

March 27 - April 2, 2013

ONLINE AT POTOMACALMANAC.COM

News

Making New and Old Residents Feel Right at Home

Potomac Area Newcomers' Club members "are always on the go."

By Susan Belford The Almanac

don't know how I would have survived if it hadn't been for the Potomac Area Newcomers' Club (PANC)," said Dottie White of Potomac. "This organization was a lifesaver after I moved here from New Jersey to be closer to my kids. I found new friends and discovered a wealth of appealing activities and educational experiences — right in my new community."

Another member stressed that she relocated to Potomac after her kids had grown up and moved out. "I thought I would have to go to work just to keep from being lonely. I took classes at MC for awhile, but then I learned about PANC — an organization with active members who are always on the go. PANC has something for everyone."

Pam Lemmonds joined for another reason. She lived in Potomac, but had worked full-time for many years. When she retired, she learned about PANC from a neighbor. "It was eye-opening to me — and literally saved my life. I had no idea how I would spend my time once I retired, and I didn't know anyone to do things with, since I had

always worked. I immediately formed friendships and learned that there can be life after work."

PANC has been helping newcomers as well as Potomac residents since February, 1966 when a group of women founded the Potomac Welcome Wagon Club. Their first activity was an invitational open house, attended by 39 women. The group decided that their mutual interest groups would be antiquing, bridge and bowling — and it cost \$2 a year to belong. By 1973, membership had grown to 320 women. They decided that Welcome Wagon would limit membership to three years and then members would move on to join a new club called "Echoes" — still in existence today.

However, in 1983, members decided to change the name to the Potomac Area Newcomers' Club (PANC) to encompass a wider surrounding area and at that time, the three-year rule was abolished. Members could continue their membership indefinitely in order to participate, contribute and maintain their friendships.

President Sara Maria Dan's goal is "to get the word out about PANC to the many residents in our area. We have so many activities — and a wide range of ages that par-



Pamela Green, vice president programs, PANC; Jan Fox, Emmy award-winning news reporter, and Cindy Schwartzman, vice president general meetings.

ticipate. We want people to know we are here to help them adjust — and we want them to love Montgomery County and Potomac as much as we do. The purpose of PANC has always been the development of fellowship and acquaintance among new residents and their assimilation into the civic life and social activities of the new community. We continually add new members — but many say they wish they had learned about us sooner."

PANC currently has more than 200 members from Potomac and surrounding communities. The General Meeting is held the second Tuesday of each month at a local restaurant or event site (such as Afternoon Tea at the Strathmore Mansion). After the meeting, a speaker is presented or the group participates in an activity that might include Bollywood Dancing, a cooking demonstration or even tai chi moves. The dues are

JULISKA
ANALI
TEA FORTE'
THYMES CANDLES
AND SCENTS
KAT BURKI CANDLES
STONEWALL KITCHEN
GOURMET GIFTS
SAXON CHOCOLATES
YOLKA CHOCOLATES



Full Service In-house Interior Design Services available

IT INTERIORS AT POTOMAC HOUSE

Hours: Monday-Saturday 10-6 PM, Sunday 11-5 PM 9906 River Road, Potomac, MD 20854 301.299.0487

NEWS

So This Is Spring?

A good layer of snow will enhance the greens and turf at the **Falls Road Golf Course once the** weather warms up. Visit http:// mcggolf.com/Courses/ FallsRoad.aspx for more.



A woodpecker checks out a feeder in a Potomac backyard.

Рнотоѕ ву Ken Moore/ The Almanac

The Great Falls Tavern visitor's every day at the **Historical Park at** Great Falls, and includes exhibits, book shop and about events. Call 301-767-3714.



Great Falls normally launches with scheduled rides through the lock beginning in May. Call the C&O Canal National Historical Park at Great Falls visitor center, 301-767-3714.

Team Saij

Bowl-a-thon to support Duchenne Muscular Dystrophy research.

> By Susan Belford The Almanac

e are in a race against time," said Vicky Singh with a determined look on her face. "It is imperative that we raise as much money as possible to fund promising research to find drugs to treat and cure Duchenne Muscular Dystrophy (DMD) — to save children's lives. If researchers find the right drugs, other neurological motor diseases including cerebral palsy, multiple sclerosis and other forms of muscular dystrophy will also benefit from the research."

Singh and her husband Gurpreet are passionate about raising funds for this lethal genetic disorder of childhood because their son, Saij was diagnosed with DMD in 2008 at the age of 6. This progressive muscular disorder affects 1 in 3,500 boys worldwide and there is no known treatment or cure. Even though Saij has lost his ability to walk, he hasn't lost his spirit, his sense of humor or his energy and enthusiasm. The prognosis for most with DMD is that they lose the battle to DMD in their early 20s. But his family and friends are doing everything in their power to change the course of this disease and to find a cure.

'Saij aspires to be the president of the United States one day," she said. "His role model is President FDR and he says that if Roosevelt could do it in a wheel chair then so can he. We have visited the FDR Memorial in D.C. several times and our favorite quote by Eleanor Roosevelt is, 'Franklin's illness gave him strength and courage he had not had before. He had to think out the fundamentals of living and learn the

SEE SUPPORTING, PAGE 4



Saij Singh in New York City for the End Duchenne Gala on Dec. 6, 2012.

LET'S TALK Real Estate



by Michael Matese

Eco Friendly Lighting

With the trend towards eco-friendly homes becoming more and more popular, even lighting for the home is hopping on the band wagon. New 'green' options have become widely available and are priced competitively by manufacturers. Homeowners, both first-time and firmly established, are aware of the importance of "going green", not just for the benefit of the planet, but for tax purposes as well.

Dimmers and motion sensors are two simple ways to affect your home that are wired into your lighting systems. Compact fluorescent lamps (CFLs) are being manufactured that are color corrected and come in hundreds of style to fit every type of design. New light-emitting diode (LED) lamps are also available for installation lighting or as free-standing fixtures, as well as tile and fabrics with lighting elements—adding a creative, one-of-akind look to your lighting that's environmentally sustainable and easy on the utility bill.

Even better, lighting and ceiling fan manufacturers have been working on creating eco-friendly options for fluorescent bulbs, managing to almost eliminate that off-color light we all know (and hate). Ceiling fans, too, are making a big comeback because they help lower the carbon footprint and help heat and cool your home at a minimal cost. Not only that, but designers are designing ceiling fans that include integrated lighting systems in their structure. Some of the new generation of ceiling fans have even been created to look like chandeliers, adding a magnificent flourish to your home's appearance and a savvy element to its power and cooling

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

MICHAEL MATESE **Long & Foster Realtors** 301-806-6829

Mike@michaelmatese.com

News

Supporting Duchenne Muscular Dystrophy Research

From Page 3

greatest of all lessons - infinite patience and never ending persistence."

On Sunday, April 14, "Team Saij - Simply the Best" (501-c3) will hold a Charity Bowl-A-Thon for this cause. The evening will include bowling, a gourmet dinner, drinks, raffle prizes and much more. Most importantly, the evening will raise awareness and generate funds for DMD. All of the funds from this evening will go toward research. The Bowl-A-Thon will take place at the premiere 300 Shady Grove Bowl, 15720 Shady Grove Road in Gaithersburg from 5 - 7:30 p.m.

"We have a number of sponsorship levels to support our Charity Bowl-A-Thon," Vicky Singh said.

"We will offer both individuals and corporations the chance to own and manage their own lane with their logos displayed on large LCD monitors and the opportunity to address the audience about their organization, distribute sample products and brochures to the audience. We are expecting a large number of people to attend." Sponsors will receive recognition in the event flyer and on the Team Saii website.

Raffle items will include an Ipad Mini, a Kindle Fire, a Nook HD, a Nintendo DS, travel packages, New York weekends, sport-



Saij with Jordan Zimmerman of the Washington Nationals in June 2011.

ing event tickets, memorabilia and collector's items as well as gift cards from restaurants, movie theatres, gourmet food markets, toy stores, hair/nail salons and popular stores. An American Idol contestant, Gurpreet Singh Sarin will also be in attendance.

Teams are now forming to support TEAM SAIJ. "Money for Muscle" is a group of area youth who are committing to performing 10 - 100 repetitions of a fitness challenge of their choice. They are raising funds through individual sponsorships by jumping rope, pushups, hula hoop and basketball hoops. The fitness challenge will be held on April 7 at Big Pines Park, 13900 Travilah Road, North Potomac.

Tickets are \$50

child/student, \$100 adults, \$250 family pack (2 adults/2 children/stu-

dents) or for \$500 buy your ets are \$10 (2 tickets) \$20 (5 tickets) \$50 (15 tickets) \$100 (35 tickets). Buyers of the raffle tickets do

not need to be present to win.

"TEAM SAIJ - Simply the Best was inspired by the love of a little boy and the decision of four family members to run the NYC marathon in 2010 in an effort to raise awareness and generate funds directly towards finding a cure for DMD," said Vicky Singh. From running the marathon, they raised \$17,000. Now they are dedicated to raising these crucial funds with their Bowl-A Thon. "Simply the Best" comes from the Tina Turner song which she and Saij sing to one another for hope and inspira-

The mission of TEAM SAIJ is "to fund and accelerate research of potentially life-saving and disease altering drugs to help this generation of boys affected by Duchenne Muscular Dystrophy. Basi-

> cally, to Duchenne before it stops our boys." Team Saij is currently helping to fund researchers Johns Hopkins and the Kennedy Krieger

Institute to work on Skeletal Muscle Tissue Engineering To learn more about

own lane (6-8 people). Raffle tick- TEAM SAIJ - Simply the Best, to buy tickets, raffle tickets or to make a donation, go to

Wootton High School Theater To Present 'Ragtime'

With a cast of 65 members, Wootton High School will perform "Ragtime," the Tony-award winning musical.

"Ragtime" is a portrayal of the social issues in America at the turn of the century set to music. The three ensembles — the people of New Rochelle, Immigrants and Harlem — each have a different story to tell. The New Rochelle

Ensemble represent a people who do not welcome the change in their society brought on by immigration and racial diversity. The Immigrant Ensemble is comprised of mostly Eastern Europeans working the lowest wage jobs and struggling for rights and opportunities in America. The Harlem Ensemble is discriminated against most blatantly.

Viewers should be aware that the play incorporates specific racial and ethnic epithets that are important to understand how each group reacts to one another.

Set direction is being handled by Wootton 2012 graduate, Nick Hatcher, currently a technical theatre major at Emerson College in Boston looking to specialize in set design. The props and costumes

will orient the audience to the time period. "Ragtime" will be performed on April 12, 13, 19, and 20 at 7:30 p.m. and April 14 and 21 at 2 p.m. in the Wootton Center for the Performing Arts auditorium. Order tickets (reserved \$15, general \$10) on the Wootton Website On-Line Store to the Center for the Arts at http:// www.schooltix.org/wootton.



CHATTANOOGA, TN by Motorcoach, May 16 - 20 ... Includes Motorcoach from Vienna or Rockville, 4 Nights Hotel, Daily Breakfast & Dinner, Sightseeing, Cruises, Train Rides – Call for Details

MONTREAL & QUEBEC CITY by Motorcoach, July 14 - 20 ... Includes Motorcoach from Vienna or Rockville, 6 Nights Hotel, Daily Breakfast, 4 Dinners, Sightseeing – Call for Itinerary

Sightseeing – Call for details

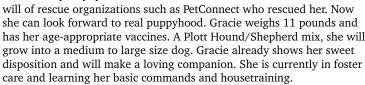
> SHILLELAGHS TRAVEL CLUB 100 East Street SE, Suite 202 • Vienna, Virginia 22180

703-242-2204 1-800-556-8646

Please visit our Web site at: www.shillelaghtravelclub.com for a listing of all our upcoming trips and socials.

PETCONNECT RESCUE "Adopt Me, Please..."

This is Gracie, just 12 weeks old. Look at that expression. She has seen adversity in her brief life. Gracie was abandoned at a high-kill shelter in North Carolina where a litter of pups a day can be dumped on the doorstep. A pup's future relies on the



Those wishing to adopt Gracie, please e-mail info@petconnectrescue.org and/or fill out our online application at www.petconnectrescue.org.

To donate or volunteer, please visit our Website above.





For a free digital subscription to one or all of the 15 Connection Newspapers, go to

www.connectionnewspapers.com/ subscribe

Be the first to know - get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Ouestions? E-mail: goinggreen @connection newspapers.com



POTOMA ALMANA

BULLETIN BOARD

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

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:// accollegepanel.eventbrite.com.

APRIL 3 THOUGH 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





PHOTOS BY MARY KIMM/THE ALMANAG

They're Back

Early spring flowers in Potomac include daffodils of various sizes and helibores (Lenten Roses) in various colors; so far the deer have not eaten these.

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.

MONDAY/APRIL 8

Planning Board. 7:45-10 p.m. at County Council Office Building, 100 Maryland Ave., Rockville. Learn what Montgomery County is planning to do to help break up traffic gridlock. Free. Visit www.montgomerycivic.org for more.

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

Alzheimer's Association support groups provide a place for people with Alzheimer's, their caregivers, family members, and/or friends to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey. Groups are facilitated by trained group leaders and are ongoing, free and open to the community. Call the Alzheimer's Association 24/7 Helpline at 703-359-4440 or 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other information about the group. A complete list of all groups in the National Capital Area region can be viewed at www.alz.org/nca.



SAVE THE DATE FOR:

The World's Fanciest Rummage Sale

BENEFITING



Sunday, April 7th, 12-4pm

The Ritz-Carlton, Tysons Corner

Donations are needed!!!

Make your spring cleaning count this year.

Please Donate new (or like-new) items for Sale Now

Have a really big item to donate?

Contact Helen Kruger (703-748-4068) to make pick-up arrangements

Join us at this incredible event and get unbelievable items at ridiculous prices!!!

You cannot afford to miss this event!!!

Small items and clothing drop-offs may be made to the front of the Ritz-Carlton Hotel,
Tysons Corner with the Bell Staff, Please indicate that the items are for the Boys and

Girls Clubs Rummage Sale. Donation receipts will be available at drop-off.

On-site moving company available for hire for large item purchases.

For more information, visit our event site.
http://www.fairfaxbgcgw.org/index.php/rummage-sale
Admission: \$5 per Person









CELEBRATE OUR GRAND REOPENING with an evening of drinks, hors d'oeuvres, music and conversation with those who already call Fox Hill home. People who have led extraordinary lives choose Fox Hill because you can have it all here—the services and amenities of a world-class hotel with the investment opportunities of condominium ownership in a cosmopolitan senior community. Our elegant condominiums overlook 16 wooded acres off River Road and I-495, where the world is at your doorstep.

You're invited to our
GRAND REOPENING
Thursday, April 11 from 4 to 7pm

RSVP by calling 888-746-9079 today!

Inquire about re-introductory pricing, now available for a limited time.

Fox Hill

8300 Burdette Road | Bethesda, MD 20817 888-746-9079 | www.foxhillresidences.com



Spring Fun

Compiled by Ken Moore

Canal towpath. Last year, more than

historic buildings, pulling weeds, and

painting picnic tables and signs. Call

www.canaltrust.org, or see the park

the Canal Trust at 301-714-2233.

website at www.chohvip.org/co-

Potomac Watershed Cleanup,

helped at many sites along the

Potomac River in Potomac. See

www.fergusonfoundation.org.

The 10th annual Bethesda Fine Arts

fine art and crafts. The festival is

scheduled for Saturday, May 11 from

from 10 a.m. – 5 p.m. Artists from

10 a.m. – 6 p.m. and Sunday, May 12

throughout the country will showcase

painting, drawing,

urniture, jewelry

mixed media, wood

Participating artists

were selected and

uried by members

& Entertainment

District. Sunshine

Artist ranked the

Arts Festival the

the U.S. and Best

Show in Maryland

D.C. The event will

Woodmont Triangle

along Norfolk and

and will feature live

Auburn Avenues.

and Washington,

be held in

downtown

Bethesda's

and downtown Bethesda restaurants

Great Falls Tavern, May - October.

Historical Park at Great Falls visitor

Call 301-215-6660 or visit

Mule-Drawn Canal Boat Rides,

Call the C&O Canal National

center, 301-767-3714 or visit

www.bethesda.org.

2008 Bethesda Fine

78th Best Festival in

of the Bethesda Arts

photography,

and ceramics.

emporary artists selling original

Festival, a two-day event

highlighting more than 120

canal-pride-days

MAY 2013

300 volunteers tackled 30 projects

from repairing trails, preserving



The 2013 Azalea Garden Festival at The Landon School runs Friday-Sunday, May 3-5.

Spring Fun and Entertainment

APRIL 2013

Downtown Bethesda celebrates the diversity of modern literature by resenting the 14th annual **Bethesda** Literary Festival from Friday, April 19-Sunday, April 21, 2013. Managed and organized by the Bethesda Urban Partnership, Inc. (BUP), the festival will feature an array of local and national authors, journalists and poets, as well as writing contests and children's events. All events are held throughout downtown Bethesda and are free. Other highlights of the Bethesda Literary Festival include the Reading and Awards Ceremonies for the Essay & Short Story Contest, the Youth Writing Contest and the Bethesda Poetry Contest: a meet-and greet with your favorite local authors, and author events for children and

eens. Visit www.bethesda.org. Pike's Peek 10K runs along Rockville Pike from Shady Grove Metro to White Flint Mall. Sunday, April 21, 2013. See the Montgomery County Road Runners Club website at www.mcrcc.org or pikespeek10k.com. Now named Kaiser Permanente Pike's

The Annual C&O Canal Pride Days,



Some of the home treasures at the 2012 Strawberry Festival.

C&O Canal Trust, brings hundreds of volunteers into the park to conduct maintenance projects. Celebrate Earth Day weekend on Saturday, April 20, from 8 a.m. to noon, by working at C&O Canal National Historical Park at Great Falls (Md.) and other sites along the Potomac River and C&O

Potomac Horse Center Annual Spring Open House, May 5, 2013.

Greek Spring Festival at the Greek Orthodox Church of St. George 7701 Bradley Blvd., Bethesda. Friday and Saturday, May 10-11, noon to 10 p.m. and Sunday, May 12 from noon to 8 .m. The annual festival includes aditional Greek cuisine, outdoor/ indoor dining, Greek dancing, church tours, art, jewelry and Greek pastries. Call 301-469-7990 or visit www.stgeorge.org.

he Potomac Hunt Races, May 19, 2013, an annual May radition, celebrating steeplechase racing and benefiting local charities. This year's race supports The Yellow Ribbon Fund and injured service members. Race day festivities include steeplechase racing horoughbreds and festival tailgate parties, a car show oony rides and more The event is open to the public and will be held at the Kiplinger Estate, 14401B Partnership Road, in Poolesville. See www.potomac

huntraces.com. sponsored annually by Alice Fergusor **Strawberry Festival** Foundation. Saturday, April 6, 2013, at Potomac United 9 a.m. to noon. Last year, more than Methodist Church 14,000 volunteers picked up 262 tons 10300 Falls Road in of trash at last year's April cleanup Potomac, will be held event, including 1,566 tires, 37,607 on May 18, 2013 cigarette butts, 31,456 plastic bags, 185,350 recyclable bottles. Volunteer the weekend before

Memorial Day). Berries, a silent auction, bake sale, rummage sale, at 301-299-9383 or visit

The Landon 60th Annual Azalea Garden Festival, May 3-5, 2013 in the Perkins Garden and the Landon campus, 6101 Wilson Lane, Bethesda The annual festival dates back to the mid-1950s when Landon's founders, Paul and Mary Lee Banfield opened the newly acquired azalea garden to the public. The weekend will feature food, music, plant sale, student art show, greens sale, shopping and the

320-3200 or visit www.landon.net. Mark's Run, a 5-K race and one-mile run also takes place during the Run is held each year in memory of battle with juvenile diabetes. In May 2011 the run raised more than \$50,000 for the Mark Ferris Scholarship Fund and \$75,000 to the Joslin Diabetes Center. Call 301-320-

3200 or visit www.landon.net. ometown Holidays is a Memorial Day festival and parade in the City of Rockville with concerts, children's crafts and games. May 25-27, 2013 from 2 p.m. to 10 p.m. at Rockville Town Center. This year's event will eature 30 free concerts and a Taste of Rockville. The weekend concludes with the 69th Annual Memorial Day Ceremony and Parade to honor those who have served. Call 240-314-5022

Potomac Theatre Company's June show traditionally is a Cabaret where the audience eats and drinks while watching a series of One-Act plays. In the Bullis School, 10601 Falls Road.

Call 301-299-8571. See

Imagination Bethesda, Saturday June 1, 2013 from 11 a.m. to 4 p.m. 18th annual children's street festival celebrating children and the arts. The festival will feature costume characters, face painters, international dance troupes, theater performances, a moon bounce and a variety of hands-on arts activities. Call 301-215-6660 or see www.bethesda.org.

The Bethesda Big Train begins its



Marie Wood presents the General H.H. Semmes Perpetual Trophy to Randolph Rouse, the owner of "One Sea," the winner of the sixth race of the 2011 Potomac Hunt Races, and rider Roddy Mackenzie.

craft fair, dollar items and games and activities for children. Call the church

12th annual Mark's Run. Call 301-

Landon Azalea Garden festival. Mark's alumnus Mark Ferris '94, who lost his

JUNE 2013

the Blair Family Center for the Arts at

season June 1 with an exhibition game at the Shirley Povich Field in Cabin John Regional Park, 10600 Westlake Drive. The Big Train plays in the Cal Ripken Collegiate Baseball League, a wooden-bat collegiate league that has sent athletes to Major League Baseball. See

w.bigtrain.org. 2013 AT&T National, June 24–June 30, 2013, features 132 PGA Tour professionals at Congressional Country Club in Bethesda who will compete for a \$6.5 million purse. The event raises funds and awareness for the Tiger Woods Foundation while paying tribute to U.S. armed forces.

Autism Speaks Annual 5K run and one-mile walk to benefit research on autism has become one of the major annual events in Potomac and takes place on July 4 starting at the Potomac Library, 10101 Glendolden Dr., one block from the intersection of River and Falls Roads at 8 a.m. Last year's event raised more than \$260,000. See www.autismspeaks.org or email autismspeaks5K@ autismspeaks.org.

Montgomery County Fairgrounds 4th of July Fireworks, Activities clude live music, games and food. Call 301-258-6350. See www.gaithersburgmd.gov

Montgomery College Rockville Campus 4th of July Fireworks, and food, Call 240-314-5022, See www.rockvillemd.gov **Potomac Whitewater Festival** in

early July is an annual fundraising event that celebrates kayaking in the Potomac River, Offers races for kavakers and clinics and activities for the public. Visit www.potomacfest.com

Email community entertainment events to almanac@connectionnews papers.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-a-longs, prizes and more. Visit rockvilletown square.com/events/mommy-and

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

me. On the Square: April 16, May

21, June 18, July 16, Aug. 20,

www.thepuppetco.org. Jack and the Beanstalk, through April 21 Thursdays and Fridays at 10 and 11:30 a.m. Saturdays and Sundays at 11:30 a.m. and 1 p.m.; Cinderella, April 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.

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.visarts center.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 nspiration for art. Through Saturday, April 13. Visit www.strathmore.org or 301-581-

Children's Theater. Imagination Stage and Natasha Holmes,

Out of the Blue



as James, Joe Brack as Aunt Spiker in Imagination Stage's "James and the Giant Duck in Imagination Stage's "The Magic

Roald Dahl Takes Over at Imagination Stage

"James and the Giant Peach," the beloved and well-read Roald Dahl story returns to Imagination Stage and teams up with the world premiere of "The Magic Finger," one of Dahl's lesser known stories. Both shows, performed on the May 26. Best for ages 4-10, tickets are \$12 to \$25. Purchase same stage and using the same set and cast, will create an at www.imaginationstage.org, at the Imagination Stage box ofexciting, hilarious, and Dahl-icious spring repertory at fice, or via phone at 301-280-1660. Group rates are available

director and cofounder of Tell Tale performed with an orchestra. Visit Hearts Children's Touring Theatre www.strathmore.org for tickets. Festival of Colors. 11 a.m.-4 p.m. at Company presents "From Here to There," Tuesdays through Sundays at ISKCON of DC. 10310 Oaklyn Drive 10:30 a.m. and 11:45 a.m. at Imagination Stage, 4908 Auburn Ave. food court, shopping, music and Bethesda. Through Sunday, April 14. more. Visit www.iskconofdc.org for Appropriate for ages 2-5. Tickets are \$10-\$12 with a lap seat for children under 12 months for \$5. Visit www.imagination stage.org or 301-

WEDNESDAY/MARCH 27

280-1660.

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

Echo, 7300 MacArthur Blvd., Glen Echo. \$10. No partner required. Visit www.waltztimedances.org or 301 634-2222. **APRIL 3 THROUGH MAY 26**

Along with the colors there will be a

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. Visit 280-1660.

WEDNESDAY/APRIL 3

Tiny Tots. 10 a.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Children ages 0-4 can enjoy shows designed for them. 30 minute running time. \$5/person. Prewww.thepuppetco.org or 301-634-

THURSDAY/APRIL 4

Documentary Photography Class Sora DeVore will lead a series of projects at Photoworks at Glen Echo, 7300 MacArthur Blvd. Visit www.glenechophotoworks.org to

Blues Dance. 8:15 p.m. lessons start, dancing from 9-11:30 p.m. in the Ballroom Annex, 7300 MacArthur Blvd., Glen Echo, \$8, Capital Blues presents the dances. Visit www.capitalblues.org for more.

Music Performance. Kristin Lee plays Strathmore, 10701 Rockville Pike \$25/person. Visit www.strathmore.org for tickets.

FRIDAY/APRIL 5

Gymnastic Exhibition. 7 p.m. at the University of Maryland Comcast

Center. See the University of Maryland Gymkana Troupe perform a variety of acts including on the trampoline, using everyday objects like chairs and more. \$7/ student, faculty and staff at

University of Maryland; \$8/child

12 and under; \$9/adult. Visit

gymkana.umd.edu for more.

SUNDAY/MARCH 31 SATURDAY/APRIL 6 Waltz. 2:45 p.m. lesson; 3:30 p.m.

Gymnastic Exhibition. 7 p.m. at dance to the music of Honeysuckle Rose in the Spanish Ballroom at Glen the University of Maryland Comcast Center. See the University of Maryland Gymkana Troupe perform a variety of acts including on the trampoline, using everyda objects like chairs and more. \$7/ student, faculty and staff at University of Maryland; \$8/child 12 and under; \$9/adult. Visit

Leigh Jameson as Granny Gregg, Megan

Graves as Lucy and Phillip Reid as Master

Imagination Stage. "James and the Giant Peach" and "The

Magic Finger" run in repertory in Imagination Stage's Annette

M. and Theodore N. Lerner Family Theatre April 3 through

gymkana.umd.edu for more. Reception. 4-6 p.m. at Yellow Barn Gallery at Glen Echo, 7300 MacArthur Blvd. Sam Miller will demonstrate how to turn an idea into a 3-D piece of art. The gallery is open from noon-6 p.m. Free. Visit www.glenechopark.org or

SUNDAY/APRIL 7

Art Demonstration. Noon-5 p.m. at Yellow Barn Gallery at Glen Echo, 7300 MacArthur Blvd. Sam Miller will demonstrate how to turn an idea into a 3-D piece of art. Free. Visit www.glenechopark.org or 301-371-5593.

Waltz Dance. Lessons at 2:45 p.m. and dancing from 3:30-6 p.m. at Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. Music by Green Light Karma. \$10. No partner required. Visit www.waltztimedances.org or 301-634-2222.

Tiny Tots. 10 a.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Children ages 0-4 can enjoy shows designed for them. 30 minute running time. \$5/person. Pre-purchases recommended. Visit www.thepuppetco.org or 301-634-

FRIDAY/APRII, 12 Music Performance. Cameron

Carpenter will perform at 8 p.m. at Strathmore. He will play the organ. Visit www.strathmore.org or 301-581-5100 for tickets.

Free Remodeling & Design Seminars!



Sat., April 6th - 10am-2pm Where: 6862 Elm Street, Suite 330

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 nsider when remodeling

Saturday's Seminars:

Kitchen and Bath Trends

Paint Colors Made Easy Apples to Apples - Thinking your project through? How do you

> 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! Special Thanks to Our Sponsor:



Sandra Hambley I 703-599-0648 DecorAndYouDC.com



design/build | additions | kitchens | baths | basements | outdoor spaces 703-425-5588 SunDesignInc.com info@SunDesignInc.com

Potomac Village Deli Catering

Breakfast • Lunch • Dinner Catering 301 • 299 • 5770

www.potomacvillagedeli.com

Home of Your **Corporate & Residential** Catering Headquarters

Serving the Community for over 35 Years



6 • POTOMAC ALMANAC • MARCH 27 - APRIL 2, 2013 www.ConnectionNewspapers.com www.ConnectionNewspapers.com POTOMAC ALMANAC * MARCH 27 - APRIL 2, 2013 * 7

at Toys Unique, 9812 Falls Road or 301-983-3160. Visit ootb.org.uk.

Out of the Blue will perform Thursday, April 4 at 7 p.m. at Potomac Presbyte-

rian Church, 10301 River Road, Potomac. Out of the Blue is an all male vocal

group from Oxford University founded by Cabin John Middle School and

Churchill High School graduate Derek Smith in 2000. Tickets \$10-12, available

SPORTS



Churchill's Annie Moshyedi shoots during a game against Blake on March 23.



Bethany Dubick and the Churchill girls' lacrosse team defeated Blake on March 23.



Churchill's Carly Shapiro is seen during a game against Blake on March 23.

hurchill Girls' Lax Wins Hope Opener

wo days after opening the season with a 17-9 loss to Bullis, the Churchill girls' lacrosse team won its home opener against Blake, 15-5, on March 23.

Churchill enters its first season BRIEFS under head coach Jamie Frank. From 2009 through 2012, the Bulldogs finished 55-8 under head coach Christen Gjeldum, reaching the 4A/3A West championship game each season. The Bull-

dogs won a region title and reached the

Sports

state tournament in 2010, 2011 and 2012.

The Bulldogs will host Damascus at 7 p.m. on Thursday, April 4. Damascus beat Churchill last season and reached the 3A/ 2A championship game.

Churchill Baseball Starts 0-2

The Churchill baseball team dropped its season opener against Northwest, 7-2, on

March 21. The following day, the Bulldogs lost to Magruder, 7-6.

Churchill will host Damascus at 3:30 p.m. on April 4.

Churchill Boys' Lacrosse Starts 2-0

The Churchill boys' lacrosse team defeated Blake 20-1 on March 23, improving the Bulldogs' record to 2-0. Churchill opened the season with a 7-5 victory over The Heights on March 21.

Last season, Churchill ended Wootton's six-year streak of region championships. The Bulldogs beat the Patriots in the region semifinals and defeated Sherwood for the 4A/3A West region championship. The Bulldogs return standout attackmen Matt Leonard and Louis Dubick, among

Churchill will travel to face Damascus on April 4.

Pets for Adoption



Lilly — F, 1 year, 40 lbs., spayed, Plott hound-mix. Lilly is still a puppy at heart and loves to romp and tussle with other dogs. This beauty has a goofy, playful side and is taking quickly to clicker training with treats to learn commands.



Jasmine — F, 8 months, 50 lbs., spayed, Rottie/Boxer mix- Sweet Jasmine and her sister came from a brood of a back yard breeder's neglected puppies. She has blossomed in a foster parent's home and likes other dogs, cats and people. PAW is looking for great, dog-experienced adopters to help Jasmine be all she can be.



Elsa — F, 6 years, 90 lbs., spayed, Boxer/Mastiff mix. Elsa is a gentle giant who thinks she is a lap dog and gently carries her toys around the house without destroying them. She loves, people, walks, car rides and is fully house broken. Elsa is seeking a home where she is the center of attention (with no other dogs or cats) and large-dog experienced adopters.



Chico — M, 4 years, 17 lbs., neutered, Peke/ Shih Tzu mix. A lap dog who loves to snuggle, he gets along with dogs and cats after an introduction, loves food and squeaky toys and greets people with zest. Chico does have a medical condition common with the Pekinese breed but would be a friend well worth this tiny bit of extra care.

News



Cindy Schwartzman, vice president general meetings, PANC; Sara Maria Dan, president, PANC, and Pamela Green, vice president programs, PANC.

'Always on the Go'

FROM PAGE 2 \$30 per year.

Long-time member Barbara Gargano describes some of PANC's many activities. "We have both educational and social activities that provide an opportunity for meeting others and sharing common interests. Some groups meet weekly or monthly, while others have a more flexible schedule. We have Book Clubs, Film Buffs, Great Decisions, Bridge groups at all levels, an Investment Club, Mah Jongg, Museum Trips/New Adventures, PANC Dining inn, self-defense classes, Genealogy, Infomaniacs, a writer's group and many more interest groups. Because we live in such a diverse community, we have many members from all over the world. Our French Conversation group and out English for Internationals are both incredibly fun as we learn to speak better French with native speakers and help others from foreign countries to improve their English."

Suzanne Lamoureux plans the Museum Trips/New Adventures for PANC. "Each month I arrange an interesting sightseeing tour to a museum or to a local place of interest. In January we visited The

National Building Museum. We have also traveled to Frederick Country to see the covered bridges, to the Frederick Douglass National Historic Site, the Mary Surratt House, to art exhibits and gardens. In March, we will head to Harper's Ferry, W.Va. where we will do a walking tour of the historical district. There are so many gems in this area to visit and I love planning and learning more about our surrounding area.

PANC's newsletter, "The Welcome Mat" is full of information that includes book reviews, recipes, opportunities to volunteer and/or give back, photos of past activities, the schedule and agenda of the small interest groups, member birthdays, a list of new members as well as a bragging page of members' accomplishments. Their website contains vendor referrals and helpful Montgomery County information.

Whether a newcomer or a long-time resident of Potomac and area communities, to learn more about PANC or in joining, check out www.potomacnewcomers.com. The PANC calendar is listed at http://calendar.yahoo.com/potomacnc. To join, e-mail pancmembbership@yahoo.com.



Potomac Area Newcomers' Club members Debbie Dreisman, Barbara Gargano, Mary Ruth Benson and Kay Mulford.

POTOMAC ALMANAC

www.PotomacAlmanac.com

Newspaper of **Potomac** A Connection Newspaper

An independent, locally owned weekly newspaper delivered to homes and businesses.

1606 King Street Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

PUBLISHER

Mary Kimm 703-778-9433 mkimm@connectionnewspapers.com *@MaryKimm*

EDITORIAL PHONE: 703-821-5050 E-MAIL:

almanac@connectionnewspapers.com

EDITOR

Steven Mauren, 703-778-9415 smauren@connectionnewspapers.com

SPORTS EDITOR

Jon Roetman, 703-224-3015 jroetman@connectionnewspapers.com @ionroetman

CONTRIBUTING WRITERS

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

Contributing Photographers

Harvey Levine, Deborah Stevens

Art/Design: Laurence Foong, John Heinly Production Manager Jean Card Geovani Flores

Special Assistant to the Publisher

Jeanne Theismann 703-778-9436 jtheismann@connectionnewspapers.com @TheismannMedia

ADVERTISING

For advertising information
e-mail:
sales@connectionnewspapers.com

ACCOUNT EXECUTIVES

Display Advertising: **Kenny Lourie** 703-778-9425

klourie@connectionnewspapers.com

Andrea Smith 703-778-9411 Classified Advertising asmith@connectionnewspapers.com

Debbie Funk

National Sales & real Estate 703-778-9444 debfunk@connectionnewspapers.com

Jerry Vernon

Executive Vice President jvernon@connectionnewspapers.com

Potomac Almanac is published by Local Media Connection LLC

Five Time First Place Award-Winner Public Service

MDDC Press Association

Four Time Newspaper of the Year

An Award-winning Newspaper in Writing, Photography, Editing, Graphics and Design

YOGA CLASSES IN POTOMAC

For Daytime Classes

Kula Yoga

St. James Episcopal Church 11815 Seven Locks Road Monday - Friday 9:30am



For Weekend & Evening Classes

Hamsa Yoga

St. Andrews
Episcopal School
8804 Postoak Road
Mon & Wed 6:30 & 8:00pm
Thurs 6:30pm
Sat 9:00am

For more information please contact:

Nancy Steinberg 240-994-5092 nancy@kulayogaclass.com www.Kulayogaclass.com Shanthi Subramanian 301-320-9334 shanthi@hamsa-yoga.com www.hamsa-yoga.com



Will Return Next Week



To add your Realtor represented Open House to these weekly listings, please call 703-778-9410



PROGRAMS:

ny Tigers ages 3&4 Little Ninjas ages 5

Children's Karate ages 8-12

Teen & Adult Karate ages 13 & up Kickboxing ages 13 & up

LOCATIONS:

BETHESDA : 301-571-6767 10400 Old Georgetown Road

GLEN ECHO : 301-320-3334 POTOMAC : 301-6 4701 Sangamore Road Suite M3 12944 Travilah

Kicks Karate — 9 locations serving Frederick and Montgomery counties.

301-983-1900 ZONE 5 AD DEADLINE:

Monday Noon

BUSINESS OPP

TELEPHONE WORK AT HOME!

NATIONAL CHILDRENS CENTER 301-333-1900 තික Weekdays 9-4 කිරී

26 Antiques

We pay top \$ for antique furniture and mid-century Danish/modern

teak furniture, STERLING,

MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks.

Schefer Antiques @

703-241-0790.

Email:theschefers@cox.net

29 Misc. for Sale

2008 John Deere 5425 load-

er, cab, heat, air, Price \$8200, call or text 804-404-3135 /

carbyn5@juno.com

Educational Internships

Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. E-mail internship@connec tionnewspapers.com NEWSPAPERS

ZONE 5: • Ротомас



301-983-1900

ZONE 5 AD DEADLINE: Monday Noon

vhen you advertise through Virginia Press Services

STATEWIDE DISPLAY AD NETWORK!

Place your business card-size ad in more than 65 statewide newspapers and your message will reach more than 500,000 Virginians. CONTACT THIS NEWSPAPER or Adriane Long, Virginia Press Services, 804-521-7585 or adrianel@vpa.net.

21 Announcements

21 Announcements 21 Announcements

TAX PROBLEMS?

WE CAN HELP!

THE TAX RESOLVERS

DO YOU OWE \$10,000 OR MORE IN BACK TAXES?

- End wage garnishments*
- Stop collection calls*
- Remove tax liens*
- Eliminate tax penalties*
- Reduce the amount you owe*

Call (888) 981-9476 For a FREE Consultation!

* If you qualify



A new option for people with

Macular Degeneration

Find out if the new implantable miniature telescope can help you see better.

Call for a FREE phone consultation with Dr. Armstrong, Optometrist

Offices in: Roanoke, Charlottesville, Harrisonburg, Wytheville

(866) 321-2030

Dr. David L. Armstrong VirginiaLowVision.com

IMPROVEMENTS IMPROVEMENTS

R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting

We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 Fax: 703-830-3849 E-mail: rncontractorsinc@gmail

Picture Perfect Home Improvements (703) 590-3187 www.pphionline.com

Remodeling Bathrooms, Kitchens & Basements

- Exterior & Interior Repair, • FAST & Rehable Service
- NO \$\$\$ DOWN!
- Painting, Carpentry, Wood Rot, Drywall, All Flooring, Decks

Handyman Services Available

"If it can be done, we can do it"

LANDSCAPING

LANDSCAPING

<u>GARDENER</u>

Energetic gardener, Speaks French & English. Fall Cleanup, weeding, planting, edging, mulching, maintenance. Excellent Potomac references.

301-980-8258

HANDYMAN

HANDYMAN



Hand and Hand Handyman

General Remodeling Residential & Commercial Specializing in: Kitchen/Bathroom/Basement Remodeling

Plumbing • Electrical • Custom Carpentry Doors Windows • Hardwood Floors Crown Molding • House Cleaning Interior/Exterior Painting • Brick/Stone Work Ceramic Tile • Decks, Fences, Patios **HOA Maintenance, Granite Counter Tops Realtors Work and Much More**

Licensed and Insured Serving Northern Virginia 703-296-6409

A CLEANING SERVICE

Since 1985/Ins & Bonded Quality Service at a Fair Price Satisfaction Guaranteed-

Angies List 2011-Super Service Award! Comm/Res. MD VA DC

acleaningserviceinc.com 703-892-8648

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured

Spring Cleanup

Tree removal, topping, & pruning, shrubbery trimming, mulching, leaf removal sodding, hauling, gutter cleaning, retaining walls, drainage problems, etc

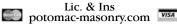
20 yrs. of experience - Free estimat 703-868-5358

MASONRY

Potomac Masonry

New Installations & Repairs Stone - Flagstone - Brick - Concrete FREE ESTIMATES!!







3rd Generation Masonry Company Family Owned & Operated Since the 1950s

MASONRY SPECIALIST,

For All of Your Masonry Needs Custom Design, Installation, Repairs & Restoration

BRICK - FIELDSTONE FLAGSTONE - CONCRETE BEB

EP Henry & Belgard Pavers Patios, Walkways, Driveways, Retaining & Decorative Walls

703-443-2308

www.masonryspecialist.com for ideas, pictures & coupo All Work Guaranteed - Licensed & Fully Insured Class A License #VA2705087240A

FIREWOOD

FIREWOOD

lixed Seasoned Hardwood \$130 half cord \$220 full cord Call Joe at 301-856-4436 301-602-9528 Cell

HOW TO SUBMIT ADS TO

CLASSIFIED

DEADLINES

Zones 1, 5, 6.....Mon @ noon Zones 2, 3, 4.....Tues @ noon E-mail ad with zone choices to: classified@connection newspapers.com

or call Andrea @ 703-778-9411

EMPLOYMENT

DEADLINES

Zones 5, 6. ..Tues @ 11:00 ..Tues @ 4:00 Zone 2. .Wed @ 11:00 ..Wed @ 1:00 Zone 4. E-mail ad with zone choices to: classified@connection newspapers.com

or call Andrea @ 703-778-9411

ZONES

Zone 1: The Reston Connection The Oak Hill/ Herndon Connection

Zone 2: The Springfield Connection The Burke Connection The Fairfax Connection The Fairfax Station/Clifton Lorton Connection

Zone 3: The Alexandria Gazette Packet The Mount Vernon Gazette

Zone 4: Centre View North Centre View South

Zone 5: The Potomac Almanac Zone 6: The Arlington Connection The Vienna/Oakton

> Connection The McLean Connection The Great Falls Connection

ALMANAC CLASSIFIED

Classified or Home • Lawn • Garden: 703-917-6400

Employment: 703-917-6464



E-mail: classified@connectionnewspapers.com

14.8 Percent



By KENNETH B. LOURIE

That is the percentage of diagnosed lung cancer patients who survive beyond five years, according to The National Cancer Institute's SEER Cancer Statistics Review, 1975-2009, in a graph published in the February 26, 2013 Washington Post's weekly Health & Science section. As a non-small cell lung cancer (NSCLC) survivor beginning his fifth year post-diagnosis, charting my prospects in such a cold and impersonal manner is both chilling and arguable. "Chilling" in that facts speak for themselves and are hardly made up of whole cloth, to invoke one of the late Jack Kent Cooke's more famous quotes. And "arguable" in that charts, statistics, etc. may very well measure the mean, but it sure doesn't measure the man (this man, anyway). Meaning, from my perspective: sure, the chart is scary as hell, but I'm not sure I'm on it, if you know what I mean? (I know you know what I hope.)

Now whether you believe it or not matters not to me, rather what I believe matters most. And I believe in the individuality of individuals and of the immeasurable characteristics that don't show up on twodimensional graphs. Since I live in a threedimensional world, I'm loathe - and quite hesitant, to think that I'm just another terminal patient/number. Now, I don't dismiss such statistics out of hand, obviously, but nor do I take them to heart to determine how I intend on living my life. Certainly I'm not going to ignore them; I'm not a blockhead. But neither do I expect them to affect my thinking, my judgment, my preparation and my attitude. I still believe anything is possible and I'd like to think – and continue to think: "I've lived this long. Certainly I can live a little bit longer" (updated daily).

I have to admit though, that reading articles and seeing charts which offer improving but still extremely discouraging life expectancies, particularly for lung cancer patients (12.3 percent was the previous five-year survival rate, the lowest for all cancers charted in this particular graph) doesn't exactly make my day - or night, for that matter. Somehow, I have to find a way to disassociate myself from that population despite being immersed in its culture every minute of every day. Which when you consider that I have my oncologist's phone number programmed on my speed dial and that the chemotherapyinduced neuropathy in my feet offers constant reminders that I'm not in Kansas anymore (if I were in Kansas, I'm sure the neuropathy would be just as bad), the likelihood of my not feeling the effects of my diagnosis, physical, mental or emotional is somewhere between slim and none. Coping is what it's all about and not taking anything too personally, even though this is all very personal. And though I am keenly aware of my circumstances – as most of you regular readers are, finding a way to not let it define me and/or control me totally, is the challenge with which I am most familiar.

As Popeye the Sailor Man so famously said: "I yam what I yam." And so am I. I'm Kenny-with-cancer. So what else is new?

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

News



Landscaping Makeover

James P. Seavey, chief of the Volunteers & Combination Officers Section, inspects the new landscaping that Wheat's Landscape provided Company 30 as a community service. Six career firefighters are always on duty at the station, and some volunteer personnel occasionally work there too. The station has a tanker, an engine, a medical unit, a brush truck and a boat support truck.



Wheat's Landscape provides a landscaping makeover to highlight the station and its front sign last week. Wheat's Landscape has a tradition of helping schools, organizations and charities.

Norwood Students Head to Odyssey of Mind Finals

BY MARILYN CAMPBELL
THE ALMANAC

ome Potomac-area students were recognized recently for their creative thinking and collaborative abilities when Norwood School in Bethesda hosted Odyssey of the Mind earlier this month.

Odyssey of the Mind is an international educational program that provides creative problem-solving opportunities for students in kindergarten through college. All five of Norwood's teams qualified for the World Finals, which will be held at Michigan State University in May.

During the competition, Odyssey of the Mind teams are asked to solve a problem from a choice of five possibilities, which change every year, but fall into the same five general categories: mechanical/vehicle, classics, performance, structure, and technical performance. This year's problems were titled: "Pet Project" (mechanical/vehicle), "The Email Must Go Through" (technical performance), "ARTchitecture: The Musical" (classics), "Tumble-wood" (structure), and "It's How You Look at It" (performance). Each problem presents a challenge, which must be solved and presented though a skit while following specific directions and within allotted time and cost limits. Additionally, teams practice spontaneous problem-solving, which can range in challenge from hands-on building to answering a verbal prompt.

"Our school has always encouraged and celebrated creativity, whether in the art studio, writing class, the science lab, or in math class," said Dick Ewing, Head of School in a statement. "With its emphasis on creativity and learning by doing, Odyssey of the Mind is a natural fit for Norwood, and many of our students have



Five teams from Norwood School participated in the Maryland State Tournament of Odyssey of the Mind. All of Norwood's teams qualified for the World Finals, which will be held at Michigan State University in May.

embraced this opportunity not only to expand their creative problem-solving skills, but to be involved a fun activity with their classmates."

Norwood has participated in Odyssey of program to the Norwood School.

the Mind for the past four years. Third Grade Teacher Meghan Dinardi, who participated in the 34-year-old program when she was a young student, introduced the program to the Norwood School.

SCHOOL NOTES

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

 $\textbf{\textbf{Joy Suslov}} \ \text{has been named to the dean's list at Rider University. Suslov is a music education major in the Westminster Choir College.}$

Daniela Baeza was named to the dean's list at Eckerd College.

POTOMAC PIZZA LUNCH COMBOS

\$9.99 PIZZA COMBO

- ANY TWO SLICES OF PIZZA WITH UP TO 3 TOPPINGS EACH
- CHOICE OF ONE:
 - SMALL TOSSED SALAD
 - CUP OF SOUP
 - SMALL FRIES
- SMALL FOUNTAIN DRINK

\$9.99 SUB COMBO

- ANY SUB, SANDWICH OR WRAP*
- CHOICE OF ONE:
 - SMALL TOSSED SALAD
 - CUP OF SOUP
 - SMALL FRIES
- SMALL FOUNTAIN DRINK

*For yeal 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.

POTOMAC PIZZA

www.potomacpizza.com

Dine-in, Carry-out, Delivery & Catering Serving Our Communities Since 1978



301 951 1127

POTOMAC PROMENADE 301 299 7700

TRAVILLE VILLAGE CENTER 301 279 2234

KENTLANDS MARKET SQUARE 301 977 9777