

# Potomac ALMANAC

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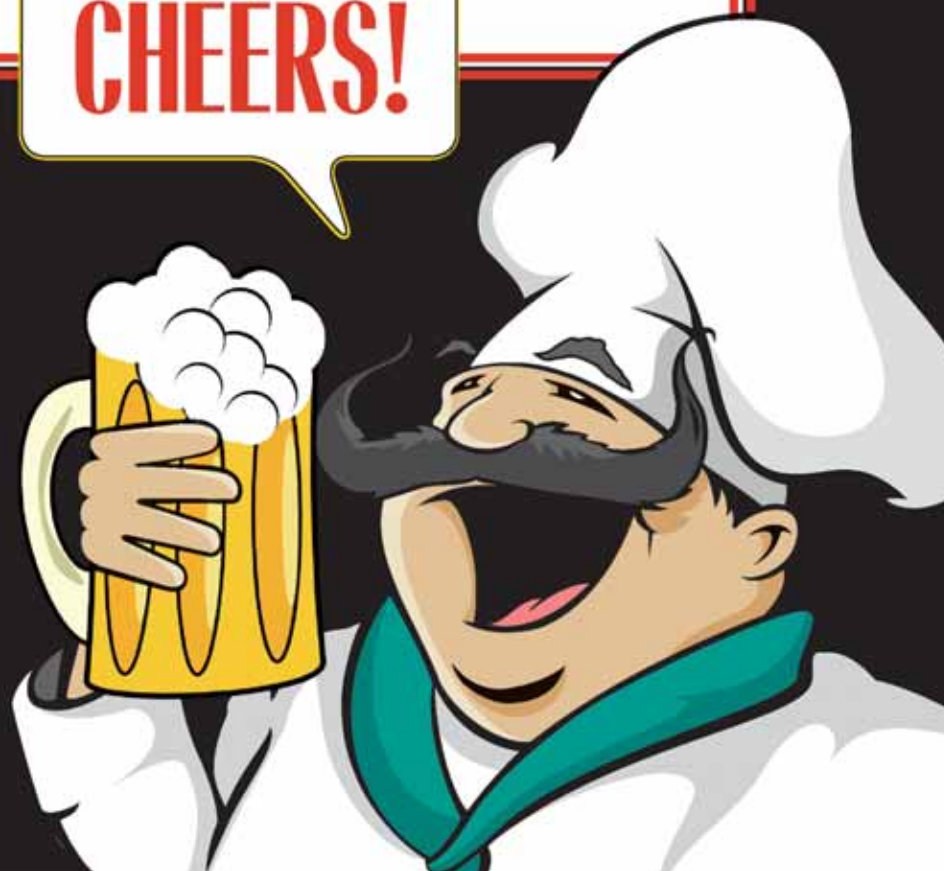
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## Wounded Warriors Train Service Dogs for Vets

**Warrior Canine Connection program also helps trainers.**

BY SUSAN BELFORD  
THE ALMANAC

**B**efore Marine Sgt. Jon Gordon became involved in training service dogs for his fellow wounded warriors, he slept little more than five hours a week. He seldom spoke with anyone and rarely left his home except for treatment sessions. He had been kicked out of group therapy sessions time after time, and was unable to participate in his young daughter's life. His post traumatic stress disorder (PTSD), traumatic brain injury (TBI) and constant headaches had changed him from a confident young Marine to an angry introvert who wanted only to be left alone with his pain.

Gordon was injured three times while serving in Iraq and Afghanistan — he returned to the U.S. with a severe brain injury and PTSD. He was depressed and suffered from anxiety.

He yearned to move to Michigan to find employment and live with his daughter, but he was not able to leave Walter Reed National Military Medical Center for an independent life.

In 2001, social worker Rick Yount initiated a program teaching troubled teenagers to train service dogs in Morgantown, W.Va. — a program with healing benefits for his non-motivated high school population. The award-winning Golden Rule Assistance Dog (GRAD) program helped the young adults develop their social and emotional skills. The relationship created with their dogs brought them comfort and happiness and helped them to feel more secure in their dysfunctional worlds. Yount ob-



Marine Sargeant Jon Gordon and Birdie.

served that the GRAD program was highly beneficial in turning youths around.

One day, he was struck with an “a-ha” moment that would change his life — and the lives of wounded warriors.

**TWO OF THE DOGS** trained at GRAD by his students were presented to wounded veterans. “That’s when I decided that it would make perfect sense to teach wounded warriors to train service dogs for other wounded warriors,” said Yount. “It would be a safe, effective nonpharmaceutical intervention to treat the symptoms of PTSD.”

In 2008, Yount initiated the first warrior service dog-training program to address PTSD and TBI in veterans and service members who are in treatment. He currently serves as the executive director of Warrior Canine Connection (WCC), a 501(c)3 non-

**“Soldiers who work with dogs have lower anxiety levels and less stress.”**

— Meg Daley Olmert, director of research and development, Warrior Canine Connection

profit organization established for “helping to bring the healing power of the best dogs to our heroes.”

Now, dozens of wounded warriors have become involved in training service dogs as a part of the WCC program. The WCC’s “Healing Quarters” is located in a historic stone farm house in Brookeville, Md. where Yount and his wife Molly Morelli reside. The woodland setting provides wounded warriors with a peaceful site where they can work with the dogs as well as a refuge where they can heal.

“Training a service dog takes many of the skills that are needed to be successful in life,” said Yount. “It requires patience, assertiveness, positive reinforcement, kindness, consistency, communication skills, love, responsibility, and an attitude of never giving up or giving in.”



Molly Morelli, dog program director, and Rick Yount, executive director of Warrior Canine Connection.

**THE PROGRAM** is part of the National Intrepid Center of Excellence (NICoE) at Walter Reed National Military Medical Center, a state-of-the-art facility dedicated to the diagnosis, clinical care and research of traumatic brain injury (TBI) as well as to the psychological conditions that affect service members and their families. Therapists at NICoE have discovered that teaching service members and veterans with combat stress to train service dogs for their fellow wounded warriors has shown promise as being therapeutic and healing for the warrior-trainers.

“The most important benefit is the connection between the service member and the dog in training,” said Yount, “as well as the sense of value that he or she gains from contributing to the well-being of another wounded warrior.”

Meg Daley Olmert is the author of “Made For Each Other: The Biology of the Human-Animal Bond” which explores the chemistry humans and animals can trigger in each other that creates the sense of attachment

SEE WOUNDED WARRIORS, PAGE 6

## National Multiple Sclerosis Society Honors Pearlman

**National Volunteer Hall of Fame inductee's dedication praised.**

BY SUSAN BELFORD  
THE ALMANAC

**A**ccording to the National Multiple Sclerosis Society, approximately 400,000 Americans have multiple sclerosis. Every week 200 more people are diagnosed with the disease — more than one person every hour — and there is no known cure. MS is an unpredictable and disabling disease of the central nervous system which interrupts the flow of information within the brain and between the brain and the rest of the body. MS literally stops people from moving.

Potomac resident Bruce Pearlman is determined to keep scientists moving in their

research on the disease. He is also moving to do everything he can to help the National Multiple Sclerosis Society in a variety of ways. In honor of his late wife, Ellen, who died of complications of MS, he created a scholarship fund for college students affected by MS.

Due to his dedication and hard work, Pearlman was inducted into the National Volunteer Hall of Fame and is to be honored at the 2012 Holiday Celebration and Awards on Thursday, Dec. 13 at the Renaissance DuPont Circle Hotel in Washington D.C. He received the National Volunteer Hall of Fame award last month at the National MS Society's National Leadership Conference in Dallas, Texas. Pearlman also

received the Spirit of Service Award from the Marriott Corporation in 2009.

Pearlman first began volunteering for the National Multiple Sclerosis Society, National Capital Chapter when Ellen was diagnosed with MS in 1981, one year after they were married. She was 28 years old and just beginning her career as an attorney. By the late 1980s, she had to retire, and by the mid-1990s, she required the use of a wheelchair to move around. She died in 2007 at the early age of 53.

“They say MS isn't a killer, but it just wears you out,” said Pearlman.

Pearlman began participating in the Walk for MS in 1987, and over the years has con-

SEE HONORING PEARLMAN, PAGE 6



Bruce Pearlman



## School Superintendent Proposes \$2.22 Billion Operating Budget

Superintendent Joshua P. Starr released his recommended operating budget for Fiscal Year 2014 this week — proposing a \$2.217 billion budget for FY 2014, which is a \$48.95 million increase over FY 2013 — about 2.3 percent.

During the economic downturn, Montgomery County Public Schools eliminated more than 1,300 positions to fund teaching and support positions needed to keep up with growth. Consequently, from FY 2008 to FY 2013, the enrollment of MCPS grew by 11,000 students, but the number of staff positions remained essentially flat. Starr's FY 2014 budget recommendation begins to restore some of these positions, while adding others, including middle schools, math instruction, and professional development.

The final budget recommendation was developed in partnership with school system's three employee associations—the Montgomery County Education Association (MCEA), the Montgomery County Association of Administrators and Principals (MCAAP), and SEIU Local 500 — as well as the Montgomery County Council of PTAs (MCCPTA).

The Board of Education will hold two public hearings on the budget — Thursday, Jan. 10, and Thursday, Jan. 17, at 7 p.m., in the Carver Educational Services Center. Individuals wishing to testify can sign up beginning on Dec. 17 at 9 a.m. by calling 301-279-3617. The board will then hold work sessions on the budget on Tuesday, Jan. 22, and Thursday, Jan. 24, before approving a final budget request on Tuesday, Feb. 12. The budget will then be submitted to the Montgomery County Executive and County Council for consideration.

There are nearly 149,000 students in MCPS this school year, an increase of more than 11,000 students in just five years. That growth will continue as enrollment is expected to top 159,000 students by FY 2019.

At the same time, more students require specific services and support to ensure success. More than 49,300 students (33.2 percent of total enrollment) now receive free- and reduced-price meals, an increase of more than 12,000 students in just five years. Nearly 20,000 students (13.1 percent of enrollment) receive English for Speakers of Other Languages (ESOL) services, a number that has essentially doubled since 2000.

Starr's budget includes 127 new positions to serve an additional 2,336 students, as well as 22 positions to serve 900 more ESOL students. Starr has also added \$8.5 million for growth in special education, which includes funds for 101 additional positions to increase individualized services to students. An additional \$900,000 has been added for special education to account for inflation and increased costs.

The recommendation also includes \$7.1 million for continuing salary costs and \$15.4 million to pay for benefits for current and retired employees. The money for benefits includes \$7.3 million for teacher pension costs that are being transferred from the state to local school boards. There are \$4.3 million in efficiencies and reductions in the budget, including further cuts to central services, which has been reduced by more than 20 percent in the past five years.

## Barclay Selected as President Of County Board of Education

Christopher S. Barclay was unanimously selected by his colleagues Dec. 11, to serve as president of the Board of Education for the second time. Philip Kauffman was also unanimously selected as vice president. Both officers will serve a one-year term. Barclay replaces Shirley Brandman, who has served as president for the past year.

Barclay was appointed to the board to complete an unexpired term in December, 2006. He was elected to a four-year term in November 2008 and was re-elected to a second four-year term this past November. He served as president of board in 2010-2011 and served as vice president in 2009-2010 and 2011-2012. Over the past year, he has served as a member of the board's Fiscal Management and Policy committees.

A resident of Takoma Park, Barclay has served in a number of volunteer leadership roles with the Montgomery County Council of PTAs (MCCPTA), including Montgomery Blair cluster coordinator and MCCPTA Nominating Committee chair. He also served on the NAACP Parents' Council and was active in the development of the Downcounty Consortium as a member of the Downcounty Consortium Base Area Study Committee.

Barclay is a graduate of Columbia College of Chicago. He and his wife have three children, one who currently attends MCPS and two who have graduated.

Kauffman, a resident of Olney, was first elected to the board in 2008 and was recently re-elected to a second four-year term. For the past year, he has served as chair of the board's Fiscal Management Committee and a member of the Committee on Special Populations. Kauffman has served as an elected local and county PTA leader, and has served on the Montgomery County Council of Parent-Teacher Asso-

SEE NEWS BRIEFS, PAGE 14

## PEOPLE

# Combining Taste, Nutrition

### Vojdani expands "Oat My Goodness."

BY SUSAN  
BELFORD  
THE ALMANAC

Potomac's Shoreh Vojdani was amazed when her daughter's friends at George Washington University wanted to purchase her home-made granola. For years, she had created her own, because she simply was not satisfied with commercial brands. She found them too sugary or containing too many processed foods, too greasy — or they just did not taste fresh. As a nutrition major in college, she loved to cook and had always searched for healthy ways to feed her children.

Five years ago, she decided to launch her granola business — and "Oat My Goodness" is the result of her dedication and hard work. She is in business with her daughter Yasaman, but receives input on flavors and ingredients from her son Arian who, according to Voldani is "incredibly good with flavors and extremely creative. He comes up with ingredients as well as the names for each granola."

Her craft granolas are made from fresh ingredients that are purchased locally. Vojdani wants the ingredients to be unusual. "I want top quality — not basic and boring," she said. Her "Vintage" Craft Granola is created from oats, sliced almonds, organic coconut, cashews, pecans, organic raisins, honey, dark brown sugar, olive oil, cinnamon and vanilla. "Witches Mix" is her "Autumn" Granola and consists of oats, coconut, sliced almonds, pumpkin seeds, dried cranberries, semi-sweet chocolate chips, brown sugar, olive oil and pumpkin pie spice. "Sunrise" bursts with fresh fruit flavor — it contains oats, coconut, sliced almonds, macadamia nuts, sliced mango, honey, dark brown sugar, olive oil, coffee liqueur, coffee and



Shoreh Vojdani with daughter Yasaman.

fresh orange peel. She is currently in the process of developing a "Winter" flavor which should be out in a few weeks.

Currently, Vojdani is marketing through word-of-mouth and through local festivals. She would soon like to rent a commercial kitchen — and eventually open a store or restaurant in Bethesda or Potomac to sell a number of flavors.

Her client list is growing weekly; she often delivers to as many as 50 – 60 homes a week. "I work at least eight hours a day mixing, baking or delivering,"

she said. "

My daughter is marketing in New York City so that will be our next market. I also send orders to California and hope to expand across the U.S. through social networking."

"My granola tastes wonderful when eaten by itself, but it is also good or with milk and fruit for breakfast in the morning. It is a very balanced food that makes a healthy snack — it is an excellent nutritional source," she said.

"Oat My Goodness" Craft Granola can be ordered at [orders@oatmygoodness.us](mailto:orders@oatmygoodness.us). Each 8 oz. bag sells for \$10.

**It is a very balanced food that makes a healthy snack — it is an excellent nutritional source."**

— Shoreh Vojdani



# PEOPLE



## Gold Award Project

Kayla Mason, 17, a member of Girl Scout Troop 3288, has earned the Girl Scout Gold Award — the highest honor a Girl Scout can earn. Kayla is a senior at National Cathedral School and lives in Potomac. For her Gold Award project, Kayla renovated a children's reading room (above) and a conference room at Turning Point Center in Washington, D.C. The reading room was renovated to include a chalkboard wall, large cork bulletin board, new bookcases and window treatments, two small work tables with chairs, and original artwork produced by the children. Turning Point Center is a two-year residential program for homeless mothers and their children. More information is available at <http://salvationarmynca.org/turning-point/>

## BULLETIN BOARD

Email announcements to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon.

### SATURDAY/DEC. 15

**Pet Connect Rescue Adoption Cat Event.** 11 a.m.-2 p.m. BARK! (Congressional Plaza) 1643 Rockville Pike. Visit [www.petconnectrescue.org](http://www.petconnectrescue.org).

### WEDNESDAY/DEC. 19

**Bereavement Workshop.** 6:30-8 p.m. "Winter Blues: Balancing Sorrow and Celebration while grieving." For anyone grieving the death of a loved one. Free and open to any Montgomery County residents. Montgomery Hospice, 1355 Piccard Drive, Rockville. Registration required by calling 301-921-4400.

### TUESDAY/DEC. 25

**Volunteer.** Participate in the 26th Annual Washington DC Jewish Community Center's Day of Service. Join nearly 1,000 volunteers who will help out at more than 50 non-profits throughout D.C., Virginia and Maryland. Projects vary from 2-4 hours and encompass a variety of activities such as throwing holiday parties for children, visiting seniors and serving meals to the homeless. Family and group projects are also available. For more information and to register, visit [www.washingtondcjcc.org/d25](http://www.washingtondcjcc.org/d25). There is a nominal registration fee of \$20, which helps cover the cost of the event and other community service projects throughout the year.

### MONDAY/JAN. 14

**Job Search Training for Seniors.** The Career Gateway, Jewish Council for the Aging's innovative job search training program, kicks off its next session. Featuring small classes, individualized attention, 30 hours of instruction over five class days, and long-term mentors, The Career

Gateway is open to job seekers age 50 and over. Classes are held at the Ann L. Bronfman Center, 12320 Parklawn Dr., Rockville. February and March classes also are open for registration. Call 301-255-4215 or visit our website, [www.AccessJCA.org](http://www.AccessJCA.org).

**Open House.** Har Shalom's Early Childhood Education Center, 11510 Falls Road, is having an open house from 10 a.m.-noon. Tour the building, observe classes and meet Rabbi Raskin, staff and current parents. Visit [www.harshalomecec.org](http://www.harshalomecec.org) or call 301-299-7087.

### ONGOING

**Zumba at Village Yoga.** An easy-to-follow, Latin-inspired, calorie-burning dance fitness-party. Classes are Tuesday nights, 7:15 p.m. and Saturdays 11:30 a.m. 10154 River Road. Call 301-299-1948.

**Beginner's Yoga Classes at Village Yoga.** Village Yoga is adding a new Beginner's Yoga Class, Mondays, 8 p.m. Continues our Thursday, 7:30 p.m. Beginner's Gentle Flow class as well. 10154 River Road. 301-299-1948. Visit [www.villageyogayogi.com](http://www.villageyogayogi.com).

**Fenton Street Market.** 10 a.m. - 4 p.m. Saturdays through Oct. 27. The market is located in downtown Silver Spring at One Veterans Plaza, intersection of Fenton and Ellsworth streets. It will not be open on Sept. 22.

**Members Wanted.** The Potomac Area Newcomers Club is a group of more than 200 women who have moved to the Potomac area. The club offers bridge, mah jong, book groups, golf, luncheons and museum trips as a way to help newcomers and current residents form new friendships, expand horizons and take advantage of opportunities in the Washington, D.C. area. Visit [www.potomacnewcomers.com](http://www.potomacnewcomers.com)

SEE BULLETIN BOARD, PAGE 12

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# Wounded Warriors Train Service Dogs

FROM PAGE 3

they feel for each other and that fills them with a deep sense of well-being.

Olmert is also WCC's director of research and development. "Soldiers who work with dogs have lower anxiety levels and less stress," said Olmert. "Studies have shown that nurturing contact helps release oxytocin, a hormone essential to social bonding. Research has also shown that oxytocin is a powerful anti-stress agent. So when I see soldiers hugging their dogs, getting face-to-face with them and sharing the joy of being together — I know I'm seeing a powerful, soothing release of oxytocin."

Olmert and Yount are working with the NICoE and Walter Reed staff to design studies that will measure the therapeutic effects experienced every day by WCC's warrior-trainers. Their goal is to prove the healing power of the program and establish it as an evidence-based therapy for PTSD.

Service dogs are beneficial to veterans in a myriad of ways. Their dogs help them remove shoes and socks, retrieve food and drinks from refrigerators, turn lights on and off, pull their wheelchair, assist them with anxiety when they are triggered by sights, sounds, smells or crowded areas and more. They also help the veterans become more social; the dog serves as a social lubricant and buffer between the wounded warrior and the public. These service dogs improve the quality of life for combat veterans by providing a constant and familiar source of support. Additionally, they aid a warrior in his or her entry back into a noncombat world.

During the first week of the initial pilot program at the VA, Yount noticed a Marine sitting by himself looking sullen and depressed.

"Will you help me train service dogs to help other veterans? I could really use your help," Yount asked.

After some thought, the Marine replied, "I guess I can help, but I don't know anything about training dogs." The following day, a therapist asked the Marine if he liked working with the dog. The Marine responded, "Now I have a reason to get up in

the morning." He had reconnected with meaning and purpose in his life and that, as he put it, "saved his life."

Gordon has stepped up to help his fellow wounded warriors. He is now an intern at the NICoE in the service dog-training program. WCC's black Labrador retriever, Birdie, has become his training project. When Birdie started spending the night with Gordon, the combat veteran was finally able to sleep more than six hours a night without nightmares — a stark difference from his former sleep habits of five hours a week.

"I taught Birdie to accept noises such as sirens and loud blasts — noises that used to freak me," Gordon said. "He learned to open doors, deal with the unexpected and obey voice commands."

After six months in the training program, Gordon now socializes with others, his demeanor is more positive and his 5-year-old daughter came to stay with him for the summer. "Training a dog is helpful in dealing with my daughter — there is a correlation between the skills that I need for parenting and for training my dog. I learned patience, to always give positive feedback and to use behavior modification techniques. Consistency is important, too."

When asked how he will feel when he has to give the dog away, Gordon said, "I know it will be like parting with my best friend. But I'm happy to have been able to do this for a fellow vet who needs him more than I do." When he leaves the program, Gordon is planning to study occupational therapy in Michigan and continue training service dogs for fellow veterans.

**THE SERVICE DOGS** are bred by Molly Morelli, WCC's dog program director and Yount's wife. She is precise about choosing the right dogs with health clearances and desirable traits to breed in order to produce outstanding service dogs. She studies pedigrees, confers with select breeders, and observes the gene pool to make certain that every dog meets the strict criteria for the WCC breeding program. "Their temperament must be paramount. I cannot take a chance that a dog will have issues. They

must be very smart and sensitive to become a service dog."

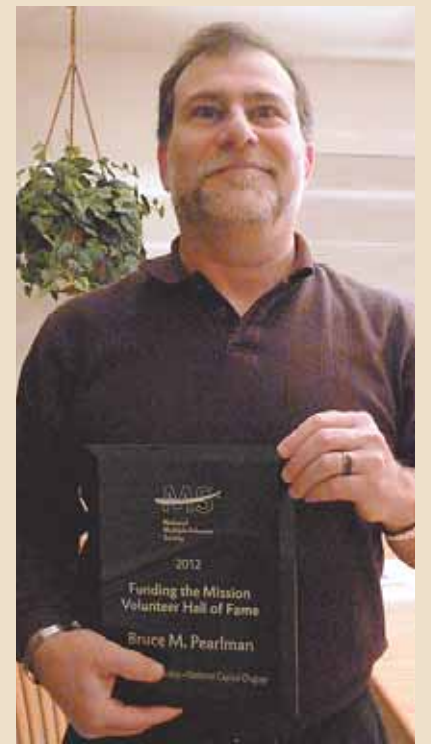
This year, she set up a "Puppy-cam" to show off six Golden Retriever puppies to the world, to encourage public involvement with WCC and to recruit Puppy Petters. The puppy-cam went viral — and puppy-petters flew in from as far away as Wisconsin, Illinois, and New York City. One day, 55 people showed up in Brookeville to socialize the puppies.

Mary Anne Holloway came from Springfield, Ill. and Kim Hinz flew in from Wisconsin. "I was an Air Force nurse in Desert Storm," said Holloway. "I love animals and I needed a way to help our wounded warriors. Petting the puppies, meeting the Younts and talking with the service members training the dogs was so rewarding."

There's even a group called EPW — Extreme Puppy Watchers, who check on the puppies each day and e-mail each other about their progress.

Morelli teaches the puppies early commands such as sit and down, and then at 6-8 months instructs them to retrieve and to switch lights on and off. "They are taught to do it right," she said. "I do tell them 'no' and expectations are set high. I really work on communicating effectively with them. Treats and praise are the best methods to train a dog. The puppies must learn at least 90 commands before they are ready to be placed as service dogs." The six stars of the puppy cam have now been placed with "puppy parents" who are staff members at the NICoE and the Warrior Transition Units at WRNMMC and Fort Belvoir. These puppy lovers bring the dogs to work each day to train with wounded warriors. The warrior-trainers will continue to work with the dogs until they are approximately 2 years old and have mastered all the skills to become service dogs. They will then be given to veterans with disabilities and the cycle will begin again.

To become involved in Warrior Canine Connection or to donate to this cause, visit [www.warriorcanineconnection.org](http://www.warriorcanineconnection.org). For corporate donations or to discuss a major gift, call 301-260-1111.



**Bruce Pearlman**

## Honoring Pearlman

FROM PAGE 3

tinually raised more money, built teams, and encouraged more and more friends and acquaintances to get involved. He joined the board in 2002, and has served ever since as vice chairman, on the audit committee, delegate to the National Convention and in other ways. In 2007, he established The Ellen Carol Segal Scholarship Fund for students who are affected by MS because he recognized the financial burden that a family member with MS places on the family. The scholarship awarded one person \$3,000 each year for four years and two other students for \$3,000 for one year. "I'm pleased, because I got to see our first scholarship beneficiary graduate in 2011," he said. "I plan to continue to fund the scholarship, because it means so much to these students and their families."

The National Multiple Sclerosis Society provides support to the approximately 6,500 people living with MS in the Washington D.C. metropolitan area — and offers counseling, education, employment information and referral, public policy development and advocacy as well as financial assistance to people with MS and their families. They also organize fundraising events to support research into making the world MS free. For more information, visit [www.MSandYOU.org](http://www.MSandYOU.org) or call 202-296-5363.



**Novelist Jasper Fforde chats with a group of Washington Episcopal School Middle School students in the school library on Oct. 25. From left are Christopher McTaggart, Oliver Johnson, Josh Davidson, Alex Alagia, Sterling Myhre and Fforde.**

## Writer Shares Writing Tips

**A**ward-winning novelist Jasper Fforde spoke to Washington Episcopal School Middle School students on Oct. 25 and offered them tips on improving their writing. Fforde, the author of 12 books and a resident of Wales, was in town to promote his young adult book "The Last Dragonslayer." He is also the author of the Thursday Next novels. He shared his top recommendations for writing such as "be bold," "less is more," "read aloud," "show, don't tell," and the number one tip: "rewrite."

Washington Episcopal School is an independent, coeducational day school in Bethesda for students age 3 to Grade 8, founded in 1986. For more information, visit [www.w-e-s.org](http://www.w-e-s.org).



## HEALTH

# Bill Focuses on Dense Breast Tissue

Local doctor advocates for lifesaving legislation.

BY SHARON ALLEN GILDER  
FOR THE ALMANAC

**N**orbeck Country Club's lush greens were pulsing with positive energy for women's health on Saturday, Dec. 8. Eighty-six women and men gathered for Coffee, Tea & Brem to hear recognized international leader in breast radiology, Dr. Rachel Brem, director of the Breast Imaging and Interventional Center and vice-chair of Radiology at George Washington University Medical Center, speak about technology that is currently available for early detection of breast cancer and what should be available with a particular focus on surveillance for women with dense breast tissue.

"We can't prevent breast cancer but it is very important to remember that it is a curable disease," Brem said, "Our goal is to detect it when it's most curable. Ninety-five percent of women with early stage breast cancer survive. Mammography is a lifesaver. Three quarters of women who get breast cancer have no other risk factor other than being a woman and the risk continues to go up throughout life as we age."

Both Brem, who decided at age 12 that she wanted to find a cure for breast cancer after her mother was diagnosed with the disease, and the local 501(c)(3) foundation in her name, Brem Foundation to Defeat Breast Cancer, are pursuing support for federal bill H.R.3012 the "Breast Density and Mammography Reporting Act of 2011" introduced Oct. 5, 2011 by U.S. Rep. Rosa DeLauro (Conn.). They would like to see the state of Maryland adopt similar legislation. The bill "amends the Public Health Service Act to require mammography facilities to include information regarding the patient's individual measure of breast density in both the written report of the results of a mammography examination provided to the patient's physician and the summary of that written report given to patients."

Women need to know if they have dense breast tissue and need to have access to screening equipment such as whole breast ultra-



Hostesses at "Coffee, Tea & Brem" are, from left, Caroline Stafford-Pastel, Lynne Bergman, Cynthia Halper, Cathy Colleli, Connie Roos, Dr. Rachel Brem, Jody Goldkind, Maureen Goodwin, Beth Bonita, Karen "KT" Thomas, and Lori Garnher. Not pictured: Aileen Feldman, Joanie Henry, Heather Henry and Sara Lange.

sound approved by the FDA and known as ABUS (Automated Breast UltraSound). Brem has been conducting a dense breast clinical trial using ABUS in her center at George Washington.

"With 3-D ultrasound, detection is ultimized," said Brem. "Through acquisition of the images and the information taken by a physician, we can see 30 percent more cancers in women with dense breasts. They are typically invasive cancers that would go on to become killer cancers if undetected." She added, "Women with dense breasts have a 4 to 6 fold risk of developing breast cancer in their lifetime."

Statistically, 40 percent of women have dense breast tissue. Breast size is not a factor. "Your breasts can be large, small, perky or saggy. The only way to tell breast density is with mammography," said Brem.

Physicians determine breast density using the American College of Radiology's criteria. She explained that one-third of cancers in dense breasts cannot be seen by mammography because breast cancer and breast tissue are white on a mammogram leaving a lack of contrast.

Cathy Colleli knows first hand. "It's not often that you get to thank someone personally who has saved your life. I'm here today because I said 'yes' to a friend and came to a Brem event and I listened to Dr. Brem and took her advice. Otherwise, this would have been a much different story and different outcome. So, please heed the advice and share it with oth-

ers." Colleli's sister succumbed to stage 4, inflammatory breast cancer at age 35. Colleli is a three-year survivor of triple negative breast cancer. When she spoke with Brem in 2009 about her family history and asked her if she should get an MRI, Brem responded, "It's not a question of whether you should get an MRI, it's that you must get an MRI." She added that Brem Foundation would pay for the test if Colleli's insurance would not cover the cost. After much persistence with her physicians, Colleli, who previously had negative mammograms, finally received the MRI that detected her disease. "It was a very aggressive, silent gene growing in that dense breast tissue," she said.

Friends Robbie Goldstein and Polly Miller of Potomac were impacted by Colleli's story. "She was so informative and it was heart-wrenching to hear her personal story. We have to be vigilant and be an advocate for ourselves," said Miller. Goldstein added, "This event raises awareness. Now, I have to think about this a little and maybe I need to do something more. Maybe I'm not breathing that sigh of relief after a negative mammogram."

Karen "KT" Thomas of Village Settlements, Inc. in Potomac Village, rallied her friends and colleagues to hear Brem. "Dr. Brem is willing to stay out on the precipice and embrace technology that is not present in the entire medical community. She's pragmatic and willing to step out of the mainstream to augment and encourage

other professionals to fall in step with her. We celebrate this woman's vigor and continued commitment to her lifelong mission and it's a way to give back to the community that we are immersed in and be an integral part."

Potomac resident, Allison Shaffer said, "I feel so informed and really need to spread the word about this dense breast issue to family and friends. I hadn't heard about this until today."

According to the House of Representatives' web site, H.R.3102 has a grim prognosis with only a 2 percent chance of being enacted. Of the 40 bill co-sponsors, not one represents the State of Maryland. Currently, only five states, Connecticut, Texas, California, New York, and Virginia, have enacted legislation to require health care professionals to disclose breast density information to patients. Illinois and Connecticut require that 3-D ultrasound be covered by insurance. Brem said "We owe it to the women of this country to let them know they have dense breasts."

Brem frequently testifies on Capitol Hill and her quest to have H.R.3102 become a federal mandate has gotten the ear of House Minority Whip Steny Hoyer who spoke at a Brem event in November. "Eventually the bill will get passed. Our representatives are coming to higher and higher consciousness," Brem said.

"The message is so clear. Early detection is key. It [breast cancer]

## LET'S TALK Real Estate



by Michael Matese

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POTOMAC  
**ALMANAC**

SEE LIFESAVING, PAGE 14



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Email community entertainment events to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon. Photos and artwork encouraged.

## ONGOING

**Mommy & Me (& Daddy, Too).** Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-alongs, prizes and more. <http://rockvilletownsquare.com/events/mommy-and-me>. Dec. 18 in The Library, First Floor.

**Holiday Art Show and Sale.** Saturdays and Sundays through Jan. 6, 2013, 11 a.m. to 6 p.m. Browse and buy fine artworks at Glen Echo Park's annual Holiday Art Show and Sale, presented by the Glen Echo Park Partnership for Arts and Culture. The exhibition will feature works by resident artists, instructors and invited artists and will include glass, ceramics, jewelry, photography, painting, crafts and more. In Glen Echo's Popcorn Gallery at 7300 MacArthur Blvd. Call 301-634-2222 or visit [glenechopark.org](http://glenechopark.org).

**Art Exhibition.** The Art Glass Center Gallery's ongoing exhibitions feature the work of resident artists Diane Cabe, Christine Hekimian, Sue Hill, Michele Rubin, Sherry Selevan, Bev and Zayde Slep and Janet Wittenberg. Sculpture, vessels, functional art, and jewelry are also for sale. Classes are taught year-round for beginner, intermediate and advanced students. The hours are Fridays, from 10 a.m.-2 p.m., Saturdays, 10 a.m.-4 p.m., and Sundays, noon-4 p.m. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2273 or visit [www.artglasscenteratglenecho.org](http://www.artglasscenteratglenecho.org).

**Glassworks.** Saturdays, 11 a.m.-4 p.m. Glassworks is the D.C. area's first glass school. Classes are taught year-round for both new and advanced students. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2280 or visit [www.innervisionglassworks.com](http://www.innervisionglassworks.com).

**Photoworks.** Photoworks is a resource for both student and professional photographers to develop their talents through classes, workshops, and exhibitions. The Photoworks gallery is open Saturdays, 1-4 p.m. and Sundays, 1-8 p.m., and during all scheduled classes and workshops. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2274 or visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org).

**Yellow Barn Studio & Gallery.** Saturdays and Sundays, noon-5 p.m. The Yellow Barn Studio & Gallery presents free exhibitions of emerging artists' work. Each weekend features the work of a different artist. Most artwork are for sale. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-371-5593 or visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com).

**Science & Nature.** Saturdays and Sundays, 10 a.m.-3 p.m. Weekend Nature Programs at Living Classrooms Children's Museum Living Classrooms Children's Museum at Glen Echo Park presents engaging science and nature activities for the whole family. Encounter live animals, take an interpretive hike, and explore the indoor anthill and tree slide, and much more. Free for members/children under 2; \$5 for non-members. At Glen Echo Park, 7300 MacArthur Blvd. Call 202-488-0627, ext. 242 or visit [livingclassroomsdc.org/Site-BasedPrograms.html](http://livingclassroomsdc.org/Site-BasedPrograms.html).

**SilverWorks Studio & Gallery.** Wednesdays, Thursdays, Saturdays and Sundays, 10 a.m.-6 p.m. SilverWorks Studio & Gallery is a working silversmith studio and includes an ongoing exhibition, as



## Holiday Concert

The National Philharmonic Singers, under the direction of conductors Stan Engebretson and Victoria Gau, will present a free holiday concert on Saturday, Dec. 15 at 8 pm at Christ Episcopal Church, 107 South Washington Street, Rockville. The concert will feature carols, the Hallelujah Chorus; Benjamin Britten's A Ceremony of Carols with harp; John Rutter's Three Carols for Choir and Harp; and The Blessed Son of God from Hodie by Ralph Vaughan Williams. Free but donations in support of the Community Ministries of Rockville will be accepted. Christ Episcopal Church is located at 107 South Washington Street in Rockville. Visit [nationalphilharmonic.org](http://nationalphilharmonic.org) or 301-493-9283, ext. 116.

well as sales, of the work of artist-in-residence Blair Anderson. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2228 or visit [www.silverworksglencchopark.org](http://www.silverworksglencchopark.org).

## WEDNESDAY/DEC. 12

**Charm City Klezmer Band.** 7:30 p.m. Mansion at Strathmore, 10701 Rockville Pike. Tickets: \$15. The family band Michael S. Raitzyk and Charm City Klezmer celebrate the Festival of Lights with a jazzy twist in a Hanukkah program featuring a variety of Yiddish theatre, klezmer and Jewish-themed music. Call 301-581-5100 or visit [www.strathmore.org](http://www.strathmore.org).

**Children's Ceramic Ornaments Workshop.** 4-5:15 p.m. Get a rolled slab of clay (approximately 10 x 13) and all the tools participants need to create ornaments. Glaze them and pick them up a week later. For children of grades K-5. Tuition is \$15. At VisArts is located at 155 Gibbs St., Rockville. Visit [www.visartscenter.org](http://www.visartscenter.org) or call 301-315-8200.

## THURSDAY/DEC. 13

**Violin Concert.** 8 p.m. Music Center at Strathmore, 5301 Tuckerman Lane. Tickets \$25-\$55. Mark O'Connor shares the holiday songs of his childhood, a mixture of Christmas carols and traditional American music that encompass the spirit of An Appalachian Christmas. Audience members can join a pre-concert lecture at 6:30 p.m. Call 301-581-5100 or visit [www.strathmore.org](http://www.strathmore.org).

**Mark O'Connor Strings Method For String Teachers.** 2-3:30 p.m. The virtuoso violinist, equally at home in folk and classical music, reveals his American Classics strings teaching method and makes the case for classical music training that explores the American canon as well as improvisation and jams. For orchestra directors and string teachers. Mansion at Strathmore

(Shapiro Music Room), 5301 Tuckerman Lane. Free, but registration required at [www.strathmore.org](http://www.strathmore.org).

**Blues Dance.** 8:15-11:30 p.m. Capital Blues presents weekly Thursday night blues dances. A beginner workshop from 8:15-9 p.m. offers partnering basics for new dancers. The class is included with admission; no partner necessary. Dancing runs 9-11:30 p.m. At Ballroom Annex at 7300 MacArthur Blvd. Admission is \$8. Email [info@capitalblues.org](mailto:info@capitalblues.org).

## FRIDAY/DEC. 14

**Toys for Tots.** 6 a.m.-10 a.m. the US Marines will be at Mazza Gallerie along with the MIX 107.3 Jack Diamond Morning Show for the annual Toys for Tots drive, collecting unwrapped toys and donations during an outdoor live radio broadcast. Visit [www.MazzaGallerie.com](http://www.MazzaGallerie.com) or call 703-785-5634. Mazza Gallerie is located at 5300 Wisconsin Ave. NW, Washington, D.C.

**Contra Dance.** 7:30-11:30 p.m. The Friday Night Dancers present Contra dancing as well as square dances and waltzes. Contra dance lesson from 7:30-8:15 p.m., followed by the called dance to live music by the Glen Echo Open Band, 8:30-11:30 p.m. Beginners are welcome. Admission is \$9. Free for age 17 and under. At Spanish Ballroom at 7300 MacArthur Blvd. Email [info@fridaynightdance.org](mailto:info@fridaynightdance.org).

**Balboa DJ Dance.** 8:30-midnight. Here's a chance for Balboa/Bal-Swing enthusiasts to dance to DJ music. Drop-in beginner swing lesson at 8:30 p.m. with Dabe and Janelle Johnson; dance 9 p.m.-midnight. At Ballroom Annex at 7300 MacArthur Blvd. Admission is \$10. Email [debra@gottaswing.org](mailto:debra@gottaswing.org).

## FRIDAY-SATURDAY/DEC. 14-15

**Annual Production of Blast.** Blast 24: American Bandstand will be

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performed at Winston Churchill High School Friday and Saturday, Dec. 7, 8, 14 and 15 at 7:30 p.m. and Sunday, Dec. 9 at 2:30 p.m. Tickets can be purchased at [www.wchsarts.com](http://www.wchsarts.com) or in the box office outside the Bish Auditorium, 11300 Gainsborough Road, Potomac.

**DEC. 14, 15, 16, 21, 22 & 23**

**The Nutcracker.** Suitable for all ages. 7 p.m. on Dec. 14 and 21; 1 and 5 p.m. on Dec. 15, 16, 22, 23. At Robert E. Parilla Performing Arts Center, Montgomery College Rockville Campus, 51 Mannakee St. Tickets are \$23-28 in advance; \$28-33 at the door. To purchase, call 240-567-5301 or visit [www.montgomerycollege.edu/PAC](http://www.montgomerycollege.edu/PAC).

**SATURDAY/DEC. 15**

**Christmas Music Event.** 4 p.m. & 8 p.m. Music Center at Strathmore, 5301 Tuckerman Lane. Tickets \$25-\$95. Call 301-581-5100 or visit [www.strathmore.org](http://www.strathmore.org).

**Jazz Vocal Intensive: Scat Singing 101.** 10 a.m.-3 p.m. Join an exploration of the improvisational technique known as scatting. Start with an understanding of what scatting actually is. For adults. The Mansion at Strathmore, 10701 Rockville Pike. Call 301-581-5200 or visit [www.strathmore.org](http://www.strathmore.org).

**Winter's Eve.** 6-9 p.m. Celebrate the holiday season at Glen Echo Park's Winter's Eve event. Enjoy holiday craft activities, open studios, storytelling and a hot chocolate bar. Stroll through the Park's artist studios and Popcorn Gallery to find one-of-a-kind items. Call 301-634-2222 or visit [www.glenechopark.org](http://www.glenechopark.org).

**Swing Dance.** 8-midnight. Drop-in beginner swing lesson with Tom and Debra from 8 to 9 p.m., dance 9



**Brunch with Santa**

Enjoy food with family and friends while visiting with Santa on Sunday, Dec. 23, 10 a.m. or 12:30 p.m. at the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. \$18/child, \$35/adult, not including tax or gratuity. Reservations required. 301-581-5253.

p.m.-midnight. At Spanish Ballroom at 7300 MacArthur Blvd. Admission is \$18 for people of 18 and up, \$12 for ages 11-17, \$10 for ages 10 and under. Email [debra@gottaswing.com](mailto:debra@gottaswing.com).

**SUNDAY/DEC. 16**

**Jazz Orchestra Holiday.** 3:30, 5:15 and 7:30 p.m. Mansion at Strathmore, 10701 Rockville Pike. Tickets \$25. The 17-piece Bohemian Caverns Jazz Orchestra gathers some of Washington's best musicians to bring some swing to the holidays. Call 301-581-5100 or visit [www.strathmore.org](http://www.strathmore.org).

**Family Christmas Sing-Along.** 4 p.m. Strathmore's Grammy-winning music educator Betty Scott and Artist in Residence alums, the charming Sweater Set, will have families and

friends singing holiday hits in harmony with Strathmore's rousing sing. Revelers will sing holidays classics such as "Rudolph the Red-Nosed Reindeer," "Nuttin' for Christmas" and "Have Yourself a Merry Little Christmas." At Music Center, Room 402, 5301 Tuckerman Lane. Tickets \$10. Visit [www.strathmore.org](http://www.strathmore.org).

**DIY Feather Earrings and Drinks.** 7-8:30 p.m. Make fun and stylish accessories, plus red and white wine and snacks. Materials are provided. Bring ID to drink. Each workshop is \$15. At VisArts located at 155 Gibbs St., Rockville. Visit [www.visartscenter.org](http://www.visartscenter.org) or call 301-315-8200.

**Waltz Dance.** 2:45-6 p.m. Waltz Time presents a beginning waltz lesson 2:45-3:30 p.m., followed by an afternoon of waltzes and other couples dances to live music by Rose by the Door with Anna Hoag (fiddle), Marty Taylor (winds, concertina), LizDonaldson (piano), Ralph Gordon (bass). Dancing 3:30-6 p.m. No partner is required. At Spanish Ballroom at 7300 MacArthur Blvd. Admission is \$10. Email [info@waltztimedances.org](mailto:info@waltztimedances.org).

**Argentine Tango.** 6:30-11:35 p.m. Dancers can choose either the beginner lesson 6:30-7:15 p.m. or the intermediate lesson 7:15-8:15 p.m., or both. Cost is \$15/lesson and includes the Milonga that follows. For dancers who wish to attend just the Milonga, cost is \$10 and the open dance runs 8:15-11:15 p.m. Rene will DJ with a mix of traditional and muevo tango with a little alternative added. No partner required. At Ballroom Annex at 7300 MacArthur Blvd. Email [Ciarado8130@yahoo.com](mailto:Ciarado8130@yahoo.com).

SEE HOLIDAY, PAGE 13

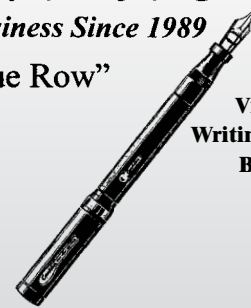
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## Top Sales in October 2012



2 10701 Burbank Drive, Potomac — \$2,100,000



1 8533 Rapley Preserve Circle, Potomac — \$2,110,000



4 7312 Brookstone Court, Potomac — \$1,600,000

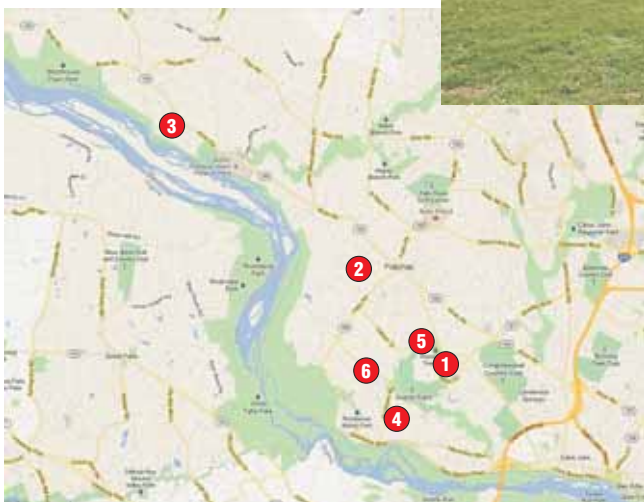


3 11617 Luvie Court, Potomac — \$1,965,000

6 8536 Brickyard Road, Potomac — \$1,320,000



5 10008 Meyer Point Terrace, Potomac — \$1,399,000



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1 8533 RAPLEY PRESERVE CIR	6	5	2	POTOMAC	...	\$2,110,000	Detached	0.44	20854	AVENEL	10/12/12
2 10701 BURBANK DR	7	7	2	POTOMAC	...	\$2,100,000	Detached	2.29	20854	POTOMAC MANOR	10/09/12
3 11617 LUVIE CT	6	7	0	POTOMAC	...	\$1,965,000	Detached	0.66	20854	MERRY GO ROUND FARM	10/31/12
4 7312 BROOKSTONE CT	5	4	2	POTOMAC	...	\$1,600,000	Detached	2.05	20854	MAZZA WOODS	10/15/12
5 10008 MEYER POINT TER	4	4	1	POTOMAC	...	\$1,399,000	Detached	0.34	20854	AVENEL	10/26/12
6 8536 BRICKYARD RD	4	4	1	POTOMAC	...	\$1,320,000	Detached	0.48	20854	FAWCETT FARMS	10/01/12

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PHOTOS COURTESY OF CASE DESIGN/REMODELING, INC.

**Experts suggest cleaning carpets and area rugs in a home's family or living room before holiday guests arrive.**

## Preparing Home for Holiday Guests

**Experts offer checklist for getting a house in tip-top shape.**

BY MARILYN CAMPBELL  
THE ALMANAC

**I**n addition to shopping, decorating and attending parties, many are making a mad dash to get their homes ready for the holiday visitors. Take a deep breath: Local experts have developed a checklist for creating a guest-ready home.

"Many people feel better about their home when everything is in order and in place," said Steve Magill, a remodeling consultant with Fred, the home repair division of Case Design/Remodeling, Inc., and an Oak Hill, Va. resident. "It makes the homeowner feel more at ease when minor details are taken care of."

The kitchen is one of the most important rooms in a home, especially during the holiday season. Experts say to make sure your microwave oven, toaster and coffeemaker are in top working condition, or to replace them if necessary.

For extra storage space for cookware, experts suggest installing a pot rack. Also, consider adding extra stools or chairs for guests who like to gather in the kitchen.

Next, survey the living or family room. Experts suggest cleaning carpets or area rugs so that they are free of signs of foot traffic. Consider updating the room with holiday home accents or adding new items, as well as accessorizing sofas and chairs with holiday pillows and throws.

"Take a magic eraser to clean up small smudges on walls like around light switches," said Magill, whose firm developed a holiday readiness checklist.

If guests are staying overnight, experts say to make space in a closet or drawer so visitors have a place to put their clothing. Since not everyone falls asleep at the same time, a bedside clock and reading lamp are helpful accessories.

"Your guest room should be warm and inviting and make your visitors feel as if they are at home," said Magill.

**MAKE A GREAT FIRST IMPRESSION** by ensur-

ing that all outdoor lighting, including holiday lights, is functioning properly and turned on when it is dark. Outdoor lighting is a key to ensuring safety during the holidays.

Check the front door for signs of wear and consider giving old doors a new coat of paint. "Some of the most impact transformations ... are projects like painting," Paul Zuch of the National Association of the Remodeling Industry said in a statement. In addition, polish and tighten door hardware and oil hinges to prevent squeaking.

Considering adding a small rug or welcome mat to the entryway. Establish a place in your home's entrance to collect coats, hats, boots and gloves. Make sure there is extra space and hangers in your coat closet.

"Make sure you think about every room in your home when preparing for the holidays," said Tom Dodd, another Fred remodeling consultant. "Thinking about these things ahead of time will help make for an enjoyable and relaxing holiday season."



**When preparing your home for holiday guests, make sure there is a space near the entrance to collect coats, hats and boots.**



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**6:00 pm**.....Cantor/Hand Bells

**8:00 pm**.....Choir/Strings/Trumpet

**10:00 pm**.....Schola/Strings/Trumpet

**CHRISTMAS DAY • TUESDAY, DECEMBER 25**

*Prelude music begins fifteen minutes before Mass*

**8:30 am**.....Choir/Flute

**10:45 am**.....Schola/Strings

**12:30 pm**.....Vocal Quartet

**3:00 pm**.....Korean Mass

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When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com) and click on the "This Week in Real Estate" link. **Call Specific Agents to Confirm Dates & Times**

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### Rockville (20850, 20852)

9 Plantation Ct.....\$698,000.....Sun 1-4..Victor Llewellyn.....Llewellyn..301-424-0900

8 Monroe St #201.....\$245,000..Sat 1:30-3:30..Gisela Goldberg.....Fairfax..301-881-9800

**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.**



# Churchill Boys' Basketball Wins Opener

**W**ith seven seniors departing from a team that reached the 2012 MPSSAA 4A West Region Finals and just two seniors on the current roster, the Winston Churchill Bulldogs entered the 2012-13 season facing some questions including whether they could continue to maintain the high level of play that has re-invigorated the Churchill basketball program over the past two seasons (37 wins and back-to-back division championships). It took about three minutes early in the second half of their Dec. 5 season-opening game against Damascus for the Bulldogs to begin to answer that question.

After an inconsistent first half that offered both hope and concern for the Bulldog faithful, Churchill came out firing on all cylinders with a strong defensive effort that forced numerous turnovers and extended a 35-27 halftime lead to a 57-35 at the end of the third quarter. From that point forward, the Bulldogs never looked back en route to a 68-53 victory in their 2012-13 season opener. It was the fourth consecutive season-opening victory for the Bulldogs.

Early on, the young Bulldog team struggled on both ends of the court as it let a 9-2 early lead slip away quickly to trail 19-15 at the end of the first quarter. The 17-6 Damascus run was fueled largely by Churchill's sloppy play on the offensive end and opportunistic scoring by Damascus. The Bulldogs used a much improved second quarter defensive effort combined with better offensive execution to regain an eight point lead going into the half at 35-27. Junior guard Malik Harris (14 first half points) and senior forward Bryant Wheatley (11 first half points) shouldered the first half scoring load for Churchill.

"With a young team playing their first game together, you expect some inconsistency," Churchill coach Matt Miller said. "But we were not playing the type of basketball (in the first quarter) on either end that we expect from our guys regardless of their

experience. So we told the guys to settle down, re-focus, and get back to basics, especially on defense. The guys responded and I really liked our effort from that point forward. It was a good first win but we still have a lot of room for improvement."

The Bulldogs, who shot 50 percent from the field for the game, were led on the offensive end by Harris with 22 points on the evening. Wheatley added 11 points and junior guard Allen Njumbé also contributed 11 points. Sophomore forward Bobby Arthur-Williams came off the bench to contribute eight points and eight rebounds and junior point guard Matt Moshyedi played a solid game while running the point.

Defensively, the Bulldogs had 13 steals and held the Hornets to just 16 points combined in the second and third quarters as Churchill secured the victory.

"I thought Malik and Bryant really helped us get through that first half offensively and then Allen picked it up in the second half," Miller said. "I also thought Bobby came off the bench and did some nice things especially on the offensive glass and Matt was a steadying presence for us out there all night. But most importantly, we generally defended and rebounded well as a team after the first quarter. With our team, defense and rebounding have to be there every night for us to be successful."

Churchill lost its second game, 48-41, at Sherwood on Dec. 8. The Bulldogs hosted Gaithersburg on Tuesday, after The Almanac's deadline. Churchill will travel to face Springbrook at 7 p.m. on Monday, Dec. 17.

**Malik Harris, seen during practice, led the Churchill boys' basketball team with 22 points during the Bulldogs' season-opening win against Damascus on Dec. 5.**



PHOTO BY HARVEY LEVINE/THE ALMANAC

## SCHOOL NOTES

Email announcements to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon. Photos are welcome.

**Mollie Latorre, Melanie Ottenstein and Rafaella Studart** have been named to the Dean's List at the Savannah College of Art and Design for fall quarter 2012.

**Matthew Goldkind**, a senior at the American Hebrew Academy in Greensboro, N.C., was named to the Principal's Honor Roll for the fall trimester of 2012. Matthew is the

son of Dr. Sara Goldkind and Dr. Lawrence Goldkind of Potomac.

The following students have been named to Randolph-Macon Academy's honor rolls for the first quarter of the 2012-13 school year:

**David Lee Jr.**, the son of Hong Gang Li and Chun Qing Lei of Potomac, was named to the President's List. David is a junior at Randolph-Macon.

**William Fausnaugh**, the son of Barry and Kathryn Fausnaugh of Bethesda, was named to the Dean's List. William is a sophomore at Randolph-Macon.

## BULLETIN BOARD

FROM PAGE 5

### Master Gardener Applications.

Montgomery County residents interested in learning environmentally sound gardening practices and sharing the information with others can apply now to join the 2013 Montgomery County, Master Gardeners training program. To be placed on the application list, or for more information, call 301-590-2836. Class size is limited and filled on a first-come, first-served basis. Registration deadline is Dec. 31, 2012. Training begins Jan. 22, 2013.

### Free Parent-Child Playgroup.

Every Monday at 9:30 a.m. at the Har Shalom Early Childhood Education Center. Meet new friends as you and your child play with age appropriate toys. Call 301-299-7087.

### VOLUNTEERS WANTED

**The Bethesda Urban Partnership** is looking for volunteers to help assist with various local festivals including Taste of Bethesda on Oct. 6. E-mail [info@bethesda.org](mailto:info@bethesda.org).

**CANTER-Mid Atlantic** to open a racehorse rehabilitation program with donations from Delaware Park and the Delaware Thoroughbred Horsemen's Association earmarked to serve Delaware Park trainers and

owners. To find an ex-race horse, volunteer, or make a donation, visit [www.canterusa.org/midatlantic](http://www.canterusa.org/midatlantic).

To become a volunteer **Bike Patrol member** on the C&O Canal, contact Norman Liebow at [liebow@comcast.net](mailto:liebow@comcast.net) or 301-714-2218.

**The Greater Chesapeake and Potomac Blood Services Region of the American Red Cross** is seeking volunteers to assist its blood collections staff at blood drives and blood donor centers. Call the American Red Cross Volunteer Office at 1-800-272-0094, ext. 1, or e-mail [karlofft@usa.redcross.org](mailto:karlofft@usa.redcross.org).

## Churchill Boys', Girls' Swim Beat Whitman

**T**he Churchill boys' and girls' swim teams defeated Whitman on Dec. 8. The Bulldog boys' team won, 104-52, and the girls' team won, 97-59.

Churchill individual boys' winners were: Kevin Gu (200-yard freestyle, 100 butterfly), Njord Soevik (50 free, 100 free), Colin Mackey (100 back) and Mark Richardson (100 breast).

Churchill individual girls' winners were: Fiona Asbury (200 free), Michelle Illig (50 free, 100 free), Kali Becker (diving) and Grace Pereles (500 free).

Whitman individual boys' win-

ners were: Ben Bouvier (200 IM), Simon Carne (diving) and Matthew Kellman (500 free).

Whitman individual girls' winners were: Lisa Deng (200 IM, 100 breast), Halie Kellet (100 butterfly) and Amanda Kuhn (100 back).

Churchill won the boys' 200 medley relay (Calvin Tran, Richardson, Matthew Kirks, Soevik) and 400 freestyle relay (Mackey, Christopher Cochran, Lucky Sun, Gu). Churchill also won the girls' 200 medley relay (Ada Lopaczynski, Christina Poerstel, Sara Ewel, Illig) and 400 freestyle relay (Asbury, Pereles, Katie Wright, Rachel Caplan).

## Kicks Karate Collecting Food

Kicks Karate will be collecting donations of non-perishable food items for the Manna Food Center throughout December. Stop by

any of its nine locations found on [kickskarate.com](http://kickskarate.com). A list of the food Manna needs most often can be found on the [mannafood.org](http://mannafood.org) web site.



# HOLIDAY ENTERTAINMENT

FROM PAGE 9

**Contra and Square Dance.** 7-10:30 p.m. The evening can include square dances, mixers, waltzes and other couple dances. All Contras and Square dances are taught, no partner is necessary. There is a lesson at 7 p.m., followed by dances with live music 7:30-10:30 p.m. At Spanish Ballroom at 7300 MacArthur Blvd. Admission is \$12 for non-members, \$9 for FSGW members. Visit [fsgw.org](http://fsgw.org).

**Encore Chorale.** 3-4:15 p.m. The nation's largest choral program for older adults, presents Maryland Encore Chorales of Schweinhaut Senior Center, Asbury Methodist Village and Washington Conservatory of Music in a Holiday Concert. This concert is sponsored by Family and Nursing Care of Silver Spring. These 175 singers, ages 55+, will perform a concert consisting mainly of secular holiday tunes. Guest Artists include the East Avenue Ensemble of the National Institutes of Health Chorus and NIH Brass conducted by W. Robert Johnson. Cellist Katie Daugert and pianist Maribeth Gowen will be featured. Cultural Arts Center at Silver Spring, 7995 Georgia Avenue, Silver Spring. Admission is free, no tickets needed. Arrive early for free parking.

**Moscow Ballet's Nutcracker.** 3 p.m. and 7:30 p.m. More than 60 local youth have been selected to perform alongside the Russian professionals in Moscow Ballet's 20th Anniversary production of Great Russian Nutcracker at The Music Center at Strathmore for two performances. CityDance Center at Strathmore, under the direction of Lorraine Spiegler, is the host studio for Moscow Ballet's student program.

Visit [www.citydance.net](http://www.citydance.net). The Music Center at Strathmore 5301 Tuckerman Lane. Visit [www.strathmore.org](http://www.strathmore.org).

## MONDAY/DEC. 17

**Movement Improvisation.** 6:30-8 p.m. This class combines techniques from contemporary dance, theater, contact improvisation and parlor games. Explore a variety of exercises that develop physical and spatial awareness and expand existing movement vocabularies. All ages and backgrounds welcome. Tuition is \$12. Registrations are required. VisArts is located at 155 Gibbs St., Rockville. Visit [www.visartscenter.org](http://www.visartscenter.org) or call 301-315-8200.

**Holiday Performance.** 7:30 p.m. at Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Hear the Cathedral Choral Society perform "A Dickens Christmas at Strathmore." Tickets range between \$18.75-37.50. Discount for phone orders using the code "Dickens2012." Visit [www.strathmore.org](http://www.strathmore.org) or 301-581-5100.

## TUESDAY/DEC. 18

**Holiday Concert.** 7:30 p.m. National Philharmonic Associate Conductor Victoria Gau will lead the Washington Symphonic Brass and National Philharmonic Chorale in a holiday concert at the Music Center at Strathmore. The 17-member brass and percussion ensemble will ring in the holidays with arrangements of holiday favorites, including a medley by WSB Director Phil Snedecor called Christmas Memories; an arrangement by Tony DiLorenzo of 'Twas the Night Before Christmas; and a version of Beethoven's Ode to Joy with the National Philharmonic

Chorale. Visit [nationalphilharmonic.org](http://nationalphilharmonic.org) or call the Strathmore box office at 301-581-5100. Tickets are \$28-\$48; free for kids 7-17. All Kids tickets must be purchased in person or by phone.

## WEDNESDAY/DEC. 19

**18th Street Singers Christmas Concert.** 7:30 p.m. Mansion at Strathmore, 10701 Rockville Pike. Tickets: \$15. The 18th Street Singers take Strathmore up a few blocks to 34th Street with a Christmas concert that brings over 50 members of this eclectic, D.C.-based choral group together to sing festive favorites of the season. Call 301-581-5100 or visit [www.strathmore.org](http://www.strathmore.org).

## THURSDAY/DEC. 20

**Charm City Klezmer Band.** 7:30 p.m. Mansion at Strathmore, 10701 Rockville Pike. Tickets: \$15. The family band Michael S. Raitzyk and Charm City Klezmer celebrate the Festival of Lights with a jazzy twist in a Hanukkah program featuring a variety of Yiddish theatre, klezmer and Jewish-themed music. Call 301-581-5100 or visit [www.strathmore.org](http://www.strathmore.org).

**Blues Dance.** 8:15-11:30 p.m. Capital Blues presents weekly Thursday night blues dances. A beginner workshop 8:15-9 p.m. offers partnering basics for new dancers. Class is included with admission; no partner necessary. Dancing runs 9-11:30 p.m. to blues music from every corner of the genre. At Ballroom Annex at 7300 MacArthur Blvd. Admission is \$8. Email [info@capitalblues.org](mailto:info@capitalblues.org).

## THROUGH DEC. 21

**Art Exhibition: "An Abstract Approach."** Paintings by Lesley

Clarke, June Plotkin, and Edith Sievers; ceramics by Karin Abromaitis, and mixed media by Jessica Beels. Opening reception is Sunday, Nov. 4 from 11 a.m. to 1 p.m. Free and open to the public. Call 301-299-7087. At Gallery Har Shalom, located at Congregation Har Shalom, 11510 Falls Road.

## SATURDAY/DEC. 22

**Swing Dancing.** 9 p.m.-midnight. Admission is \$15. One-hour lesson from 8 to 9 p.m. With the Tom Cunningham Orchestra. At Glen Echo Park, 7300 MacArthur Blvd. Visit [www.tomcunningham.com/calendar](http://www.tomcunningham.com/calendar).

**Mbandi.** 8 p.m. Characterized by exotic rhythms, heartwarming string harmonies and lyrical melodies, Mbandi's instrumental compositions blur the line between smooth jazz, pop, classical, and world music. Ticket are \$29.99. Montgomery College Performing Arts Center is located at 7995 Georgia Ave, Silver Spring. Call 877-535-8085 or visit [www.mbandi.com](http://www.mbandi.com).

## THROUGH DEC. 23

**Annual Yellow Barn Members Show.** The Yellow Barn Studio, Glen Echo Park's resident painting and drawing studio, presents its 18th Annual Members Show in the Yellow Barn Gallery at 7300 MacArthur



**Mason Brislin at The Nutcracker performance by The Puppet Co. The Nutcracker**

The Puppet Co. presents The Nutcracker, through Dec. 30, Thursdays and Fridays at 10 and 11:30 a.m. Saturdays and Sundays at 11:30 a.m. and 1 p.m. At Glen Echo Park. Call 301-634-5380 or visit [www.thepuppetco.org](http://www.thepuppetco.org).

Blvd. The gallery opens on Saturdays and Sundays, from 12-5 p.m. Call 301-371-5593 or visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com).

## TUESDAY/DEC. 25

**Family Painting Event.** 2-5 p.m. at VisArts at Rockville, 155 Gibbs St., Rockville. Children can choose a Hello Kitty or cupcake canvass, while adults can paint Kadinsky's Winter landscape or "Starry Night." \$15. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org).

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## NEWS

### Instincts...



By KENNETH B. LOURIE

...related to having been diagnosed with stage IV, non-small cell lung cancer, the terminal/"incurable, but treatable" kind, according to my oncologist. The kind whose median life expectancy at diagnosis is eight months. The kind that John Rhys Davis as Sallah from the 1981 movie "Raiders of the Lost Ark" might have described as "very bad," just as he had described the asps slithering below on the floor of the tomb he and "Indy" had just unearthed. So the news I received in late February, 2009 – such as it was, was never very good. In fact, for an asymptomatic, non-smoking, 54-and-half-year-old male with an immediate-family history of NO cancer, it was, well, "shocking" barely scratches the emotional surface of what I was feeling.

Forty-five months later, I am still dealing with feelings – as in still living, for which I am amazingly fortunate. However, those feelings seem to sometimes have a mind of their own, and accordingly tend to take over and rewire one's brain (figuratively speaking). Moreover, thoughts, actions and behaviors change, and not always for the better, and rarely for the best; most likely a direct result of the cancer's emotional wallop. Thoughts you don't want/never had seep in despite your best attempts at minding them. Behaviors previously uncharacteristic manage to exert more control than you ever imagined. Actions previously unfamiliar cause one to wonder if who you were – pre-cancer, you will ever be again. You don't want to lose yourself inside the whole cancer culture, but being told you're going to die prematurely: in "13 months to two years," has a way of rewriting your record books, whether you intended to or not. Not giving in to this cancer consequence has been my greatest struggle.

Early on, I remember asking my oncologist: "Is it OK to still buy in bulk?" For all you know, based on much of what your doctor is saying, and what you are sensing, your future is tenuous and extremely unpredictable (a version of the humorous advisory to "not buy green bananas"). I mean, the diagnosis is terminal cancer; "HELLO." What are you supposed to think? This is how your mind takes over and you sort of lose it/lose control of it. As former Vice President "Dan" Quayle said in a speech to the United Negro College Fund (not about cancer), "What a terrible thing it is to lose one's mind." Still, it certainly applies.

Another brain drain has to do with specific events scheduled in the future, a future whose guarantee – for me, has been invalidated. I'm watching television during the summer of 2012 and I see ads for Downton Abbey's third season premiere in January, 2013, and instinctively I wonder, will I be alive to see it?

Road projects are another example. At the beginning of the construction of the Intercounty Connector in Maryland (a cross-county highway being built near my house), regularly I would be stuck in the project's related road closures/redesigns and bridge-type flyovers and I would always think to myself: "Am I going to be alive when this project is finished or am I just going to suffer its building pains?"

Next May, the LUNgevity Foundation ([www.LUNgevity.org](http://www.LUNgevity.org)), the largest foundation in the country dedicated to lung cancer research (and on whose Web site my cancer columns are now being posted) will be hosting their annual "Hope Summit" in Washington, D.C. I have been invited to attend and/or speak. My first thought upon receiving the invite: "Am I going to still be alive in May?"

I want to be positive. I am positive. But cancer is a huge negative. It's a constant battle of good versus evil. Sort of like the Indiana Jones movies. But this isn't the movies. This is real. This is cancer, the true definition of "very bad."

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

# MCPAW Named 'Charity of the Year'

## Still raising funds for new animal center.

By SUSAN BELFORD  
THE ALMANAC

**M**ontgomery County Partners for Animal Well-Being (MCPAW) was selected as the Potomac "Charity of the Year" by the Potomac Chamber of Commerce. The organization was recognized for their dedication to providing needed funds for the new Montgomery County Animal Services and Adoption Center.

"It is an honor to have been chosen as Potomac's Charity of the Year," said MCPAW Chairman of the Board Allan Cohen. "We appreciate the support that Potomac has given us since we started MCPAW. We are excited that the new center will be completed next fall, 2013. Now we are trying to gain major donors and corporate sponsorships"

Although the Animal Services and Adoption Center is funded mostly by Montgomery County, they need additional revenue to create a facility to house and care for the county's homeless or stray animals while they await new homes, as well as to provide animal care services needed in the community. MCPAW is working to raise these funds.

Board Member Kenny Kelley said, "A few short years ago, it was considered a far-fetched dream that the current 30-year old, dilapidated Montgomery County Animal Shelter would ever be replaced. An even larger dream that it would be replaced by a state of the art building, one allowing fresh continuous air to circulate, an allotted quarantine area to keep the sick animals away from the other adoptees, a medical clinic staffed by a veterinarian ensuring that ani-



Toni Stiefet and Kenny Kelley with MCPAW the Dalmatian at Potomac Day.

mals will be healthy and spayed/neutered before adoption, a barn for livestock, and with radiant heated floors so the animals will no longer shiver and feel desolate on the cold winter nights."

He continued: "Fortunately, thanks to the tireless efforts and commitment of County Executive Ike Leggett, County Council member Phil Andrews, chairman of the Public Safety Committee, the entire council, including President Roger Berlinger, all working in partnership with MCPAW, we broke ground on the new Montgomery County Animal Services and Adoption Center on Jan. 28, 2012. Today we can stand here exuberant that this is no longer a dream but a well organized state of the art temporary home for all animals big and small. Whether they come from abusive or abandoned homes, suffer neglected, curable illnesses or are just confused strays, our community can go to sleep at night knowing

the animals are being taken care of in the best way possible."

One of MCPAW's primary fund-raising events is the sale of brick pavers that will be displayed within the entrance plaza of the new adoption center. These pavers can be engraved with a tribute to a beloved pet, a friend, or with a corporate logo and name.

MCPAW will honor and recognize individuals who make significant contributions to the new center by providing naming opportunities for wings, clinics or other areas of the center. One can also memorialize a loved one or pet by placing a name or graphic on an outdoor bench or on the Patron Wall.

MCPAW encourages Montgomery County residents to learn more about the new facility, to consider contributing and get involved. For more information, contact: [www.mcpaw.org](http://www.mcpaw.org) or Allan Cohen at 240-462-5000.

## Lifesaving Legislation

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can be a devastating diagnosis. I wanted to come and be supportive because we're all in this fight together," shared Jeannette Mendonca, executive director of Hospice Caring, Inc.

Attendee Dick Dunkelbarger who lost his wife to cancer said, "A male friend of mine died one year ago with breast cancer. Men, being who they are, think that only happens to women, it's not a problem for them, so they put off check-ups and that seals their fate. I love that women can support each other and know, 'I'm not the only one.' It sometimes gets lonely out there when going through treatment." According to The American Cancer Society, the incidence of breast cancer in men is 1 in 1,000.

Brem reminds women to be their own best advocate by making sure their mam-

mogram is digital not analog; to know who is reading their mammogram — being sure it is a radiologist who reads mammograms at least 70 percent of the time; to say 'no' to a surgical biopsy which should be done with minimally invasive image guidance and local anesthesia; and to perform monthly breast self-exams even after a negative mammogram.

"Nobody knows you like you know you," she added.

Filly Kotsatos, who is undergoing her last chemotherapy treatment this month before she begins six weeks of radiation, echoed the resolve sensed throughout Norbeck's ballroom, "When I was diagnosed with breast cancer, I went hiking with a friend. I said to the cancer, 'You're not getting me, I'm getting you back.' I felt so invigorated."

For more information visit: [www.bremfoundation.org](http://www.bremfoundation.org).

## NEWS BRIEFS

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ciations (MCCPTA) board of directors as the area vice president for the Sherwood Cluster and Northeast Consortium. In May 2007, he was awarded an Honorary Life Membership to the Maryland PTA. Kauffman is married with two children, who both graduated from MCPS.

## Firefighters Collecting Toys

Montgomery County Fire and Rescue Service and local fire and rescue departments are again collecting toys for needy families and underprivileged children during the 2012 holiday season.

All Montgomery County Fire and Rescue Stations will serve as drop off sites for new unwrapped toys. Toys may be dropped off until Dec. 18.



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