

Potomac ALMANAC

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PHOTO BY KEN MOORE/THE ALMANAC

MARCH 27 - APRIL 2, 2013

ONLINE AT POTOMACALMANAC.COM

Making New and Old Residents Feel Right at Home

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

BY SUSAN BELFORD
THE ALMANAC

"I 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-



PHOTO COURTESY OF PANC

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

SEE ON THE GO, PAGE 9

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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.

PHOTO BY MARY KIMM/THE ALMANAC

PHOTOS BY
KEN MOORE/
THE ALMANAC

The Great Falls Tavern visitor's center is open every day at the C&O National Historical Park at Great Falls, and includes exhibits, book shop and information about events. Call 301-767-3714.



The mule-drawn canal boat at 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

“We 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-a-kind 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 abilities.

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

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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 Saij 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/students) or for \$500 buy your own lane (6-8 people). Raffle tickets 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 inspiration.

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. Basic-

cally, to stop Duchenne before it stops our boys."

Team Saij is currently helping to fund researchers at Johns

Hopkins and the Kennedy Krieger

Institute to work on Skeletal Muscle

Tissue Engineering

To learn more about

TEAM SAIJ – Simply the Best, to buy tickets, raffle tickets or to make a donation, go to www.teamsaij.org.

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>.

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

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BULLETIN BOARD

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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.



PHOTOS BY MARY KIMM/THE ALMANAC

They're Back

Early spring flowers in Potomac include daffodils of various sizes and heliobes (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.

potential campers will be interviewed to make sure the camp is appropriate for their needs. Visit www.summeredge.org/ for more.

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

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

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.



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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.

PHOTOS BY HARVEY LEVINE/THE ALMANAC

Churchill Girls' Lax Wins Hope Opener

Two 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.

SPORTS BRIEFS Churchill enters its first season 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 Bulldogs won a region title and reached the

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 others.

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.



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 pancmembership@yahoo.com.



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

POTOMAC ALMANAC

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21 Announcements

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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 two-dimensional graphs. Since I live in a three-dimensional 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 chemotherapy-induced 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.



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

Some 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



PHOTO COURTESY OF NORWOOD SCHOOL

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

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.

Joy Suslov 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.

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