

Potomac ALMANAC

Senior Living
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Brett Sachs and Kylie Schlesinger
at the Winston Churchill High
School Graduation at D.A.R
Constitution Hall on May 28.

Potomac's Debi Dreyfuss To Compete in Air Race Classic

National competition challenges female pilots.

BY SUSAN BELFORD
THE ALMANAC

Debi Dreyfuss has wanted to fly since she was 6 years old, when her uncle took her for a ride in his Cessna 172. She remembers, "My mother told me I couldn't learn to fly, as did my first husband — so I pushed my dream to the back-burner. After I divorced and saved some money, I signed up for lessons at Davis Airport in Laytonsville because it was the best deal around. I paid \$35 per hour when I was learning to fly a single-engine Piper Cub. I loved flying — everything about it met my highest expectations. I was hooked."

Dreyfuss, now 63, has been flying for more than 20 years and is a commercial, multi-engine instrument rated certified flight instructor who owns two airplanes — a restored 1977 Cessna 150 "Texas Taildragger" for "fun and future training," and a 2005 Cessna 182T with a glass cockpit for "travel and fun too." Dreyfuss has single-engine land and sea, multi-engine



The team from 2012 Air Race Classic: Debi Dreyfuss, Linda Knowles and Carol Bailey.

PHOTO CONTRIBUTED

land, flight instructor and tailwheel credentials. She is a member of the Washington D.C. chapters of the Ninety-Nines Inc., International Organization of Women Pilots and Women in Aviation International (WIA) — and she is teaching her grandson to fly.

This June 18 through June 22, Dreyfuss and teammate Linda Knowles from Falls Church, Va., will fly in the 2013 Air Race Classic — competing against 47 all-female teams and over 100 female pilots for the championship title in her larger plane — the Cessna 182T. The annual race pits two-

three person teams of pilots racing against their own best speed in the plane of their choice against other teams, many who are representing colleges and universities. The aircraft must be "stock" models (no experimental). Each plane is assigned a handicap speed — and the goal is to have the actual ground speed be as far over the handicap speed as possible. The teams are given leeway to play the elements, holding out for better weather, winds, etc. The objective is to fly the "perfect" cross-country.

The 2013 race will begin in Pasco, Wash.

and span over 2,128 nautical miles, ending in Fayetteville, Ark. The women fly the plane through eight intermediate stops in four days in their quest for the fastest time. "It takes a lot of planning," said Dreyfuss. "It's a visual race with no instrumentation. We must be able to see outside the cockpit to control the plane's altitude, navigate and avoid obstacles."

Team DC3 which included Dreyfuss, Knowles and Carol Bailey first raced in the 2010 Air Race Classic. In 2011, they placed sixth out of 50 teams and in 2012, they came in 12th out of 54 teams. "We've graduated from three yahoos in our first race to serious contenders," said Dreyfuss. "Women from age 18 to 80 are racing in this competition. It's inspiring, challenging — and wonderful to have the opportunity to meet an accomplished group of women who are all so excited about flying."

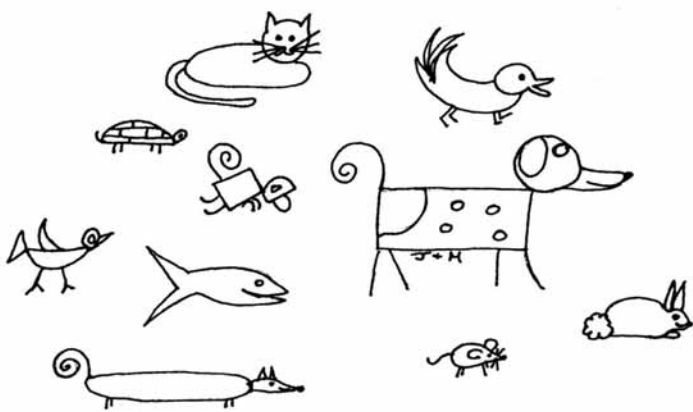
She discusses last year's race: "On leg 7, our team was poised to take advantage of the terrific tailwind from South Dakota to Ashland to Sault Ste Marie, but teammate Carol became ill from the heat and bumps in the back seat, so we had to stop. Because of the wait, we missed the thunderstorm, got the tailwind and won the leg — all by accident."

Women's air racing first began in 1929 with the First Women's Air Derby. Twenty
SEE TAKING, PAGE 5

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The Winston Churchill Choral Music members and ASL Seniors sing.



Gabriella Arena looks out at the crowd as she enters Constitution Hall with her classmates.



John Duvall and senior class vice president Aaron Ross wait in the hallway for the call to line up at the May 28 graduation ceremony.

Churchill Graduates Say Farewell

PHOTOS BY
LOUISE KRAFFT/
THE ALMANAC



Senior class vice presidents Alexandra Hermes and Aaron Ross welcome all to the 2013 graduation ceremony in D.A.R.



Senior class historian Sayeh Ebrahimian, Gabriella Arena, Senior class vice president Alexandra Amoroso, Senior class MCR Rep Brianna Burke and Senior class president Gauri Bhatnagar.

Resident Killed in Parking Lot

Accident under police investigation.

Pedestrian Shirley Stearman, 81, of Potomac, died after being hit by a car in the Cabin John parking lot at 7919 Tuckerman Lane Sunday, June 2.

Montgomery County Police detectives from the Collision Reconstruction Unit are investigating the fatal pedestrian collision that happened around 1:50 p.m. in Potomac.

When asked if any charges may be pending or if the accident was avoidable by either party, spokesperson Angela Cruz said, "We can't speculate until an investigation has been completed."

The investigation could take one month to three months, Cruz said.

According to Montgomery County police reports, a 43-year-old Germantown resident was driving a 2009 Acura MDX through the parking lot.

"At the end of the parking aisle near the store, the driver made a left turn and struck the pedestrian who had just parked her car and was walking toward the store."

Montgomery County Fire Rescue personnel were in the shopping center on an unrelated call and immediately assisted Stearman, according to police reports. She later died after being transported to Suburban Hospital.

Anyone with information should call the Collision Reconstruction Unit at 240-773-6620. Callers may remain anonymous.

Cruz said there have been several pedestrian fatalities this year, but none in parking lots. When asked if there is a trend of speeding in parking lots, Cruz said, "I have not seen anything like that to the best of my knowledge."

"We always advise both pedestrians and drivers to always be vigilant and never expect anyone to stop," Cruz said. "Err on the side of caution."

— KEN MOORE

"Err on the side of caution."

— Angela Cruz,
Montgomery
County Police

SCHOOLS

'Girls on the Run' Empowers Seven Locks Elementary Girls

Creating a lifestyle.

BY SUSAN BELFORD
THE ALMANAC

"I would never have become a runner if it weren't for 'Girls on the Run,'" said third grade student Amanda Oliver. "I used to hate running and now I love running with my new friends. It's tough, but it teaches you to keep plugging and always be positive."

Amanda's mom, Diane Oliver is equally impressed: "The message that this program teaches is wonderful and the parents owe a debt of gratitude to our three dedicated coaches."

"Girls on the Run" (GOTR) began at Seven Locks Elementary School in the spring of 2012 when parent Carrie Tydings initiated the program to empower as well as encourage positive emotional, social, mental and physical development with the third to fifth grade girls. Tydings had read about the Girls on the Run nationwide program on the internet. She solicited the help of two more coaches — Melissa Kupferschmid and Deb Muniz — and the three of them became certified in CPR and First Aid, ordered the manuals, took the training — and were literally off and running.

"There's a vast amount of research that has gone into this program," said Tydings. "The research shows that it is important to catch girls when they in elementary school and teach them the importance of healthy living, having a good body image, being



PHOTO CONTRIBUTED

Girls on the Run: Back row, Carly Casten, Deb Muniz, Wysh Anstine, Melissa Kupferschmid, Samantha Dainty, front row, Artina Zarpak, Lizzie Baggett, Lilt Keshishian, Julia Muniz, Amanda Oliver And Jenna Kupferschmid.

physically fit, learning how to be a good friend, and much more. There is such a vast difference in the girls' levels of fitness and athleticism, but this program has something for everyone. They discover strategies and skills to solve problems, discuss challenges that girls have at this age, and learn a lot about themselves."

GOTR was founded in 1996 by Molly Barker in Charlotte, N.C. The program is now nationwide as well as international and

is at "700,000 girls and counting." GOTR "allows every girl to recognize her inner strength" and to "define their lives on their own terms." Throughout the 10-week spring and fall sessions, the girls make new friends, build their confidence and celebrate "all that makes them unique." At Seven Locks Elementary, the group of 12 girls meets twice a week to run, play games, learn a "life lesson," and have fun exercising together.

"The program really helps you the think

about your health and how good exercise is for you," said fifth grader Jenna Kupferschmid. "It teaches you how to deal with real life situations like bullying or gossip. We also play fun running games where we identify our feelings and talk about situations where we felt a certain way such as happy, sad, depressed, frustrated, angry and more. To help us make the right choices, we learn to 'Stop, Breathe, Listen and then Respond.'"

Coach Melissa Kupferschmid is thrilled to serve as a coach for the program. "It's all about girl empowerment," she said. "It's about buying into the positive. We teach that girls can choose to be positive and productive and how good it feels when you are."

Fifth grade student Wysh Anstine described what she has gained from the program: "I believe in myself and I've made new friends. I've learned about healthy eating and making good choices — and all about advertisements and how just because someone looks good in the clothes doesn't mean you will. There are lots of body types and if you don't match the models — you are still healthy and just fine."

The finale for GOTR is a 5K that is completed at the end of each 10-week session. Tydings said, "They run with a buddy — a parent, family member or friend — and everyone completes the 5K at her own pace. It is a real confidence booster. 'I never thought I could complete a 5K' is the proud statement from many of the young runners after they finish — with a wonderful feeling of accomplishment."



Kelly Russell and Zaria Nabinett



Katherine Keeney and Abigail Titus



Abigail Titus with Leslie Whitaker



Audrey Fischbach with Athletic Director Sheila Wooters

PHOTOS CONTRIBUTED

On Target Olympic-style archery program at Connelly School of the Holy Child.

BY SUSAN BELFORD
THE ALMANAC

Holy Child's physical education teacher Leslie Whitaker was astounded when she was notified that a 700-pound box had been delivered to the school and was waiting for her to claim. She had no idea that the box would contain a complete set of new archery equipment for her program — four targets, recurve archery bows with sights in various weights, quivers, arrows and an arrow curtain — everything she needed to make it possible to initiate an Olympic-certified archery course at Potomac's Connelly School of the Holy Child. The equipment

was furnished through a grant from the Easton Foundation in Van Nuys, Calif. — an organization existing to further Olympic-style archery and other sports nationwide. Whitaker had sought the grant to improve the equipment at the school, thus making it possible to institute the National Training System Method of teaching archery at Holy Child.

The school has included archery as a small part of their PE program for many years now, but due to the equipment grant, it is possible to develop an Olympic-certified course.

Another bonus of having the proper equipment is that the school will be offering summer camp sessions to teach the ba-

sics of archery — no bows or experience required. The camps are for rising 6th – 12th grade girls from any school (ages 10-18.) The dates are June 17 – 19 and June 24 – 26 from 9 a.m. – 12 p.m. or 1–4 p.m. Each session is \$150. Sign up at www.holychild.org or for more information, call 301-365-0955.

Archery has lately become more popular because of the movies "The Hunger Games," "Brave" — and even TV's "Revolution" which have showcased the sport of archery.

Whitaker initially introduced barebow archery to sophomores at Holy Child. Barebow archery means that the bow is just the string and the frame — and the arrow is shot without a sight. After she began tak-

ing classes at The Archery Center at Bull Run, Va. with Olympian and international champion Ruth Rowe, and with competitive archer Frank Kelley, she became excited about offering the NTS Method of archery at her school. She feels the program could be an Olympic developmental program.

"Archery is a highly disciplined skilled sport which appeals to a wide-range of athletes and non-athletes. It's a precision sport that can remain a life-long passion and will bring a lifetime of enjoyment," Whitaker said. "It's very challenging and requires a lot of focus and discipline. I'd love to see archery come back as an NCAA sport. I also hope the interest grows at Holy Child and within our community."

News

Taking to the Air

FROM PAGE 2

pilots entered in that first race that went from Santa Monica, Calif. to Cleveland, Ohio. Air racing became popular in the 1920s, but women pilots were forbidden to race against the men in that era, so the women started their own. These first contestants were women who dared to be different—risk-takers who weren't afraid to break traditional barriers to learn to fly.

And Dreyfuss is one of those risk-takers who is not only a role model for women, but also has funded training for women who want to follow their dreams of a flying career—a field where only six percent are female.

Every year she funds the "Debi Dreyfuss Dare to be Different" Award for local Ninety-Nines chap-

ters. Team DC3 has raised over \$6,000 for aviation education awards. The Ninety-Nines Inc., International Organization of Women Pilots was founded by Amelia Earhart along with 99 female pilots.

Dreyfuss owned a signage business called Designs Unlimited for 20 years until 1997 when she sold it. She was in advertising sales for 10 years and retired in 2007. She and her husband, Norman live in Potomac but spend a lot of time at their vacation homes in Lake Anna, Va., and Vail, Colo. He serves as first mate on their frequent flying journeys to Florida and The Bahamas.

To learn more about the race, race teams,, status or to donation support, check out www.airraceclassic.org.

BULLETIN BOARD

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

THURSDAY/JUNE 6

Downtown Lunch and Learn.

12:30-1:30 p.m. at Williams & Connolly, 725 12th St., N.W. Rabbi Stuart Weinblatt will discuss some of the historic controversies that Jews argued about and how they were debated and resolved. Free, lunch included. RSVP to bperlmutter@bnaitzedek.org.

FRIDAY/JUNE 7

Transitway Master Plan Extended.

The community can give comments on the Countywide Transit Corridors Functional Master Plan Public Hearing Draft until June 7. Visit www.montgomeryplanning.org/transportation/highways/btr.shtm for more information.

Bethesda-Chevy Chase Real Estate Update.

8-10 a.m. at Round House Theatre, 4545 East-West Highway, Bethesda. Learn about the effects of sequestration on Montgomery County's economy. \$25/member; \$35/nonmember and includes continental breakfast. Visit www.bccchamber.org to register.

SATURDAY/JUNE 8

Workshop. Leaders of civic and non-profit organizations can partake in a workshop on building a high-performing community, from 10 a.m.-2 p.m. at the Bethesda-Chevy Chase Regional Services Center, 4805 Edgemoor Lane, Bethesda. Free. RSVP to yonelle@crmc.org.

SUNDAY/JUNE 9

Dog Adoption Event. 1-3p.m. at Muddy Paws Farm, 26330 Mullinix Mill Road, Mt. Airy, Md. Volunteers will be on hand to answer questions about the dogs and adoption process. Visit www.petconnectrescue.org or 1-877-838-9171.

MONDAY/JUNE 10

Zoning Code Changes. Jeff Zyontz, county council legislative attorney, will address the proposed changes at 7:45 p.m. at the County Council Office Building, 100 Maryland Ave.,

Rockville. Free. Visit www.montgomerycivic.org.

WEDNESDAY/JUNE 12

World Elder Abuse Awareness Day.

1-5 p.m. at Silver Spring Civic Building, One Veterans Place. Enjoy seminars on de-cluttering/hoarding, emergency preparedness, resources for seniors and 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.

THURSDAY/JUNE 20

Downtown Lunch and Learn.

12:30-1:30 p.m. at Williams & Connolly, 725 12th St., N.W. Rabbi Stuart Weinblatt will discuss some of the historic controversies that Jews argued passionately about and how they were debated and resolved. Free, lunch included. RSVP to bperlmutter@bnaitzedek.org.

LET'S TALK Real Estate



by Michael Matese

Using Social Media

Back in the day, Social Media consisted of word of mouth, newspaper, and sign in the yard. Today, there are so many other options. The communication revolution is taking over, with everyone hopping on the bandwagon. There are still some hold outs of course, but understand this. Being a part of any social media outlet brings untold numbers of 'hits' to a listing.

It's a form of advertising and what better to serve a client? Social media has enabled new ways to initiate conversations, respond to feedback and communicate with a potential home buyer or seller in a shorter amount of time. And best of all, it's a good way to keep a closer eye on what's happening in the industry.

A buyer or a seller working with a Realtor who knows how to best utilize these assets can count on an immediacy to new listings, contract changes, etc. It's not always easy to maintain, and social connections don't just pop up on their own, but the effort put in will pay off. Your Realtor knows that consistency and a commitment to the effort will pay off in the long and the short run, so let a Realtor show you the way to make the most of marketing your home.

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ART



Paintings by artists Elizabeth Stecher, Richard Kaufman and Millie Shott will be featured at The Art Gallery of Potomac's show "Brush Strokes."

PHOTO BY COLLEEN HEALY/
THE ALMANAC

Gallery To Present 'Brush Strokes'

Opening reception is Sunday.

BY COLLEEN HEALY
THE ALMANAC

This month The Art Gallery of Potomac will present a show titled "Brush Strokes" featuring paintings by Millie Shott, Richard Kaufman and The Miniature Painters, Sculptors and Graver's Society of Washington, D.C.

Millie Shott uses lots of color in her paintings to create mixed media collages whose final look surprises even her. "I never start with anything in mind. I just watch the paint puddle and move and see what happens. The titles of my work suggest but the paintings are abstract." Shott has always liked "playing with art stuff" and she mainly uses liquid acrylics to get a more fluid, watercolor effect. She is inspired by observing what is around her and describes her works as "more impressionistic than representational. I enjoy adding other things to the surface to achieve balance and color harmony rather than objects. I hope the viewer gets a sense of creativity and imagination in my paintings."

Richard Kaufman's work is in the Southeast Asian style of painting and he uses techniques that are thousands of years old. He paints with ink on rice paper which when finished looks crumpled then is hung to

dry and when the paper shrinks the paper smooths out. The brush strokes are the essence of sumie (black ink wash) painting. Animals and nature are usually portrayed in this type of painting. Kaufman is inspired by nature and he enjoys painting plants and animals he observed on camping trips and visits to the Catskill mountains. The Chinese idea of Ch'i which believes energy is embedded in everything in nature also inspires him. "I try to capture the life energy in objects I am painting."

Eighteen different artist will show paintings from The Miniature Painters, Sculptors and Graver's Society of Washington, D.C. This society is the oldest miniature art society in the U.S. Elizabeth Stecher explains that to be considered a miniature painting the overall image of cannot exceed 25 square inches and even that is considered large for a miniature. "The miniatures are scaled down to a small size but must include all the elements and detail you would expect in a regular painting."

There will be an art reception Sunday, June 9 from 2-5 p.m. and a Tea & Talk Saturday, June 15 from 3-5 p.m.

The Art Gallery of Potomac is located at 9945 Falls Road in The Potomac Village Shopping Center next to Big Wheels Bikes behind Walgreens. Phone 301-765-7617. Gallery hours are Wednesday through Sunday noon until 4pm. For more information go to www.potomacartists.org or www.theartgalleryofpotomac.com

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OBITUARY

Evan Michael Rosenstock

Evan Michael Rosenstock of Potomac died on Monday, May 20, 2013. He was 16.

Evan attended Har Shalom Early Childhood Education Center, Potomac Elementary School and Herbert Hoover Middle School and was a sophomore at Winston Churchill High School.

His sudden death rocked the community. Students and family crowded the Churchill gym to attend a candle light service in Evan's honor on May 21. Students wore white. Friends created a Facebook page, Rest in Peace Evan Rosenstock, that quickly gathered more than 6,000 likes and multiple postings of photos, videos, and expressions of grief.

Mourners filled the sunlit temple at Congregation Har Shalom on May 23 to celebrate Evan's life. Evan's grandmother, two sisters, cousin, rabbi and friend related stories and memories about Evan. Recurrent themes were Evan's contagious grin, his sincere kindness and his passionate love of sports — both as a spectator and a participant.



Evan Rosenstock and his mother, Susan Rosenstock.

Evan played on the Churchill varsity basketball team. He also played on the Flames and the Magic basketball teams in the Amateur Athletic Union (AAU) league. In addition, he was on the I-270 Potomac Team, coached by Eddie Jordan, former coach of the Washington Wizards and recently appointed head coach of the Rutgers men's basketball program, and assistant coached by Gheorghe Muresan, retired Washington Wizards player. Evan also



Evan Rosenstock, sister Shelby Lackman, sister Allison Rosenstock and father Howard Rosenstock.

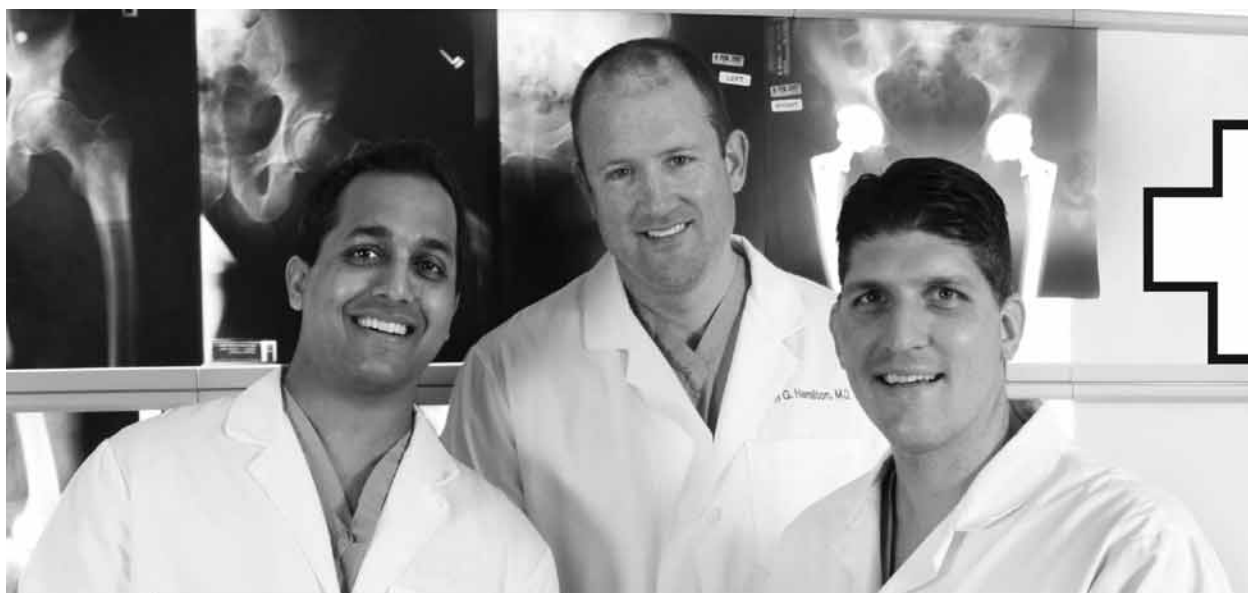
loved the Washington Capitals and frequently could be seen sporting the red, white and blue jersey.

Evan is survived by his parents, Howard Rosenstock and Susan Rosenstock, his sisters, Allison

Rosenstock and Shelby Lackman, and his grandparents Fae and Stuart Beloff and Bernice Rosenstock. Memorial contributions may be made to The Hazzan's Fund at Congregation Har Shalom in Potomac.



Evan Rosenstock on the basketball court.



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ENTERTAINMENT

Email community entertainment events to almanac@connectionnewspapers.com. Deadline is Thursday at noon. Photos and artwork encouraged.

ONGOING

Mommy & Me (& Daddy, Too).

Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-alongs, prizes and more. Visit rockvilletownsquare.com/events/mommy-and-me. On the Square: June 18, July 16, Aug. 20, Sept. 17 and Oct. 15.

The Puppet Co. at Glen Echo Park has announced its 2012-2013 season. There are fairytale princesses, and a guest artist with a bilingual twist. 301-634-5380 or www.thepuppetco.org. **Cinderella**, through June 9, Thursdays and Fridays at 10 and 11:30 a.m. Saturdays and Sundays at 11:30 a.m. and 1 p.m.

Art Exhibit. Through Monday, June 10, see “Accidental Architecture: Depictions of Demolition,” a photography exhibit by Julie Miller at Photoworks Gallery in Glen Echo Park, 7300 MacArthur Blvd. Open Saturdays from 1-4 p.m., Sundays from 1-8 p.m., and whenever a class is in session. Visit www.glenechophotoworks.org for more.

Creative Crafts Council. Through Thursday, June 13, browse a crafty collection featuring works by local artists. Free. At Mansion at Strathmore, 10701 Rockville Pike. Visit www.strathmore.org for more.

Art Exhibit. Through Thursday, June 16, see “Distinction in Colors” by Nancy Bullough at VisArts, 155 Gibbs St., Rockville. Free. Visit www.visartscenter.org or call 301-315-8200.

Art Exhibit. Through Thursday, June 16, see “Tethered in the Weather” in the Gibbs Street Gallery at VisArts, 155 Gibbs St., Rockville. Eric Smallwood uses video and animation to create moments. Free. Visit www.visartscenter.org or call 301-315-8200.



Yukiko Sekino

Art Exhibit. Through Monday, June 24, see “Working Small,” which includes works by Potomac resident Paulette Baron, at Congregation Har Shalom, 11510 Falls Road. Free. Call for hours, 301-299-7087.

Art Exhibit. Eight painters have been selected as finalists for the Bethesda Painting Awards. Their works will be on display through Saturday, June 29, at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Free. Gallery hours are from noon-6 p.m. Wednesday through Saturday.

Exhibit. See Christine Ferrera’s exhibit “Between You and Me” on display from Friday, June 21 through Sunday, July 7 at Gibbs Street

Gallery at VisArts, 155 Gibbs St., Rockville. The exhibit is a collection of performance work that circuitously contemplates art, humor and feminism. Free. Visit www.visartscenter.org or call 301-315-8200.

Art Exhibit. Through Saturday, July 27, see “Speed and Pressure” in the Kaplan Gallery at VisArts, 155 Gibbs St., Rockville. Free. Visit www.visartscenter.org or call 301-315-8200.

Art Exhibit. Leah Cooper presents “Drawing the Undifferentiated” from Friday, June 28 through Saturday, July 27 at Common Ground Gallery at VisArts, 155 Gibbs St., Rockville. Free. Visit www.visartscenter.org or call 301-315-8200.

Spectacular Saturday Fun. Every Saturday through August there will be a new media for a child to try at VisArts, 155 Gibbs St., Rockville. Sign up for one or for all, it is not a series. Visit www.visartscenter.org or call 301-315-8200 to register for a class.

Group Bike Ride. Thursday nights through September at 7 p.m. enjoy a bike ride. Meet at Freshbikes Bethesda store, 7626 Old Georgetown Road. All abilities welcome. Free. Visit www.freshbikescycling.com for more.

ARTS8 is a group of eight **Artists in Residence** at the Stone Tower Gallery, Yellow Barn, Glen Echo Park, 7300 MacArthur Blvd. They can be visited while working and showing their art, during June. Open to the public from Tuesday to Sunday, noon-5 p.m. The eight artists are Carolina Correa, Eliot Feldman, Mariana Kastrinakis, Sarna Marcus, Joan Mazer, Jan Rowland, Felipe Sierra and Jill Spearman. The art runs the gamut from purely abstract to representational. Visit www.glenechopark.org/ARTS8 for more.

THURSDAY/JUNE 6

Free Thursday Concerts. 6-8 p.m. at Veterans Park, corner of Woodmont and Norfolk Avenues, Bethesda. Hear music by Sahel. Visit www.bethesda.org or 301-215-6660.

Blues Dance. 8:15 p.m. lessons start,

Yukiko Sekino Performs

The Washington Conservatory of Music and the DC Alumni Chapter of Mu Phi Epsilon present pianist Yukiko Sekino, June 8, 8 p.m. The concert will be at Westmoreland Congregational UCC Church, One Westmoreland Circle, Bethesda. Free, donations accepted at the door. Sekino will perform Beethoven’s Sonata in F minor, Op. 2 No. 1, Scriabin’s Sonata No. 9, Op. 68 (“Black Mass”), Mussorgsky’s Pictures at an Exhibition, and three pieces by David Rakowski: Etude No. 29: Roll You Own, Etude No. 30: A Gliss is Just a Gliss, and Rakowski’s Prelude No. 16: Mind the Gap. Visit www.washingtonconservatory.org or call 301-320-2770.

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.

Great Decisions Group. 12:30 p.m. at Potomac Library, 10101 Glenolden Drive. Discuss topics on foreign policy of the United States \$20/year for a workbook. 240-777-0690.

Arts and the Brain Series. 7:30 p.m. at Mansion at Strathmore, 10701 Rockville Pike. Dr. Concetta Tomaino will show how music heals in work with military veterans suffering from PTSD. \$25. Visit www.strathmore.org for tickets.

HearArts: A Spoken Word and



Julia Rosenbaum

Music Series. 7-9 p.m. at the Buchanan Room at VisArts, 155 Gibbs St., Rockville. Jen Michalski will read from her works and Night Moves will provide music. Free. Visit www.visartscenter.org or call 301-315-8200.

FRIDAY/JUNE 7

Contra Dance. 7:30 p.m. lessons start; 8:30 -11:30 p.m. dancing at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Contranella provides music. \$10/adult; \$5/17 and under. Visit www.fridaynightdance.org for more.

SATURDAY/JUNE 8

Dance Performance. 7:30 p.m. at American Dance Institute, 1570 E. Jefferson St., Rockville. Watch “Goodhurt,” an investigation of the role that hurt plays in the private lives of performers. \$30/adult, seniors \$20, and university students \$15. Visit www.americandance.org or 301-984-3003.

Taste of Potomac. 7:30-11:30 p.m. at the Julia A. Bindeman Suburban Center, 11810 Falls Road. Tickets \$125/person; \$150/door. Visit www.adoptionstogether.org/tasteofpotomac.aspx for more.

Art Exhibit. Noon-7 p.m. at Yellow Barn Gallery, Glen Echo Park, 700 MacArthur Blvd. See paintings by Lena Murray. Enjoy a reception from 5-7 p.m. Free. Visit www.lenamurray.com or 301-523-2582.

Music Performance. 8 p.m. at Westmoreland Congregational UCC Church, One Westmoreland Circle, Bethesda. Hear music by pianist Yukiko Sekino. Free. Visit www.washingtonconservatory.org or 301-320-2770.

Salsa Showcase & Dance. 8 p.m. -midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Features live music by Verny Varela y SuOrquesta. \$15. Visit www.oohsalsa.com for more.

Swing Dance. 8 p.m. -midnight at Bumper Car Pavilion at Glen Echo, 7300 MacArthur Blvd. Features music by Natty Beaux. \$15/adult; \$12/child age 12-17; \$10/ age 11 and below. Visit www.flyingfeet.org for more.

Book Sale. 10 a.m.-1 p.m. at Potomac Library, 10101 Glenolden Drive. Most hardbacks are \$1, most paperbacks \$.50. 240-777-0690.

Middle Eastern Spring Food Festival. 11 a.m.-5 p.m. at Sts. Peter and Paul Orthodox Church, 10620 River Road. Enjoy kabobs, falafel and shawarma sandwiches. 301-765-9188.

Health and Fitness Festival. 10 a.m.-2 p.m. at South Germantown Recreational Park. Features activities for all ages including an obstacle course, fitness walks, demonstrations and more. Free. 240-777-6821.

Local Cellist Performs on ‘From the Top’

Julia Rosenbaum, 17, of Potomac, will appear on an upcoming episode of “From the Top,” the NPR radio program featuring America’s best young classical musicians and hosted by pianist Christopher O’Riley. Broadcast from Princeton, N.J., the show will air nationally the week of June 3 and on Classical WETA 90.9 FM on June 9 at 6 p.m. Visit www.fromthetop.org.

SUNDAY/JUNE 9

Dance Performance. 2 p.m. at American Dance Institute, 1570 E. Jefferson St., Rockville. Watch “Goodhurt,” an investigation of the role that hurt plays in the private lives of performers. \$30/adult, seniors \$20, and university students \$15. Visit www.americandance.org or 301-984-3003.

Art Exhibit. Noon-5 p.m. at Yellow Barn Gallery, Glen Echo Park, 700 MacArthur Blvd. See paintings by Lena Murray. Free. Visit www.lenamurray.com or 301-523-2582.

Family Dance. 3-5 p.m. at Ballroom Annex at Glen Echo, 7300 MacArthur Blvd. All ages welcome. \$5, age 4 and older. Visit www.fsgw.org.

Argentine Tango. 6:30-11 p.m. at Ballroom Annex, 7300 MacArthur Blvd. DJ Rene Davila will mix the music. \$15/person; \$10/dance only. Visit www.glenechopark.org.

Contra Dance. 7-10:30 p.m. at Spanish Ballroom, 7300 MacArthur Blvd. Music by Forks of Nature. \$13/ nonmember; \$10/member; \$5/17 and under. Visit www.fridaynightdance.org for more.

Middle Eastern Spring Food Festival. 11 a.m.-5 p.m. at Sts. Peter and Paul Orthodox Church, 10620 River Road. Enjoy kabobs, falafel and shawarma sandwiches. 301-765-9188.

Local Resident on Radio. 6 p.m. on Classical WETA 90.9 FM, Julia Rosenbaum, a 17-year-old cellist from Potomac, will be on “From the Top.” Visit fromthetop.org for more.

TUESDAY/JUNE 11

Bethesda Reads. 10:30 a.m. at Bethesda Library, 7400 Arlington Road, Bethesda. Enjoy a book discussion on “When the Emperor Was Divine” by Julie Otsuka. Free. 240-777-0970.

THURSDAY/JUNE 13

Free Thursday Concerts. 6-8 p.m. at Veterans Park, corner of Woodmont and Norfolk Avenues, Bethesda. Hear music by 8 Ohms Band. Visit www.bethesda.org or 301-215-6660.

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.

FRIDAY/JUNE 14

Opening Reception. 6-9 p.m. Eight painters have been selected as finalists for the Bethesda Painting Awards. Their works will be on display at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Free.

Opening Reception. 6-8 p.m. at Popcorn Gallery in Glen Echo Park, 7300 MacArthur Blvd., Glen Echo.

The exhibit includes works by resident artists and instructors alongside works by their selected students. Free. Visit www.glenechopark.org or 301-634-2222.

Art Walk in the Park. 6-8 p.m. at Glen Echo Park, 7300 MacArthur Blvd. Enjoy open studios, demonstrations and more. Free. Visit www.glenechopark.org for more.

Contra Dance. 7:30 p.m. lessons start; 8:30 -11:30 p.m. dancing at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. The Glen Echo Open Band provides music. \$10/adult; \$5/17 and under. Visit www.fridaynightdance.org for more.

Cajun/Zydeco Dance. 8:30 p.m.-midnight at Bumper Car Pavilion, 7300 MacArthur Blvd., Glen Echo. All ages welcome. Fee at the door. Visit www.dancingbythebayou.com for more.

Cool Cow Comedy. 9 p.m. in the Buchanan Room, at VisArts, 155 Gibbs St., Rockville. Bengt Washburn headlines. \$15. Visit www.visartscenter.org or call 301-315-8200.

SATURDAYS & SUNDAYS/

JUNE 14 THROUGH JULY 21

Faculty Invitational Exhibition. Noon-6 p.m. Saturdays and Sundays at Popcorn Gallery in Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The exhibit includes works by resident artists and instructors alongside works by their selected students. Free. Visit www.glenechopark.org or 301-634-2222.

SATURDAY/JUNE 15

Swing Dance. 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Johnny Boyd provides the music. \$18. Visit www.americanswing.org for more.

SUNDAY/JUNE 16

Waltz Dance. 2:45-6 p.m. at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Dance to live music by Avant Gardeners. \$10. Visit www.waltztimedances.org for more.

English Country Dance. 2:30-5:30 p.m. at Ballroom Annex, 7300 MacArthur Blvd. All ages welcome. \$10. Visit www.glenechopark.org.

Argentine Tango. 6:30-11 p.m. at Ballroom Annex, 7300 MacArthur Blvd. DJ Rene Davila will mix the music. \$15/person; \$10/dance only. Visit www.glenechopark.org.

Contra Dance. 7-10:30 p.m. at Spanish Ballroom, 7300 MacArthur Blvd. \$13/nonmember; \$10/member; \$5/17 and under. Visit www.fridaynightdance.org for more.

Swing Dance. 8-10 p.m. at McGinty’s Public House, 911 Ellsworth Drive, Silver Spring. DJ Dabe Murphy provides the music. Free. Visit www.gottaswing.com or 703-35-9882.

Dancers in Concert. 7:30 p.m. at Strathmore Music Center’s Concert Hall, 5301 Tuckerman Lane. CityDance Conservatory will present 120 dancers in a 90-minute, multi-genre performance. \$20/person. Visit www.strathmore.org or 301-581-5100 for tickets.

TUESDAY/JUNE 18

What’s the Matter? 11 a.m. at Potomac Library, 10101 Glenolden Drive. Children age 5 and up can learn about science through demonstrations and experiments. Free. Visit www.montgomerycountymd.gov/content/libraries or 240-777-0690.

WWW.CONNECTIONNEWSPAPERS.COM

ART



The work of photographer Gordana Gerskovic



'Images Choose Me'

Photographer's next exhibit is at the activity center at Bohrer Park in Gaithersburg.

BY ASHLEY CLAIRE SIMPSON
THE ALMANAC

Twenty-four of Montgomery County photographer Gordana Gerskovic's prints were featured in the "City Skin" exhibit recently in Washington D.C.'s Modern Times Coffeehouse. The exhibit debuted on Saturday, April 27, and was featured through June 3.

The exhibit was received so well by the public that the exhibit was extended from its original May 30 closing date.

Although Gerskovic is confident in her work, she said she was very excited and even pleasantly surprised on opening day.

That Saturday "was so amazing, with so many people, so many artists, old people, young people from all different walks of life," Gerskovic said. "The space did not hold that many people. There were people in and out and coming and all congratulating me. They were all attracted to the art."

She said the overall outcome of the exhibit was all she hoped for.

"My art was on for six weeks and I got so much attention," Gerskovic said. "I [had] 24

pieces on display and I sold 11. Every day I have been contacted with numerous people who want to compliment and encourage me to keep making my art."

This exhibit, she added, was a catalyst for many more projects.

"I was contacted by numerous prestigious galleries who suggested [that they] represent my photography," Gerskovic said. "So, I got unbelievable exposure and I am extremely satisfied with this exhibit."

Stefan Ducich, events and catering manager at Modern Times Coffeehouse, said the "City Skin" received a lot of positive feedback.

"Our goal is to promote new, local artists; to provide a venue for them, and to expand our community," Ducich said. "We also get the privilege of hosting a diverse group of creative new art."

Gerskovic's photography features every day subjects, elements of life she said people often do not stop to observe.

"We don't see things because we are busy," Gerskovic said. "I don't choose the images to photograph, the images choose me. When I am out, they just come out and pose for me."

Ducich said the arts program at Modern Times has a selection committee that ultimately chose to include Gerskovic's art as one of their exhibits.

"I'm responsible for filtering submissions and organizing the calendar, then we meet as a committee to discuss," he said. "Most often, artists come to our attention by word of mouth, but in



Gordana Gerskovic

PHOTOS CONTRIBUTED

SEE IMAGES, PAGE 12

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When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link. Call Specific Agents to Confirm Dates & Times

Bethesda (20817)

6307 Friendship Ct.....\$837,000...Sun 1-4.....Ashton Vessalli.....Weichert..703-750-8860
6504 River Rd.....\$2,395,000...Sun 1-4.....Amy Michaels..WC & AN Miller..301-807-5990
7510 Honesty Way.....\$1,225,000...Sun 1-4.....Sheryl Balnk-Barnes.....Sotheby's..202-362-1300
7533 Spring Lake Dr #D-2.....\$237,500...Sun 1-4.....Christina Koch.....RE/MAX..301-637-9782

Potomac (20854)

1 Cherboung Ct.....\$939,000...Sun 1-4.....Peter Maser..WC & AN Miller..240-483-5712
10841 Spring Knoll Dr.....\$1,599,000...Sun 2-4.....Leslie Friedson.....Long & Foster..301-455-4506
11225 River View Dr.....\$2,195,000...Sun 2-4.....Leslie Friedson.....Long & Foster..301-455-4506
12525 Noble Ct.....\$1,499,000...Sun 2-4.....Leslie Friedson.....Long & Foster..301-455-4506
7720 Ivymount Terr.....\$850,000...Sun 2-5.....Jill Aharon..Coldwell Banker..240-328-2640
7800Lindsay Hill Terr.....\$1,495,000...Sun 1-4.....Homi Irani.....Prudential..301-996-1695
8405 Kingsgate Road.....\$998,000...Sun 1-4.....Marsha Schuman..Wash Fine Prop..301-299-9598

Rockville (20852, 20854)

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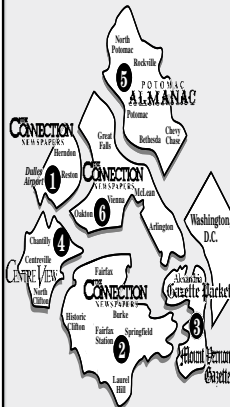
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ART

'Images Choose Me'

FROM PAGE 9

Gordana's case, one of the members of our selection committee is a friend. He brought her to my attention, and once we agreed to show her work, I met personally with Gordana to discuss her show, logistics, etc."

It has taken many years for Gordana to become a public figure in the world of fine arts photography.

She said her love for photography started with a childhood passion for the images in the Croatian newspapers delivered to her family's home.

"I started to put this together about a year ago, last September," Gerskovic said. "I always liked photographs. I am from Zagreb, Croatia ... As I child, I couldn't afford a lot of things, but I would always cut a picture from a newspaper and cherish that picture and play with it like an object."

Despite her early passion, it took a lay off from her position in corporate sales last year to lead her to pursue photography full time.

"Last year, I was very depressed having lost my job," Gerskovic said. "I was in a panic, but it ended up being somewhat of a blessing. I got out and started capturing things with my camera. I would take a picture of something that would be magical around us, but something people would not notice. From that, my photography started to develop."

Initially, Gerskovic said she wanted to keep her photography to herself; she considered her photographs very personal.

"I wanted it to be a secret," she added, "something I would see and do and nobody would know about it."

She said hearing the story of Vivian Maier, a photographer who only achieved acclaim post mortem, inspired her to be more public about her art.

"I heard a story on the radio last September about a photographer, Vivian Maier, who died and no one knew her work," Gerskovic said. "No one ever saw her photographs until she died. I started crying, I didn't want to be Vivian Mayer. That's when I got the



PHOTOS CONTRIBUTED

Gordana Gerskovic at "City Skin" exhibit in Washington D.C.'s Modern Times Coffeehouse.

courage to show my photographs. That was when I started showing to my friends."

She said feedback from her friends helped her choose the images for "City Skin."

"People really saw something in the combination of color, shapes and lines," Gerskovic said. "So that is what started the 'City Skin' project, when I put all of my 24 pictures together."

She added that she was moved by every image she chose to hang in the Modern Times Coffee House.

"City Skin," she said, is her first big exhibit, but she has more on the horizon.

"I had a couple of exhibits before that, but this is first big exhibit that is getting a lot of attention and exposure," Gerskovic said. "My next exhibit that is happening here in Montgomery County, which will be from July 26 until Sept. 22 at the Activity Center at Bohrer Park, in Gaithersburg."

She said she not only sold photographs, but accepted commissions for other projects.

"It is amazing to wonder where people are going to hang my art in their house," she said. "These people want my art in your house because they think it is worth it."



The work of photographer Gordana Gerskovic

SCHOOLS

And the Winners Are ... Cappies Gala on Sunday, June 9, at Kennedy Center.

The 14th Annual Cappies Gala will take place at 7 p.m. on Sunday, June 9, in the 2,400-seat Concert Hall at the John F. Kennedy Center for the Performing Arts.

Performers, critics and tech crews from 56 high schools in Northern Virginia, Maryland and Washington, D.C., will receive 37 “Cappie” awards, in a glamorous atmosphere that Cappies (Critics and Awards program) co-founder and Capitol Steps co-founder Bill Strauss used to call “part Tonys, part Final Four.”

Casts of nominated shows and the performers of nominated songs will present musical numbers as well as sketches from the nominated plays.

Throughout the year, the Cappies program is driven by over 380 area high school theater student critics who attend each other's shows, write reviews for newspapers and TV, and serve as “Cappies” awards judges.

On May 11, approximately 300 student critics voted for Cappie awards, through a digital, student-designed voting process.

Launched in Northern Virginia in 1999, by Bill Strauss and Judy Bowns, Cappies programs are now underway in 11 U.S. cities, including Cincinnati, Kansas City and Orlando, and three in Canada, with more cities who are preparing to start up in the fall.

Strauss, who died in 2007, said: “High school theater is the real youth culture in America, and someday, these kids are going to revitalize Broadway. They're the next great theater generation.”

Tickets to the gala are only available only through Cappies high school theater departments.

The 2013 nominees include:

❖ Rising Critic: Talia Brenner, Walt Whitman High School

❖ Marketing and Publicity: Caroline Duffy, Daniel Levine, “Anything Goes,” Walt Whitman High School

❖ Sound: Alex Allen, Lyndsay Worthington, “Anything Goes,” Walt Whitman High School

❖ Lighting: Nikolas Allen, Andrew Elman, “Anything Goes,” Walt Whitman High School

❖ Sets: Nikolas Allen, Harley LaRoe, Matt Lewis, “Anything Goes,” Walt Whitman High School

❖ Stage Crew: Brendan LoBuglio, James London, “Anything Goes,” Walt Whitman High School

❖ Orchestra: Walt Whitman Pit Orchestra, “Anything Goes,” Walt Whitman High School



PHOTOS BY ANDREA (ANDY) MAYS

Marketing and Publicity Nominees: (front) Michelle Slivinski (South Lakes), Madeleine Bloxam (Westfield), (front) Daniel Levine (Walt Whitman), Sarah Irving (Robinson) and Brennan Jones (Falls Church).



Musical Nominees: Jack Ladd (Bishop Ireton's “Something's Afoot”), Michelle Huey (Walt Whitman's “Anything Goes”), Alex Poirier (Loudoun Valley's “Urinetown”), Anna Barr (Robinson's “Hairspray”), Ben Roberts (West Potomac's “Young Frankenstein the Musical”).

❖ Ensemble in a Musical: The Angels, “Anything Goes,” Walt Whitman High School

❖ Featured Actress: Kayli Modell, “Ragtime,” Thomas S. Wootton High School

❖ Comic Actress in a Musical: Michelle Huey, “Anything Goes,” Walt Whitman High School

❖ Supporting Actor in a Musical: Landon

Fleischman, “Ragtime,” Thomas S. Wootton High School

❖ Lead Actress in a Musical: Erin Craig, “Anything Goes,” Walt Whitman High School

❖ Lead Actor in a Musical: Elgin Martin, “Ragtime,” Thomas S. Wootton High School

❖ Musical: “Anything Goes,” Walt Whitman High School.

Samantha Shane graduated from Bowdoin College in Maine with a major in history and a Spanish minor.

Emily Wilde was awarded a bachelor of arts degree from Connecticut College, she was a psychology-based human relations major.

Dylan T. Thayer, son of Jody and Bradley Thayer of Potomac, received a bachelor of arts degree from Hamilton College

Ignorance is Bliss



By KENNETH B. LOURIE

So I tell myself, repeatedly. I mean, what else can I do? I know so little about science and medicine – and cancer, that unless I ignore the few facts I semi-understand, the emotions I do understand will likely overwhelm me – and not with joy, either. And since I'm trying to maintain a little *joie de vivre* rather than the fear of death, I've had to/decided to distance myself from myself (my diagnosis/prognosis, that is) and limit my Internet searches to few and far between – as originally recommended by my primary care physician back in February 2009 (when the biopsy confirmed the malignancy) as a sort of potential damage-type self control.

Unfortunately – for me, with regards to this cancer business, I'm really out of my element. I took 10th-grade Biology and freshman-year Astronomy. That's all. No chemistry. No physics. No zoology. No premed. Nothing remotely scientific or medicinal. I'm a Humanities person, Bachelor of Arts, not Bachelor of Science. What I do know about is sports and chocolate – and I suppose what it takes to write a weekly column for 15 years, but anything more substantial than that, I'm not your man. (I may be a good teammate in Trivial Pursuit though, especially if I'm matched with an educated individual who's the complete opposite of me, and one not as well-versed in the entertainment/popular culture/lifestyle categories as I generally am.)

Other than the obvious, I knew right from the first Team Lourie meeting with my oncologist that this cancer diagnosis was going to be trouble. After the initial meet and greet, followed by a brief physical exam, the doctor discussed with us the various medical reports preceding this appointment: X-Rays, CT Scan, PET Scan and biopsy; then summarized it all in a diagnosis: “Non-Small Cell Lung Cancer, stage IV; 13-months to two-year prognosis.” I knew a malignancy was a bad indicator, but I didn't think it was going to be terminal-type bad.

However, what confused me most about what my oncologist said was how the cancer was named: “Non-Small Cell Lung Cancer.”

It wasn't called what it was, it was called what it wasn't: “Non-Small...” The disease is already negative enough; does it have to have a negative prefix attached to it as well? Why not simply “Large Cell...”? I'm sure there's a good answer, but one likely beyond my comprehension to understand. And that's how this journey (hardly would I call it an adventure) began, and I presume how it will likely end as well. But I can live with my decision. I'm just trying to make the best of a bad situation and sometimes, the less I know, the better off I am (all things considered).

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

SCHOOL NOTES

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

Montgomery County Parks is offering camps this summer, featuring programs including sports, nature, ice skating, tennis, gardening, fishing and more. Camps and summer programs are available for tots to teens at all skill levels and at locations across the county. Details about all Montgomery Parks camps are available online at www.ConnectionNewspapers.com

www.MontgomeryParks.org/Camps.

Margaret E. Antonsen graduated from Washington and Lee University.

Ana Sofia Noelle Recalt graduated with a B.A. in sociology from Wittenberg University.

Julie Fainberg, a humanities/prelaw major named to the dean's list at Florida Institute of Technology for the spring semester.

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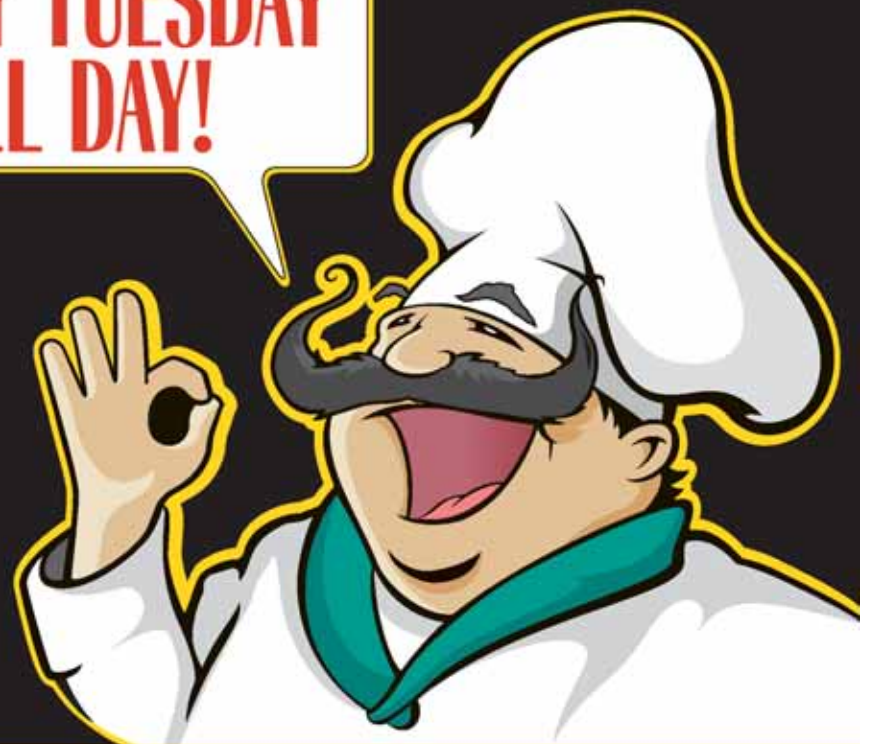
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Senior Living

Residents Reflect on Decades Past

Ellen Breen and Dennis Lewis talk about changing life.

BY KEN MOORE
THE ALMANAC

Ellen Breen turned 95 on May 5, 2013. Her granddaughter plans to be married in September. “If I am alive, I am going,” Breen said.

Her grandchildren call her Rah Rah. “I love it. It’s one of my favorite sounds. When they say it it really means something.” Dennis Lewis is 75. He had a stroke 15 days before his 70th birthday.

“If I had it to do over again, I’d drink twice as much water and half as much soda, I think it would have made a difference in triggering the stroke,” Lewis said.

“Life changing,” he said of his stroke. Lewis, of Potomac, says he’s grateful he had made plans to see a friend that Saturday afternoon five years ago.

“I had the stroke at 4 in the morning. I tried for 45 minutes to move nine inches,” Lewis said.

His friend came over to meet at the agreed-to time hours later, and found Lewis incapacitated. His friend saved his life, Lewis said.

BOTH ELLEN BREEN and Dennis Lewis live in a Potomac retirement community.

More than one in five Americans will be 65 or older by 2050, according to Spencer A. Rathus.

“Those who are in late adulthood are the most rapidly growing segment of the American population,” according to Rathus’ textbook on Human Growth and Development.

Lewis, a journalist, worked 16 years for the Washington Star as a radio columnist, then the Washington Times as a television critic, and finished his career with the Bureau of National Affairs.

Lewis loves politics and musicals, acting and journalism.

Lewis still writes local theater reviews and sends news pegs via email to friends and family about current events more than 20 times a day.

“My life was changed when I was a teenager, I learned to debate in high school,” Lewis said. “I learned how to debate, how to make arguments for or against any point of view.”

Successful agers form emotional goals that bring them some satisfaction, according to Rathus. “Successful agers may no longer compete in certain athletic or business activities. ... Instead, they focus on matters



Dennis Lewis



Ellen Breen

PHOTOS BY KEN MOORE/THE ALMANAC

that allow them to maintain a sense of control over their own lives.”

Ellen Breen, of Potomac, used to read a

“I was 9 years old. I had a cousin who was 19. She took me by the hand and we ran from her mother’s house on N Street, and got there just in time to see Lindbergh greet the crowd.”

— Ellen Breen

book every week, but can’t read now because of vision problems.

“Oh, I miss reading the headlines,” she said. So she turns to the television to keep up with current news.

“We lived in historic times,” Breen said. There were so many things that happened.”

A big memory from her childhood, she said, was Lindbergh crossing the Atlantic, and seeing Lindbergh in person at Dupont Circle.

“I was 9 years old. I had a cousin who was 19,” she said. “She took me by the hand and we ran from her mother’s house on N Street, and got there just in time to see Lindbergh greet the crowd.”

When the Lindbergh baby was kidnapped, “that was a horrible thing. That made a big impression on me.”

Breen worked as a secretary to one of the United States Supreme Court Justices, Harold Hitz Burton.

Her work with the Child Welfare League was her greatest passion. She helped investigate the treatment of adopted children and potential adoptive mothers and fathers.

“You could not believe the things we found, horrible, terrible things,” she said. “It opened my eyes, I was a little girl out of convent school. There were also good stories, very good stories, but it opened my eyes to life. I had no idea such things existed.”

“It gave me perspective on my own life, with my children,” she said.

Religion is critical in Breen’s life.

“That I think is the most important thing,” Breen said. “We don’t know what’s in store for us. It’s very frightening, I think so, and it is also exciting.”

According to Rathus, “successful agers tend to be optimistic. Retaining social contacts and building new ones also contributes to a positive outlook, as does continuing with one’s athletic activities, when possible, and one’s artistic and cultural activities.”

DENNIS LEWIS HAS ADVICE for

younger generations.

“Find what you’re good at, find what is important to you, find what matters, what are your talents,” he said.

“Develop your level of confidence to where you will be an impact player,” he said. “You have to believe in yourself.”

Lewis said he learned from two experiences in his life when he bucked the trend, doing the opposite of what people advised him to do.

When Howard Stern came to town, Lewis

SEE REFLECT, PAGE 6

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Active and Prepared

Aging-in-place solutions aid senior's decision to stay put.

BY JOHN BYRD

“My mother spent the last two years of her life in a nursing home,” said northern Virginia native Connie Sorrentino, who recently turned 70. “You never know what’s ahead. I spent a couple of years looking at retirement homes, then decided that the immediate problem was adapting my current house so it’s easier to use.”

Sorrentino, who lives alone, practices yoga and observes a strict vegetarian and fish diet, said she has “no stiffness” and is quite active in local church and civic groups.

“Still, since I’ve decided to stay put, I’m making changes that will make it easier for me to sustain myself happily for years to come,” she said.

Along these lines, the retired economist has been working with Mindy Mitchell, certified aging-in-place specialist at Burke-based Sun Design Remodeling, planning out the future of a home in Arlington she’s occupied for more than 30 years. Recently, the design-build firm remodeled several rooms in Sorrentino’s four-bedroom ranch; she was pleased with the outcome, and gratified to



PHOTOS BY BETH WALTERS

Counter high drawers instead of overhead cabinets; cabinets pulls and sharper more focused lighted are among the simple but effective aging-in-place solutions that have made it easier for Sorrentino to use her kitchen.

learn that the firm’s expertise includes re-designing homes to meet aging-in-place requirements.

“We’re seeing many more seniors exploring ideas that will help them continue to live independently in their own homes,” said Mitchell. “Sometimes we’re called in when mobility issues have become inescapable. But it’s always easier when you plan ahead.”

Mitchell said that an aging-in-place design is far more economical and practical when it’s rolled into an already planned remodeling project — which is the course Sorrentino is following in the current makeover of her kitchen, several bathrooms and other parts of the circa-1950s rambler.

“I’m remodeling several high-use spaces; it’s a plan that makes it easier for me to do

everything I need with minimal challenge,” said Sorrentino.

Mitchell said that the changes can seem discrete to outsiders, but they “make all the difference in reducing the ergonomic exertions of daily life.”

In place of overhead kitchen shelves, for instance, Mitchell is recommending counter-

high pull-out drawers for regularly-used items, reducing the need for out-of-reach overhead cabinetry. Small hard to grasp knobs will be replaced with cabinet pulls. Sharper, more concentrated lighting in key locations provides the visual support needed to move about confidently.

In two bathrooms, plans call for precisely located vertical and horizontal grab bars. The shower will have

a lower curve for easier access. Traditional and hand-held shower faucets simplify bathing. The faucets themselves feature adjustable levers rather than knobs. The floor will be surfaced in non-slip tile.

“Working out the details is fascinating,” Sorrentino said. “The best part, though, is interior design that perfectly integrates all these new features. I don’t want the house to look ‘senior-friendly’—just pretty.”

More

Sun Design Remodeling frequently sponsors workshops on Aging-In-Place solutions. Call 703-425-5588 or visit www.SunDesignInc.com.



Connie Sorrentino, 70, (center) re-views plans to introduce aging-in-place innovations into her kitchen and several bathrooms with Sun Design Remodeling’s Mindy Mitchell (left) and designer Kim Kruskamp.

Finding Joy, Fulfillment in Golden Years

Mental health experts share factors that contribute to contentment.

BY MARILYN CAMPBELL
THE CONNECTION

On most evenings, 96-year-old Dorothy “Dot” Brown can be found

playing Scrabble or a game of bridge. A retired nurse who relocated to Virginia from Pennsylvania 11 years ago, Brown makes it a point to walk at least one mile each day and takes two Zumba or low-impact aerobics classes each week. She attends services regularly at St. Matthews United Methodist Church in Annandale, volunteers her time for projects like cooking and serving meals for others, and says her wide circle of friends and close-knit family are her greatest sources of strength.

“I moved here to be closer to my daughters in Annandale, who are 68 and 71,” said Brown, who also has five grandchildren and nine great-grandchildren. “My family is so important to me. We have so much fun together and now we all live within a half-hour of each other. There isn’t a week that goes by that we don’t get together.”

While Brown partly attributes her well-preserved mental and physical fitness to genetics, she says her lifestyle and attitude also play a role. “You have to keep busy and active and you have to persevere,” she said. “There are days when I don’t feel like getting out, but I have to push myself. I am glad to be 96 years old and still able to walk without any help.”

In fact, experts say many of Brown’s daily activities are common among seniors who report contentment with their lives. “Everybody is unique, but overall happiness comes if people continue to do things that they have done over their lifetime that have brought them joy and strength,” said Ioana Boie, Ph.D., an assistant professor of counseling at Marymount University. “Find out what brings you joy and happiness and takes you out of your routine.”

Discovering new outlets for self-expression can lead to a sense of accomplishment and satisfaction as well. “What someone does with their own creativity can be rich and fulfilling,” said Bemak who lives in Fairfax Station. “Through physical activity and creative arts, seniors extend a sense of their creative selves that they might not have had time to do in their younger years.”

Meanwhile, Brown is making plans for a weeklong summer vacation with her family. “There will be 22 of us in one house at the beach,” she said. “I know we’re going to have a great time.”

bring up unresolved issues in the family. Long-lasting tension in the sense of premature loss. Try and work out unresolved tensions and issues with family members.”

When frequent and meaningful contact with family members is not possible, Boie says that even family memorabilia can offer inspiration. “Create an album of memories and insights to share with future generations,” she said.

Intimacy is also important. “If a person has lost their spouse and sex was part of their life, that is a big part of who they are and will impact happiness,” said Boie. “Just because a person is older doesn’t mean that they don’t need to experience intimacy, although they might not experience it in the way a person who is 25 would. We should alleviate some of the tension around talking about this issue.”

In addition to human social connections, relationships with furry friends can also gratify. “Pets can bring a lot of joy,” said Boie. “It is a very rewarding relationship. I know people that are connected to a parrot or cat or dog.”

FINDING A DEEPER MEANING in life and having a sense of purpose can also affect one’s outlook. “Seniors are dealing with multiple issues like their own spirituality and what that might be,” said Frederic Bemak, Ed.D, a professor of counseling and development at George Mason University in Fairfax. “One might ask: ‘Who am I at this moment?’ Have I done things that are in-line with my own value system and beliefs?”

Discovering new outlets for self-expression can lead to a sense of accomplishment and satisfaction as well. “What someone does with their own creativity can be rich and fulfilling,” said Bemak who lives in Fairfax Station. “Through physical activity and creative arts, seniors extend a sense of their creative selves that they might not have had time to do in their younger years.”

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Rogers’ Retirement Dream

Aging-in-place remodel required a generator, much to relief of their neighbors.

BY JOHN BYRD

Ted Rogers, 73, recently completed a senior-friendly makeover to his home, with the help of a master builder to meet his often challenging technical requirements.

Rogers, a former Navy pilot, had lived in 18 houses all over the world before settling in a circa 1960s ranch in Vienna with his wife and children in the early 1980s. The traditional brick rambler had previously been owned by a local farmer whose family had worked a nearby spread for generations.

The house was conventional, but solidly constructed. Still, as Rogers and his wife, Wanda, settled into their 70s they recognized several aspects of the home that wouldn’t be ideal in retirement.

“We were looking for long term comfort and security,” said Rogers. “That meant the usual wish-list — upgraded kitchen, larger

master bedroom suite.”

Then, too, the master shower would be a “roll-in” design, suitable for a wheelchair if needed.

Doors and hallways would be wider, in compliance with the Americans with Disabilities Act specifications. There would be convenient grab bars near the tub.

“But I also insisted on a way to keep our systems operating in the event of a power failure,” said Rogers. “We’re a bit off the main road and have been through long outages. You want to avoid this kind of thing as you get older.”

Complicating matters were several technical questions. For instance: what was the appropriate size and performance capability of a home generator adequate for powering the substantially enlarged home the Rogers now envisioned?

“The more I looked into it, the more I realized that there are a lot of issues with home

generators that have to be worked out between the contractor and the gas company,” Rogers recalled.

“I was aware of plans like mine that hadn’t worked well for the homeowner. I wanted enough power to keep the house running for days at a time, but the technology is still evolving and relatively few contractors have mastered it.”

Then Rogers met David Foster, president of Foster Remodeling Solutions in Lorton, a veteran builder with a track record in home generator solutions.

“David came highly recommended, but it was meeting him that proved decisive,” said Rogers. “His love of building impressed me. As we started walking through the house together, I could see that he understood my vision.”

THE STARTING POINT: a 2,553 square-foot, three-bedroom ranch on two acres, and a conversation regarding the best options for accommodating a master bedroom suite, a spacious gourmet kitchen, a two-car garage with a second floor studio and a home generator adequate for powering everything for



Wanda and Ted Rogers in front of their remodeled home.

days a time without need for refueling.

“The call for a generator in a retirement dream home struck a chord with me” said Foster. “We have a sizable seniors clientele, so I’ve been steadily servicing the growing demand for this type of application — absorbing the learning curve just as the problems with the power grid have become ap-

parent to everyone.”

In Rogers’ case, Foster specified a state-of-the-art unit, one powerful enough to run all of his client’s electrical needs for about a week without changing gas or oil.

And the timing couldn’t have been more perfect. Shortly after the project’s completion in spring 2012, the now-infamous derecho in early July

More

Staff at Foster Remodeling Solutions periodically offer workshops on home remodeling topics. Call 703-550-1371 or visit www.FosterRemodeling.com.

black-out large sections of Fairfax County for five memorably hot and humid days.

“We were actually out of town when the power failed,”

said Rogers. “But when I walked through my front door two days into the outage, my generator was on, the house was cool, and all the electrical systems were working just fine.”

The rest of the neighborhood was another story. “My neighbor’s basement flooded when his sump pump stopped,” said Rogers. “People were dealing with spoiled food, no lights, no phone — and no air conditioning during some of the hottest temperatures in years.”

Ever the good neighbor, Rogers organized a relief effort at once, supplying power support where needed, even clearing refrigerator space so nearby friends could preserve their frozen foods.

“We’d invite neighbors to sit in the air conditioning, and watch the news or check their emails. We were like a local community center,” he said.

The larger satisfaction to Rogers, though, is that his computer, internet and security systems continued to perform as usual. “It’s a relief to know that you’re connected to the outside world — especially in an area-wide emergency. Five days is a long time to be cut off.”

‘Age in Place’ to Satisfy Evolving Needs

BY JOSH BAKER
FOUNDER, BOWA BUILDERS

Your family may be approaching a transitional time in home ownership. Perhaps the kids have already moved out, or your “nest” is nearly empty as your last child contemplates going off to college. Or maybe you’re craving a living space that is more comfortable and convenient as it becomes more difficult to move around. There are many reasons couples choose to “age in place,” or modify their home to meet changing needs rather than purchase a new property.



Baker

cause it is often unobtrusive, allowing homeowners to remain living in their home during construction with minimal disturbance.

DETAILS THAT MATTER

When making renovation plans, especially for a person using a wheelchair or walker, ensure there is enough space. Wider doorways and hallways, as well as large curb-less showers with grab bars and handheld shower heads are common features even for families without a disabled member. Other popular requests with noted value include appliances with

lever doors, varied countertop heights, and minimal steps through passageways. Creating a five-foot turning radius can greatly improve maneuverability for someone with limitations, but also feels a bit more spacious for the active family.

It’s a reality that many people will endure some kind of temporary mobility challenge in their life, perhaps from surgery rehabilitation or an accident, so it makes sense to design your home in a practical, universal way to accommodate such unpredictable circumstances. If needed, first-floor laundry facilities and outdoor ramps also add convenience to the new space. With all of these changes, it is important to maintain the current look and feel of your home as much as possible, so consider choosing materials and colors that match the style of the rest of your home.

OVERCOMING BARRIERS

In instances when a small lot or zoning restrictions hamper the ability to add on square footage for a master suite or other area, there are alternative options to help a family stay in their home. There may be seldom-used space on the first floor that



PHOTOS COURTESY OF BOWA BUILDERS

The addition of a main-level master suite with easy access to outdoor living space paves the way for aging in place and family entertaining.

can be reconfigured into a cozy master suite with the expert eye of a design-build team.

Regardless of emotional attachment to the family home, homeowners being involved in the remodeling process allows them to create a space that best mirrors their individual needs to age gracefully and with less stress. Transforming a home to accommodate the later years in life creates a place that is easier to manage without giving up the opportunity to reminisce, or surrendering the cherished role of hosting distant family and friends.



Grab bars in shower and easy access help set the stage for seamless aging in place.

Two Potomac Residents Reflect on Decades

FROM PAGE 3

said people told him Stern would not be a worthwhile story.

“They were all saying, ‘He’s terrible, he’s terrible, he’s misconceived, he’s a total failure,’” said Lewis, who covered radio for the Washington Star at the time.

But “that’s all people were talking about — him.”

That was after the disco era.

“It was the second time I ignored what people demanded what I write,” he said. “The other time, they wanted me to write that disco was dead. And the next year, Saturday Night Fever came out. I was glad I resisted.”

Lewis takes Metro Access most every other week to see a new movie either on Bethesda Row, the Landmark, or downtown

and to shop at book stores.

He subscribes to film magazines, and watches the Oscars every year, knowing most every movie nominated.

Lewis said he cried when Dwight Eisenhower lost the Presidential election in 1956. “It taught me that the best man doesn’t always win,” he said. “In movies, you

are always fooled by happy endings and you think that’s the way it works.”

He remembers fondly his own experience

“It taught me that the best man doesn’t always win. In movies, you are always fooled by happy endings and you think that’s the way it works.”

— Dennis Lewis

acting as the villain in the Madwoman of Chaillot.

“He was very greedy, he wanted all the money in the world, he was very villainous.

I really liked that I was playing somebody the exact opposite of myself, to make people believe I was villainous,” he said.

“I was terribly nervous ... to go in front of an auditorium of people, I was too nervous to think about doing it, so I said a prayer before the first performance,” he

said.

“At rehearsals you get no reaction at all, but that show I was so excessive I was making people laugh, and that’s when I realized I was there to entertain not to be judged ... so I could relax and enjoy it.”

Ellen Breen bypasses opportunity to give advice.

“Oh, I don’t think I’m qualified to answer such questions,” she said with a smile.

But she knows how her birthday wishes have changed over the last nine decades.

“Before, I was looking forward to happiness and peace in my own life, my personal life. Now that seems absolutely non-existent when you compare it to what is happening in the world today,” said Breen. “What I would long to see is peace in the world, if it would only start in Washington, D.C.”

Crafting Fully Accessible Bath

"We are seeing more seniors choosing to stay in their homes than ever before," says aging-in-place specialist Russ Glickman.

"This is partly a function of the fact aging-in-place solutions are improving, but we're also learning — as a society — that good universal design well-integrated into the home can work for the entire family."

Glickman points to ramps and walkways perfectly integrated into porches and veranda; wheelchair friendly dining counters that double as serving stations and clean-up stations when needed; wider doorways and grab bars that prove convenient for everyone.

Of course, there can also be challenging technical considerations. In an assignment completed just last month, the remodeler collaborated with an occupational therapist in designing a master bathroom for a Lorton-based senior who had recently transitioned to a wheelchair.

"Here we have an individual who has lived in the same house for 25 years," Glickman said. "His son occupies the same residence, so there was really no thought of moving into a nursing facility. My goal was to execute a plan that enables a capable mature male — who happens to be in a wheelchair — to live a fully independent life in his own home."

Glickman, who has operated Glickman Design/Build for 30 years, understands such

household challenges first-hand. When his son, Michael, was diagnosed with cerebral palsy almost two decades ago, Glickman set about acquiring several certifications in universal design specialties.

A critical component to the just-completed Lorton assignment was designing a wheel-chair friendly master bath that allows the homeowner to perform all his bathing and toiletry routines without assistance.

The result is what is known in the industry as a "wet room"—a completely water-proofed space that includes a curbless level-access shower, conveniently located grab-bars, and counter space designed for easy wheel chair maneuverability.

The key to a curbless shower design is floor grading and tile layout, Glickman says. The floor is framed to support a very gentle slope that keeps water flowing to the drain.

A weight-tested, pull-down metal arm assists the owner in moving back and forth between the wheelchair and the toilet.

The wet-room's finishwork features skid-proof ceramic tile, an ADA-compliant doorway, a sink with a wheel-chair friendly L-shaped counter surface and plenty of barrier-free room to move about.

Glickman periodically offers workshops on accessible living and aging-in-place topics. Visit www.GlickmanDesignBuild.com or call 301-444-4663

— JOHN BYRD



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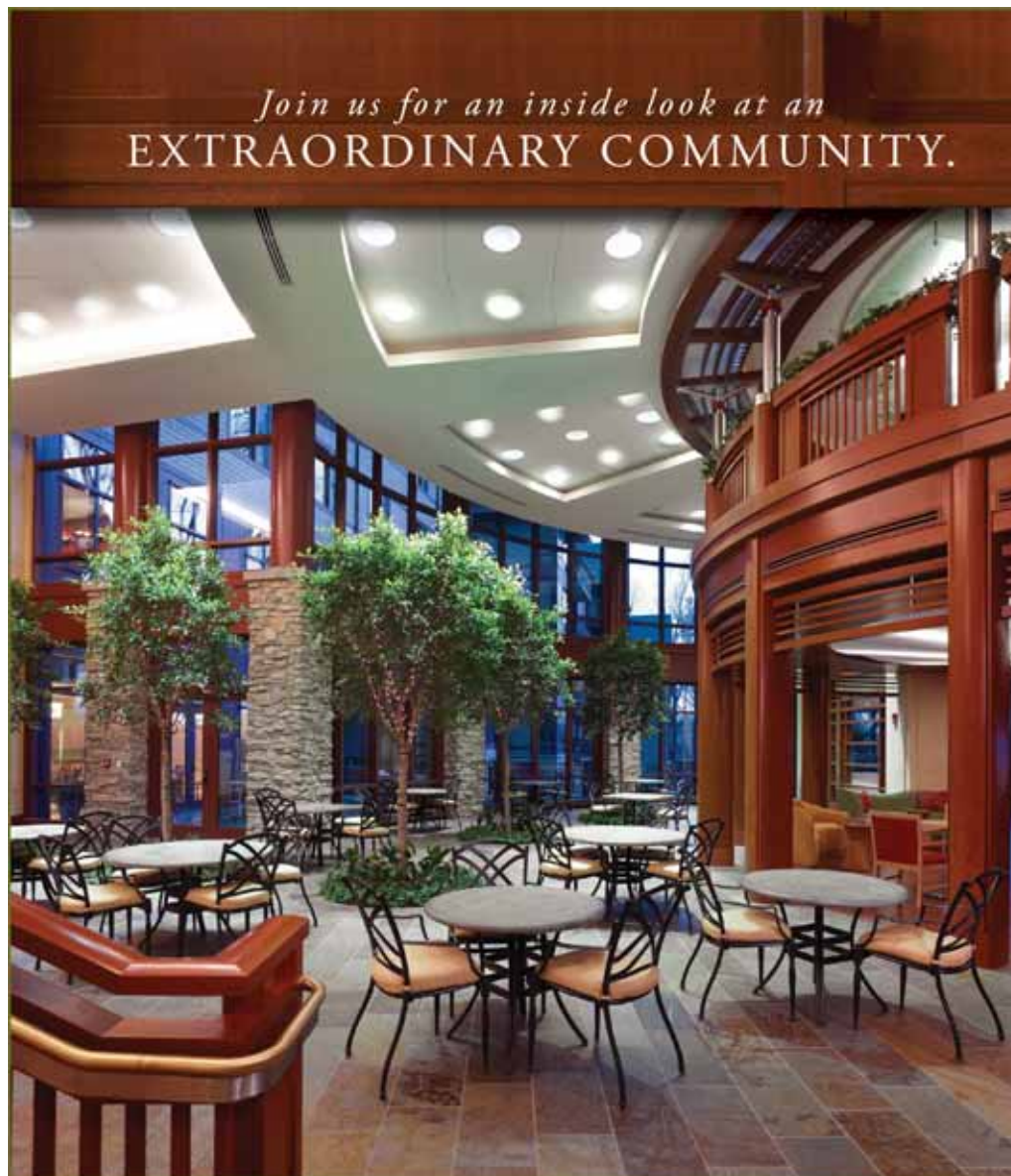
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Directions From I-66, exit at Route 28 North. Follow Route 28 North to Route 50 West. Continue approximately 6 miles. Just past Gum Spring Road, turn left into Stone Springs Blvd. Left on Millstream Drive and left on Amber Spring Court, veer left onto Byrne Meadow Square. Turn left on Lynette Springs Terrace for Model Parking Lot. Follow signs to Model. **24664 Byrne Meadow Square, Stone Ridge, Virginia 20105**

THE ESTATES AT BULL RUN GOLF CLUB - Haymarket, VA

New Model Now Open! Luxury Estates with 3+ - 4+Acre Homesites from the Mid \$700's in a Golf Course Community.

703-764-5443

Take Route 66 to exit 40 (15) Haymarket/Leesburg and turn right onto Route 15 North. Turn left onto Bull Run Estates Drive and Continue through intersection. Make a Left onto Tanyard Lane. Model will be directly on your Left. **3701 Tanyard Lane, Haymarket, Virginia 20169**

RASPBERRY FALLS - Leesburg, VA

New Model Now Open! Luxury Estates on Large Homesites from the \$600's in a Golf Course Community.

703-764-5470

Directions To Model: Take the Dulles Toll Road (Route 627) West to the Dulles Greenway. Take Exit 1B, Route 15 North. Follow Route 15 North 4.7 miles to a left on Raspberry Drive. Take first right onto Levade Drive and left onto Briarberry Place to Model at: **41975 Briarberry Place, Leesburg, VA 20176.**

www.VanMetreHomes.com

*Prices subject to change without notice. See Sales Manager for details. 6/13.

