

# Potomac ALMANAC

## Collecting For Manna

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2013  
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It's cheers and high  
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grade Bullis  
students load the  
Manna truck with  
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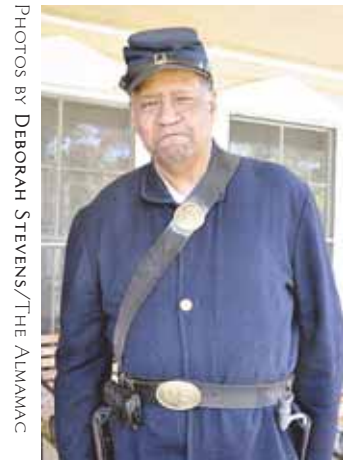
PHOTO BY SUSAN BELFORD/THE ALMANAC

APRIL 24-30, 2013

ONLINE AT [POTOMACALMANAC.COM](http://POTOMACALMANAC.COM)



## News



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

### Tales of History

Kelly Washington (left) of Silver Spring and Corporal Robert Ford of Baltimore participate in a Civil War re-enactors' presentation at the Clara Barton National Historic Site on Saturday, April 20.

Mel Reid, an actor who was in the movie "Glory," spoke on the Civil War African-American soldier experience.

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#### TUESDAY/APRIL 30

**Meeting.** 7:30-9 p.m. at the Julia Bindeman Suburban Center, 11810 Falls Road. Potomac Community village is hosting a meeting about how residents can remain in their homes and live with dignity as they get older.



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## Bullis Fills Manna Truck with 1,367 Boxes of Cereal

With need so great,  
that's a week's worth.

BY SUSAN BELFORD  
THE ALMANAC

**T**wenty-six 4th grade students at Bullis received hands-on knowledge April 17 of how powerful a group can be if each one just gives a little. They were responsible for loading 1,367 boxes of cereal donated by the students and families of Bullis onto the Manna truck — and those 1,367 boxes nearly filled the truck to capacity. When working out the math, the students realized that it only required each Bullis student to bring in two boxes of cereal to fill the truck and stock the Manna shelves.

"That's enough cereal to feed my family forever," one student said.

"How long do you think it will last at Manna?" asked their teacher, Kate Powell.

"Maybe a week — or maybe two," the students answered.

Manna's Development Manager Allison Krumsiek Anderson verified that the amount of donated cereal would last at least a week. "We give out 192 boxes of cereal every day," she said. "We rely on community donations to help us provide 20,000 pounds of food a day. It is so important to provide breakfast to families. Studies show that kids who don't eat breakfast can't learn. They have better behavior and can function much better, particularly when the breakfast has high nutritional value. We are truly grateful to Bullis for such a huge donation."

"The drive was initiated six years ago," said Dr. Sara Romeyn, community service coordinator. "The number of boxes of cereal collected over a two-week period has increased each year. We encourage students to bring in healthy cereal."



**Bullis 4th grade students help load the Manna truck.**

She continued, "Students from all classes worked on the drive. The National Junior Honor Society counted each box, the 4th graders loaded the Manna truck and all grades collected cereal and delivered the boxes from their classrooms to the main counting and staging area in the Blair Auditorium. They love participating in loading the trucks — and knowing they made a difference."

Fourth grade students were proud of their efforts as they surveyed the huge number of boxes. "I feel good about helping with this because it's going to give kids cereal to eat in the morning," said Tigan Small.

Sloan Bernstein and Coley Samuels, Olivia Herron and Aamilah Khanu were also happy to participate in the drive.

"We always give our outgrown clothes to



**Bullis 4th grade students are proud and happy after loading 1367 boxes of cereal onto the Manna truck — nearly filling it.**

charity, but this time we get to load the truck and see that it is going to help feed people right away who don't have food like we do," said Sophia Goretsky.

The 4th grade students also presented an assembly on hunger in Montgomery County to the rest of the school. They explained that 1 in 3 children in Montgomery County Public Schools are hungry and participate in the free or reduced lunch program. Thou-

sands of people in Montgomery County rely on emergency food programs because it is expensive to live here, there's a high rate of unemployment and the economy is affecting a lot of people. Sometimes people have to choose between putting food on their table and buying medicine to survive. That's why donating food to MANNA is critical since it is Montgomery County's only food distribution organization.

## Holy Child's 'Tiger Trot' Yields Fundraising Success



**The Connelly School of the Holy Child hosted its 3rd annual "Tiger Trot" 5K run/walk on April 14.**

WWW.CONNECTIONNEWSPAPERS.COM

School's wellness programs and Cabin John Park Volunteer Fire Department to benefit.

BY SUSAN BELFORD  
THE ALMANAC

**A**lmost 400 runners and walkers participated in the 3rd annual "Tiger Trot" 5K run/walk held on Sunday, April 14 — a beautiful, sunny breezy day. While many participants came from nearby Potomac and Bethesda, many racers journeyed all the way from Alexandria, Warrenton, Germantown, Kensington, Arlington — and even from Hermosa Beach, Calif., Mt. Penn, Pa., — and points beyond to participate with the friends, family, students, parent, alumnae and faculty of the Connelly School of the Holy Child.

The proceeds of the race went to Holy Child's Health and Wellness programs — as well as to the Cabin John Park Volunteer Fire Department (CJPVFD). This year, Holy Child presented them with a check for \$3,500 for the firefighter's fund. A team of firefighters from the CJPVFD arrived with ambulances and other equipment to show off. "It's where the money goes," their spokesman said. "It saves all of us tax dollars." The CJPVFD fielded several runners, including Chief Paul Sterling.

More than \$900 was awarded in prize money in 15 different age categories, along

SEE 'TIGER TROT,' PAGE 4  
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## LET'S TALK Real Estate



by Michael Matese

### Green-Wise Trends in Luxury Homes

REALTORS® and sellers alike are finding passive solar paneling, marble bathroom features, bamboo flooring, and incorporation of alternative energy sources into the home's overall design, as well as addition of energy efficient appliances to be key motivators in a home's attractiveness to prospective buyers. 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. The biggest factor, however, in the concept of the “green mansion” is a return to basics, but with a lavish approach. True opulence and the height of style is no longer showcased in gratuitous, non-functional shows of wealth—gone are the days of gold-plated toothbrush holders! Today's luxury homeowner favors tasteful investments in comfortable living that are good for the body, mind and environment. A renewed emphasis on natural beauty and craftsmanship are at the heart of the new century's luxury home market and luxury home owner. Green mansions are ones that incorporate smart sustainability into their design and home design elements are varied, but have in common that the luxury is not the money spent, but money that is well-spent. Bringing nature into the home, with “endless rooms” that showcase glass walls, outdoor kitchens that incorporate nature into the home's livability, atrium entertainment areas and design details such as hand forged iron works or natural stone are just a few of the ways that a green mansion can incorporate sumptuousness and sustainability for the new luxury home buyer. Welcome to the new world of eco-friendly, green luxury!

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## NEWS

# 'Tiger Trot' Success

FROM PAGE 3

with medals and gift cards. Jason Belinde of Bethesda was the overall and men's winner with a time of 17:28 and Anna Holt-Gosselin of Vienna, Va., won the women's division — and came in 4th overall — with a time of 18:30. A highlight of the day was when Gaithersburg resident Dee Nelson, age 69 and mother of late alumna Susie Nelson, Class of 1988, bested her 2012 time with a final of 25:37 — and won her division.

After the race, festivities abounded with face painting, a moon bounce, a school “blue/gold” team costume contest, lots of food and raffle prizes for the participants.



**Dee Nelson, age 69 and mother of late alumna Susie Nelson, Class of 1988.**

## Volunteers Assist in 6th Annual C&O Canal Pride Days

On Saturday, April 20, the C&O Canal Trust, in partnership with the C&O Canal National Historical Park, kicked off the 6th annual C&O Canal Pride Days, the single largest volunteer event to take place in the park. Approximately 85 volunteers from the local communities in Montgomery County invested their time and effort to help restore and revitalize the C&O Canal National Historical Park at Great Falls.

Saturday's event at Great Falls, which is among the most popular and heavily-visited sites in the 184.5-mile-long Park, coincided with Earth Day, National Park Week, and National Volunteer Week.

This year's projects at Great Falls included painting historic buildings and park landmarks, raking leaves, and removing trash and debris from the parking lot and surrounding areas.

### SCHOOL NOTES

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

**Christine Marie 'Chrissy' Lorica**, a senior at Winston Churchill High School, was recently named a Boston College presidential scholar. She has been awarded a four-year, full-tuition merit scholarship and will start classes in the fall.

**Brian Lee** graduated with a bachelor of arts degree in English from the University at Albany.

**Sharon Chen** received a National Merit CSC scholarship. Sharon is a stu-

dent at Montgomery Blair High School and is interested in majoring in statistics.

**Neil G. Shekar** received a National Merit Northrop Grumman scholarship. Neil is a student at Winston Churchill High School and is interested in computer engineering.

**James Haidak, Benjamin Gloger** and **Gregory Rodden** were recently initiated into The Honor Society of Phi Kappa Phi.



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## REAL ESTATE



PHOTO BY ANGIE SECKINGER

Bethesda, Md., based interior designer Kelley Proxmire of Kelley Interior Design decorated a luxury condominium for a retired couple who wanted to downsize after selling their suburban home. Real estate experts say high-end condominium sales are on the rise.

# What Housing Slump?

Real estate experts explain the rise in luxury condominium sales.

BY MARILYN CAMPBELL  
THE ALMANAC

**W**hen a retired couple decided it was time to leave their sprawling suburban home, they wanted to downsize without giving up luxury. As a result, they purchased a high-end condominium and hired Bethesda, Md., based interior designer Kelley Proxmire of Kelley Interior Design to create a serene and sophisticated space.

"The couple are retired professionals, empty nesters who lead active lives and didn't want the maintenance of a single family home," said Proxmire. "[They] wanted to blend the furniture, accessories and mementoes they had each collected. ... They wanted a home that was elegant, comfortable, and that also allowed them to lock and leave on a moment's notice."

Proxmire's clients are part of rebound in the high-end condominium market. The National Association of Realtors reports that condominium purchases are on the rise, and says that sales are 13.9 percent higher than they were at the same time last year.

David DeSantis, a partner at TTR | Sotheby's International Realty says his company has seen an increase in luxury condominium sales in the Washington region in recent months. "In the past several months we have broken records for high-end condo prices, and we recently sold the most expensive condo ever sold in the Washington region, which was \$7.5 million," he said. "We sold a number of condos at Turnberry Tower in Rosslyn [Arlington]."

**COMMUNITIES LIKE** the Oronoco in Old Town Alexandria; Market Street at Town Center in Reston, and Quarry Springs in Bethesda attract those who want both luxury and convenience. "The appeal of these buildings is the fact that you've got these large apartments that are like homes except with a health club and concierge service," said DeSantis. "The close-in suburbs are good places to live. There are good stores, good restaurants and you don't have the issue of a long commute to work."

Realtors say that properties close to public transportation are in demand. "Reston is on fire. The con-

dos are turning very quickly there because the Metro is coming," said Great Falls-based realtor Dianne Van Volkenburg of Long & Foster Companies. "Reston is one of the places where inventory is extremely limited, so you're getting multiples offers over list price."

Alexandria-based realtor Allison Goodhart of The Goodhart Group of McEneaney Associates, Inc. said, "Sales and showings for properties have really picked up across the board in Alexandria City. The Oronoco is all high-end, one-level condos near the Old Town [Alexandria] waterfront and those are selling very well."

Bob Wulff, Ph.D., director of the Center for Real Estate Entrepreneurship and the master's in real estate development program at George Mason University in Fairfax, says there are two primary types of buyers who are drawn to condominiums. "There are first time homebuyers and move-down homebuyers who've sold their large suburban homes," said Wulff. "Move-down buyers are looking for luxury in a walkable neighborhood that is near mass transit."

DeSantis agrees. "A big portion of those clients are the empty-nester crowd," he said. "Their kids have graduated from college and they are looking for a lifestyle change. These people were not pinched by the recession, but it also wasn't a good time to sell their big house in suburbs."

In addition to empty nesters, DeSantis says that high-income professional singles and couples often choose luxury condominiums. "Those two groups are leading to the up-tick in sales," he said.

Walter Molony, economic issues media manager for the National Association of Realtors, says the boost in condominium sales is the result of a stronger economy. "It is part of the rising tide that is floating all boats," he said. "After four years of a sluggish economy that impacted people's confidence, affordability conditions have improved and people have the wherewithal and the confidence to buy. There is less inventory in the low-end market, and there are more buyers than sellers, which is driving demand up."

DeSantis said, "For the most part, the Washington, D.C., area was not hit as hard, so we're coming back faster. One of the things that we've seen in the real estate industry is that there's no shortage of people in this market who have the resources to buy high-end housing. They held off on buying while the direction of the economy ... was unclear, but people are now willing to spend the money that they've had all along."

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## REAL ESTATE



PHOTOS BY SUSAN BELFORD/THE ALMANAC

At \$18 million, the most expensive house for sale in Potomac is at 9005 Durham Drive.

## Marketing Tips from Agents

Precise pricing is key.

BY SUSAN BELFORD  
THE ALMANAC

Homes in Potomac have always been considered desirable — and the numbers sold and the values of the properties have ended their declines since their highs in 2006. Due to Montgomery County's nationally-recognized school system, proximity to D.C., number of amenities such as shopping centers, golf and country clubs, restaurants, parks, safety and security, the sale of homes in Potomac has not felt the sharp declines of many other areas nor the number of foreclosures that other communities have faced.

However, it is still a buyer's market — so what are the secrets to selling a home? Here are a number of tips from two real estate agents on how to get a home ready for the market — and how to sell it.

"Precise product pricing is paramount," said W.C. & A.N. Miller agent Alison Tompkins. "Accurately pricing a home to sell will make or break the sale. A seller may want to list a house for a certain price — but that price must be right for the house to be appraised correctly for the loan. It's imperative to know

what other homes in your neighborhood are selling for, or have sold for. But it's also essential to understand the similarities and differences between your home and the others that are on the market. The sellers and the agent must be realistic about your home — and price it accordingly."

"It's also critical to understand the supply and demand aspect of the market," said Long and Foster agent Karen Friedman. "Right now, the inventory of homes in Potomac under \$1 million is very limited (34 homes), but there are 88 homes between \$1 and \$2 million. That data means that those homes under \$1 million will get purchased quickly at the selling price — or there may even be multiple bids and the price will edge above the asking price. The ones over a million dollars may stay on the market a longer time because buyers have more to choose from."

"An interesting fact about Potomac is that there are homes in all price ranges" Friedman continued. "Right now, the least expensive home on the market is \$399,900 — and the most expensive is \$18 million. It has 10 bedrooms and 15 full bathrooms, 33,000 sq. feet and two elevators. Thirty-two homes were sold last month. In March 2012 the median sales price for Potomac homes was \$775,000. This

SEE MARKETING TIPS, PAGE 7

## OPEN HOUSES IN POTOMAC APRIL 27 & 28

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com) and click on the "This Week in Real Estate" link.  
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12081 Wetherfield Ln.....\$1,459,000.....Sun 1-4.....Alexa Kempel..Wash Fine Prop..240-678-4561  
9 Pettit Ct.....\$1,429,000.....Sun 1-4.....Lori Leasure..Wash Fine Prop..240-498-1884  
11421 Twining Ln.....\$1,299,000.....Sun 2-4.....Harriet Kline.....Long & Foster..301-466-4066  
9417 Thrush Ln.....\$1,035,000.....Sun 1-4.....Yasmin Abadian.....Long & Foster..301-983-1212  
12500 Park Ave #901S.....\$1,025,000.....Sun 1-4.....Mark McMahon.....ZipRealty..410-561-6422  
9478 Turnberry Dr.....\$979,900.....Sun 1-4.....Yasmin Abadian.....Long & Foster..301-983-1212  
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# REAL ESTATE Marketing Tips

FROM PAGE 6

March, it increased to \$927,500. Mortgages are at historically low rates, so that is helping the sale of homes."

Tompkins believes that staging a home is critical to selling a home. "I stage every residence I list. The cost is minimal to make the home become the best in its price range. Ninety-five percent of staged homes sell in 23 days," she said. "I bring in a team that helps make a good house a great house. We make the home welcoming, warm, happy — and give it the appeal that attracts a buyer. The only warning I have to give the seller is that sometimes we make the home so attractive that they decide not to sell it — I have actually had that happen."

Both agents recommend that the seller must de-clutter the home. This means removing family photos, knick-knacks, emptying closets, book-shelves, kitchen cabinets — making basements and garages not look like storage areas. Fresh paint, neutral colors, everything in good repair, and very clean — all are important. Keeping up your home is also important and making repairs such as the roof and the heating and cooling systems. "You have to disclose everything that's not working," said Friedman. "So it's better to be sure that your house is maintained."

"I wouldn't recommend that a seller put tons of money into remodeling a kitchen or bathroom right before selling a home," said Tompkins. "I advise focusing on the assets of the home — and enhancing them. If the seller renovates and selects what they like, many times the buyer will come in and say 'I love the house but I can't live with that granite or tile — it's just not my color.' Better to give the buyer a credit to pick out the new granite or tile — and to make the changes they really desire to buy the home."

Curb appeal is also important. Sellers should make certain their landscaping is attractive, front doors are freshly stained or painted, and bright fresh flowers are planted. The front of the house is the buyer's first impression and as they look at it, they often decide whether they want to go in — or skip it.

Contact Karen Friedman at 301-213-6327 or e-mail Karen.Friedman@longandfoster.com. Contact Alison Tompkins at 202-360-2136 or e-mail Alison.Tompkins@longandfoster.com.

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## PEOPLE

# Potomac Village Garden Club Celebrates 50 Years

**Luncheon highlights awards and service to the community.**

**W**ith a DVD running on two screens documenting the decades of service the Potomac Village Garden Club has given to its community through the talents and dedication of its members, present club members enjoyed the event in the home of Julie Perlman on April 9.

Twenty-five of its present members attended the luncheon, including Rosemarie Moulton who has been with the club for its entire 50 years. Also honored were the club members serving with the club for 49 and 48 years, Myra Wormald and Dianne Gregg. Perlman was presented with a tray for her work in bridging the club's activities to the next generation of members.

Present also at the luncheon event was Robin Hammer who is the incoming president of the District IV Garden Clubs (representing Montgomery County) who outlined the special place that Potomac Village Garden Club members hold in the National Capital Area Garden Clubs. She presented both Moulton and the club with Certificates of Recognition. Certificates of Recognition also came from the National Capital Area Garden Club President Vickie Godwin.

The current president of the club, Barbara Potzick, announced special awards that were given at the last meeting of the National Capital Area Garden Clubs. The club was given the Certificate of Merit as outstanding garden club and was also awarded two honors that came with money to be put back into the club's service projects. It received the Beatrice M. Coiner Award for Community Projects for the deer management project for Montgomery County and the Edith Bittinger Environmental Improvement Award for the selection list of deer resistant plants that had contributions from the en-



**Members of the Potomac Village Garden Club.**

tire club based on their experience from their individual gardens. Those cash awards will be put back into the club's service projects including providing information to other garden clubs in the county on deer management with the expert advice of the Division of Natural Resources for the state and county.

Other on-going projects of the club are garden therapy with the National Lutheran Home, holiday decorating at Strathmore Hall, the landscaping and maintenance the Potomac Village Library Gardens coordinated with the Friends of the Library, and passing down its knowledge and legacy to Girl Scouts and Brownies.

For more information on joining this club, contact Linda Rieger at [lindarieger@verizon.net](mailto:lindarieger@verizon.net) or 301-365-7593.



**Barbara Potzick, president of the Potomac Village Garden Club, presents the certificate to Rosemarie Moulton, the club's founding member.**



**Julie Perlman, who hosted the event, holds the cake.**



**William Gudenrath makes a bottle during the artist talk at the Ballroom Annex at Glen Echo Park on Saturday, April 20.**



**William Gudenrath starts to make the bottle by blowing the hot glass.**



# ENTERTAINMENT

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

## ONGOING

**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](http://www.thepuppetco.org).

**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.

**Photography Exhibit.** Through Tuesday, April 28, see "Mirror to the World" at Photoworks in Glen Echo, 7300 MacArthur Blvd. Features images from around the world and from the D.C. metropolitan area. Free. Hours are Saturdays 1-4 p.m.; Sundays 1-8 p.m. and during class time. Visit [www.glenechophoto.org](http://www.glenechophoto.org) for more.

**Art Exhibit.** Through Sunday, May 12, see "Fletcher Mackey: Arc" at the Gibbs Street Gallery. Free. Visit [www.visartscenter.org](http://www.visartscenter.org) or call 301-315-8200.

**Art Exhibit.** Through Sunday, May 12, see "Mixtopias" at the Kaplan Gallery. Free. Visit [www.visartscenter.org](http://www.visartscenter.org) or call 301-315-8200.

**Theater Performance.** See "James and the Giant Peach" and "The Magic Finger" at Imagination Stage, 4908 Auburn Ave., Bethesda. Through Sunday, May 26. Best for children ages 4-10. Tickets range between \$12-\$25. Visit [www.imaginationstage.org](http://www.imaginationstage.org) or 301-280-1660.

## EARTH DAY 2013

**Events.** Montgomery County will celebrate Earth Day 2013 throughout April, with a variety of events and volunteer opportunities at numerous locations. Several events are approved for student service learning hours for Montgomery County public school students. See the complete list of events and opportunities at [www.montgomeryserves.org/earth-day-2013](http://www.montgomeryserves.org/earth-day-2013). More information is available from the Montgomery County Volunteer Center at 240-777-2600.

## THROUGH APRIL 28

**Drawing for Art.** See local artists display their original works. Purchase a ticket for \$100 to choose a piece of art on Sunday, April 28 at Mansion at Strathmore, 10701 Rockville Pike. Visit [www.strathmore.org](http://www.strathmore.org) for more.

## MONDAYS THROUGH JUNE 17

**Art Class.** 7-9:30 p.m. at VisArts, 155 Gibbs St., Rockville. Work in oils or acrylics to paint a series of still life setups. \$200 for eight-week class. Visit [www.visartscenter.org](http://www.visartscenter.org) or call 301-315-8200.

## WEDNESDAY/APRIL 24

**Music Performance.** 7:30 p.m. at the Mansion at Strathmore, 10701 Rockville Pike. Isabelle De Leon, jazz drummer, will perform. She was on the 2012 season of NBC's "America's Got Talent." \$15. Visit [www.strathmore.org](http://www.strathmore.org) for more.

**Argentine Tango.** 6:30-9:30 p.m. at Ballroom Annex, 7300 MacArthur Blvd. Special guest instructors Pablo Villarraza and Carolina Infata will lead two workshops. \$30/80 min. workshop. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

## THURSDAY/APRIL 25

**Label Release and All-Star Concert.** 7:30-10 p.m. at Montgomery College Cultural Arts Center. Washington Revels will perform music from their previous

cds and perform some new music. \$10-23. Visit [www.revelsdc.org](http://www.revelsdc.org) for more.

**Argentine Tango.** 6:30-11:30 p.m. at Ballroom Annex, 7300 MacArthur Blvd. Special guest instructors Pablo Villarraza and Carolina Infata will lead two workshops followed by a Milonga until 11:30 p.m. \$30/80 min. workshop; \$15/Milonga only. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**Blues Dance.** 8:15-11:30 p.m. at Ballroom Annex, 7300 MacArthur Blvd. Capital Blues presents blues dancing. \$8. Visit [www.capitalblues.org](http://www.capitalblues.org) for more.

## THURSDAY-FRIDAY/APRIL 25-26

**Gladys Knight.** 8 p.m. Eight-time Grammy winner Gladys Knight's career includes gold records, sold-out concerts, film performances, and a spin on "Dancing with the Stars." Order tickets now for the concert. The Music Center at Strathmore 5301 Tuckerman Lane. Visit [www.strathmore.org](http://www.strathmore.org) for more.

## APRIL 25 THROUGH JUNE 9

**Theater.** See "Cinderella" at the Puppet Co. Playhouse at Glen Echo Park, 7300 MacArthur Blvd. Performances are Fridays at 10 a.m. or 11:30 a.m.; Saturdays and Sundays at 11:30 a.m. or 1 p.m. \$10. Visit [www.thepuppetco.org](http://www.thepuppetco.org) or 301-634-5380.

## FRIDAY/APRIL 26

**Contra Dance.** 7:30-11:30 p.m. at Spanish Ballroom, 7300 MacArthur Blvd. Music by Sax Scandal. \$10; \$5/17 and under. Visit [www.fridaynightdance.org](http://www.fridaynightdance.org) for more.

**Balboa DJ Dance.** 8:30-11:30 p.m. at Ballroom Annex at Glen Echo Park, 7300 MacArthur Blvd. All ages can dance. \$10/person. Visit [www.americanswing.org](http://www.americanswing.org) for more.

**Cajun Polka Dance Party.** 8:30 p.m.-midnight at Bumper Car Pavilion at Glen Echo Park, 7300 MacArthur Blvd. Enjoy music by Little Red & the Renegades and Mike Surratt & the Continentals. \$15. Visit [www.dancingbythebayou.com](http://www.dancingbythebayou.com).

## SATURDAY/APRIL 27

**Music and Dance.** The Tom Cunningham Orchestra presents "The Swingin' Side of Genius (Duke Ellington, 1920s-1940s)" starting with lessons at 8 p.m. and dancing from 9 p.m.-midnight. \$15/adult; \$8/child. Visit [www.glenechopark.org](http://www.glenechopark.org) or [tomcunningham.com](http://tomcunningham.com).

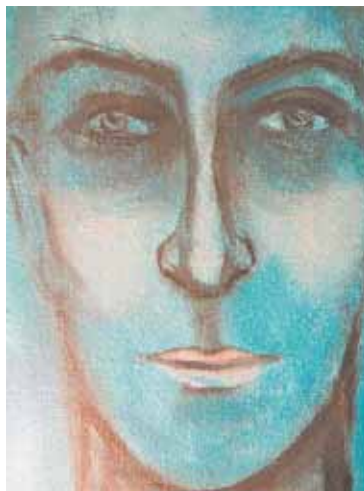
**Tiny Tots.** 10 a.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Children ages 0-4 can enjoy shows designed for them. 30 minute running time. \$5/person. Pre-purchases recommended. Visit [www.thepuppetco.org](http://www.thepuppetco.org) or 301-634-5380.

**Performance.** CityDance presents "Nruthya Manjarie," featuring several group and solo works. 7:30 p.m. at Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. \$25/person. Visit [www.strathmore.org](http://www.strathmore.org) or 301-581-5100.

**Art Exhibit.** Hours are noon-5 p.m. with a reception from 5-7 p.m. at the Yellow Barn Gallery, 7300 MacArthur Blvd., Glen Echo. See over 40 works in an exhibit titled "Expressions of the Mind" by Vian Shamounki Borchert. 301-371-5593.

**Argentine Tango.** 6:30-11:30 p.m. at Bumper Car Pavilion at Glen Echo Park, 7300 MacArthur Blvd. Special guest instructors Pablo Villarraza and Carolina Infata will lead two workshops followed by a Milonga until 11:30 p.m. \$30/80 min. workshop; \$15/Milonga only. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**Ballroom Tea Dance.** 3-6 p.m. in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. All ages welcome.



## "The Story Remains Untold," acrylic on canvas, by Vian Shamounki Borchert. 'Expressions Of The Mind'

Vian Shamounki Borchert will present recent paintings at the Yellow Barn Gallery, Glen Echo, Saturday-Sunday, April 27-28, noon-5 p.m. A reception will be held Saturday, April 27, 5-7 p.m. at the gallery. Free and open to the public. Borchert is a graduate of The Corcoran College of Art and Design, with a Master Web Design degree, and is an art educator who helps students explore their inner creative voice. For information about the artist visit [www.vianborchert.com](http://www.vianborchert.com). For information contact the Yellow Barn Gallery, 301-371-5593 or the National Park Service, Glen Echo, at 301-492-6229. Yellow Barn Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. 301-371-5593

\$14. Visit [www.hotsociety.net](http://www.hotsociety.net) or [glenechopark.org](http://glenechopark.org) for more.

**Head-Shaving Event.** 11 a.m.-3 p.m. at RiRa Irish Pub, 7931 Elm St., Bethesda. The St. Baldrick's Foundation is raising funds and awareness for childhood cancer research. There will also be a silent auction, entertainment and children's activities. Visit [www.stbaldricks.org/events/PCFC](http://www.stbaldricks.org/events/PCFC).

## APRIL 27 THROUGH MAY 8

**Flower Stakes.** Choose from multiple dates and learn how to use fused glass to create flowers or garden sticks. Located at VisArts, 155 Gibbs St., Rockville. \$40. Visit [www.visartscenter.org](http://www.visartscenter.org) or call 301-315-8200.

## SUNDAY/APRIL 28

**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](http://www.thepuppetco.org) or 301-634-5380.

**Performance.** CityDance presents "Nruthya Manjarie," featuring the work of several group and solo works. 6 p.m. at Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. \$25/person. Visit [www.strathmore.org](http://www.strathmore.org) or 301-581-5100.

**Paws in the Park.** Noon-4 p.m. at Bohrer Park at Summit Hall Farm, 506 S. Frederick Ave., Gaithersburg. Enjoy a one-mile walk for dogs and people, pet games, prizes, rescue group, market, food, music and more. Proceeds benefit the Montgomery County Humane Society. \$20/individual or \$35/family for the walk. To register visit [www.firstgiving.com/mchsmc](http://www.firstgiving.com/mchsmc) or register the day of the event.

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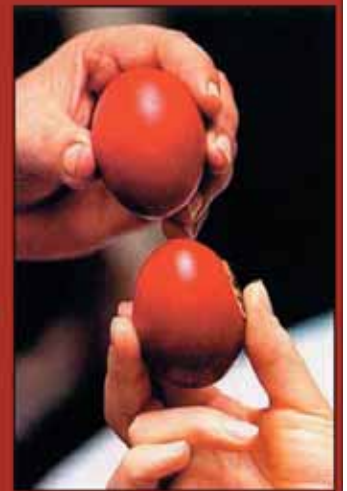


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## Conflicted, Times Two

By KENNETH B. LOURIE



About what I'm feeling and whether I should even be writing about it. Obviously, the "it" ("confliction," one of my father's many made-up words), has to do with yours truly having stage IV lung cancer (duh!). Specifically, it has to do with the feedback I received today from my nephrologist (kidney specialist), an appointment I have scheduled every four to six months. The ongoing concern being, that the toxicity of my previous three years of infused chemotherapy has caused collateral damage (internally for sure, externally, not so much), especially since I have lived longer than the standard treatment protocols anticipated/have been studied. Over this time, lab work and patient observation has indicated that something not totally unexpected has happened (other than my still being alive that is): damage to internal organs not directly related to the underlying cancer diagnosis. And what has been happening is that my creatinine levels (likely a side effect of my previous 18-month-long Avastin infusion) and bilirubin (likely a side effect of the – at present, nine months-long and counting, daily dose of tarceva, a targeted treatment/pill I take daily, are reaching new highs. Elevated levels of which are hardly grist for the rumor mill. In fact, it's quite the opposite: cause for concern.

The problem is that neither chemotherapy nor targeted treatment have been – heretofore, considered long-term treatment options for stage IV lung cancer patients because long-term survivors are rare. As such, studies determining such multi-year protocols have been equally rare, given the minimal patient population. And since I now fall into this "rare" population, how to treat me is more feel than established fact. The book hasn't been written, so to speak, because I'm the "book."

That being said, what the nephrologist said to me was: "You look great. Are you in remission?" (Not that I have been told.) "No one could tell by looking at you that you're not healthy." All of which I was grateful to hear, but hesitant to embrace. Ergo, the first "confliction." All of a sudden (four-plus years, actually), I'm not terminal? Given that I'm now living year five post-diagnosis, the chance, statistically speaking, that I'll be alive in year six is only 14.8 percent (see previous column of the same name). So, am I closer to the end of my life or the end of the cancer? That's a fairly wide disparity between fact and fiction. Am I living longer or dying sooner?

"Confliction" number two: What's the benefit to me, in even writing about what the nephrologist said? It feels as if I'm putting the proverbial cart before the horse. I'm not cured. There is no cure (as my oncologist clearly advised Team Lourie back in February, '09: "I can treat you, but I can't cure you." Hard words to live by). To the point then, what advantage, what purpose does discussing being cured (in remission) serve? My "CT" scan next week will tell me what I should be feeling; that's when the diagnostic rubber really hits the road. It doesn't matter what I think or feel – or write about – now, the tale of the tape will be in the "computerized topography." Until the radiologist completes his analysis and my oncologist communicates those findings to me, embracing what the nephrologist said to me or even writing about my reaction to it seems counterproductive somehow. I can't believe in miracles. I have to believe in myself. However, believing in one without the other is perhaps the reason I'm so conflicted. Or, I just think too much.

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

## SPORTS

### Bullis Boys' Lax Beats Potomac

The Bullis boys' lacrosse team beat Potomac High School 9-3 on Monday, improving the Bulldogs' record to 6-7.

Bullis had lost back-to-back games to Landon and Episcopal by a combined three goals prior to beating Potomac.

The Bulldogs will host St. Albans at 7 p.m. on Friday, April 26 and Georgetown Prep on May 3.

SPORTS  
BRIEFS

### Whitman Soft- ball Improves to 5-4

The Whitman softball team beat Walter Johnson 11-3 on Monday, improving the Vikings' record to 5-4.

The win came five days after Whitman lost to Wootton, 12-0.

The Vikings will travel to face Blair at 7 p.m. on Wednesday, April 24. Whitman will host Paint Branch at 2:30 p.m. on Saturday, April 27.

### Whitman Baseball Wins Third Straight

The Whitman baseball team defeated Walter Johnson 18-3 on Monday, giving the Vikings three consecutive wins since losing to Bethesda-Chevy Chase on April 13.

Drew Aherne went 3-for-4 with a double



**Mitchell Goldberg, seen earlier this season, and the Bullis boys' lacrosse team beat improved to 6-7 with a win over Potomac on Monday.**

and three RBIs for Whitman. Andrew Castagnetti was 2-for-5 with three RBIs. Max Steinhorn finished 2-for-3 with four runs.

Whitman will travel to face Blair at 7 p.m. on Wednesday, April 24 and will host Paint Branch at 2:30 p.m. on Saturday, April 27.

### Churchill Boys' Lax To Host Wootton

The undefeated Churchill boys' lacrosse



**Freshman Gennie Anderson, seen earlier this season, and the Whitman softball team defeated Walter Johnson on Monday.**

will host Wootton at 7 p.m. on Wednesday, April 24. Churchill defeated Wootton in last year's 4A/3A West semifinals, ending the Patriots' six-year streak of region championships.

This year, Churchill defeated Richard Montgomery 21-4 on April 19, improving its record to 9-0. Wootton improved to 7-1 with a 15-1 victory against Bethesda-Chevy Chase on April 22. The Patriots have won six straight since losing to Gonzaga on March 23.

## Celebrity Softball Classic

**T**he Big Train Celebrity Softball Classic attracted crowds to Shirley Povich Field at Cabin John Regional Park on Saturday, April 20.



**Chick Hernandez, Comcast Sportsnet**



**Ryan Kerrigan**



**Stacey Lynch sang the National Anthem.**



**Antwaan Randle El**

PHOTOS BY DEBORAH STEVENS/THE ALMANAC



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