

Potomac ALMANAC

Winning Two Trips To China

Sofia Falção from Portugal and Molly Reiner of Potomac wear their costumes before the televised taping of the closing ceremony in China.

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NEWS

Library To Host Local Author

Vaddey Ratner writes about escape from Khmer Rouge.

BY SENITRA T. MCCOMBS
THE ALMANAC

The Potomac Library will be hosting a discussion by Cambodian born and Potomac resident Vaddey Ratner about her debut novel "In the Shadow of the Banyan" on Feb. 13 at 7 p.m.

"In the Shadow of the Banyan" details how Ratner and her mother escaped four years of "... forced labor, starvation, and near execution" during the Khmer Rouge revolution in mid-1970's Cambodia.

"I didn't want it to be just a simple chronicle of facts; I wanted to honor my family with a work of art," she said.

She hopes that each reader will find something to "apply to their own life."



Vaddey Ratner

"I always feel that I walk away from a situation, no matter how difficult it is, benefiting from it," Ratner added.

During the two and half years it took to write "In the Shadows of the Banyan", there were many difficulties. However, Ratner credits Potomac's natural beauty and peaceful setting with creating the perfect atmosphere for a writer and thereby easing some of these tensions including writer's block.

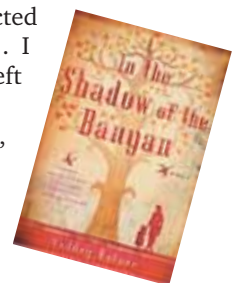
Despite her painful childhood memories, she has remained close to her homeland. She visits Cambodia yearly and has a home there.

"I feel very connected to Cambodia still ... I don't feel that I've left it behind," she said.

Like many writers, she is also an avid reader. Some of her favorite authors include Elie Wiesel and many Indian writers.

Besides a good book, she also enjoys spending time with her family and listening to music from around the world including classical Cambodian and classical Western music.

Ratner graduated summa cum laude from Cornell University with a specialized focus in Southeast Asian history and literature.



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Student Wins Two Trips to China

**“Learn Chinese,
Double Your
World.”**

BY SUSAN BELFORD
THE ALMANAC

Potomac’s Molly Reiner has been fascinated with the Chinese language and culture since she was first exposed to Chinese in 4th grade at Sidwell Friends School in Washington D.C. Her diligent study of the language since 7th grade paid off last April when she competed in the Chinese Bridge Competition sponsored by the Hanban Confucius Institute at the University of Maryland. Her team of three was thrilled when they won the contest. The prize was a two-week, all-expense-paid trip to Kunming, China to compete in the 5th Annual Chinese Bridge Competition for Foreign Secondary School Students in November 2012.

Nearly 300 high-school students from 45 countries participated in the competition which was themed, “Learn Chinese, Double Your World.” The eight-day competition showcased students’ Chinese language capabilities, knowledge of Chinese culture and their personal talents. Reiner’s triumphant team was one of three that placed second in the competition — and she won 10th in the overall competition — securing a scholarship to study in China for a year.

The Chinese Bridge program serves to connect students from all over the world with China and offers a channel for a new generation of students to communicate, share and understand one another better.

“The best experience was meeting kids from Russia, Argentina, Serbia, Finland and so many other countries in the world,” said Reiner. “The biggest chal-



At the Great Wall, Molly Reiner is with Matt Griffith in the middle and Theresa Wong on the right. Wong was a competitor from California.

lenge was communicating with my roommate who was from Costa Rica and spoke only Spanish and Chinese. Since I don’t speak Spanish, we talked in Chinese. We also had to speak Chinese to all the volunteers — so I became much more fluent while I was there.”

“I loved the town of Kunming,” she added. “It is the capital of Southwest China’s Yunnan province, near the border of Tibet. With its perpetual spring-like weather — always 70 degrees and sunny — Kunming is known as the ‘City of Eternal Spring.’ It is lush with plants and beautiful flowers. My favorite sight was the Stone Forest. There were giant limestone rock formations everywhere. It is also a city that is very proud that their province has the most ethnic minorities of any province in China.”

The conference celebrated this cultural diversity with their opening and closing ceremonies. “We practiced for days and days for these events,” Reiner said. “We did ethnic dances, wore elaborate costumes and worked for hours with choreographers and

coaches. The event was televised throughout China.”

During the eight days, they participated in tasks related to the many ethnic minorities. Each contestant presented in Chinese about his or her life and journey with Bridge. Reiner, whose name means “Jasmine Flower” in Chinese, sang and played the piano. Students were also required to take tests about Chinese culture.

Reiner is the daughter of Charisse and Jonathan Reiner of Potomac. She traveled with her parents and sister, Jamie to China in 2008 and then returned after her sophomore year with other students from Sidwell Friends.

Now a senior, Reiner is captain of her school’s “It’s Academic” team and serves as a teaching assistant in “History of East Asia” class. She plans to major in international relations or foreign policy and minor in Chinese. She is also looking forward to studying for an entire year in China.

Artificial Turf Trend Offers Benefits

Council action paves way for artificial turf field to be installed at Wootton by August.

BY KEN MOORE
THE ALMANAC

Montgomery County Council approved a \$1.1 million appropriation to the Capital Improvements Program Tuesday, Feb. 5, for the building of an artificial turf field at Wootton High School.

The council’s Education Committee held a work session Jan. 28.

The project’s timetable is “very tight,” said James Song, director of the school system’s Department of Facilities Management. The goal, according to Song and school officials, is to complete installation of the field by August, in preparation for next fall’s sports schedule.

“There is a very strong interest in having a turf field not just at Wootton High School but at many other high schools,” Song said at the 35-minute hearing on Jan. 28.

Richard Montgomery High School and Walter Johnson High School have artificial turf fields; there are artificial fields at Blair Recreational Park, Fairland Recreational Park and three at the Germantown SoccerPlex, according to County Council documents.

The project will be funded in part by the Bethesda Soccer Club, which will pay \$900,000 in exchange for 900-1,000 hours of use per year for the next 10 years, according to council documents. The Wootton Booster Club will raise the final \$200,000 necessary for the project.

“This is the first artificial field installed outside a regular construction project,” said Essie McGuire, senior legislative analyst for the Council.

Wootton High School is scheduled for its next modernization project in August 2020, with site completion in August 2021.

THE BOARD OF EDUCATION requested the \$1.1 million in November, and the County Executive recommended approval in December.

“The council has been discussing issues around installation of artificial turf athletic fields for several years,” wrote McGuire.

SEE COUNCIL APPROVES, PAGE 15

POTOMAC ALMANAC ♦ FEBRUARY 6-12, 2013 ♦ 3

Holy Child Offers ‘Minimester, Volume II’

Fourteen topics fill innovative program.

BY SUSAN BELFORD
THE ALMANAC

Tea was served and whist was played as if Jane Austen herself were in the room. Links between Harry Potter, World War II and Christianity were explored. Students delved into personal finance, creative writing, performing arts audition techniques — and even visited the “Little Butterfly of the Caribbean” — the island of Guadeloupe.

“Minimester, Volume II” — an array of fascinating subjects and opportunities for

learning exploration — took place on the Connelly School of the Holy Child campus on Wednesday, Jan. 23. Earlier in the week, juniors and seniors selected two classes to attend from 14 topics. When they arrived Wednesday morning, they received their assignments and hustled off to their classes. This is the second year that Holy Child has offered students a day to explore and learn in an innovative way.

Kathy Ely, director of communications for Holy Child explains how the school came up with the various topics: “Teachers were

SEE HOLY, CHILD OFFERS, PAGE 15



Andrea Manchester practices auditioning.

LET'S TALK Real Estate



by Michael Matese

Finding the Hidden Treasure: Buying Luxury Homes During a Recession

Real estate experts report that the recession has created a buyer's market. This means that despite the economy's downturn having negatively affected many other aspects of day-to-day life, buyers and investors should take advantage of the opportunity that has presented itself from the unfortunate situation. Many buyers and investors are under the common misconception that purchasing a luxury home is the last thing one should do during a recession, but with the help of a Realtor® who specializes in luxury real estate sales and a little helpful information, it could become the opportunity of a lifetime, a unique chance to "find the pirate's buried treasure"! More than ever, sellers are working to put their million dollar homes back on the market due to depreciated home values. Buyers and investors should think of the real estate market the same way that they look at stocks. Buy now, while the market isn't inflated. Many buyers and investors are fearful of the commitment of buying a home in such an unstable economy; however, there are deals, bargains and once-in-a-lifetime opportunities out there, as well as a number of options, thanks to low buying activity. Your Realtor® will advise you to take the same necessary precautions you would explore when buying a lower priced home; however, when purchasing a luxury home it's even more important to make sure that you are on track financially. Get your mortgage pre-approved and be sure to have an inspector check out your home, because if everything in the house is as high-end as the house itself, you could be burdened with a number of unanticipated costs. Remember, putting this much money into a house means that paying off the mortgage will take longer, but if you're appropriately prepared, this could be the best thing you'll ever do!

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PEOPLE



PHOTOS BY HARVEY LEVINE/THE ALMANAC

Rita De Lazzari
(Picture on the cake was taken when she was 18 years old.)

Celebrating De Lazzari's 103rd Birthday

Long-time participant at Clara Barton Center.

Montgomery County Recreation helped Rita De Lazzari, a long-time participant in the Clara Barton Community Center's Senior Neighborhood Program, celebrate her 103rd birthday on Jan. 23.

De Lazzari has been a member of the Clara Barton Neighborhood Senior Program's Senior Sensations group for many years. The birthday celebration in-

cluded residents of the community, members of Senior Sensations and invited guests. The Clara Barton Community Center Senior Neighborhood Program is a free program offered on Mondays and Wednesdays from 10 a.m. to 2 p.m. The program is part of the department's offerings that provide inclusive quality recreation programs and activities to serve the recreation and leisure needs of the community.



Rita De Lazzari,
103 years old.



Rita De Lazzari and her daughter Alvina Long.



Linda Morelli, board member of the Friends of the Clara Barton Community Center, toasts Rita De Lazzari on her 103rd birthday.



Modenstine Snead, director of the Clara Barton Community Center, offers cookies to the guests.

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WELLBEING

February Is Heart Month

Diet and fitness experts offer suggestions for maintaining a healthy heart.

BY MARILYN CAMPBELL
THE ALMANAC

When Mary Elizabeth O'Conner enters a supermarket, she is careful stay within the outer perimeters of the store. "Most grocery stores are designed so that the healthiest and non-processed food, like fresh vegetables and meat are kept on the outer edges," she said. She looks for heart-healthy foods like whole grains and fresh fruit.

O'Conner has two good reasons for being tuned in to nutrition: "Both of my parents died unexpectedly from heart attacks," she said. "My father died 15 years ago in February."

February is American Heart Month and health experts are encouraging diet and exercise changes that will lead to better heart health.

Joel Martin, Ph.D. an assistant professor of kinesiology at George Mason University in Fairfax, says the Dietary Approaches to Stop Hypertension (DASH) eating plan is often recommend for people



PHOTO BY MARILYN CAMPBELL

A study published last month in Journal of the American Heart Association showed that eating three or more servings of blueberries and strawberries per week may help women cut their risk of a heart attack by as much as one-third.

who are at risk for heart disease.

"The diet has been proven by numerous research studies to lower blood pressure. High blood pressure is a major risk factor for serious heart problems, [like] heart attacks for example," he said. "The diet emphasizes fruits, vegetables,

whole grains and lower amounts of sweets, red meat, and sodium.

"In terms of exercise habits for a healthy heart just getting regular aerobic exercise is a good idea ... to ensure a healthy cardiovascular system."

— Joel Martin, Ph.D., George Mason University

It especially emphasizes lower amounts of sodium to decrease blood pressure."

Two good options are strawberries and blueberries. In fact, a study published last month in the Journal of the American Heart Association showed that eating three or more servings of the berries per week may help women cut their risk of a heart attack by as much as one-third.

Blueberries and strawberries contain high levels flavonoids. The researchers reported that a specific sub-class of flavonoids, called anthocyanins, may help dilate arteries, counter the buildup of plaque and provide other cardiovascular

benefits.

Martin added that consuming more Omega-3 fatty acids has also been shown to lower the risk of heart disease: "Foods high in Omega-3 fatty acids are fish, flaxseed, and nuts," he said. "Many people also choose to take an Omega-3 supplement."

There are some foods that should be avoided for optimal heart health, say some experts. "[Foods that are] bad for hearts

include cholesterol rich foods, like foods from animals. The current recommendation is beef once per week with a serving size the size of a deck of cards," said Laura Evans, Assistant Professor, George Mason University School of Nursing. "Avoid trans-fats. These are modified fats found in processed foods, cheese, all processed foods and salt because it encourages the body to hold on to water and can increase blood pressure in certain patients."

Andrew Meade of the Reston-based National Association for Sports and Physical Education, says that the average person can reduce his or her risk of heart disease by exercising for at least 30 minutes each day. "That is the only way to realize any heart-health benefit," he said. "Exercising for 30 minutes most days of the week builds your cardiovascular endurance."

Martin, who agrees, said, "In terms of exercise habits for a healthy heart, just getting regular aerobic exercise is a good idea ... to ensure a healthy cardiovascular system."

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OPINION

Understanding Why Trees Matter

BY SHAWN JUSTEMENT
WMCCA PRESIDENT

There are many reasons that we should look to protect trees — trees add value to properties, reduce energy costs and control stormwater runoff, all while cleaning the air we breathe and the water we drink. Trees have the psychological and social benefits by improving the quality of life in communities and providing recreational areas.

In Montgomery County we have a Forest Conservation Law that protects forest on larger tracts of land, but there is little to address the protection of roadway trees or trees on smaller properties, and particularly to discourage the common practice of clearing trees from small lots during redevelopment. Two bills now before the County Council will help protect the urban tree canopy. One bill (Bill 35-12) addresses trees on smaller tracts of land and another (Bill 41-12) covers street and roadside trees located in the right-of-way.

Trees have a tangible economic value. Mature trees can add 15 to 20 percent to the value of a home, and a single mature tree can be worth from \$1,000 to \$10,000. Trees that shade in the summer and block winds in the winter can reduce air conditioning costs by 30 percent and heating costs by eight percent.

The environmental impact of trees is substantial. One acre of forest sequesters six tons of carbon dioxide and releases four tons of oxygen. A single tree can filter out 60 pounds of pollutants in a year, and a mature tree can absorb 760 gallons of rainwater, thus reducing storm water runoff. Trees prevent sediment and chemicals from washing into streams and the Chesapeake Bay. They reduce flooding, recharge the aquifer and improve water quality. And more trees reduce the need for construction of artificial storm water management infrastructure.

The Forest Conservation Law covers tracts land of an acre or more, and was written to address protection of forest stands on large lots. Currently the county has no protection for trees on smaller lots or for roadside trees. The urban canopy is an important part of the overall tree canopy in Montgomery County. With the increase of infill development and PEPCO's drastic tree cutting, it is important to protect the remaining urban canopy. Bill 35-12, covering smaller properties, and Bill 41-12, covering street and roadway trees, are designed fill in where the Forest Conservation Law leaves off. It is important to note that these bills will not prevent any development or remodeling of a property. Instead, the goal is to provide incentive to preserve trees where possible and to provide funds to replant trees when removal is necessary.

The urban canopy provides many benefits to communities. Any home, road, sidewalk or parking lot is much more pleasant when shaded by trees, and communities with a mature tree canopy can be as much as 11 degrees

WMCCA Meeting On Tree Canopy

The West Montgomery County Citizens Association at the Potomac Community Center on Wednesday, Feb. 13, at 7:15 p.m. If schools are closed because of inclement weather, the meeting will be cancelled.

The speakers will be Stan Edwards, chief, Division of Environmental Policy and Compliance, and Laura Miller, forest conservation coordinator, Montgomery County Department of Environmental Protection.

The County Executive introduced Bill 35-12 (Tree Canopy Conservation) in late November 2012, and the bill is now moving through the legislative process at the County Council. A public hearing was held Jan. 17 and the Transportation and Environment Committee has held one work session Jan. 28, with another one scheduled for Feb. 25. The speakers will use a 30-minute power point presentation to explain how Bill 35-12 will work, who will be affected and why it is needed. As always, the public is welcome to attend.

cooler in the summer than communities without trees. We need to act to protect existing trees and replant new trees to replace ones removed to prevent a continuing net loss of tree canopy in Montgomery County.

ARTIFICIAL TURF

BY CAROL VAN DAM FALK

There is a move afoot in Montgomery and Fairfax Counties to install an artificial turf stadium field at each high school and other complexes in the two counties, despite disturbing potential health and environmental risks noted by scientists and researchers. And in Prince George's County, one lawmaker has introduced legislation mandating that all Prince George's high schools have artificial turf by 2015. There have been no long-term studies performed on the potential environmental or health risks associated with artificial turf fields, yet one Montgomery County Public School (MCPS) staffer who advocates the conversion of all county high school natural grass fields into artificial turf recently deemed all such fields safe. Now his testimony, without the backing of any research, is being quoted by other school districts nationwide in support of artificial turf.

The MCPS Board of Education recently approved Wootton High School as the latest candidate for an artificial turf field, at a cost of \$1.1 million. The WHS Booster Club submitted a letter of commitment to raise and contribute \$200,000 toward the installation of its field. During the Wootton High School Back to School Night, the principal promoted the arti-

ficial turf field over the school's public address system, beckoning all parents to make a contribution toward the field's cost at the nearest Booster Club table, insisting the money was "urgently needed."

A local group, the Safe, Healthy Playing Fields Coalition, is working to counter this rush to artificial turf. The coalition believes we need more accurate and science-based assessment of the true health risks of the exposure of young players to such fields' small particulate and off-gassed chemical compounds, along with toxicity assessment of field runoff. The coalition is working with a Maryland state senator to introduce a bill to the Maryland Senate Committee on the Environment that would ban any Open-Space Funds or other public funds from being used to purchase or install synthetic fields, or to replace existing ones every eight to 10 years.

The coalition, with the help of WMCCA and other like-minded organizations such as the Sierra Club, is calling for: 1) Placing an immediate moratorium on outdoor artificial turf installations; 2) Ending the use of tire crumb on both on-order and existing artificial turf fields; 3) Identifying and using safe, healthy and less expensive infill alternatives to tire crumb; 4) Promoting high-quality natural surface fields built with best practices including pre-installation below-ground drainage and soil engineering.

BRICKYARD ROAD SCHOOL SITE UPDATE

BY CURT UHRE

A hearing is scheduled Feb. 8 in Montgomery County Circuit Court to hear argument on the appeal of the Board of Education Brickyard school site lease to Montgomery County.

GLEN HILLS AREA SEWER STUDY UPDATE

BY SUSANNE LEE

After citizen pushback, the Montgomery County Department of Environmental Protection (DEP) cancelled both the Citizens Advisory Committee (CAC) and the General Public Meetings that had been previously scheduled for January. DEP promises a CAC meeting towards the end of February, with time in advance of this meeting for the CAC members' review of the draft Phase 2 report and the revised Phase 1 report, and a public meeting the third week in March.

Write

The Potomac Almanac welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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ON THE JOB

It's All About the News

Potomac's Monika Samtani is reporter/anchor for WUSA9.

BY CAROLE FUNGER
THE ALMANAC

Two forty-five a.m. finds most people asleep, but for Potomac's Monika Samtani the day is just beginning. That's the time her alarm clock rings, launching her out of bed and out the door, all in time to arrive at the WUSA9 newsroom by an invigorating 3:30 a.m.

Along with anchors Andrea Roane, Mike Hydeck, and meteorologist Howard Bernstein, Samtani makes up part of the early morning news team at WUSA9. The morning show airs every weekday from 4:25 to 7 a.m. She currently produces "The Extra Mile," a series covering major transportation news as well as top people in the industry.

Samtani has been back at the station for more than two years now after taking a break following the events of 9/11. The tragedy caused her to refocus her priorities, and she made the choice to leave her long hours and budding career as an anchor to stay home with her three young children. It wasn't easy at the time to leave her award-winning job, and Samtani admits she's had to work hard to rebuild a career and reboot. But, she says, it was well worth it.

She attributes freelancing to helping to keep her foot in the door. While it's important to understand the challenges one faces when leaving a full-time job, she believes her experience shows it's possible to come back to a career and to be even more successful than before.

"It can be difficult to have to prove yourself all over again, but I believe it's never too late," she said. "A big part of my identity is to raise good children, but to still have goals and a satisfying career. It's important to find a balance. I feel good knowing I'm realizing my dreams while sending forth excellent human beings into the world."

Nowadays, the most frequent question Samtani gets concerning her work is "what time do you get up?!" She laughingly admits that yes, it's early, but liking what she does makes it so much easier. "I may say 'ugh!' when the alarm goes off, but once I get to the newsroom and become part of the buzz of a new news day it's intoxicating. No day is the same, that's what makes everything so exciting."

So what exactly is her schedule? In a nutshell, it reads as follows:

2:45 a.m. Alarm goes off. She always pushes the snooze button twice, but she's out of bed by 3. She prepares her clothes the night before, gets dressed quickly and applies basic make-up. "A common misconception is that the local newsroom still has a professional make-up artist. The reality is we apply our own make-up. This is a particular challenge these days in the high def world. It's not an easy thing to learn the proper technique," she said.

3:15 a.m. Departure. She throws on her coat and



WUSA9 reporter/anchor Monika Samtani is a Potomac resident.

runs out the door. One advantage of leaving the house so early ... no traffic. She is at work by 3:30 a.m. with time to spare. "I never have to stress about the roads," she said.

3:30 a.m. Arrival. The first thing she does upon arriving at the newsroom is to do her beat checks. These consist of calling all the different jurisdictions, checking in with the WUSA9 news desk and finding out what happened over night. "I'm on every 10 minutes, and produce and write everything I report," she said. "It's all done live without a teleprompter. It's unscripted. I usually do about 20 reports a morning."

4 a.m. Final prep. She finishes up her make-up and puts on her equipment consisting of a wireless microphone and IFB (interruptive feedback) earpiece, a monitoring and cuing device used in television and radio broadcast. Reporting in front of a green screen with the IFB and giving out info without a script makes for a challenge every day to make things appear natural. She can't wear any green by the way.

4:25 a.m. Show begins. The show starts with all four members of the team taking their places at the news desk. During the two and a half hour broadcast, she is also on the phone receiving updates as well as continuously referring to feeds on line, at the news desk and from Sky Nine, the news helicopter that flies around the area all morning streaming information and photos. It's hectic, busy, and the ultimate in multi-tasking.

7 a.m. Show ends. The show ends and she and Bernstein begin local cut-ins to the 'CBS This Morning' show with weather and traffic. They finish at 8 a.m.

8 a.m. Moving over to the central broadcast newsroom, she works on story packages for future broadcasts. She might go out with a cameraman to shoot a story or arrange for live interviews. She's constantly looking ahead to the next broadcast and seeing what's new.

A recent visit at 5:30 a.m. to WUSA9's Broadcast House in Northwest, D.C. found the newsroom in full swing. In the studio, Samtani's desk sits behind a large glass window emblazoned with the network logo through which can be glimpsed the backs of the

SEE IT'S ALL ABOUT THE NEWS. PAGE 11

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'On the Job'

"On the Job" profiles people in Potomac who work at unusual jobs, work unusual hours or do unusual things. This is a series that aims to raise awareness as to the vital work going on many may not know about or take for granted—work that makes Potomac a special community. Suggestions for future profiles are welcome, email cafunger@aol.com.

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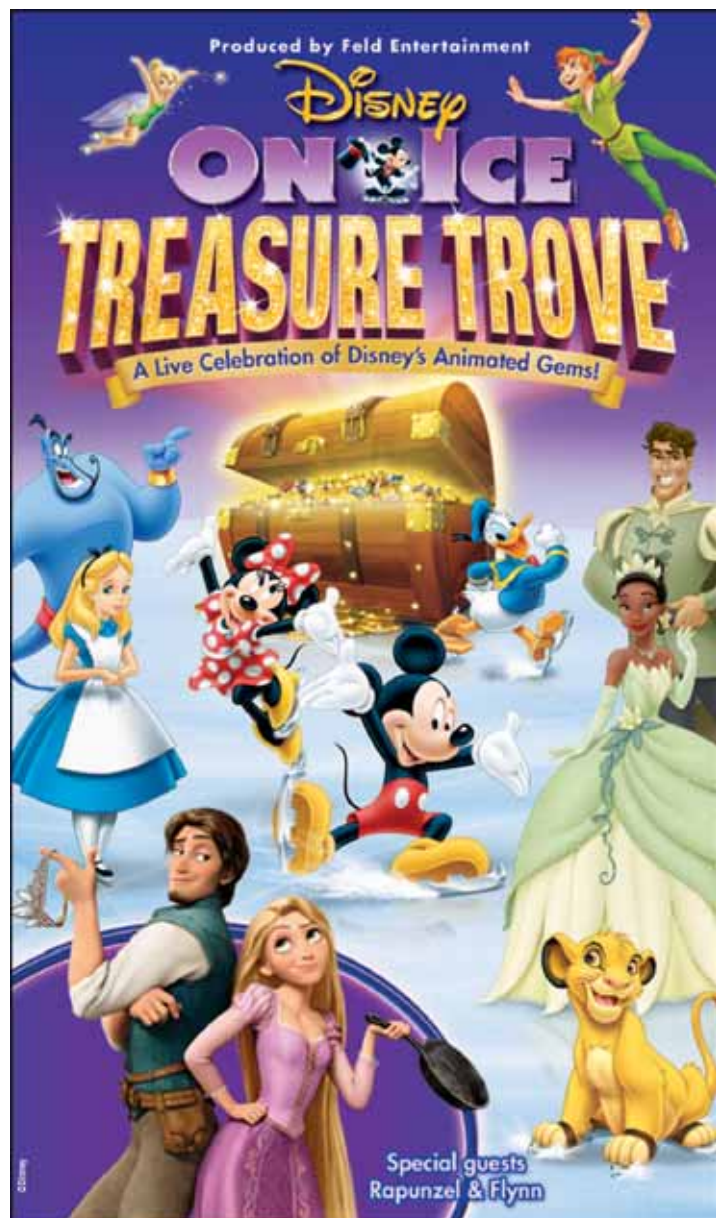
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ENTERTAINMENT

Email community entertainment events to 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. Visit rockvilletownsquare.com/events/mommy-and-me. The Library, First Floor: Feb. 19, March 19, Nov. 19 and Dec. 17. On the Square: April 16, May 21, June 18, July 16, Aug. 20, Sept. 17 and Oct. 15.

The Puppet Co. at Glen Echo Park has announced its 2012-2013 season. There are favorite fairytale princesses, and a special guest artist with a bilingual twist. 301-634-5380 or www.thepuppetco.org. **Alice in Wonderland**, Feb. 14-March 10, Thursdays and Fridays at 10 and 11:30 a.m. Saturdays and Sundays at 11:30 a.m. and 1 p.m.; **Jack and the Beanstalk**, March 14-Apr. 21, Thursdays and Fridays at 10 and 11:30 a.m. Saturdays and Sundays at 11:30 a.m. and 1 p.m.; **Cinderella**, Apr. 25-June 9, Thursdays and Fridays at 10 and 11:30 a.m. Saturdays and Sundays at 11:30 a.m. and 1 p.m.

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 Sleph and Janet Wittenberg. Sculpture, vessels, functional art, and jewelry are also

for sale. Classes are taught year-round for beginner, intermediate and advanced students. Fridays 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.

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.

Photoworks. Photoworks is a resource for both student and professional photographers to develop their talents through classes, workshops, and exhibitions. Open Saturdays 1-4 p.m., 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.

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 is for sale. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-371-5593 or visit 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 family. Encounter live animals, take an interpretive hike, explore the indoor anthill and tree slide and 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.

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 and sales of the work of artist-in-residence Blair Anderson. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2228 or visit www.silverworksglenechopark.org.

Theater Performance. Through March 10, Imagination Stage, 4908 Auburn Ave., Bethesda, showcases "Anime Momotaro," a Japanese folktale that teaches about inner strength and the ability to stand up against bullying. Tickets range \$12-\$25 and available online at www.imaginationstage.org or 301-280-1660.

FEB. 6 THROUGH MARCH 2

Art Exhibit. Gallery B presents its February exhibition, featuring photographers Howard Clark, Martin Evans, Stephen Hoff and Dave Montgomery. The exhibit will be on display at Gallery B, located at 7700 Wisconsin Ave., Suite E, Bethesda. Gallery hours are Wednesday – Saturday, noon-6 p.m.

THURSDAY/FEB. 7

Blues Dance. 8:15-11:30 p.m. at Ballroom Annex at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Capital Blues presents a beginner workshop at 8:15 p.m. with dancing starting at 9 p.m. to blues music from every



PHOTO CONTRIBUTED

"Gamblers" from Landon are, from left: Will King (Benny Southstreet), Chris Duplessie (Angie the Ox), Trey Armstrong (Nicely Nicely Johnson), Cecil Walks (Big Jule), Mark Little (Mission Man), August Matthews (Waiter), Michael Berkowitz (Sky Masterson) will appear in a joint production of "Guys and Dolls" with Holton Arms Middle School.

"Luck, Be A Lady" at Landon Middle School

The Landon Middle School, in collaboration with Holton Arms Middle School, is producing a one hour, middle school age-appropriate, version of the musical Guys and Dolls, Friday, Feb. 8 at 7 p.m. at Landon School's Performing Arts Center, located at 6101 Wilson Lane, Bethesda. The performance is free. "Guys and Dolls" is directed by Landon Middle School Drama Instructor and English Teacher, Fred Zirm. The musical director is Landon's Upper School Choral Teacher, Tad Cavuoti.

There are 50 middle school students in this musical produc-

tion who live in the greater Washington, D.C. and Northern Virginia area. The lead cast includes Michael Berkowitz (Sky Masterson) of McLean; Samantha Noland (Miss Adelaide) of Silver Spring; Evan Moses (Nathan Detroit) of Washington, D.C.; Soleine Fechter (Sarah Brown) of Potomac; Trey Armstrong (Nicely Nicely Johnson) of Potomac; Romney Rose (Arvide Abernathy) of Falls Church; Cecil Walks (Big Jule) of Potomac; Sam Hanson (Harry the Horse) of Washington, D.C.; Will King (Benny Southstreet) of Bethesda; and Ramin Zarfeshan (Rusty Charlie) of Rockville.



Matthew Rosenthal, Jacob Cooper, Amanda Spott, Sharona Guggenheim, Maya Goldberg, Julie Cooper, and Joelle Spector take part in the Waiters' Gallop in Har Shalom Players' production of "Hello, Dolly!"



Lee Rosenthal stars as Dolly Gallagher Levi.



Gene Ridberg as Horace Vandergelder.



Michelle Hessel as Irene Molloy.



Kevin Teichman as Rudolf Resenweber.

Well, Hello

As the 19th century turns into the 20th, meddler and matchmaker extraordinaire, Dolly Gallagher Levi sets out to find a bride for grumpy half-a-millionaire, Horace Vandergelder. Don't miss out as hilarity, hijinks, and happy endings ensue in the Har Shalom Players' production of "Hello, Dolly!," Feb. 9-10, 2013.

A cast of 41 — including children and teens from nine area schools — brings this lively comedy to life, with an evening performance on Saturday, Feb. 9 at 8 p.m. and a matinee on

Sunday, Feb. 10 at 4:30 p.m.

General admission tickets are \$20 for adults and \$15 for children (under age 13). Patron tickets, which include reserved upfront seating and parking, are \$75 for adults and \$36 for children (under age 13). Purchase tickets online at www.harshalom.org or at www.tinyurl.com/DollyTix. For information on group sales, email play@harshalom.org or call 301-299-7087, Ext. 302. Ticket pick up and check-in begins one hour prior to the show.

corner of the genre. \$8. E-mail info@capitalblues.org for more.

Movement Towards Modern Art.

This four-week class meets from 7-10 p.m. at VisArts, 155 Gibbs St., Rockville. Learn to paint in the style of Renoir, Monet, Manet and others during that time period. \$120/course. Visit www.visartscenter.org or call 301-315-8200.

A Spoken Word & Music Series. 7-9 p.m. at VisArts, 155 Gibbs St., Rockville. Chloe Yelena Miller will recite poetry and The Eclectiks, from Montgomery County, will play celtic fusion music. Visit www.visartscenter.org or call 301-315-8200.

FRIDAY/FEB. 8

Drama Performance. Winston Churchill High School presents "Bus Stop" at 7 p.m. at the school. \$8 online at www.wchsarts.com or at the door.

Opening Reception. 6-9 p.m. in conjunction with the Bethesda Art Walk. Gallery B presents its February exhibition, featuring photographers Howard Clark, Martin Evans, Stephen Hoff and Dave Montgomery. The exhibit will be on display at Gallery B, located at 7700 Wisconsin Ave., Suite E, Bethesda.

Contra Dance. Lessons start at 7:30 p.m. with dancing from 8:30-11:30 p.m. in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen

Echo. Music provided by Glen Echo Open Band. Beginners welcome. \$10/adults; 17 and under free. E-mail info@fridaynightdance.org for more.

Friday Night Eclectic. 9 p.m. at Mansion at Strathmore, 10701 Rockville Pike. \$10/online; \$12/door. Stone Kawala & the Trees present a celebration of the vocal arts. Visit www.strathmore.org.

FEB. 8 THROUGH MARCH 18

Art Exhibit. Photoworks Gallery at Glen Echo Park, 7300 MacArthur Blvd., presents "Signs of Life" by Elizabeth Steuart. See natural and man-made elements woven together in compositions reminiscent of a stage set. Visit www.glenechophotoworks.org for more.

SATURDAY/FEB. 9

Drama Performance. Winston Churchill High School presents "Bus Stop" at 7 p.m. at the school. \$8 online at www.wchsarts.com or at the door.

Opening Reception. 4-7 p.m. Six local printmakers will share their creative journeys using traditional and other techniques with mixed media. In the Popcorn Gallery at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Visit www.glenechopark.org or 301-634-2222.

Red Dress Ball. 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Dance to the Eric Felten Jazz Orchestra featuring big band arrangements of Count Basie, Billy May and more. \$15. E-mail dance@flyingfeet.org for more.

Used Book Sale. 10 a.m.-1 p.m. at 10101 Glenolden Drive. All books are contributed by the local community and proceeds will benefit the library. Most books are \$.50-\$.1.

Opening Reception. 4-8 p.m. at Exhibit9, 10116 Lloyd Road. Meet the artists of the "Journey of Love from Madrid to Venice to Washington, D.C." E-mail exhibit9gallery@gmail.com or 202-276-9419.

THROUGH FEB. 9

Art Exhibit. See the Strathmore Artists Juried Exhibition featuring local artists at The Mansion at Strathmore, 10701 Rockville Pike. Visit www.strathmore.org for more.

FEB. 9 THROUGH MARCH 3

Art Exhibit. Six local printmakers will share their creative journeys using traditional and other techniques with mixed media. In the Popcorn Gallery at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Open Saturdays and

SEE CALENDAR, PAGE 13

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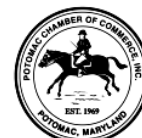
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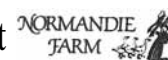
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1 7600 Laurel Leaf Drive — \$1,150,000



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3 8021 Cobble Creek Circle — \$1,020,000



4 9415 Turnberry Drive — \$1,000,000



6 9416 Tobin Circle — \$950,000



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2 8302 TURNBERRY CT	4	...	3	...	1	POTOMAC	\$1,030,000	Attach/Row Hse	0.08	20854	AVENEL	12/28/12
3 8021 COBBLE CREEK CIR	5	...	4	...	1	POTOMAC	\$1,020,000	Detached	0.19	20854	POTOMAC CREST	12/21/12
4 9415 TURNBERRY DR	3	...	3	...	1	POTOMAC	\$1,000,000	Attach/Row Hse	0.08	20854	AVENEL	12/28/12
5 9224 FALL RIVER LN	5	...	4	...	1	POTOMAC	\$965,000	Detached	0.31	20854	NORMANDY FALLS	12/21/12
6 9416 TOBIN CIR	7	...	4	...	1	POTOMAC	\$950,000	Detached	0.54	20854	MCAULEY PARK	12/14/12
7 9905 CONESTOGA WAY	4	...	3	...	1	POTOMAC	\$900,000	Detached	0.44	20854	POTOMAC VILLAGE	12/21/12

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ON THE JOB

It's All About the News

FROM PAGE 7

anchors seated at the central news station. The high-tech set consists of a large, crescent shaped desk facing three broadcast cameras with teleprompters. Studio illumination is provided by masses of LED broadcast lights suspended from the ceiling while around the perimeter of the room are large banks of seamless video wall displays, "green screens," and an interview area raised on a dais with two plush white leather chairs. An adjacent room boasts a larger green screen for weather and traffic reports as well as a fully outfitted kitchen and outdoor news deck with patio furniture and plantings.

The day finds everyone in a well-choreographed dance, moving fluidly from one news segment to the next. The team navigates back and forth between news sets on the periphery and the central broadcast desk, green screens, and other reporting areas. Weather and traffic segments are reported live in front of the green screen or as voice-overs with graphics. When not on camera, Samtani is constantly updating information received via six different monitors, while preparing segments for every quarter hour, creating "teases" in-between (voice-overs with graphics), writing headlines, updating her Facebook page and tweeting.

Quiet reigns during commercial breaks punctuated only by small bursts of conversation or happy banter among the group. "We're all friends and have great respect for each other. We love what we do," Samtani said. Before you know it, the day is over at 11:30 a.m. "One benefit to starting so early is that by late

morning I've already been productive and accomplished so much. And I have plenty of time left to devote to my kids and their activities," she said.

In addition to her packed news schedule, she also enjoys connecting with the community. She emcees events and makes appearances for worthy causes. She serves on the boards of the Shady Grove Adventist Hospital Foundation, and the local chapter of the global organization, TiE-DC, where senior level professionals focus on mentoring, networking, and education for entrepreneurs. Here she will also be providing media training for C-Level executives.

She hosts a blog on Facebook called "Fit After 40," geared towards women raising children who are beginning to refocus on themselves. She is also Founder of "Launch Network," a business that connects professional women through networking events while giving back to charity.

"We as women are our own best advertisers. We know how to network and create support groups with friends. We're great multi-taskers. We're capable of so much in our lives if we just give ourselves the chance," Samtani said. "I feel more confident than ever in my 40's."

She moved to Potomac in first grade and attended Carderock Elementary School.

She loves going to the Village, where she can often be spotted sipping coffee in the courtyard and chatting with friends. "I love the social aspect of Potomac and the Village. I'm a people-person. It's a special place," she said.

For more information on Samtani, or to contact her, visit www.facebook.com/MonikaSamtaniTV.

ENGAGEMENT

Emily Jo O'Dell To Wed Andrew George Fossen

Mr. and Mrs. Charles Dewayne O'Dell of Potomac have announced the engagement of their daughter, Emily Jo O'Dell, to Andrew George Fossen, a son of Dr. and Mrs. Merle Steven Fossen of Falls Church. A June wedding is planned.

Miss O'Dell is a graduate of Washington Christian Academy and Biola University. She works for the Principal Financial Group in Bethesda. Her father, who is retired, was chief executive officer of Sodexo Marriott Services. Her maternal grandparents, Charles and Betty Llewellyn, founded Llewellyn Relators in 1959, where her maternal grandfather was president from 1959 to 1985.

The prospective bridegroom is a graduate of George Mason University's School of Management. He is a real estate agent with Long & Foster in McLean. His father is a pharmacist with CVS Pharmacy. His maternal grandfather, George Snell, founded Snell Construction Corporation.



Emily Jo O'Dell and Andrew George Fossen

PHOTO BY KATIE STOOBS/KATIE STOOBS PHOTOGRAPHY

BULLETIN BOARD

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

SATURDAY/FEB. 9

Fourth Annual Cecily's Advocacy Workshop. 8:30 a.m.-2 p.m. at McLean School of Maryland, 8224 Lochinver Lane. Get tools and information on how to help

children, students and clients that are non-traditional learners. Visit www.mcleanschool.org for more.

Design and Remodeling Seminar.

10 a.m.-2 p.m. at Hopkins & Porter, 12944-C Travilah Road, #204. Free. Many subjects will be discussed, including how to let light in. Discuss your project with professional staff and more. Reservations required, 30-840-9121 #17.

TUESDAY/FEB. 12

Volunteer Session. The Literacy Council of Montgomery County will hold information sessions for volunteers interested in helping adults with learning to read, write or speak English at 10:30 a.m. at Rockville Library. Visit www.literacycouncilmcmd.org or 301-610-0030.

Free Remodeling & Design Seminars!

Celebrating 25th Anniversary

Sat., Feb 9th — 10am-2pm

Where: 5795B Burke Centre Pkwy, Burke, VA 22015 (behind Kohl's)

Thinking of remodeling? This event is the perfect opportunity to take advantage of free expert advice with no obligation. Learn about the hot topics you should consider when remodeling.

Saturday's Seminars:

- From Concept To Completion
- Paint Colors Made Easy
- Opening Up Your Floor Plan

Seminars run from 10am-Noon. Lunch to follow.

Please arrive at 9:45am for check-in.

Seating is limited. Call Sabrina at 703.425.5588 to reserve your seats!

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OPEN HOUSES IN POTOMAC FEBRUARY 9 & 10

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 and click on the "This Week in Real Estate" link. **Call Specific Agents to Confirm Dates & Times**

Bethesda (20817)

7004 Greentree Rd.....\$1,249,000....Sun 2-4.....Alyssa Criley.....McEneaney...202-552-5600

Potomac (20854)

11225 River View Dr.....\$2,395,000....Sun 1-4.....Leslie Friedson..Long & Foster..301-455-4506
9225 Cambridge Manor Ct.....\$1,520,000....Sun 1-4.....Cindy Souza..Long & Foster..301-493-9878
11421 Twining Ln.....\$1,299,000....Sun 1-4.....Leslie Friedson..Long & Foster..301-455-4506
11408 Falls Rd.....\$1,199,000....Sun 1-4.....Leslie Friedson..Long & Foster..301-455-4506
9478 Turnberry Drive.....\$979,900....Sun 1-4.....Yasmin Abadian..Long & Foster..301-983-1212
6 Blueberry Ridge Ct.....\$729,500....Sun 1-4.....Nita Neri.....Weichert..703-893-1500

Rockville (20850, 20852)

11505 Cushman Rd.....\$1,169,000....Sun 12-4.....Trudy Glassman.....Llewellyn..301-526-0660
11800 Old Georgetown Rd #1405..\$548,335...Sat 11-6.....Bob Lucido.....Toll..410-979-6024
2405 McCormick Rd.....\$459,500....Sun 2-4.....Dick Stoner.....Reist..240-366-7802
11800 Old Georgetown Rd #1212..\$456,335...Sat 11-6.....Bob Lucido.....Toll..410-979-6024
11750 Old Georgetown Rd #2312..\$396,335...Sat 11-6.....Bob Lucido.....Toll..410-979-6024

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



Senior forward Dani Okon and the Whitman girls' basketball team secured the 4A South division title with a win against Bethesda-Chevy Chase on Feb. 4.



Whitman junior Marissa Cannon drives to the basket against B-CC on Feb. 4.



Whitman senior Brittany Fleck shoots against B-CC on Feb. 4.

Whitman Girls' Basketball Secures Division Title

Vikings winning with teamwork, despite injuries.

BY JON ROETMAN
THE ALMANAC

Six-foot-3 Bethesda-Chevy Chase center Nina Haller possessed the ball early in the second quarter of Monday night's game at Whitman High School when Whitman forward Dani Okon, who is six inches shorter than Haller, reached up, grabbed the ball and ripped it away from the big Barons senior. Okon then headed toward the bucket and drew a foul.

The Vikings are loaded with players like Okon — selfless, hard-working and aggressive. Factor in positive team chemistry and the mental toughness to overcome injuries to key players and the result is a 15-3 Whitman girls' basketball team that wrapped up the 4A South division title on Monday night — the program's first division title since the 2009-10 season — with a 62-38 victory against B-CC.

"We did so much work over the summer and so much team bonding and it's finally paying off now," Okon said after the game.

"It's an awesome feeling."

Okon finished with eight points and nine rebounds — including five offensive boards — off the bench. Whitman head coach Pete Kenah, who was on the opposite sideline when Okon stole the ball from Haller, called the aggressive defensive play against the biggest player on the court "spectacular."

"[Okon] absolutely embodies this team," Kenah said. "She could be a starter, I think, on any team in the county. She comes off the bench and she's never complained. The game totally changes when she comes in. ... That steal she had on the side in the first half where she jumped and ripped it out of [Haller's] hands, it was spectacular. [She] just energizes everyone. She really embodies the selflessness of this team."

Monday's game was only the third time all season Whitman had scored 60 points. The Vikings' leading scorer, freshman forward Marie Hatch, suffered a shoulder injury in late December and has yet to return. Kenah said Hatch was averaging more than 10 points per game at the time of her injury, and was also the Vikings' leader in assists and steals per game, along with the team's second-leading rebounder. According to stats from the Washington Post's Web site, Whitman does not have another player averaging even eight points per game. Okon is scoring 7.9 points per contest and senior

guard Kim Durante is averaging 7.3.

Whitman has also been without 6-foot-3 junior Rebecca Ford, who suffered a lower leg injury, but that hasn't stopped the Vikings from winning with hustle and teamwork.

"Tonight was kind of an offensive explosion for us," Kenah said. "We only average [51] points a game, which for a 15-3 team is not much at all — but we only give up [40]."

Whitman's Durante and senior guard Brittany Fleck each scored 10 points against B-CC. Junior forward Avery Witt and senior forward Linn Bumpers each had seven points and junior guard Marissa Cannon had six.

"There's a new high-scorer every game and everyone always contributes," Bumpers said. "There's never anybody that just sits on the bench the whole game. We've played so many teams where there are girls that I didn't even see play when we shake their hands. Everyone on our team plays and everyone contributes."

If it's not contributing through scoring, it's contributing through hustle.

"It's a super-competitive group," Kenah

said. "Winning is very important to them. You don't always find that in girls. What this group has been great about is they have been able to be ... competitive without [being] combative. ... We also do quite a bit of film work, so they don't want to be the one kid in film that gets pointed out didn't go after the ball."

Whitman, which is fighting to secure one of the 4A West region's top-four seeds, will host two-time defending state champion Gaithersburg at 5:15 p.m. on Friday, Feb. 8. If Monday's postgame interviews were any indication, the Vikings will maintain their teamwork approach.

"At the beginning of every season, before we start practice, we all sit in a room and we make goals and one of our goals is to be division champs," Brittany Fleck said. "Every year, we have similar goals — [reaching the state tournament at] UMBC, division champs — and this year, it's unreal ..."

Bumpers jumped in to assist Fleck's comment.

"... how we're reaching our goals so rapidly," Bumpers said.

**"It's a super-competitive group. Winning is very important to them."
— Whitman girls' basketball coach Pete Kenah**

CALENDAR

FROM PAGE 9

Sundays noon-6 p.m. Visit www.glenechopark.org or 301-634-2222.

SUNDAY/FEB. 10

Canal Stewards at the River Center. 10 a.m.-noon at River Center at Lock 8, 7906 Riverside Drive, Cabin John. All ages can help clean up the lockhouse area and nearby towpath. Free. Contact Lien Vu at vu@potomac.org or 301-608-1188 x215 with questions.

Birding for Beginners. 1-2:30 p.m. at River Center at Lock 8, 7906 Riverside Drive, Cabin John. All ages can go on a walk and learn basic birding techniques from National Park Service Ranger Kelly Fox. Contact Lien Vu at vu@potomac.org or 301-608-1188 x215 with questions.

Drama Performance. Winston Churchill High School presents "Bus Stop" at 2 p.m. at the school. \$8 online at www.wchsarts.com or at the door.

Tiny Tots. 10 a.m. at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Children up to age 4 can enjoy a short 30-min show. Lights stay on, doors open and everyone has a good time. \$5/person including babies-in-arms. Pre-purchase or no-obligation reservations recommended. Visit www.thepuppetco.org or 301-634-5380.

Ballroom Tea Dance. 3-6 p.m. in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. The Hot Society Orchestra of Washington will play music from the 20s, 30s and 40s. \$14 includes the lesson at 3 p.m. E-mail dave@hotmail.net for more.

Argentine Tango. 6:30-11 p.m. at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Dancers can enjoy hour-long beginner lessons at 6:30 p.m. or intermediate lessons at 7:30 p.m. DJ Rene Davila will provide a mix of traditional and muevo tango music. \$15 includes the lesson; \$10 dance only. E-mail ciardo8130@yahoo.com for more.

Contra and Square Dance. Lessons at 7 p.m. with dancing at 7:30 p.m. to the music of Sugar Beat, a folk fusion band at Spanish Ballroom in Glen Echo, 7300 MacArthur Blvd., Glen Echo. \$12/nonmember; \$9/FSGW member. Visit www.fsgw.org.

Family Dance. 3-5 p.m. above the Post Office in the Glen Echo Town Hall at 6106 Harvard Avenue. Valerie Helbert will call to the music of Sugar Beat. Admission is \$5 for ages 4 and older. No dancing experience is necessary — the dances are taught for ages 4 and up, with a focus on having fun. Visit www.fsgw.org and click on "Family."

TUESDAY/FEB. 12

Mardi Gras Zydeco Dance. Dance lesson starts at 8 p.m. with dancing at 8:30 p.m. in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Dance to music by Nathan and the Zydeco Cha Chas. \$18. E-mail dancingbythebayou@verizon.net.

TUESDAYS THROUGH FEB. 12

Dare to Draw. Children in grades kindergarten through grade 2 can draw with charcoal, pastels, ink, markers and pencils while learning age-appropriate drawing techniques. 5-6 p.m. at VisArts, 155 Gibbs St., Rockville. \$75/child. Visit www.visartscenter.org or 301-315-8200 to register.

WEDNESDAY/FEB. 13

Music Performance. Artist in Residence Wytold will perform on the electric cello at 7:30 p.m. at



Meet the artists of the "Journey of Love from Madrid to Venice to Washington, D.C." E-mail exhibit9gallery@gmail.com or call 202-276-9419. Opening Reception from 4-8 p.m. at Exhibit9, 10116 Lloyd Road.

Mansion at Strathmore, 10701 Rockville Pike. \$15/person. Visit www.strathmore.org for more.

THURSDAY/FEB. 14

Performance. 8 p.m. at Strathmore. See "La Pasion Flamenca." There will be a pre-concert dinner from 6-7:15 p.m. for \$69. Reservations required. For tickets to the performance visit www.strathmore.org or 301-51-5100.

Blues Dance. 8:15-11:30 p.m. at Ballroom Annex at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Capital Blues presents a beginner workshop at 8:15 p.m. with dancing starting at 9 p.m. to blues music from every corner of the genre. \$8. E-mail info@capitalblues.org for more.

FRIDAY/FEB. 15

Contra Dance. Lessons start at 7:30 p.m. with dancing from 8:30-11:30 p.m. in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Music provided by Live Culture. Beginners welcome. \$10/adults. E-mail info@fridaynightdance.org.

Balboa Dance. Lesson at 8:30 p.m. with dancing from 9-11:30 p.m. in the Ballroom Annex at Glen Echo, 7300 MacArthur Blvd., Glen Echo. \$10. E-mail debra@gottaswing.com.

Music Performance. Doors open at 8 p.m. at Mansion at Strathmore, 10701 Rockville Pike. Hear Ra Ra Rasputin with Miyazaki. Standing room only. \$10/online or \$12/dor. Visit www.strathmore.org for more.

FRIDAY-MONDAY/FEB. 15-18

Mid-Atlantic Jazz Festival. Discover The Jazz in You at a full weekend of jazz events for the whole family. Concerts, high school band competitions, a "petting zoo" of instruments for children, and art and craft vendors highlight this annual festival at Hilton Rockville, 1750 Rockville Pike, Rockville. Visit www.midatlanticjazzfestival.org for a complete lineup of events and ticket information or call 1-888-909-6330.

FEB. 16 THROUGH APRIL 13

Art Exhibit. See "Pulse: Art and Medicine" at Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Multimedia exhibit investigates medicine as an inspiration for art. Visit www.strathmore.org or 301-581-5100.

SATURDAY/FEB. 16

Tiny Tots. 10 a.m. at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Children up to age 4 can enjoy a short 30-min show. Lights stay on, doors open and everyone has a good time. \$5/person including babies-in-arms. Pre-purchase or no-obligation reservations recommended. Visit www.thepuppetco.org or 301-634-5380.

Swing Dance. Beginner lesson at 8 p.m. with dancing from 9 p.m.-midnight in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Hear music from Craig Gildner's Big Band. \$16. E-mail info@dclx.com for more.

THROUGH FEB. 16

Art Exhibit. See the works of Kenneth Martin at the Kaplan Gallery at VisArts, 155 Gibbs St., Rockville. Free. Visit www.visartscenter.org or call 301-315-8200.

SUNDAY/FEB. 17

Tiny Tots. 10 a.m. at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Children up to age 4 can enjoy a short 30-min show. Lights stay on, doors open and everyone has a good time. \$5/person including babies-in-arms. Pre-purchase or no-obligation reservations recommended. Visit www.thepuppetco.org or 301-634-5380.

English Country Dance. 2:30-5:30 p.m. at Ballroom Annex at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Enjoy instruction and dancing to recorded music. \$10. E-mail Michael@michaelbarraclough.com.

Waltz Dance. 2:45-6 p.m. at the Spanish Ballroom, 7300 MacArthur Blvd., Glen Echo. Enjoy dancing to music by Devine Comedy. \$10. E-mail info@waltztimedances.org.

Argentine Tango. 6:30-11 p.m. at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Dancers can enjoy hour-long beginner lessons at 6:30 p.m. or intermediate lessons at 7:30 p.m. DJ Rene Davila will provide a mix of traditional and muevo tango music. \$15 includes the lesson; \$10 dance only. E-mail ciardo8130@yahoo.com for more.

Contra and Square Dance. Lessons at 7 p.m. with dancing at 7:30 p.m. to the music of Taylor Among the Devils at Spanish Ballroom in Glen Echo, 7300 MacArthur Blvd., Glen Echo. \$12/nonmember; \$9/FSGW member. Visit www.fsgw.org.

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A Complicated Answer

By KENNETH B. LOURIE



And a further explanation and corollary to last week's column: "A Simple Question," which attempted to sort through my reactions to being asked an extremely innocent, appropriate, well-intended and always appreciated courtesy: "How are you?" and the problem that it sometimes causes me. That problem being: a question which had it not been asked would then not require an answer. An answer that I'll always give, but not before I've given it some thought, which if I hadn't thought about, wouldn't have bothered me in the least. And in the most, it doesn't really bother me, but after four years, a sort of cancer-fatigue has set in. I'm tired of talking about it. "Not that there's anything wrong with that"; being asked the obvious question. Still, if I'm going to keep pretending that my coast is semi-clear, I'd rather not be reminded that five hundred years ago, that coast/that horizon represented the end of the world.

This first paragraph was yet another attempt by yours truly to offer some insight into the thought process of a cancer survivor (OK, maybe just this cancer survivor; or a person with some issues, although I would deny that). The related point being that there are the obvious problems being a cancer patient (need I elaborate?) and then there are the less-than-obvious, almost subliminal-type problems which can just as easily ruin your day – and night, as much if not more than a chemo-cocktail infused straight into your body for six hours every three weeks can.

And just like the Philadelphia-born comedian, David Brenner, used to joke about mosquitoes: "It's not the ones you hear you should worry about, it's the ones you can't hear." So too with cancer. There's plenty to worry about that you know – or think you know or have heard about, or maybe have even anticipated: lab work, diagnostic scans, biopsies, surgery, chemotherapy, radiation, doctor's appointments, etc. But it's the down time, the private time alone and away from all the people, places and things with which you've grown familiar and dare I admit, accustomed, that becomes cherished. Then, when you least expect it, a courtesy question inquiring about your overall health, not even one particularly cancer-centric. Still, the question takes you (at least it does to me), right back to cancer central. The one place – for me, I try to avoid. The one place I never imagined I'd be, and now that I'm there often, the one place where I'd rather not be reminded that I semi-reside.

Four years post diagnosis, I realize this jackpot I find myself in is hardly a winning hand, and it's more than a bad dream. It's a reality. Yet avoiding the nightmare directly – and indirectly, as often as possible, has been my M.O. I can't say I've been particularly successful doing so, but I've had my moments and have made my peace. However, it's the random nature of the spoken and written word that occasionally has undercut my emotional foundation. A foundation built on a lifetime living and learning, trying not to make a bad situation worse; and one striving to not be irrational, unreasonable, illogical and ill-prepared for all that life throws at you. I ceded control four years ago and now when I'm asked, "How I'm doing?", I'm always reminded how fragile and unpredictable life can be; "the slings and arrows of outrageous fortune," as Cerphe used to say back in the day, on the original WHFS.

I know – and appreciate – that you have to ask. Please understand that sometimes, I might not feel like answering.

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

Bullis' Lower School To Launch Combined Class

Combined second and third grade class to start in fall.

By SUSAN BELFORD
THE ALMANAC

The Bullis School is announcing a change to their long-standing tradition of teaching children in grades 3 through 12. In the fall of 2013, a combined 2nd grade/3rd grade class will begin with a small group of eager 7-year-olds. This class will be taught by master teachers Carolyn Cohen and Margaret Andreadis who are both 3rd grade teachers at Bullis.

"Bullis continues to expand and innovate in many exciting ways," Head of School Dr. Gerald Boorman said, "and the success of the highly individualized instruction we provide in the Lower School has enabled us to respond to requests for adding second graders to our program."

Betsy Kelly, principal of the Lower School said, "We decided to add the 2nd-3rd grade combination class because of the success with our Reading and Math curriculums in the Lower School. This success is due to a combination of best practices. We focus on giving each student individualized reading and math instruction. Each student has a weekly reading advisory group and is encouraged to read books of his or her own choosing. An amazing fact is that the students in the lower school have read over 1500 books since September. In Math, we make certain each student understands and develops strong skills by working with each student one-on-one."

"Research shows children who read well in the 2nd and 3rd grades are at an academic advantage," Kelly said, explaining the emphasis on reading at Bullis. "We have seen tremendous growth in reading levels of all of our Lower School students — a nd their love of reading is exciting!"

Kelly continued, "Lower school teachers are also examining ways to improve writing instruction because we know that the

ability to communicate in writing is the most important skill taught in grades K-12. Our small class sizes, the strong relationships we build with students, and the ways we target instruction to meet each child's individual needs are the tools we use to nurture the growth of our young writers." In the fall, Bullis brought in Katherine Bomer, a nationally recognized expert on the teaching of writing, to work with Lower and Middle School teachers. Bomer spent four days with Bullis teachers helping them examine student writing skills and demonstrating new ways to motivate and engage young writers.

The Bullis Lower School also has a strong arts program, an active community service initiative and a character education program that stresses honesty, integrity, leadership and respect.

The admission process is stated on the website www.bullis.org. Families interested in the 2nd grade class should contact the Admissions Office at 301-983-5724 since the deadline has been extended beyond the regular deadline for grades 3-12.

Council Approves Funds for Artificial Turf Field

FROM PAGE 3

"Throughout these discussions, the council has heard from advocates both for and against artificial turf. Concerns have included the need for increased use and availability of public playing fields and the health and environmental impact of artificial turf in comparison to natural grass."

The council's Transportation, Infrastructure, Energy, and Environment committee met in 2011 with staff from the school system, the county's Department of Parks, the Department of Health and Human Services and the Department of Environmental Protection to review health and environmental safety issues.

"The committee did not find sufficient basis to recommend a moratorium on the use of artificial turf in the County," said McGuire.

"One of the benefits of an artificial field is the increased amount of use of the field you can have," said Councilmember Phil Andrews, who also applauded community

members who voiced environmental concerns.

"No decision by any federal science agency has determined that artificial fields are unsafe and there are clear benefits," said Andrews. He added that "it is important to continue to listen and make use of the best science that is available."

Valerie Ervin, chair of the council's Education Committee, invited Kathleen Michaels, a neuroscientist at the National Institutes of Health, to speak at last week's meeting.

"If we are going to move forward, I would like to work together with the environmental community rather than be at odds," said Ervin.

Michaels cited a New Jersey study, which she said suggested that lead particulates were found in the air and breathing zone of players on artificial athletic fields. "Part of the issue is there are no Montgomery County guidelines or regulations for materials used in artificial fields," she said.

Council documents included information from the makers of the fields refuting those studies.

Michaels also noted developments in natural grass fields making them more durable, including efforts made at SoccerPlex natural fields in the county. "We're not applying knowledge that is out there that can be used for natural fields which can be as durable and more healthy," she said.

In the last six years, the council has "learned more about artificial turf than we ever thought we would," said Ervin.

West Montgomery County Citizens Association continues to express concerns about artificial turf.

"I would like to challenge MCPS and the Board of Education to work with the environmental community of Montgomery County. The policy and the issues should be board policy, but the council would like to weigh in," said Ervin.

"This is not the end, this is where we're just getting started," she said.

Holy Child Offers 'Minimester, Volume II'

FROM PAGE 3

asked to complete a proposal form in the fall detailing a class that would provide them with an opportunity to share their knowledge and expertise on subjects that interest them and that are not traditionally taught in the regular curriculum. Topics had to be academic in nature and relatable to current course offerings. Teachers have been preparing for their courses since November, but some have been preparing for years in their personal lives — and will meld those interests and skills with that of their academic disciplines. They enjoy combining their passions with their profession."

Students commented that they love the day because it is different from their usual routine and it gives the teachers a chance to teach something they are really interested in. Teachers Kathleen Jensen and Katie Moylan presented, "A Day With the Austens." "In our regular classes, we don't have time to delve into the fun things in *Pride and Prejudice*," said Jensen. "The girls really loved learning the period dances, cross-stitching, etiquette and whist — and, of course the scones and tea."

The most popular course was "Phantoms in the Brain." Teacher Jen Sutton, who teaches biology-related subjects focused on how human brains process information; she

discussed the parts and regions of the brain, how the brain controls our perceptions and senses, what happens if something goes wrong in the brain — and more.

Students learned about the Caribbean island of French-speaking Guadeloupe from Holy Child teacher Carol Dorlipo who explored the geography, history, climate and culture of her native country. Barry Rosenberg, who came to teaching from a career as a businessman and entrepreneur brought his real-life experience to the personal finance course and Holy Child campus minister Jean Plummer discussed links between the Harry Potter saga and World War II and Christianity.

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*For veal parmigiana or tuna steak add one dollar.

Combos available Monday thru Friday, 11am–4pm.
Additional charge for priced condiments.
Good for dine-in and carryout only.
Not valid with other offers.

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