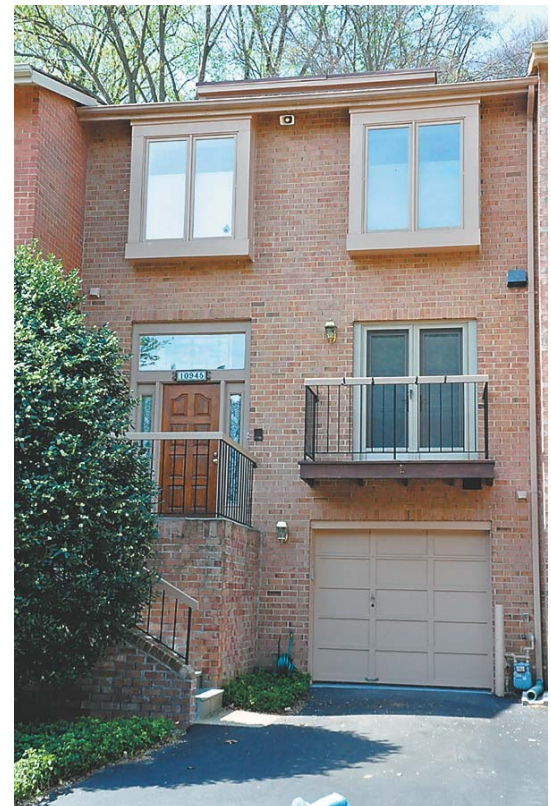
Sales under \$650,000 in February 2012

PHOTOS BY DEB STEVENS/THE ALMANAC

IN FEBRUARY 2012, 22 POTOMAC HOMES SOLD BETWEEN \$1,950,000-\$380,000.



1 8400 Aqueduct Road, Potomac — \$620,000



2 10945 Whiterim Drive, Potomac — \$620,000



5 8825 Tuckerman Lane, Potomac — \$560,000



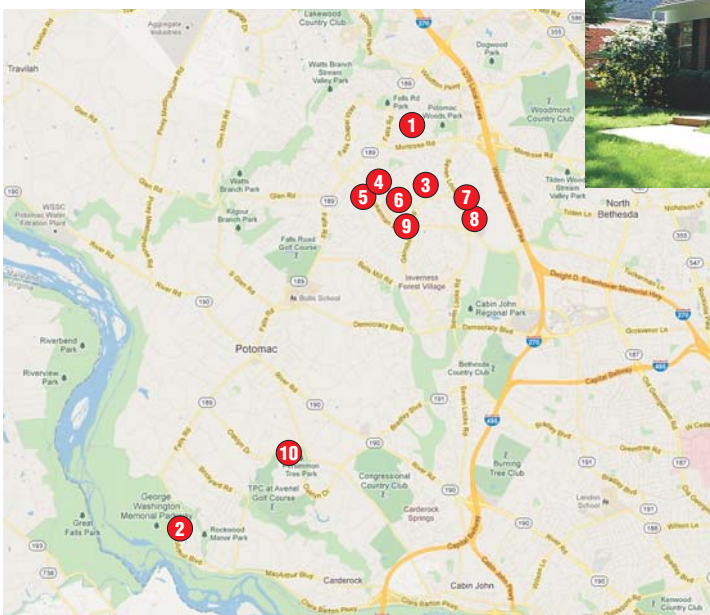
4 8714 Liberty Lane, Potomac — \$582,000



10 9737 Pleasant Gate Lane, Potomac — \$380,000



6 8500 Victory Lane, Potomac — \$560,000



© Google Map data

Address	BR	FB	HB	...	Postal	City ..	Sold Price	Type	Lot AC	PostalCode	Subdivision	Date Sold
1 8400 AQUEDUCT RD	4	2	1	POTOMAC	\$620,000 Detached	0.21 20854 MONTGOMERY SQUARE	02/21/12
2 10945 WHITERIM DR	3	3	1	POTOMAC	\$620,000 Townhouse ...	0.04 20854 FAWSETT FARMS MANOR	02/20/12
3 11709 CASTLEWOOD CT	5	3	1	POTOMAC	\$590,000 Detached	0.21 20854 REGENCY ESTATES	02/21/12
4 8714 LIBERTY LN	4	2	1	POTOMAC	\$582,000 Detached	0.22 20854 HIGHLAND STONE	02/15/12
5 8825 TUCKERMAN LN	4	2	1	POTOMAC	\$560,000 Detached	0.26 20854 HIGHLAND STONE	02/23/12
6 8500 VICTORY LN	4	2	0	POTOMAC	\$560,000 Detached	0.24 20854 HIGHLAND STONE	02/23/12
7 7861 HEATHERTON LN	3	2	2	POTOMAC	\$519,000 Townhouse ...	0.05 20854 INVERNESS KNOLLS	02/02/12
8 7836 HEATHERTON LN	3	3	1	POTOMAC	\$500,000 Townhouse ...	0.05 20854 INVERNESS KNOLLS	02/28/12
9 11207 GAINSBOROUGH RD	3	2	0	POTOMAC	\$499,000 Detached	0.22 20854 REGENCY ESTATES	02/22/12
10 9737 PLEASANT GATE LN	4	2	0	POTOMAC	\$380,000 Detached	0.05 20854 AVENEL	02/27/12

SOURCE: MRIS, INC. FOR MORE INFORMATION ON MRIS, VISIT WWW.MRIS.COM

Thousands To Untrash River

FROM PAGE 3

harms wildlife, decreases property values, it is a safety issue and a big cost for our local governments," she said.

This year's watershed cleanup coincides the foundation's second annual Litter Enforcement Month, awareness campaigns to alert residents to the causes and solutions to the pervasive problems of trash.

"Litter laws do exist, but people don't know it and don't know that they can be caught," Rosen said.

Heins sees the trash and knows it is there, but many times the volunteers that get involved witness how small acts of litter in the community accumulate when it is washed into the river watershed.

"It's important to get people out there. Many of the volunteers look around and say, 'Good heavens, why is there so much trash?' At least they are getting to see first hand," Heins said.

This year, the foundation hopes to see 15,000 volunteers, with the help of 425 partner organizations.

Last year, 26,624 plastic bags and 198,700 bottles were removed from the river area.

"We haven't won that battle yet," Heins said.

Since 1989, the cleanup has removed more than three million tons of trash from the watershed.

"The stat that always blows my mind is the number of tonnage we pull out each year," Rosen said.

Name it, and Heins has probably pulled it out of the river, including Blackberrys, amplifiers, microphones, typewriters, and safes. Last year, 29,437 cigarette butts were removed from the watershed, in addition to dozens of bicycles, one portable basketball court, unemployment papers, 253 diapers and 53 empty cans of Vienna Sausage, one car engine and one message in a bottle.

Help. Get involved. See www.potomaccleanup.org.

"Each year it seems like there is a little improvement in the amount of trash we've found. There seems to be a little less," Heins said.



Yolanda Prinsloo and Dalton Delan welcome the audience to The Potomac Arts Night.

Arts Night at the Art Gallery

FROM PAGE 3

and found a band from Magruder High School to perform. I hope the gallery can use the space for more community arts events. This space is a grace here: Let's use it. There is no place like Politics & Prose here. Everyone I asked to be a part of this night said yes. It has been a marvelous experience and a joy to put together."

The evening included a poetry readings by Linda Pastan and Michael Blumenthal as well as a music recital by Zino and Natasha Bogachek and a performance by the band A Fall from the Scene.

Pastan's 13th book of poems, "Traveling Light," has recently been published by Norton. She was Poet Laureate of Maryland from 1991-1995 and has been a finalist twice for the National Book Award. In 2003 she won the Ruth Lilly Poetry Prize.

Blumenthal's eighth book of poems, "Be Kind: Poems 2000-2012," will be published by Etruscan Press in 2012. He is also the

author of the memoir "All My Mothers and Fathers," the novel "Weinstock Among The Dying," and a collection of essays from Central Europe, "When History Enters The House." He is currently a visiting professor of law at West Virginia University's College of Law.

Zino and Natasha Bogachek have founded Duo Concertone in 1997 out of desire to offer audiences a variety of programs including lesser known repertoire. Since then the Duo Concertone has performed numerous recitals throughout the United States. Currently, they are members of the Washington National Opera Orchestra and National Symphony respectively.

The Art Gallery of Potomac is located at 10107 River Road in Potomac. Phone: 301-765-7617. For more information go to www.potomacartists.org. A percentage of all the art and jewelry that was sold during the evening went to the ALS Foundation. For information on ALS go to www.alsa.org

'Tiger Trot' 5k Set for April 15

FROM PAGE 3

ceive a long-sleeve t-shirt but should register early to be guaranteed the correct t-

shirt size. Packet pick-up is on Saturday, April 14, from 11 a.m.-2 p.m. at Holy Child; race day packet pick-up and registration are from 6:30-7:30 a.m.

ASK THE JOINT REPLACEMENT EXPERTS

Living with the pain of arthritis can be exhausting. Surgical joint replacement can be a solution. That's when the commitment and experience of doctors like **William Hamilton, Nitin Goyal and Kevin Fricka** can make a life-changing difference.

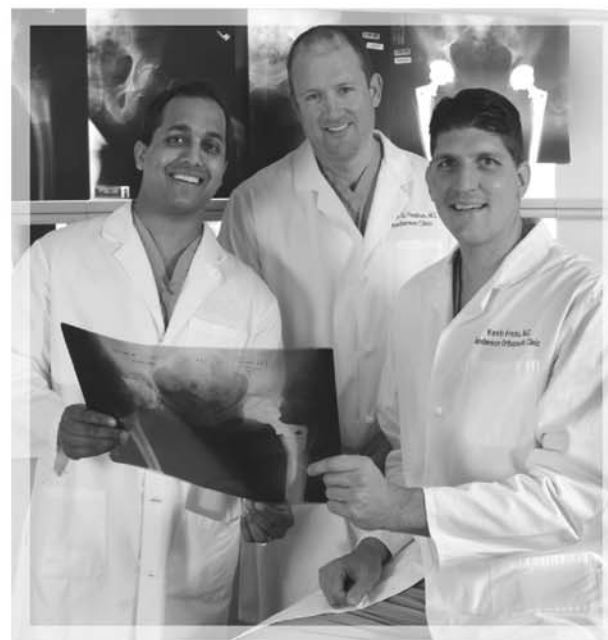
Doctors from the Inova Joint Replacement Center (IJRC), a Center of Excellence for joint replacement, will hold a FREE community class in your area to discuss osteoarthritis, advances in hip replacement surgery including anterior hip replacement and minimally invasive techniques, knee replacement options such as mini-incision knee replacement, gender knee, partial knee replacement and customized patient specific instruments. IJRC is the largest joint replacement center in the metro-Washington DC area. Physicians practicing at the Center perform over 2,000 joint replacements annually. Patients from 31 countries and all 50 states have been provided joint replacements at IJRC. A true Center of Excellence for joint replacement.

Thanks to new techniques and medical advances, thousands of people are returning to the active lifestyle they deserve. This is your chance to join them.

FREE Community Seminar on Osteoarthritis and the Latest Advances in Joint Replacement
Wednesday, April 18, 2012 at 6:30 p.m.
Bethesda Marriott
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Bethesda, MD 20814



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Churchill Girls' Lax Receives Early-Season Wake-Up Call

Bulldogs respond to Damascus loss by beating Paint Branch.

BY JON ROETMAN
THE ALMANAC

Senior standout Mairin Hall said the Churchill girls' lacrosse team doesn't want to dwell on its March 26 loss to Damascus — the program's first loss to a Montgomery County team since 2010 — but the defeat just might provide motivation for a Bulldog group rarely challenged in recent seasons.

Churchill has reached the 4A-3A West Region final each of the previous three seasons, winning the last two. From 2009 through 2011, the Bulldogs' record was 52-5, including a pair of losses in the state semi-finals. But if Churchill's resume gave the team thoughts of coasting to another region championship, losing at Damascus offered the Bulldogs a wake-up call.

"We're obviously a great team with tons of amazing players," senior goalkeeper Alex Fox said, "but coming off the Damascus game, it was kind of an awakening that we still need to give 100 percent and come out expecting anyone can beat us on any given day."

The loss snapped Churchill's 22-game win streak against in-county public school opponents, but it wasn't a case of a clearly inferior team upsetting the Bulldogs. Damascus is off to a 3-0 start, outscoring its opponents 49-12, including a 16-7 win against the Bulldogs. Prior to the March 26 victory, Damascus was the last Montgomery County team to beat Churchill, knocking off the Bulldogs on April 30, 2010. Churchill also lost to Wootton that season.

"Sometimes it takes a loss to a good team," Churchill head coach Christen Gjeldum said, "to kind of have the girls understand that we're not undefeatable."

Churchill responded to the Damascus loss with a 20-6 home victory against Paint Branch on March 28, improving the Bulldogs' record to 3-1. Churchill scored the game's first five goals, led 10-1 after 10 minutes of action and reached the 20-goal mark when Megan Brody scored in the closing moments.

Hall, a senior attacker and Churchill's top offensive threat, finished with five goals, increasing her team-leading season total to 21. She said the Bulldogs didn't put pressure on themselves to respond with a win after losing to Damascus, instead taking a business-as-usual approach of improving from the previous contest.

"You can't be undefeated [in the county] forever — [though] we would have liked to, obviously," Hall said. "I think we didn't want to focus on the fact we lost last game and now we have to win this game. Every game we try to come out and fix the mistakes that we did last game."

Hall and attacker Madelyn Flax have been



Senior attacker Mairin Hall leads the Churchill girls' lacrosse team with 21 goals in four games.



Churchill senior attacker Madelyn Flax scored three goals in a March 28 victory against Paint Branch.

key contributors in recent seasons. This year, each has assumed the role of senior leader. Flax scored three goals against Paint Branch, giving her six for the season.

"It's up to us now," Flax said, "to motivate everyone."

While Hall and Flax are two of the most talented Bulldogs, Gjeldum doesn't want the duo trying to do too much.

"They're awesome," Gjeldum said, "but we have other awesome players, [as well.]"

Brody and juniors Allie Amorso and Bailey Boyland also played well against Paint Branch. Brody scored four goals against the Panthers, giving her 13 for the season. Amorso finished with three goals and Boyland dished out multiple assists.

Fox is used to being involved offensively, but enters this season with a new role. A former attacker, Fox moved to goalkeeper for her senior year after Achilles tendonitis had limited her mobility. Gjeldum said Fox has strong hand-eye coordination and good stick skills, which help her play the position. She entered the Paint Branch game with 19 saves.

"It's nothing like I thought it would be," Fox said. "The amount of pressure it [presents causes me to] suffer about eight adrenaline rushes per minute. I respect our previous goalies we've had so much, and the defense, because it's really the hardest position, I think."

Churchill will travel to face Walter Johnson at 7 p.m. on April 12. The Bull-

dogs' next home game is April 14 against Whitman.



Churchill senior attacker Megan Brody has 13 goals in four games.

PHOTOS BY HARVEY LEVINE/THE ALMANAC

Surviving Spring Allergies

Local allergists offer suggestions for coping.

BY MARILYN CAMPBELL
THE ALMANAC

The Washington region's unseasonably mild winter led to the early arrival of spring. While many delighted in the balmy temperatures and blossoming flowers, some who suffer from allergies began sneezing earlier than usual.

"The pollen started coming out early and a lot of people were blindsided by their allergy symptoms," said allergist Dr. Heidi Isenberg-Feig, a Potomac resident and allergist at Johns Hopkins Community Physicians in North Bethesda. "The tree pollen count has been high already which is unusual."

The American Academy of Allergy, Asthma & Immunology (AAAAI) estimates that 35 million Americans suffer from allergies due to pollen and mold. Symptoms include sneezing, a stuffy or runny nose and itchy, watery eyes. This allergy season is expected to last longer and be more intense than usual. Local allergists offer strategies for surviving spring allergy season.

"Although there is no cure for allergies, symptoms can be managed," said Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network and Molina Healthcare. "It is possible to reduce or eliminate exposure to allergens. Minimize walks in wooded areas or gardens and stay indoors as much as possible on hot, dry, windy days when pollen counts are highest. Think about wearing a mask when mowing the lawn or gardening and don't hang linens or clothes out to dry."

TIPS TO HELP manage symptoms:

- ❖ Decrease your contact with pollen. "The best way to do that is to close the windows of your car and house," said Isenberg-Feig. "Even if it is a nice day, the pollen count can still be a little high." Pollen can drift through open windows and settle onto carpet and upholstery.

- ❖ Take showers at the end of the day. "Shower and change clothes as soon as you get home to wash pollen from your hair and skin," said allergist Saba Samee, M.D. of Alexandria & Clinton Allergy Associates. "Leave your purse or



Dr. Heidi Isenberg-Feig, an allergist with Johns Hopkins Community Physicians, says that this year's spring allergy season could be more severe than usual.



Tulips made an early appearance this spring, contributing to a prolonged allergy season according to experts.

book bag at the front door. Don't drop them on the sofa or bed because they are all covered in pollen. The same goes for shoes."

- ❖ Use sunglasses to defend against pollen. "If you have problems with itchy, watery eyes, wear sunglasses when you're outside and avoid being outside on windy days if you can," said Samee.

- ❖ Stay ahead of allergies. "If you are someone who suffers from allergies, try to take your medicines before things get too bad," said Samee. "If you wait until you're absolutely miserable the medicines don't work as well."

- ❖ Eat fruits and vegetables judiciously. Many people with seasonal allergies also suffer from pollen food allergy syndrome. "Some people experience itching hands or mouth or a scratchy throat if they eat certain raw fruits or vegetables because of the cross-reaction between the pollen and certain fruits and vegetables," said Isenberg-Feig.

- ❖ Use air filters to help create a pollen-free home. "Ensure that the filters fit properly and are changed regularly," said Samee.

- ❖ Know the pollen count. "This information is readily available on the web or the weather section of the news," said Isenberg-Feig. The National Allergy Bureau (NAB) tracks and reports current pollen and mold spore levels. A local pollen count can be found at <http://www.aaaai.org/global/nab-pollen-counts.aspx>

"IF YOU NEED long lasting relief, nasal sprays and allergy shots may be recommended," said Glossa. "However, if symptoms persist for more than a week or two and tend to reoccur, make an appointment to see your doctor. The good news is that most allergies are not lifelong conditions. By following your doctor's advice and taking control of your environment, allergies shouldn't keep you from enjoying springtime."

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Infusing Is Semi Amusing



By KENNETH B. LOURIE

So here I go again; heavy-duty chemotherapy for the first time in nearly three years. As such, I thought I'd try and write another column while actually sitting in the Barcalounger at The Infusion Center (as I did three years ago: "Chemo-Cocktailing at the Depot" was that column's title) and see what my pen has to say. This is not my first return engagement, however. I have been at this Center nearly every three weeks for the past two and one-half years while being infused with my maintenance drug, Avastin, until a few months back when a diagnostic scan indicated some "progression." Consequently my oncologist decided to restart the "big" chemotherapy, as I call it, and move on to plan "B." Moreover, I have made multiple other visits here for miscellaneous scans, doctor's appointments and Emergency Room visits; I know the route – and I know the routine. "On the whole, I'd rather be in Philadelphia" (as was intended to be W. C. Fields' epitaph), but I'm not. I'm in Rockville. And presumably, my time spent here has kept me alive, way beyond my oncologist's original "13-month to two-year" prognosis, for which I'd be crazy to complain. And those who know me know I don't complain.

I do kid though. And as a cancer patient who's been characterized/determined/diagnosed as "terminal" (when your oncologist advises taking "that vacation you've always dreamed of," you're terminal), the bloom is definitely off the rose; and as Dorothy said to Toto in "The Wizard of Oz": "We're not in Kansas anymore." Nor am I. We're in Maryland and we're in trouble. Considering the fact that stage IV lung cancer patients rarely live beyond five years, and I'm now at the beginning of year four (miraculous in and of itself, I'm told), if ever there was a time to retain one's sense of humor, it would be, in my opinion, when facing the kind of adversity that statistically speaking, I'm likely to face in the unfortunately not-too-distant future.

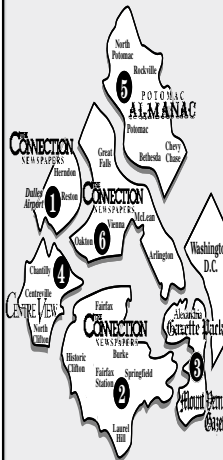
But as a lifelong Boston Red Sox fan, hope springs eternal. And just as Red Sox Nation was rewarded in 2004 and again in 2007 with World Series Championships breaking the 86-year-old "Curse of the Bambino," stranger things have happened. Apparently one of which is yours truly still being alive after my oncologist "prognosed" in March of '09 that I'd likely be otherwise engaged by now, so I am a believer. In fact, I'm living proof. However, there are hardly any guarantees here. There are, as I sit in this room with half a dozen other individuals being similarly infused, lots of hope and fear – and anxiety. If one doesn't embrace – or find humor somewhere, while enduring this excruciating mental ordeal, one would be neglecting, anecdotally speaking, the least expensive and most effective treatment available. Humor might not heal, but it likely will do more good than harm; the chemotherapy, in its infinite design wisdom and effect, is probably doing enough of that. As my Publisher – and fellow cancer survivor, Mary Kimm, is fond of saying about chemotherapy: "Kenny, they're poisoning you, that's why you feel the way you do."

But three years later, apparently the chemotherapy has done/is doing enough of its tumor-fighting/shrinking thing to keep me in this chair. And though it may not be my first choice – of where I'd rather be, I'm grateful that at least I still have a choice I'm able to make.

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

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MCPAW Board Member Andi Cleary and Rob Tozzoli.

McPaw

FROM PAGE 4

Adoption Center,” said Event Chairwoman Ellie Slotkin. “We are thrilled to be partnering with Bloomingdale’s to raise additional dollars required to create a facility that can house and care for the county’s homeless or stray animals while they await new homes. The center will also provide animal care services needed in the community, including a veterinary clinic for spay/neuter services, rabies shots and other basic preventative care.”

Bloomingdale’s is the only major retailer to carry the Gerald Darel line of modern, classic feminine clothing. The color for this season is a bright orange, and the models carried handbags, displayed jackets and accessories in this hue. Animal prints, scarves, crinkle skirts and crepe blouses were stylish, packable and easily dressed up or down. This French line is popular with Beyonce, Reese Witherspoon, Charize Theron and Angelina Joli.

“As a member of McPaw, I am excited to see the large turn-out,” said Lynn Novelli. “The fundraising is coming along. We are hoping animal lovers will become a part of the ‘Build Hope’ initiative which provides brick pavers and benches for recognizing someone important in one’s life. An engraved message will let the buyer show their support — or their company’s support — for the well-being of animals as well as create a lasting tribute to friends, family and beloved pets.” Novelli is the owner of “Chester,” a rescue cock-a-poo mix. “In the 35 years I have owned dogs, he is by far the best dog I have ever had. He’s just fabulous.”

Rob Tozzoli met his girlfriend, Andi Cleary, at a Humane Society fundraiser last May, 2010. Cleary, who serves on the McPaw Board of Directors said that his dog, “Mr. Z,” caught her eye. Between them, the two have owned 11 animals — all from shelters. She is a cat-lover, and he only has dogs, but the animals get along as well as their owners. Cleary explains how she feels about Rob and Mr. Z, “They’re both completely lovable and house-broken. Rob’s better behaved.”

To learn how to help McPaw, view the website at www.mcpaw.org. Plan to attend the next fundraising fashion event at Bloomingdale’s on April.

SPORTS

Churchill Women’s 4+ Boat Wins 1500

Churchill Crew competed in the Cindy Cole Cup at the Anacostia Boathouse in Washington, D.C., on March 31. Named for Churchill’s varsity women’s coach who currently runs the Washington Rowing School and is a champion rower herself, the event spotlighted a number of the area’s top high school crew teams. All of the races featured a 1500-meter course.

In the girls’ varsity 4+, one of Churchill’s boats swept the race at 7 minutes, 03.6 seconds, defeating boats from Bishop Ireton and Seton by more than 30 seconds. Competing were Emma Benjamin, Tori Hoffman, Julia Taladay, Jackie Tauberman and coxswain Brenna Means.

“I’m very pleased,” Cindy Cole said. “They raced hard even when they didn’t have a boat chasing them and that’s how they won. They beat the fastest team in their heat.”

A Churchill boys’ varsity 8+ finished two seconds or less behind local powerhouses Bishop Ireton and Bishop O’Connell — an accomplishment for Churchill rowers only entering their second year in the sport.

Churchill Crew will compete in the Maryland State Championships in Chestertown on April 29, along with the WMIRA Novice Regatta on May 5



PHOTO BY SHARON DAN

One of Churchill Crew’s girls’ varsity 4+ boats came in first place in its event. From left are Tori Hoffman, Julia Taladay, Emma Benjamin, Coach Cindy Cole, Jackie Tauberman and coxswain Brenna Means.

and the WMIRA Championships on May 12 — both of which will take place at Thompson’s Boat House on the Potomac. Spectators are welcome.

Churchill Crew is non-profit cub organi-

zation of students at Winston Churchill High School. Its activities are entirely self-funded. For more information, contact churchillcrewteam@gmail.com.

SPORTS BRIEF

Whitman Baseball Improves to 6-0

The Whitman baseball team improved to 6-0 with a 14-4 victory against Walter Johnson and a 6-5 win against Bethesda-Chevy Chase on April 2.

Mike West earned the win against WJ, allowing six hits and three earned runs over four innings. Dan Duffy hit a home run for the Vikings and Andrew Castagnetti finished with two hits and three RBIs. Ryan McGill, Pat Hisle and Duffy each had two RBIs for Whitman.

Hisle earned the win on the mound against B-CC, allowing three hits and two earned runs in three innings. Michael Flack picked up the save. Mike Yang went 2-for-3 at the plate with three RBIs.

On March 29, Flack threw a no-hitter during a 2-0 victory at Sherwood. Flack struck out 14 and walked one.

Whitman will host Gaithersburg at 7 p.m. on Wednesday, April 11.

MILITARY NOTES

Air Force Airman 1st Class Edwin A. Alas graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Alas is the son of Antonio and Maria Alas of Torran Rocks Terrace, Gaithersburg.

He is a 2007 graduate of Col. Zadok Magruder High School, Rockville.

SCHOOL NOTES

To have an item listed mail to almanac@connectionnewspapers.com. Deadline is Thursday at noon for the following week’s paper. Call 703-778-9412.

Gettysburg College offers a range of off-campus study abroad opportunities. These programs supplement and enhance regular on-campus courses.

❖ **Patricia Atwater of Potomac**, a Junior at Gettysburg College, is spending the Spring 2012 semester studying in Japan.

❖ **Julia Hammond of North Potomac**, a Junior at Gettysburg College, is spending the Spring 2012 semester studying in Dominican Republic.

❖ **Veronika Stare of Potomac**, a Junior at Gettysburg College, is spending the Spring 2012 semester studying in Denmark.

Michael Boyland of Potomac has been placed on the Gettysburg College Dean’s Honor list for outstanding academic achievement in Fall 2011.

The following students have been named to Randolph-Macon Academy’s honor rolls for the second quarter of the 2011-12 school year:

❖ **Birahim Thiam**, the son of Oumou and Idrissa Thiam of North Potomac, was named to the Dean’s List. Birahim is a senior at Randolph-Macon.

❖ **David Lee**, the son of Chunqing Lei of Potomac, was named to the President’s List. David is a sophomore at Randolph-Macon.

The following students were named to the Dean’s List of Emory College, the undergraduate, liberal arts college of Emory University in Atlanta, Ga., for the 2011 fall semester.

❖ **Antonios Anagnostopoulos of Potomac**, son of Dimitris Anagnostopoulos and Dr. Athena Economides,

❖ **Deborah Plotsky of North Potomac**, daughter of Dr. Jonathan Plotsky and Dr. Carol Plotsky,

❖ **Alexander Kiener of Potomac**, son of Dr. Peter Kiener and Cathy Kiener,

❖ **Hannah Goldstein of Potomac**, daughter of Dr. Stafford Goldstein and Dr. Debra Weinstein,

❖ **Trisha Patel of North Potomac**, daughter of Mukesh Patel and Kalpnaben Patel,

❖ **Gregoire Taillet of Potomac**, son of Philippe Taillet and Marie-Claude Taillet,

❖ **Gabrielle Sandler of Potomac**, daughter of Robert Sandler and Benita Sandler,

❖ **Rui Zhong of North Potomac**, daughter of Shen Zhong and Ruibai Luo,

The following student received a degree from Emory University in Atlanta, Ga., on Dec. 17, 2011.

❖ **Ariel Levin of North Potomac**, daughter of Alan Levin and Bonnie Richter, received a Bachelor of Arts from Emory College of Emory University.

Adam Pelta-Pauls of Potomac, a senior at Gettysburg College, participated in the Spring 2012 production of “Romeo & Juliet.”

The following high school students from Montgomery County are receiving college scholarships this year through Comcast’s annual Leaders and Achievers program:

❖ **Naomi Orevba** of Bethesda-Chevy Chase High School;

❖ **Esther Oh** of Thomas S. Wootton High School in Rockville;

❖ **Alexa Pereira** of Stone Ridge School of the Sacred Heart in Bethesda;

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