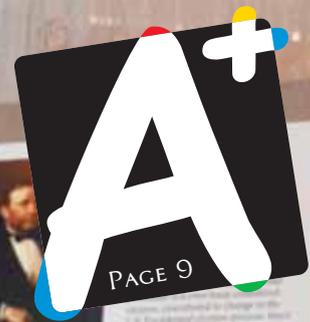


Potomac ALMANAC



From left: Anna McClanahan, Mary Ann Jung and Hailey Bowman gather at the March 16 performance of "Clara Barton: Red Cross Angel" inside the Clara Barton National Historic Site, 5801 Oxford Road, Glen Echo. Attendees explored the historic home and heard stories about Clara Barton.

Historic Talk

WMCCA Salutes
Brickyard Coalition

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The View from
Mount Kilimanjaro

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Gallery Har Shalom Debuts
'Adding In, Taking Away'

NEWS, PAGE 3

NEWS



OUR LADY OF MERCY CATHOLIC CHURCH

Rev. Msgr. William J. English, Pastor

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Saturday, March 23, 9:30 a.m. - 5:00 p.m.

Wednesday, March 27, 6:30-8:00 p.m.

HOLY WEEK

Palm Sunday, March 24

Saturday, 5:00 p.m.

Sunday, 7:00, 8:30, 10:45 a.m. & 12:30 p.m.

Holy Thursday, March 28

Mass of the Lord's Supper, 7:30 p.m.

Good Friday, March 29

Stations of the Cross, 11:00 a.m.

Celebration of the Lord's Passion

3:00 p.m. & 7:30 p.m.

Holy Saturday, March 30

Easter Vigil 7:30 p.m. *begins outside*

Easter Sunday, March 31

7:00, 8:30, 10:45 a.m. & 12:30 p.m.

Additional 10:45 am Mass, Kennedy Room

Mass in Korean, 5:00 pm

9200 Kentsdale Drive ~ Potomac, Maryland 20854

301-365-1415 www.olom.org



PHOTO BY PATRICIA VAGONIS

From left are Brownie troop members Lilly Vagonis, Caroline Kitt, Briana Hickey, Christina Hadad, Bailey Kramer, and Stephanie Yang.

Brownie Troop Participates in H2O Summit

Local Brownie Troop #4843 has worked throughout the year on water conservation and pollution projects.

The third grade Wayside Elementary girls participated in the H2O Summit in Gaithersburg, on Saturday, March 16.

Organized by the Montgomery County Department

of Environmental Protection and Washington Suburban Sanitary Commission, the H2O Summit included education on water-related issues that are healing the local ecosystem and overall community, including stormwater education and pollution prevention, and water quality improvement initiatives.

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WMCCA Salutes Brickyard Coalition's Success

Future of Brickyard site still unclear.

After two years of civic activism, legal action on multiple fronts, political outreach, public education and fundraising through bake sales and barn dances, members of the Brickyard Coalition came to last week's West Montgomery County Citizens Association to talk about their success.

A county executive plan to turn over 20 acres of land on Brickyard Road to a private organization for soccer fields had yielded. The Board of Education nullified the lease of the future school site to the county, and voted to revisit its policies on the handling of its 211-acres of surplus school sites.

The future of the Brickyard site remains up in the air. It has served

as an organic farm for more than 30 years, providing a site insulated from other agriculture to produce GMO-free seed corn and soybeans. The farmer and a more recent educational program have been locked out of the property.

On March 3, 2011, the neighborhood, citizens association and organic farmer learned that the County Executive Ike Leggett and the school board had communicated in private to turn the 20 acre Brickyard Middle School site over to a private organization to build soccer fields.

For WMCCA members and the Brickyard coalition, stopping new development on the property without any process was key to defending the Potomac Master Plan.



Members of the Brickyard Coalition Steering Committee, from left, are: Curt Uhre, Brickyard Coalition, Keith Williams, Citizens Association of River Falls (also Ted Duncan who had to leave before photos), Jill and John Phillips, Brickyard Coalition and owners of Squeals on Wheels Petting Zoo; Maria Fusco, Brickyard Coalition; Ginny Barnes, WMCCA (and Susanne Lee, not pictured); Charles Doran, Brickyard Citizens Association.

Gallery Har Shalom Debuts 'Adding In, Taking Away'

Where creative vision takes shape.

BY SUSAN BELFORD
THE ALMANAC

Gallery Har Shalom has opened its exhibit "Adding In, Taking Away" — a showcase of talent by five area artists. Now through April 22, the gallery presents sculpture, woodworking and artwork created with a variety of printmaking techniques. The featured artists are Pauline Jakobsberg of Potomac; Charles Edwin Myers, Bethesda; Allan Akman, Rockville; William Peirce, Silver Spring, and Patricia Affens, Olney. Gallery Committee chair Fran Abrams explains the theme of the exhibit: "Each of the processes used by these artists requires that they add in — ink, oil, stone, wood — or take it away."

Artist Pauline Jakobsberg is one of the founding members of Har Shalom — and also a founder of the Washington Printmaking Gallery. She has been a printmaker for 35 years. Her mixed-media collagraphs present stories and memories



William Peirce, bowl, mixed woods.

that she wants to preserve.

"Each piece tells a story; people love to hear the stories that inspire me. From these stories, I recreate the complexity of the past," she said. "Many of my pieces are influenced by my husband's family who were Holocaust survivors who escaped to Bolivia."

She utilizes handmade papers, inks and printmaking methods to produce her hand-pulled prints. The body of her work in this exhibit is referred to as "Family Legacy." A lighter, more fanciful Jakobsberg can be seen through her "Dresses" prints. She grew up in New York City in the heart of the Garment District where her father was a Garment Center salesman — and now she recreates the "sample dresses" that he brought home to her. Jakobsberg's art has been displayed in galleries and museums around the world — most recently in Shanghai.

Former Potomac resident Charles Edwin Myers sculpts in stone, plaster and terracotta — and also works in various two-dimensional media, including oil, acrylic, and watercolor; and intaglio and woodcut printing.

"Each of the sculptures in this show depicts Biblical characters, objects and



Pauline Jakobsberg, "The Land."

scenes," he said. "I take dramatic license with the Biblical narrative, but connect each object to a scriptural quotation." Myers, a scientist who worked for the National Science Foundation, became interested in sculpting through art classes at Montgomery College.

"It may take me 2-3 months to complete a sculpture. I chip away at a block of stone, or, with plaster, I start with a metal framework and mold around it. I need to spend time thinking about what I want to create. Often I make a small-scale model," he said. Some of his pieces on display are "Lot's Wife," "Twisted Sisters" "Young David" and "Burning Bush."

Har Shalom member Allan Akman's screenprints will also be featured in the exhibit. The Rockville resident has been working in screenprinting since 2009 when he decided to use a photograph of his in-laws in an American Gothic-like scene as the basis for a screenprint. Akman continues to work from photographs, developing images which are transformed into multiple layers of color screenprinted manually one color at a time. "I have learned to adjust my dreams to the reality of the squeegee each day," he said.



Patricia S. Affens, "A New World."

Wood vessels by William Peirce of Silver Spring will bring another dimension to the show. These vessels are made with a band saw, not turned on a lathe. The vessels are made from a single board created by gluing several pieces of wood together, then cut into rings, stacked, glued and finished.

Peirce exhibits in shows by the Washington Woodworkers Guild, the Creative Crafts Council, and the Senior Artists Alliance as well as at the Sugarloaf Mountain craft fairs. Additionally, his work is in Partners Gallery in Bethesda, Peirce Mill in Rock Creek Park in Washington D.C. and in the Strathmore Mansion in Rockville.

Patricia Affens of Olney will display her abstract paintings and monotype prints. The former information technology specialist now feels that "each blank canvas or piece of paper begins an exploration." Her work has been exhibited locally at the Strathmore Mansion, Glen Echo and Gallery B in Bethesda.

Gallery Har Shalom is located at Congregation Har Shalom, 11510 Falls Road, Potomac. The exhibit is free and open to the public. Call 301-299-7087 for hours and directions.



Charles Edwin Myers, "Lot's Wife."

Who's Afraid of the Dark?

Learning about oneself on a seven-day, 55-mile trek.

BY CAROLE FUNGER
THE ALMANAC

Potomac resident Bridgit Fried, just back from a seven-day trek to the summit of Tanzania's Mount Kilimanjaro, is not afraid of the dark. Facing her fear was part and parcel of climbing "Kili," as it is referred to by hikers, which, at 19,340 feet, is the tallest mountain in Africa and one of the highest mountains in the world.

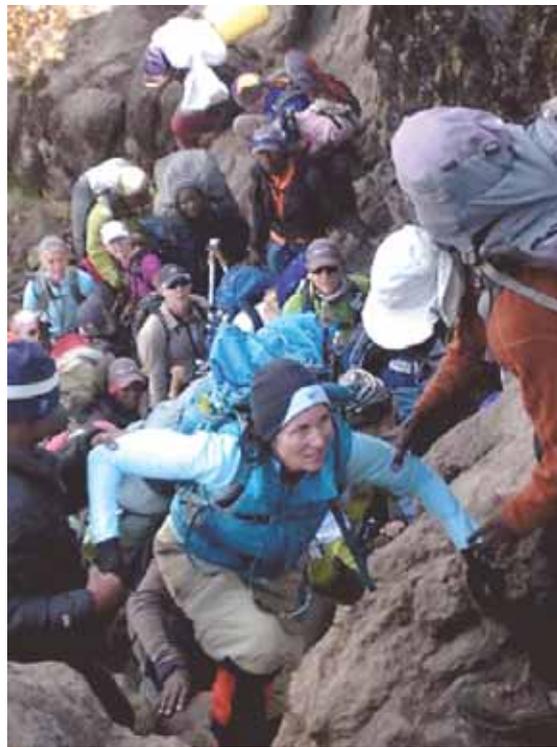
A trek to the summit leads the hiker through five different climatic zones, ranging from hot, dry sandy terrain, to leafy green forests and desolate black moonscapes. The culmination of the trek is an arduous eight-hour ascent accomplished during the middle of the night. It is this last part of the journey, made by the light of the trekker's lone headlamp, that makes attaining the summit of Mount Kilimanjaro a battle that is as mental as it is physical.

Starting point for the technically challenging hike is the tiny town of Moshi, located at the base of the mountain. From here trekkers, plus guides, porters and cooks begin their slow ascent towards the tallest of Kili's three summits, the Uhuru peak on the Kibo crater rim. Kibo is the only one of the craters that still emits gas from vents deep within its ashy pit. Viewed from afar, the nearly symmetrical cone is surrounded by a 400-foot dune of inky-black volcanic ash and is distinguished by its towering southern scarps capped with snow.

Fried's company of 17 trekkers opted for one of the six official trekking routes, the Machame Route, which winds its way up and down slowly around the perimeter of the mountain before commencing a steep ascent. Along the way trekkers must first navigate through steamy tropic-like conditions, ultimately trading tank tops and shorts for full cold-weather gear suitable for bearing the brunt of the climb in the upper glacial regions. Abundant rock collapses and landslides obstruct the undulating path, while at the lip of the rocky crater itself, a prohibitive lunar-like terrain awaits, known as the Western Breach. On the western and southern slopes of the mountain, ragged glacial ice flows languidly downward.

All of Kili's routes are characterized by gaining a considerable amount of altitude over a relatively short period of time. The Machame Route is known for affording the opportunity for better altitude adjustment and incredible views. It also has fewer trekkers than other shorter routes. Altitude sickness is a common complaint, affecting even the most experienced of climbers. Despite this, for many, the biggest challenge to reaching Kili's summit is psychological, not physical; especially when it comes to relying on the support of your climbing team to press onwards when altitude sickness starts to creep in.

The Machame Gate is located at 10,836 feet and gradually ascends 8,504 feet over seven days to the summit. Roughly half of this distance, or 4,009 feet, is actually



Bridgit Fried of Potomac as she climbs up Mount Kilimanjaro.

gained on "Summit Day," over the course of a brief eight hours.

Fried's team started out climbing slowly, shouldering substantial backpacks laden with food and water supplies, while their porters pressed on ahead carrying tents, including a mess tent, porta-johns and other reserves. Most days were filled with six to eight hours of straight trekking, the group striding one after the other in single file and passing various other groups along the way. At day's end the team would arrive to find their tents and a mess tent pitched in one of the many campsite establishments along the way.

Conviviality was the norm over a shared meal; then the trekkers retreated to their tents, where faced with the enormity of the mountain and of the task ahead, it was easy to zip up the flaps and retreat into a mini world, safe from the penetrating elements. Fried and her companion chose to open the flaps for a portion of each frigid night. Leaving the flaps open to the mountain, they were immediately enveloped in a boundless inky black sky sprinkled with millions of shimmering stars, including the foggy contours of the Milky Way itself.

The most mentally and physically challenging part of the trek, however, awaited in the form of the nighttime ascent, made on the sixth day of the hike and timed so that trekkers reached the summit by dawn and were able to descend before sunset.

Fried reported that the guides encouraged everyone to get some sleep before the 11:30 p.m. wake-up call, but most lay anxiously anticipating the journey, heads swimming with a combination of fear, dread and an-

tipication about what challenges lay ahead. Many wondered if their mind, body and spirit would hold up.

The ascent is made during the night hours for a couple of reasons: first, for safety reasons, the rocky scree that forms part of the steep trail is frozen and less likely to give way under the hiker's boots; second, the middle of the night departure allows enough time for hikers to get to the Uruhu summit by sunrise and then return back down safely to camp by sunset.

At midnight, under total darkness, a guide appeared at the tent flap to announce, "It is time." Fried and her companions rose quickly to strap on the requisite gear, checked to see they had new batteries for their headlamps and began to trudge deliberately forward and upwards into the dark.

The first few miles started out slowly with each hiker carefully navigating the trail one foot after another, following the beacon of each other's headlamp up the rocky scree trail. A full moon and the beauty of the stars kept the mood light. Soon the group began passing other hikers who were sick, emerging like shadows out of the dark. The team kept pushing onwards, but around 4 a.m. exhaustion and cold set in. Fried said that while she battled her fear of the un-

task of moving forward, "she said.

After about four hours, the slope turned suddenly steeper as the group reached Stella's Point, considered to be the most difficult stretch of the Machame Route.

The guides stopped here to rest before the final assault on the mountain. As the group switched off their headlamps, the first light appeared on the horizon. The group sat down, took off their packs and drank some water, offering words of encouragement and support to each other. It was a turning point of sorts.

The trekkers found themselves suddenly renewed with the appearance of light, and happy in the knowledge that the worst was over, they continued upwards together, propelled by a new surge of energy and commitment, the summit now within reach. In short order they crested the crater rim at Stella Point, at 18,800 feet, the landing point before the last 500 feet to Uhuru Peak. The sun rose over the gravel ridgeline just as the group reached the official summit marker just shy of 8 a.m.

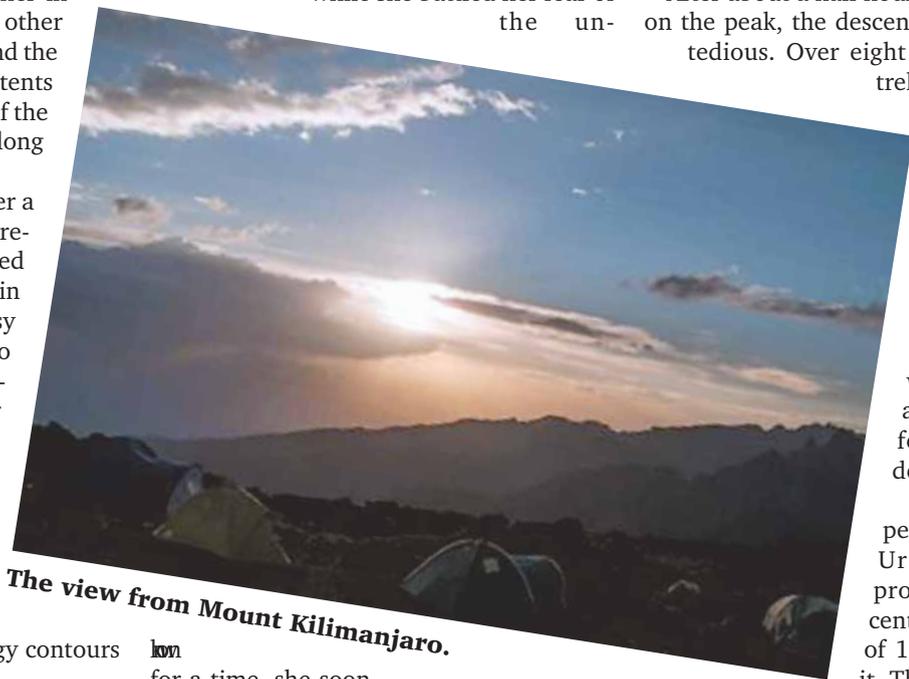
Fried said there are no words to describe the joy of standing at the peak of one of the world's highest mountains. As the sun rose, the air felt instantly warmer and many of the hikers shed their heaviest down layer. Overwhelmed by the sheer beauty of it all, many trekkers spontaneously hugged each other, tears of happiness and relief streaming down their faces. Many photos were taken. The collective joy of the group combined with that of others as the sun ascended into the sky.

After about a half hour spent celebrating on the peak, the descent proved long and tedious. Over eight hours of difficult trekking remained in

order to make it back to camp before sundown. Going back down the mountain presented another test of endurance. Many of the group were exhausted and delirious and fell down as they descended.

The percentage of people making it to Uruhu Peak is approximately 40 percent. Of Fried's group of 17, everyone made it. The guides said this was unusual.

Overall the group walked about 55 miles and gained over 9,000 feet in elevation, accomplishing this task in seven days. For Fried, the experience was life-altering as it was confirming. Safely home from the roof of the world, she is now secure in the knowledge that she can conquer her fears and face the challenges of the unknown; one walker, one solitary light, up the mountain of life.



The view from Mount Kilimanjaro.

low

for a time, she soon discovered the real challenge lay in controlling her mind, particularly her growing boredom with the tediousness of the climb and her inability to see.

"At first, I was overwhelmed by the glittering starry sky and the thought of reaching the summit. This quickly devolved into my playing back every song I knew in my head until outright boredom set in as my mind began to resist the tedium and the inability to focus on anything other than the

CONTRIBUTED PHOTOS

BULLETIN BOARD

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

WEDNESDAY/MARCH 20

Open House. 3-7 p.m. Adoptions Together has moved from Silver Spring to 4061 Powder Mill Road, #320, Calverton. Meet staff, learn about expanded programs. Light hors d'oeuvres will be served. RSVP to mdevine@adoptionsaltogether.org or call 301-422-5105.

WEDNESDAY/APRIL 3

Support Group. For children (4 years old) through teens who have experienced the death of a parent or sibling. Parent/guardian meets at the same time. A six-week group led by Montgomery Hospice professional counselors. 6-7:30 p.m. Wednesdays. Montgomery Hospice, 1355 Piccard Drive, Rockville. Registration required: 301-921-4400.

THURSDAY/APRIL 4

Event. 7-9 p.m. at Normandie Farm Restaurant, 10710 Falls Road. There will be a panel discussion on college admissions featuring admissions experts. Free. Hors d'oeuvres will be served. RSVP at <http://acollegepanel.eventbrite.com>.

APRIL 3 THROUGH MAY 24

Kindergarten Registration. Kindergarten orientation sessions will take place for children who will enter kindergarten in the 2013-2014 school year. During orientation, parents and students will meet the school principal, kindergarten teachers and other staff members. Parents will have an opportunity to ask questions about the school's procedures and programs; enroll students for next school year and complete important forms. The sessions will also help students become acquainted with the school environment. Parents should call their home school to make an appointment to register for that school's specific orientation date(s). Parents who are not certain which elementary school serves their area should contact the Boundaries office at 240-314-4710. Parents can also access the School Assignment Locator on the MCPS website at www.montgomeryschoolsmd.org.

JUNE 17 THROUGH AUG. 9

Social Skills Summer Camp. Children in grades 1 through 6 can attend camp and learn friendly behaviors, working as a team, anger management and more. Held by the Jewish Social Service Agency and the McLean School of Maryland. All potential campers will be interviewed to make sure the camp is appropriate for their needs. Visit www.summeredge.org/ for more.

ONGOING

Montgomery County Master Gardeners will be providing free, walk-in "Ask A Master Gardener" plant clinics on Saturdays at Davis Library, 6400 Democracy Blvd. from 10 a.m.-1 p.m. from April through September. County residents may bring their full and intact plant and insect samples, garden problems and/or questions and get free answers or advice. For further information call the Master Gardener Plant Helpline: 301-590-9650, weekday mornings or send e-mail to mgmont@umd.edu.

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.

POTOMAC ALMANAC

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LET'S TALK Real Estate



by Michael Matese

Helpful Hints To "Going Green"

"Green" renovation is a trend that engineers, constructors and designers are encountering more and more each day. Going green is not only an ecologically aware choice, but it is also one that is becoming economically sound, with many green renovations providing tax deductions and reduced energy costs, offsetting or negating the cost of their installation in immediate terms—and proving priceless over time, as green renovations reduce the harm of civilization on nature and ecology. Even luxury homes are going green, trying to help the environment and shaking off the image of wasteful opulence that has dogged this niche market for years. Gone are the days of the gold-plated toothbrush holder—welcome to the new world of eco-friendly, green luxury! Here are just a few of the many handy tips to help you turn your home green!

- Optimize your water heater - If you don't have one already, put an insulating jacket around your water heater. Consider turning the water temperature down to 120 degrees. It saves money and will prevent scalding.
- Plant a Tree - Shade trees can significantly lower your cooling costs up to 25%. The right landscaping will also make your home more comfortable and provide habitats for birds.
- Have a Blower Door Test - A blower door test will uncover hidden holes and cracks that are a main source of energy loss in your home. Hire a certified Home Energy Rater and the inspection will pay for itself.
- Use Low VOC products - After painting, the volatile organic compound level can be 1,000 times the healthy normal level. When choosing the paint color with your decorator, look for the Green Seal.
- Check Insulation - Make sure there are no areas in your attic floor with inadequate insulation. Insulation is your best defense against heat and cooling loss. Even a small area with limited, damaged or no insulation can significantly decrease the effectiveness of the area's insulation.

For professional advice on all aspects of buying and selling real estate, call:

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

Potomac (20854)

11225 River View Drive.....	\$2,395,000.....	Sun 1-4.....	Leslie Friedson.....	Long & Foster..	301-455-4506
11421 Twining Lane.....	\$1,299,000.....	Sun 1-4.....	Leslie Friedson.....	Long & Foster..	301-455-4506
12004 Trailridge Dr.....	\$879,000.....	Sun 1-4.....	Liz Borissow.....	Long and Foster..	301-408-8794
12418 Ansin Circle Dr.....	\$1,325,000.....	Sun 1-4.....	Christy Bakaly.....	Long & Foster..	301-907-7600
8536 Horseshoe Ln.....	\$1,580,000..	Sun 1:30-4.....	Fran Baker.....	Wash Fine Prop..	301-367-8854
9 Pettit Ct.....	\$1,450,000.....	Sun 1-4.....	Lori Leasure.....	Wash Fine Prop..	240-498-1884
9478 Turnberry Dr.....	\$979,900.....	Sun 1-4.....	Yasmin Abadian.....	Long & Foster..	301-983-1212

Rockville (20850, 20852)

13212 Jasmine Hill Terr.....	\$1,245,000.....	Sun 1-4.....	Martin Kelly.....	Long & Foster..	301-975-9500
11750 Old Georgetown Rd #2230..	\$418,740.....	Sat 11-6.....	Bob Lucido.....	Toll..	410-979-6024
11800 Old Georgetown Rd #1213..	\$466,335.....	Sat 11-6.....	Bob Lucido.....	Toll..	410-979-6024
11800 Old Georgetown Rd #1405..	\$554,335.....	Sat 11-6.....	Bob Lucido.....	Toll..	410-979-6024

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All listings due by Monday at 3 P.M.



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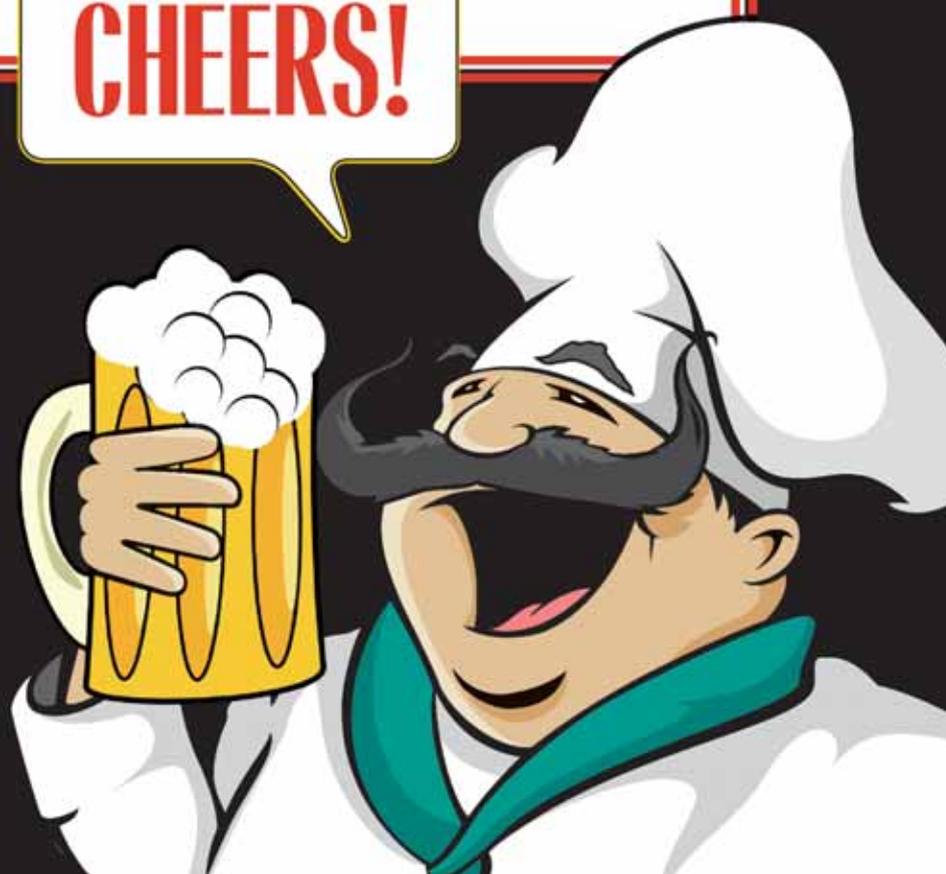
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ENTERTAINMENT

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. 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. **Jack and the Beanstalk**, through 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.

Theater Performance.

Potomac Theatre Company presents "Blithe Spirit" at Blair Family Center for the Arts, Bullis School, 10601 Falls Road. Through March 24. Performances are Fridays and Saturdays at 8 p.m.; Sundays at 2 p.m. \$20/adults; \$18/students, seniors. 301-299-8571 for reservations.

Exhibit.

"Crossing the Distance" brings together emerging contemporary artists in a cultural exchange. Presents a wide-range of media. Through March 31. Located at VisArts, 155 Gibbs St., Rockville. Free. Visit www.visartscenter.org or 301-315-8200.

Exhibit.

See B.G. Muhn's "Accidental Reality" at VisArts, 155 Gibbs St., Rockville. Browse his paintings, which float between abstraction and representation, presence and absence. Through March 31. Free. Visit www.visartscenter.org or 301-315-8200.

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. Through Saturday, April 13. Visit www.strathmore.org or 301-581-5100.

Children's Theater.

Imagination Stage and Natasha Holmes, director and cofounder of Tell Tale Hearts Children's Touring Theatre Company presents "From Here to There," Tuesdays through Sundays at 10:30 a.m. and 11:45 a.m. at Imagination Stage, 4908 Auburn Ave., Bethesda. Through Sunday, April 14. Appropriate for children ages 2-5. Tickets are \$10-\$12 with a lap seat for children under 12 months for \$5. Visit www.imaginationstage.org or 301-280-1660.

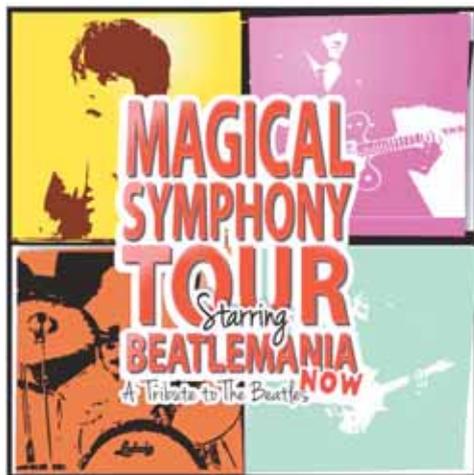
Exhibit.

Through Monday, April 22. See "Adding In, Taking Away" at Gallery Har Shalom, 11510 Falls Road. Features works by local artists including Pauline Jakobsberg of Potomac. Each of the processes used by these artists requires that they add in — ink, oil, stone, wood — or take it away. Free. 301-299-7087.

THURSDAY/MARCH 21

Seminars. 6-8 p.m. at Hopkins & Porter, 12944-C Travilah Road, #204. Workshops will discuss additions, ways to open up a floor plan and more. Free. Space is limited to 15 participants. Call 301-840-9121 to register.

Music in the Mansion. 7:30 p.m. at Mansion at Strathmore, 10701 Rockville Pike. Mattias Jacobsson will perform Johannes Sebastian Bach's



'Beatlemania'

Beatlemania has decided to celebrate the orchestration of the later Beatle albums in its 2013 tour, dubbed "The Magical Symphony Tour." Beatlemania will perform all of the hits with no backing tracks or fake instruments: everything on the album will be on stage performing live. Saturday, March 30, 8 p.m. at The Music Center at Strathmore 5301 Tuckerman Lane. Call 301-581-5100 or visit www.strathmore.org.

"Lute Suites" on the guitar. \$30. Visit www.strathmore.org for more.

FRIDAY/MARCH 22

Opening Reception.

6-9 p.m. see "Mirror to the World 2013" at Photoworks Gallery at Glen Echo Park, 7300 MacArthur Blvd. Free. 301-634-2274.

Performance.

Doors open at 8 p.m., performance at 8:30 p.m. at Mansion at Strathmore, 10701 Rockville Pike. Urban Arias will perform three short operas, including Gabriel Kahane's "Craigslistlieder," songs set to actual Craigslist ads. \$20/online; \$22/door. Visit www.strathmore.org for more.

Nearly New Thrift Sale.

8 a.m.-4 p.m. at St. Francis Episcopal Church, 10033 River Road. Browse books, clothing, furnishings.

MARCH 22 THROUGH APRIL 28

Photography Exhibit. See "Mirror to the World 2013" at Photoworks Gallery at Glen Echo Park, 7300 MacArthur Blvd. Free. 301-634-2274.

SATURDAY/MARCH 23

"Beautiful Moments." Juliya Invanilova and Olga Bolgar will present their artworks inspired by beautiful places, people and objects around the world at Glen Echo Yellow Barn Gallery, 7300 MacArthur Blvd., from noon-5 p.m. Free. 301-371-5593.

Theater Performance.

3 p.m. Natya Bharati presents Rahul Varma's "Bhopal" (a full-length play in English) performed by Epic Actor's Workshop at the F. Scott Fitzgerald Theater, Rockville Civic Center Park, 603 Edmonston Drive, Rockville. The play reveals the human stories within the complex political and economic web in the explosion at Union Carbide's chemical plant in Bhopal, India. Tickets are \$16-30. Visit www.natyabharati.org.

Bethesda Film Fest. 8 p.m. at Imagination Stage, 4908 Auburn Ave., Bethesda. Features short documentaries by local filmmakers. \$10 online at www.bethesda.org. 301-215-6660.

Spring Concert. 1 p.m. and 5 p.m. at Robert E. Parilla Performing Arts Center, Montgomery College, Rockville. The Maryland Youth Ballet performs. \$22/adult; \$18/children, student and senior advance tickets. \$25/adult; \$20/child, student and senior at the door. Visit www.marylandyouthballet.org or 301-608-232 for more.

Nearly New Thrift Sale. 8 a.m.-1 p.m. at St. Francis Episcopal Church, 10033 River Road. Browse books, clothing, furnishings.

SUNDAY/MARCH 24

"Beautiful Moments." Juliya Invanilova and Olga Bolgar will present their artworks inspired by beautiful places, people and objects

around the world at Glen Echo Yellow Barn Gallery, 7300 MacArthur Blvd., from noon-5 p.m. Free. 301-371-5593.

Spring Concert.

1 p.m. at Robert E. Parilla Performing Arts Center, Montgomery College, Rockville. The Maryland Youth Ballet performs. \$22/adult; \$18/children, student and senior advance tickets. \$25/adult; \$20/child, student and senior at the door. Visit www.marylandyouthballet.org or 301-608-232 for more.

101 Years of Broadway.

7 p.m. at Music Center at Strathmore, 5301 Tuckerman Lane. Neil Berg and performers present a revue honoring theatre with songs from "Les Miserables," "Fiddler on the Roof" and more. Visit www.strathmore.org.

MONDAY-FRIDAY/MARCH 25-29

Kids Create Spring Camp.

Children ages 5-12 can learn art techniques from 8:30 a.m.-3 p.m. at VisArts, 155 Gibbs St., Rockville. \$395/child. Extended hours offered. \$150/child additional hours. Register at 301-315-8200 or www.visartscenter.org.

TUESDAY/MARCH 26

Advanced Master Darkroom Printing.

A new class with Frank Herrera starts at Photoworks at Glen Echo, 7300 MacArthur Blvd. Register at www.glenechophotoworks.org.

WEDNESDAY/MARCH 27

Jazz Vocalist.

7:30 p.m. at Mansion at Strathmore, 10701 Rockville Pike. Inegriti Reeves performs jazz standards with original flare and modern harmonies. \$15. Visit www.strathmore.org.

SATURDAY/MARCH 30

Music Performance.

8 p.m. at the Strathmore Music Center, 5301 Tuckerman Lane. Hear "The Magical Symphony Tour," music of the Beatles performed with an orchestra. Visit www.strathmore.org for tickets.

Festival of Colors.

11 a.m.-4 p.m. at ISKCON of DC, 10310 Oaklyn Drive. Along with the colors there will be a food court, shopping, music and more. Visit www.iskconofdc.org.

SUNDAY/MARCH 31

Waltz.

2:45 p.m. lesson; 3:30 p.m. dance to the music of Honeysuckle Rose in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. \$10. No partner required. Visit www.waltztimedances.org or 301-634-2222.

APRIL 3 THROUGH MAY 26

Theater Performance.

See "James and the Giant Peach" and "The Magic Finger" at Imagination Stage, 4908 Auburn Ave., Bethesda. Best for children ages 4-10. Tickets range between \$12-\$25. Call 301-280-1660 or visit www.imaginationstage.org.

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Mandatory Water Restrictions Could Last a Week After Break

When a 54-inch water main in Chevy Chase at the intersection of Connecticut Avenue and Chevy Chase Lake Drive ruptured Monday evening, March 18, the result was a geyser shooting approximately 30 feet high and the immediate loss of 60 million gallons of water.

To ensure continued water supply for all WSSC customers and for fire protection and hospital/medical uses, Washington Suburban Sanitary Commission (WSSC) General Manager Jerry N. Johnson Tuesday morning called for mandatory water restrictions for all WSSC customers. The restrictions, designed to reduce use of water by at least 10 percent, take effect immediately and could last up to a week. WSSC has been working with fire departments to make sure there is adequate fire protection.

Until repairs are complete, all business and residential customers must use water only as necessary — i.e., shorter showers and turn off faucets after washing hands and while brushing teeth; limit flushing toilets (do not flush after every use); put off washing clothes if possible; limit the use of dishwashers and wash only full loads. Visit www.wsscwater.com or call the WSSC at 301-206-4002.

Breaking Ground for New Scotland Community Center

Montgomery County Recreation was scheduled to break ground Wednesday, March 27, 11 a.m. on the new Scotland Neighborhood Recreation Center. County Executive Isiah Leggett will participate in the ceremony at 7700 Scotland Drive in Potomac.

The existing community center will be completely removed and the new neighborhood center, scheduled to open in the fall of 2014, will feature a new two-level structure that features a new gymnasium, two multi-purpose activity rooms, game room, weight and exercise room, spacious social hall and more, according to county documents.

Give Pedestrians a Brake; Safety Initiative Reduces Fatalities

Montgomery County averages about 400 pedestrian collisions a year. “We need everyone to be engaged to make sure that crossing the street is not a death defying act,” said Montgomery County Executive Isiah Leggett.

“We need drivers to obey the law, yield to pedestrians in crosswalks, slow down, pay attention and look out for pedestrians. We need drivers to eliminate distractions, put down their electronic devices and drive less aggressively. We need pedestrians to be vigilant, on guard and undistracted. They should use crosswalks, cross only with walk signals and never assume that drivers see them,” Leggett said.

Leggett introduced an aggressive pedestrian safety initiative in 2007. Over the past five years, pedestrian fatalities have gone from a high of 19 in 2008 to six in 2012; collisions in targeted locations have been reduced by 45 percent; the number of collisions resulting in severe injuries has been reduced; and collisions within a quarter-mile of schools under the “Safe Routes to Schools” program have been cut.

See www.montgomerycountymd.gov/walk.

Register for Senior Spelling Bee

Montgomery County residents 55 years of age or older are encouraged to participate in a Senior Spelling Bee on Saturday, April 27 at 10 a.m. at the Chevy Chase Library located at 8005 Connecticut Ave. The cost to enter is a \$25 non-refundable fee which can be paid for by the individual or a sponsor, such as a local business or book club, that will be recognized in promotional materials.

Call 240-777-0020 or downloading a registration form at <http://www.folmc.org/senior-spelling-bee/> or visiting a local library branch to pick up a form, or email staff@folmc.org. Registration ends on April 6.

PEOPLE



Zachary Tabachow, 3, tries the slide.



Two-year-old Ella Sayag is dressed as a ladybug.



Arielle Klewans, 5, leaps into the balls.

Fundraising At Beth Sholom

A book sale and Purim carnival was held at Congregation Beth Sholom last month. Proceeds from the events benefit the new library.

PHOTOS BY HARVEY LEVINE THE ALMANAC



Tavor Poleg, 2 and a half, plays with a balloon spider.



Malka Lederman, 5, a dinosaur, looks at the prize she won.



Johanna Antine, 6, a witch, Kayla Molkner, 6, a Girl Scout, and Sarah Antine as Queen Ester.



Dana Ginsburg (a bat), Paul Ginsburg (a leprechaun) and their daughter Leah, 5.

PHOTO BY MARILYN CAMPBELL/THE ALMANAC



Local musicians and music educators say parents can encourage and inspire children's musicality with simple activities at home.

The Sound of Music

Enhancing your child's music education during Music in Our Schools Month.

BY MARILYN CAMPBELL
THE ALMANAC

From the powerful sounds of a high school band to the soothing melodies sung in a kindergarten music classroom, local music educators are using the month of March to raise awareness of the benefits of learning music.

In fact, the National Association for Music Education (NAfME) designates March as Music in Our Schools Month, and local music educators echo the significance of the annual celebration.

"The reason Music in our Schools Month is so important is because it heightens awareness ... that school music programs help provide important and healthy musical alternatives to the sometimes disturbing messages that children inadvertently hear in the ... music they may encounter in popular culture," said Brian C. Wuttke, Ph.D., director of music education at George Mason University in Virginia.

Even if formal music lessons are not an option, local musicians and music educators say that parents can encourage and inspire their children's musicality with simple activities at home. "Research suggests that parental involvement in a child's music activities can not only pique a child's interest in music, but it can positively impact motivation and achievement in music," Wuttke said.

So how can parents support a child's musical talent or interest? "I think playing music with your kids would be the number one way to enhance their musicality," said Elizabeth Lasko of the National Association for Music Education. "Of course, a parent may not play an instrument, but there is always singing."

Lasko encourages parents to allow children to experiment with instruments. "As kids, we used to sing with our grandmother's player piano," she said. "Singing with recorded music is another option. Learning songs from different eras and genres can

open up new worlds to kids." According to Lasko, inexpensive percussion instruments like shakers or tambourines can help children develop rhythm while having fun.

"Music education is as important as math and science because it is all related," said Kevin Strother, Ph.D., Music Department head, The Heights School in Potomac. "Without the arts, education is incomplete and the student is not whole. Without music education, math and science are not seen in a complete picture. How else do you teach a student to think and create? With the arts, music and other forms, we can teach our students to think, create and imagine."

Shannon Melideo, Ph.D., chair of the Education Department at Marymount University in Arlington, Va., says exposure to music should be a priority. "[It] is critically important," she said. "Sure, you want them to listen to 'your music' as a parent, but listen to as much diverse music as possible and talk about it informally."

Lasko agrees and encourages parents to look for local performances that are designed for young audiences. "Lots of children love to attend musical performances that are geared toward their own age, especially if there is fun interaction between the performers and the audience," she said. "Many communities offer inexpensive performances. Some [are offered] at schools. Seeing kids their own age or slightly older perform music can be very inspiring for children." Parents don't even have to leave home to find musical inspiration. "For young children, simple, everyday household items can be used to make a functional musical instrument that the child can decorate and compose a song on," said Wuttke.

He added that parents should encourage their children to participate in school music programs. "Praise the student for their efforts," he said. "Ask the student to sing or play a song on an instrument they are working on in school for family members."

Finally, technology offers convenient options. "There are many iPad applications, for instance, that are musical in nature and help kids learn about different instruments and how to record music," said Lasko.

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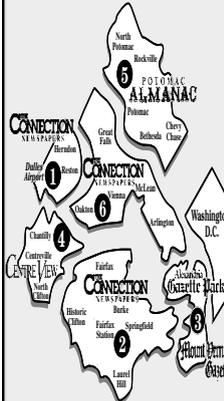
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Just Wondering

By KENNETH B. LOURIE



Having never attended medical school (and not really having had the grades or commitment to do so), and having only completed 10th-grade Biology and freshman-year Astronomy, and rarely even driven by a medical school growing up, my understanding and/or instincts regarding how a medical professional plans and/or prepares for his day is as foreign to me as sugar-free chocolate (if I'm going down, I'm going down swinging; in truth however, considering the anti-cancer, alkaline diet I'm following, I do need to swing a little less frequently).

Nevertheless, having had multiple appointments with doctors/health care professionals over these last four cancer-centric years, I've often wondered how much preparation occurs before each appointment. There's a schedule certainly, but does the doctor review it daily/weekly – in advance, to determine the course of his possible action/discussion with the patient? And if so, does he review/study/research said patient's medical chart/history to better prepare for these discussions or does he sort of "wing it," professionally speaking, and instead wait to hear what the patient has to say? Moreover, if there's been lab work, diagnostic scans, etc. completed previous to the appointment, does the doctor receive indications – electronic or otherwise, before the appointment, with enough time to evaluate the results/read the reports or does he see it for the first time sometime during the day of the appointment? And while this curiosity exists in my head, is the doctor likewise preoccupied (even a little bit) with my ongoing health situation beyond the 30 minutes or so we spend together every few months or his time too precious, respectfully speaking? I realize he's busy, but do I rank in his file? And if so, what does he know and when did he know it?

Not that I've ever felt unknown or disrespected when visiting either my primary care doctor or my oncologist, but I have felt a little distance when I've seen specialists: pulmonary, thoracic, nephrology, surgery, to whom I've been referred, who previous to seeing me face-to-face had never met and/or spoken to me. Now I never took it personally; I took it professionally, as in: I suppose this is the process. However, how do they know a patient they don't know, let alone advise with proper consent?

Over time though, my thinking has evolved. Now I'm thinking/wondering if they are even supposed to prepare for me – and not by reading my file for the first time when I'm sitting on an examining table directly across from them or through study the night before, but at all? Perhaps my situation – as serious as it is to me, is not as serious to the doctor? And by that I mean, he's not ruled by his emotions – he's not terminal, that I know of, anyway. It's just another day at the office – so to speak. I understand that he likely has many patient histories on his mind/in his head and focusing/preparing too much for one somehow has adverse consequences for the others. Maybe the treatment protocols, as complicated as they are to me, are fairly mundane to the doctor and don't require that much homework, so discussing my chart as he reads it for that first time is no big/complicated deal and standard operating procedure?

I've actually experienced this sensation a couple of times with my oncologist. When I was a more frequent visitor to the Infusion Center – every three weeks, occasionally I would see him tending to other patients; he didn't seem to know I was going to be infused that day (in fairness, the infusion appointment does not directly involve the oncologist), even exhibiting surprise at my presence. Still, I would more often than not ask him a question about my specific health situation. However, if I didn't have a non-infusion appointment scheduled that day, he wasn't comfortable answering my questions. He would say: he wasn't prepared to answer the question. Apparently, he couldn't pull my information out of thin air. I came to understand and accept that if it wasn't my day to be examined, it wasn't a good day to ask him health-related questions about yours truly.

Still, I wonder, as much from lack of knowledge as anything: are my expectations unreasonable? I know, in my head anyway, as concerns my cancer treatment, it's all about me. But what about in my oncologist's head? Am I on his radar or am I out of sight, out of mind? And if so, is there any harm in that, or is it just me wondering too much about too much (the bane of this cancer patient's existence)?

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

SCHOOLS

Washington Episcopal School sixth-grade students during the finale of their production of "The Little Mermaid Jr." from left are Louie Akins, Matthew Sheets, Emma Stanfill, Ryan Kyle, Sareen Balian and Juliet Faris.

PHOTOS BY ALI BRATUN



'The Little Mermaid Jr.' on Stage

Fish swim in schools and last week's big catch was Washington Episcopal School's production of "Disney's The Little Mermaid Jr." which was performed by 28 members of the sixth-grade in two casts.

The 60-minute musical, designed for middle-school aged performers, is based on the 2008 Broadway production and the 1989 animated feature film. The cast was led by Performing Arts Director Ron Valenzia. Grade 5 provided choral support; each sported an colorful iridescent fish cap.

Washington Episcopal School is an independent, coeducational day school in Bethesda. For more information, visit www.w-e-s.org.



Washington Episcopal Grade 6 student Sareen Balian, plays Ursula in the school's production of "The Little Mermaid Jr."

SPORTS BRIEFS

Churchill Baseball To Face Defending Champion

The Churchill baseball team will open the 2013 season against defending 4A state champion Northwest at 3:30 p.m. on Thursday, March 21 at Churchill High School. The following day, the Bulldogs will travel to face Magruder at 3:30 p.m.

Last season, Churchill reached the 4A West region quarterfinals, where the Bulldogs lost to No. 2 Quince Orchard. In 2011, Churchill finished region runner-up.

Also on March 21, the Churchill boys' and girls' lacrosse teams, softball team and boys' tennis team will open their respective seasons. The boys' lacrosse team will host The Heights at 7 p.m. The girls' lacrosse team will travel to face Bullis at 5:30. The softball and boys' tennis teams will host Northwest at 3:30.

Whitman Spring Sports Openers

Many Whitman spring sports teams will begin their respective seasons on March 21.

The baseball team, which finished 4A West region runner-up last season, will host Poolesville at 3:30 p.m. The boys' lacrosse team will travel to face Magruder, the softball team will host Poolesville and the girls' lacrosse team will host Magruder, all at

3:30. The boys' tennis team will host Watkins Mill, also at 3:30.

Wootton Teams To Start Seasons

The Wootton baseball, softball and boys' and girls' lacrosse teams will open their re-

SCHOOL NOTES

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

Salisbury University senior **Gloria Chibueze-Azinge** of North Potomac, is working for Del. Adelaide Eckardt as a legislative intern in the Maryland General Assembly, thanks in part to the Henry H. "Buddy" Hanna Memorial Award. She is a political science major.

The following students have been named to Randolph-Macon Academy's honor rolls for the second quarter of the 2012-13 school year: **Alexander Ndongo-Seh**, the son of Edna Kweti-Fonderson and Patrice Ndongo-She, was named to the principal's list. Alex is an eighth grade student at Randolph-Macon. **David Lee Jr.**, the son of Hong Gang Li and Chun Qing Lei, was named to the president's list. David is a junior at Randolph-Macon.

Six Virginia Tech students will present at the National Conference on Undergraduate Research. The students submitted applications last fall to be part of the competitive conference, which takes place April 11-13, 2013, at the University of Wisconsin – La Crosse. The students include: **Gregory Rodden** of Potomac, a senior majoring in human nutrition, foods, and exercise in the College of Agriculture and Life Sciences, will give a poster presentation titled, "Chronic low-dose endotoxin treatment suppresses insulin signaling and impairs insulin-mediated glycogen synthesis in skeletal muscle cells." Rodden was a Summer Undergraduate Research Fellow at Fralin Life Science Institute.

The following Potomac area residents were named to the dean's list at Salisbury University: **Jaelyn Lambergerman, Chase Nussbaum, Alexa Wert, Gloria Chibueze-Azinge, Jesse Cunningham, Julianne Durkin, Raleigh Meddings, Cassandra Reyes** and **Phillip Valencia**.

spective seasons under the lights on Thursday, March 21. The baseball and softball teams will play at Blair at 7 p.m. The boys' lacrosse team will host Sherwood at 7 p.m. and the girls' lacrosse team will travel to face Sherwood, also at 7 p.m.

The boys' tennis team will travel to face Poolesville at 3:30 p.m.



Third graders from Mater Dei School won the 4th grade Montgomery County Recreation Department Basketball Championship. In the front row, from left, are Tommy Bonavita, Matthew O'Connor, Daniel Pacios and Brendan Lane. In back row are Coach Bryan Brewer, Connor Bain, Jose Ortega, Buddy Brewer and Jared Turner. The tournament playoffs were played the weekend of March 9 at various locations.

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 Exquisite Colonial renovated and expanded with the finest finishes from the foyer and library to the gourmet kitchen and play room. Glorious views of grounds and pool. 6 bedrooms, 5 full and 2 half baths. 3-car garage. \$2,685,000
Adaline Neely 301-580-2214



INTERNATIONAL OFFERING
POTOMAC, MARYLAND
 Magnificent custom home offers 9,000+ finished square feet, stunning public rooms, gourmet kitchen, guest cottage and 5 garage bays. Walk to Potomac Village. \$2,450,000
Meg Percesepe 240-441-8434
Alison Shutt 301-219-7671



INTERNATIONAL OFFERING
BETHESDA, MARYLAND
 Custom home blends classic with modern. 5BR, 4.5BA on 4 levels. Gracious 2-story entry, gourmet kitchen, elegant master suite, high-end finishes. Private deck, 2-car garage. Walk to Bethesda & metro. \$2,295,000
Sherry Davis 301-996-3220
Lauren Davis 202-549-8784



INTERNATIONAL OFFERING
POTOMAC FALLS, POTOMAC, MD
 Classic Colonial in desirable neighborhood. Renovated and expanded with Pizazz! Delightful 3rd floor apartment, fabulous master suite, dramatic great room opening to glorious grounds and Newport pool. Walk to Village. \$2,250,000
Adaline Neely 301-580-2214



POTOMAC, MARYLAND
 Beautiful renovated Colonial on a peaceful, picturesque 3 acres backing to parkland. Exquisite interior details, 9' high ceilings, top-of-line finishes. Pool. \$1,994,000
Anne Killeen 301-706-0067
Kerry Fortune 202-257-7447



BETHESDA, MARYLAND
 Stunning, renovated home on private level lot in quiet cul-de-sac. Huge great room, open floor plan, gourmet kitchen, 2 car garage, pool, sumptuous master suite and bath! \$1,975,000
Marsha Schuman 301-299-9598
Kara Sheehan 301-928-8495



POTOMAC, MARYLAND
 Renovated Brendan O'Neill stunner! 1+ acre on cul-de-sac, 6 bedrooms, 6.5 baths, fabulous kitchen open to family room and walkout lower level. \$1,795,000
Meg Percesepe 240-441-8434
Alison Shutt 301-219-7671



POTOMAC, MARYLAND
 Gorgeous home beautifully expanded and renovated on 2 level acres. Great room with walls of glass overlooking rear yard with pool and patios. Fabulous chef's kitchen. 6BR/5BA. Open Sun 3/24 1:30-4:00pm \$1,580,000
Fran Baker 301-367-8854



ROCKVILLE, MARYLAND
 Gracious, historic colonial with amazing neighborhood presence, renovated interior and high ceilings. Well-manicured lot with professional landscaping! \$1,495,000
Marsha Schuman 301-299-9598
Lynne Tucker 301-404-0464



POTOMAC, MARYLAND
 Elegant, gated private residence on almost 3 acres backing to parkland. Features 4 levels with approx 7500 finished SF. 6BR, en suite including private 3rd level, large kitchen/family room, sun room and 3 car garage. \$1,450,000
Lori Leasure 240-498-1884



POTOMAC, MARYLAND
 Welcome to this sun-drenched, fabulously appointed 5 bedroom, 4.5 bath home offering the best in suburban living. In a delightful section of Avenel with TPC golf course, community pool and tennis courts. \$1,449,000
John Adler 301-509-2043



LANDON WOODS, BETHESDA, MD
 Beautiful custom home built as builder's personal residence offering convenient, close-in living. Gorgeous gourmet kitchen; custom millwork, high ceilings, wonderful finishes. Easy low maintenance living. \$1,398,000
Anne Killeen 301-706-0067



POTOMAC, MARYLAND
 Beautifully designed stucco colonial with modern floor plan in sought-after neighborhood. Soaring ceilings, well proportioned, sun-lit rooms. Entertainers delight! Perennial gardens. \$1,199,000
Alexa Kempel 240-678-4561



POTOMAC, MARYLAND
 Located in quiet cul-de-sac in River Falls on 0.38 acre lot. Beautifully updated kitchen and bathrooms. Sunroom addition, flat yard with patio, finished basement, 2 car garage. \$1,195,000
Marsha Schuman 301-299-9598
Betsy Schuman 301-996-8700



AVENEL, BETHESDA, MARYLAND
 Impeccably maintained. Located on 1/3 acre in quiet cul-de-sac with updated kitchen, breakfast room with 10' extension and adjacent screened porch addition with cathedral ceiling and large deck with built-in seating. \$1,159,900
Marsha Schuman 301-299-9598



BETHESDA, MARYLAND
 Spacious Colonial on quiet cul-de sac. This lovely home features 5 bedrooms, 4.5 Baths, living room with fireplace, eat-in kitchen, family room, master suite. 2 car garage, large, wooded lot. \$910,000
Sherry Davis 301-996-3220

INTERNATIONAL NETWORKS AND OFFICES

