

# Potomac ALMANAC

WELLBEING  
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"MacKenzie," Kathryn Michel's "Westie," attends The Surrey's 60th birthday party. Kathy Merlene, (right), who recalled going to the shop in Potomac, "when I was nine years old," joined in the fun.

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## NEWS

# Local Author To Discuss Writing

**Potomac Library  
to host book talk  
with Susan  
Keselenko Coll.**

BY SENITRA T. MCCOMBS  
THE ALMANAC

**L**ooking for a way to beat the summer heat? On Aug. 8 at 7 p.m., the Potomac Library will be hosting a book talk with local author Susan Keselenko Coll where she will discuss her novels “Beachweek”, “Rockville Pike”, “karlmarx.com”, “Acceptance” and her forthcoming novel “The Stager” which will be released next summer.

“Acceptance” was made into a Lifetime movie.

“It was a thrill to see my characters brought to life on the screen, and I thought Joan Cusack did an amazing job, as did all of the actors,” Coll said.

All four novels are based in and around Montgomery County area. However, they are very different in nature.

“Beach Week” is centered around a rite of passage where D.C.’s suburb’s latest high school grads go to Chelsea Beach for a week of debauched celebration.

In “Acceptance,” Coll takes a satirical look at the college admissions process, in particular US News



**Susan Keselenko Coll.**

and World college rankings and the parental and student reactions to a liberal arts college that is mistakenly placed on the list.

Both “Beach Week” and “Acceptance” are set at the same fictional suburban high school and Coll also mentioned that both novels are “a sort of social document of suburban life.”

“They are a satirical look at the way we overparent our children and over lawyering in contemporary society,” she said.

Her other novel “karlmarx.com” which is based on Karl Marx’s youngest daughter, is centered around a young woman, who works at a Thinktank in Georgetown, trying to find her place in the world.

And “Rockville Pike” a suburban comedy about the changes that occur when a woman and her husband “trade in their glamorous life in New York” to run the family business — a discount furniture store on Rockville Pike a few steps away from the tombstone of Zelda and F. Scott Fitzgerald.

Although she doesn’t use any personal experiences as inspiration for her novels, she is connected to her characters.

“I really related to Jane’s (“Rockville Pike’s” main character) feelings of displacement because I felt

SEE COLL TO SPEAL, PAGE 11

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## Friendship, Love and 'Medieval Story Land'

A fairy tale comes true.

BY BRIDGIT FRIED  
THE ALMANAC

**N**orth Potomac residents Scott Courlander and Nick Hitchens have known each other for 23 of their 28 years. They grew up together, became best friends playing baseball and, as classmates at Wootton High School, shared a love for theatre. "We thought it was a great way to meet girls," said Courlander.

Neither dreamed that their interest in theatre would lead them both to a life-long passion for the arts and to their current collaboration: co-producing Courlander's play, "Medieval Story Land." But Courlander's love for the theatre took a meaningful turn when he met Katie Zitz, another theatre and improvisation actor. She is now his fiancée.

After graduating from Wootton in 2002, the friends went their separate ways: Courlander to University of Delaware and Hitchens to University of Maryland. However, there are some parallels between Courlander and Hitchens' own journeys leading up to the production of "Medieval Story Land." Although the friends lost touch, neither ever completely lost their connection to theatre.

Hitchens stayed in the area following graduation and is now back at Wootton teaching English. His love of theatre led him to pursue and complete his graduate degree in arts management from American University. Courlander moved to New York because of his passion for theatre. He studied with



**Scott Courlander (center) as Sir Evelyn Oakleigh breaks some tough news to Nick Hitchens (left) as Billy Crocker in Wootton High School's 2001 production of "Anything Goes."**

director Mike Nichols at the New Actor's Workshop and then worked in improvisation at Amy Poehler's Upright Citizens Brigade Theatre. While there, he fell in love with improv and also tried his hand at writing sketches and plays.

In 2010, Courlander said he became "tired of the NYC rat race" and moved back to Maryland. Much like his fairy tale hero in "Medieval Story Land," Courlander

needed to find himself and thought there might be more opportunity in the D.C. area. Shortly after his return, he landed work as an extra on a commercial and while shooting for 12 hours, he was distracted by another extra that he described as "a super cute blonde." He gave her his number and Katie Zitz entered stage left into Courlander's life. Their collaboration grew, both personally and professionally as Zitz

### Details

"Medieval Story Land" opens at the Arts Barn Theatre in Gaithersburg on Aug. 9 and runs through Aug. 25. Friday/Saturday shows are at 8 p.m. and Sunday at 2 p.m. For ticket information: [www.GaithersburgMD.gov/ArtsBarn](http://www.GaithersburgMD.gov/ArtsBarn) or call 301-258-6394.

shared Courlander's love of improv, acting and the theatre. Zitz grew up in Alexandria and was on her high school's competitive improv comedy team and studied theatre at Virginia Wesleyan.

On one of their early dates, Courlander, running late and needing more time, handed Zitz his "Medieval Story Land" script to read. He recalls her "laughing out loud" and telling him that it was fantastic and he should do something with it. With Zitz's encouragement, Courlander decided to submit it to the D.C. Summer Fringe Festival, and fittingly, he cast Katie in the role of the princess. She is now the show's managing director.

Courlander had reconnected with his old friend Hitchens since moving back to the area and asked him to co-produce the play. "We were thrilled to renew our friendship and to join forces to make this show happen," said Courlander. "In the years since we last worked together, we both got a chance to develop and refine different skills, and they now mesh together wonderfully."

Hitchens read the script, liked it, and agreed to co-produce. "I missed being involved in the arts," he said. "I thought this would be a great opportunity to work with my life-long friend Scott and apply all the

SEE FRIENDSHIP, PAGE 11

## Mid-River Proposal WSSC seeks new intake pipe in Potomac River to improve drinking water quality.

BY KEN MOORE  
THE ALMANAC

**M**ore Washington Suburban Sanitary Commission officials attended a public information meeting than members of the public.

"You're having this when the world is away," Ginny Barnes, of West Montgomery Citizens Association, told WSSC representative Suzie Boltz who greeted people as they entered.

"I want to see what you are going to do to the park," Barnes said at the public information meeting Thursday, Aug. 1 at Potomac Elementary School.

The WSSC and National Park Service hosted the "open-house-format" meeting to share information about WSSC's proposal to build a submerged water intake pipe for water supply to the Potomac Water Filtration Plant located on River Road.

The Potomac Water Filtration Plant pro-

duces approximately three-quarters of the water used by 1.8 million customers in Montgomery and Prince George's counties.

"WSSC is not seeking increased water withdrawals from the river, but is seeking higher quality source water from an alternate location. Previous studies recommend and support this evaluation of an alternate offshore intake location," according to WSSC.

Instead of giving a formal presentation, WSSC officials and the National Park Service greeted people individually, giving opportunities to discuss concerns and interests.

Less than a half dozen attended by the midpoint of the meeting.

Chris Stubbs, of the National Park Service, encouraged Barnes, Neal Fitzpatrick of Audubon Naturalist Society, and other

members of the public to voice specific concerns and ideas on the public comment section of the park's website. (See box.)

"Our concern is the park as well," Stubbs told Barnes.

**SOME PARTS** of the Potomac Water Filtration Plant are located within the Chesapeake and Ohio Canal National Historical Park, so WSSC is required to obtain a special use permit from the park service to build any offshore intake pipe.

"To examine and evaluate the impact to Park resources, NPS is initiating an environmental assessment of the proposal prior to the issuance of a construction Special Use Permit," according to the National Park Service.

The purpose of the new intake, accord

SEE WSSC, PAGE 11

### Get Involved

The National Park Service announced a public comment period, ending Aug. 18, to solicit public comments for the proposed offshore submerged channel intake.

During this scoping period, the public is invited to identify any issues or concerns they may have with the proposed project so that NPS can appropriately consider them in the Environmental Assessment.

Public comments will be accepted through Aug. 18.

Comment online at <http://parkplanning.nps.gov>.

Or mail comments to:  
Simon Baidoo, Project Manager  
Washington Suburban Sanitary Commission  
14501 Sweitzer Lane  
Laurel MD 20707



## GETTING AROUND

# The Surrey: 60 Years and Counting

### Friends gather in birthday celebration.

BY CISSY FINLEY GRANT  
THE ALMANAC

**T**he date was July 14, 1953. Friends of Lyn Carroll and Anita Bogley climbed up the outside stairs to the top floor of an old brick building at the corner of River and Falls Roads. History was in the making. The Surrey officially opened for business.

Sixty years later, and still going strong, a birthday party commemorating that occasion was attended by some, who not only remember the event, but recall shopping in the building which now houses one of Potomac's many banks.

"I remember the day The Surrey opened," Bob Hanson said, standing, with cane in hand, at the birthday party. Hanson, 89, broke his leg in February. This didn't stop him from making 20 tons of hay in May and it certainly would not keep him away from a good party. "I used my walker to climb up on the tractor so I could cut hay," he explained to friends at the party. The cane is a temporary nuisance. The walker, history.

Hanson was one of about a hundred guests attending the event held at The Surrey's new location in Darnestown, a reluctant move made in 2009, following 56 years in Potomac Village.

Sixty years ago friends of Anita Bogley's recalled how she always wanted a gift shop. She coaxed her good friend Lyn Carroll into going into business with her, a 50-50 arrangement. Lyn would run the business as her contribution. Legend has it the merchandise was all sold the first day with the exception of a fish plate.

As they say, "the rest is history."

Potomac grew and so did The Surrey. In 1959 the owners moved from the original location in the old brick building, to a larger space just down the hill from Mitch and Bill's, where it remained at 10107 River



**The Surrey owner-manager Lyne Morgan (center) welcomed old friends, former Potomac residents Henry and Marlene Garson, to the birthday party.**

PHOTOS BY CISSY FINLEY GRANT/THE ALMANAC



**Bob Hanson, 89, (right) remembers The Surrey's July opening in 1953. His parents were regular customers. Dr. Tom Blackwood, 86, (left) moved to Potomac in 1963. He opened a dental office in what is now the empty space behind the Walgreen store.**

Road for the next 50 years.

"I remember the Christmas eve eggnog parties and I was only 9 years old," Kathy Reichelderfer Merlene laughingly remarked. Like others at the party, she grew up in Potomac and recalled the days of yore, adding from her memory bank, the tales of "Cat Cat" the store's in-house resident for many years. "That cat roamed the shelves but never broke anything, or if she did, no one would admit it," Kathy surmised.

"My favorite part of that place was 'Horse Heaven,'" Austin Kiplinger said. He was referring to upstairs in the store where dozens and dozens of consignment articles were housed, most relating to riding and fox hunting equipment and apparel. Gifts and saddlery occupied the first floor.

Bob Hanson also remembered when the Potomac flag was flown from The Surrey's entrance on Potomac Hunt days, signaling Potomac Hunt hounds and fox hunters were going out that day.

With so much history involved, many at the party spoke of days when Jackie O., Queen Noor, Pat Nixon, Marilyn Quayle, Maria Shriver and Arnold Schwarzenegger, naming only a few, would stop in to equip their youngsters for riding clothes or select distinctive gifts. Former Virginia Gov. Dou-

glas Wilder bought his riding boots there.

Some remembered when a real antique surrey sat out front of the store and all the kids climbed in and out of it. This recollection brought up how the store got its name. There are two versions. One: Anita and her husband, Sam Bogley, were in Bermuda and the first thing Anita saw when she landed was a horse-drawn surrey. The other: Anita and Sam were in England where he went to fox hunt in Surrey. Wherever it was, Anita called back to Lyn Carroll in Potomac with the name.

Following Anita Bogley's death in 1965 she left her half of the business to her three daughters. Lyn Carroll bought them out shortly thereafter and actively continued running the business until her death in 2003 at the age of 91.

To date, The Surrey is still in her family, owned by her niece Lyne Carroll Morgan and members of Lyne's family who bought it from the Carroll estate. Lyne has been involved with the business since graduating from college.

The present store location, located at 14120 Darnestown Road (across from Harris Teeter), was a good party location with the spacious front "porch" providing ample space for guests to partake of an array of food and drink while exchanging old stories.

Kay Titus, who has been with the business for nearly 30 years, and Nancy Frohman, were among the staff who kept party platters filled. From ham biscuits to a card table size birthday cake there was an abundance of goodies.

Leonard Proctor, 83, still an active fox hunter, was among those there. He spoke of the day when The Surrey moved from its original location to down the hill a few yards past Mitch and Bill's. "I was 21 years old, working at Mitch and Bill's and remember seeing people roll grocery carts full of

stuff across Falls Road and down the hill," he said. The Rev. Martin Lord, then rector at St. Francis Church, was one of them, as were dozens of other friends and neighbors. No need for a moving van in those days of community spirit.

A continuous group of guests arrived throughout the evening, many bringing birthday cards and gifts. Anne Dolen came with six bottles of champagne, one for each decade, plus a tray of scrumptious stuffed cherry tomatoes.

Surrey customers of many years included Sara Lee Greenhalgh, Marlene and Henry Garson, Ellie Truman; dressage competitor Vee Gill and her husband, Dr. Fred Gill; Anne Davies, Laura Van Etten, also bringing champagne; Jean Findlay, Tim Hanson with daughters Helena and Brenna; Sue Monahan, Karen Kraushaar, Sue and Dick Moran with their son, Rick, and his wife Kathy; Bobbi Frost, Dr. Tom Blackwood, and Anne Hale Johnson with her son, Randy, and Randy's friend, Elise Middleton.

Known nationally in the horse show world, Randy Johnson has added opera singing to his impressive agenda. A bass baritone, he performed this past weekend in three, one act operas, at the Rockville Christian Church. Many recall when Randy opened the Washington International Horse Show programs singing the national anthem, prior to his participating in the competition.

"Potomac Village will not be the Potomac Village without The Surrey," Mary Kimm, editor, The Potomac Almanac, wrote in her paper, June 2009.

That was echoed by many. However, many Potomac folk have found their way to Darnestown, if all those at the 60<sup>th</sup> birthday party is an indication. It was a lovely blend of two neighborhoods.



**Anne Hale Johnson, a former Potomac Pony Club district commissioner, moved with her family to Potomac in 1959. She is a frequent Surrey customer as are Manning Muntzing (center) and Dick Moran.**



**Sara Lee Greenhalgh (left), Bonnie Nicholson and Austin Kiplinger obviously found a funny story to share at The Surrey's 60<sup>th</sup> birthday party.**



# BULLETIN BOARD

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

## 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/](http://www.summeredge.org/) for more.

## THURSDAY/AUG. 8

**Guest Speaker.** 7 p.m. at Potomac Library, 10101 Glenolden Drive. Susan Coll, author of novels 'Beach Week' and 'Acceptance' will be speaking. She has worked as a travel and feature writer and been published in such places as The Asian Wall Street Journal, NPR.org, and the Washington Post. Visit [www.pwcgov.org](http://www.pwcgov.org).

## THROUGH AUG. 11

**Summer Reading Program.** The Friends of the Library, Montgomery County's summer reading program offers three levels. "Dig into Reading" for babies through pre-K and kindergarten through sixth grade; and "Beneath the Surface" for teens. Children and teens (or parents of very young children) can sign up online or in person at any branch library. Visit <http://montgomerycountymd.libguides.com/summerreading> for more information.

## MONDAY/AUG. 12

### 2 Session Workshop: Beyond Words.

6:30-8 p.m. Montgomery Hospice 1355 Piccard Drive, Rockville. For anyone grieving the death of a loved one. No art experience needed. Free and open to any Montgomery County resident. Registration required, 301-921-4400.

## FRIDAY/AUG. 16

### Christ Episcopal School Open House.

9 a.m. at 22 West Jefferson Street. Tour the campus, meet members of the community and learn more about what makes CES a unique learning environment for all students. Registration required. Visit [www.cesrockville.org](http://www.cesrockville.org) or call 301-424-6550.

## WEDNESDAY/AUG. 21

**Drop-In Discussion.** 6:30-8 p.m. at Montgomery Hospice 1355 Piccard Drive, Rockville. For anyone mourning the death of a loved one. Free and open to any Montgomery County resident. Registration required, 301-921-4400.

## TUESDAY/SEPT. 3

**Drop-In Discussion.** 1:30-3 p.m. at Montgomery Hospice 1355 Piccard Drive, Rockville, MD. For anyone mourning the death of a loved one. Free and open to any Montgomery County resident. Registration required, 301-921-4400.

## WEDNESDAY/SEPT. 18

**Drop-In Discussion.** 6:30-8 p.m. at Montgomery Hospice 1355 Piccard Drive, Rockville. For anyone

mourning the death of a loved one. Free and open to any Montgomery County resident. Registration required, 301-921-4400.

## ONGOING

### Kicks Karate Summer Day Camp.

10 a.m. to 2 p.m. Aug. 12-16 at Kicks Karate Potomac, 12944 Travilah Road. The camp will include structured rotations of physical drills that enhance coordination, balance and agility. Campers will also have the opportunity for less physical activities as well. Campers should bring a bag lunch Monday through Thursday. Kickskarate will provide pizza on Friday for an end of camp pizza party. Ages 4 and up. No karate experience needed. Call 301-519-2200.

Effective July 1, a **new parking rate structure** goes into effect in Bethesda to eliminate rate differences between long- and short-term parking. Rates will be higher for spaces in highest demand - but lower in the parking garages. Here are the new rates: On-street parking meters, \$2 per hour; Surface lot parking meters, \$1.25 per hour; Garage parking (metered and non-metered), \$.80 per hour. Garage and surface lot parking will still be free on weekends and holidays.

**Ride On monthly passes for Children.** \$11 monthly Youth Cruiser SmarTrip® card is available to riders under 18. To buy the first card, parents must apply in person and show proof of age and county residence for the prospective riders. The cards can be purchased at the TRIPS commuter store in Friendship Heights (17 Wisconsin Circle), the

SEE BULLETIN BOARD, PAGE 11

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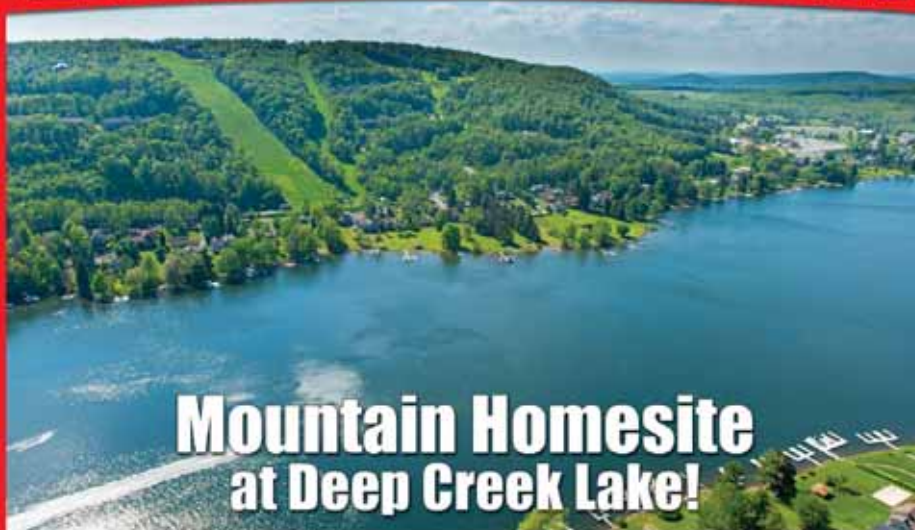
Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

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# OPINION

## Family Adventures Before Summer Ends

### Planning end-of-summer activities.

BY SUSAN BELFORD  
THE ALMANAC

It's less than one month before the onslaught of the new school year. Homework, after-school activities, athletics and schedules will soon begin and continue for the next 10 months. Right now is the time to be thinking about how to best pack in some end-of-the-summer day-trip activities for your family to enjoy.

Here are some innovative, action-packed — but close-by ideas — for finishing off this summer with a bang.

#### Pump up the adrenalin with fun and adventure at Harper's Ferry, W.Va.

Just one hour away from Potomac lies a new adventure paradise with a myriad of activities for the entire family. The Potomac River site features Canopy Tours (zip-lining), tubing, canoeing, stand-up paddle boarding, kayaking and more. There's also an Aerial Forest Adventure Park with a five trail challenge course. Both flat-water and white water tubing are available with or without a guide. Other activities at Harper's Ferry include rock climbing, fishing, hiking, biking — and a tour of the historical area and museum. For directions, prices, reservations and to learn more about Harper's Ferry, check out [www.harpersferryzipline.com](http://www.harpersferryzipline.com) or call 800-326-7238.

#### Get a good dunking, rush down waterslides and enjoy a good soaking in the "Spray and Play" playground at Cascade Lake in Hampstead, Md.

Most Potomac residents are unaware that a 6-acre lake with waterslides, platforms, paddleboats, fishing and a "Spray and Play" playground is located only 65 miles northeast of Potomac. Cascade Lake is a spring-fed lake with a sloping sandy bottom — perfect for kids and adults of all ages. This lake is nestled among hills and forests and provides a getaway to a peaceful and serene setting. This lake is open from Tuesday through Sunday (closed on Mondays) from 10–6 on week days and 10–7 on weekends. For directions, entrance fees, a view of the lake and "Spray and Play" playground, go to [www.cascadelake.com](http://www.cascadelake.com) or call 410-374-9111 or 410-239-4708.

#### Escape to Old Rag Mountain for a spectacular hike and/or for challenging (but fun) rock climbing.

Old Rag Mountain is the most popular trek in Shenandoah National Park, located just two hours from Potomac. The hike to the 3,091 ft. high summit of Old Rag Mountain is somewhat challenging but offers gorgeous views. The choices for climbs to the summit are a 7.1 mile circuit hike or a 5.4 mile out-and-back hike. The hike involves scrambling up and over rocks, sometimes difficult for inexperienced hikers. Allow 7 to 8 hours to complete the hike, take plenty of water and wear sturdy shoes or hiking boots. Old Rag is also a unique destina-



PHOTO: CONTRIBUTED

#### Try zip-lining at Harper's Ferry, W. Va.

tion for rock climbing in the mid-Atlantic region. The climbs are between 50 and 100 feet in length, and range in difficulty from beginner to expert. Check out Old Rag Mountain at [www.nps.gov/shen/planyourvisit/old\\_rag.htm](http://www.nps.gov/shen/planyourvisit/old_rag.htm).

#### 11 coasters, a water park and chocolate — Hershey Park has it all.

No matter one's age, Hershey Park has something for everyone. Wild and tame rides, 20 rides for the little ones, 65 rides for older "kids," roller coasters, musical and variety shows for young and old, a water park with nine unique attractions and lots of food and beverages. Hershey Park is located north of Potomac, near Harrisburg, Pa. Don't miss Hershey's Chocolate World which includes the Great American Chocolate Tour Ride. To learn more about this fun amusement park, go to [www.hersheypark.com](http://www.hersheypark.com).

#### Get-away to America's oldest Amish settlement in Lancaster, Pa.

Thousands of Amish still live a century-old lifestyle where horse and buggy are the main mode of transportation and the customs have remained unchanged.

Windmills provide their power and electricity is something that others have. Take a horse and buggy ride through the tranquil Lancaster countryside. Explore the many Amish-themed attractions, and events, shop for hand-made Amish crafts, and chow down on some authentic Pennsylvania Dutch cooking. To learn more about the highlights of this area, or to make reservations, go to [www.padutchcountry.com/activities/amish-activities](http://www.padutchcountry.com/activities/amish-activities) or call 1-800-PA-DUTCH.

#### Take a ride down Cunningham Falls.

A trip to Cunningham Falls State Park in Thurmont, Md. (an hour and 15 minutes) would not be complete without a ride down

the scenic 78-foot waterfall. Cunningham Falls is the largest cascading waterfall in the state of Maryland and, according to signs on the trails: the Catoctin Mountains are the oldest mountains in the world and were once the tallest. They were formed by volcanoes, and the rocks along the hike are volcanic rocks which are among some of the oldest exposed rocks in the world. The mountains "shrank" thanks to earthquakes, lichen, moss, erosion and other such environmental factors which have taken their toll over millions of years. Other parts of this adventure include a picnic by the lake, kayaking canoeing, fishing and swimming in the lake. Learn more about this park at <http://www.dnr.state.md.us/publiclands/western/cunningham.asp> or call 301-271-7574.

#### Commemorate the 150<sup>th</sup> anniversary of the Battle of Gettysburg.

The 1863 Battle of Gettysburg is considered to have been the turning point of the Civil War. More men fought and died during the Battle of Gettysburg than in any other battle fought in America before or since. Begin the visit at the Gettysburg National Military Park Museum and Visitor Center, located at 1195 Baltimore Pike, just south of historic downtown Gettysburg. The Museum and Visitor Center features the Cyclorama, Film and Museum Experience.

Plan a battlefield tour by selecting from several options: a Gettysburg Licensed Battlefield Guide bus tour; a personalized Licensed Battlefield Guide car tour; or a self-guided audio CD tour, available for purchase in the Museum Bookstore. One can also arrange a tour of the Dwight D. Eisenhower Home and the Eisenhower National Historic Site.

To learn more, to pre-book tours and purchase tickets, go to [www.gettysburgfoundation.org](http://www.gettysburgfoundation.org) or call 717-338-1243. Gettysburg is a 1 and a half hour drive from Potomac.

## POTOMAC ALMANAC

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# ENTERTAINMENT

Email community entertainment events to [almanac@connectionnewspapers.com](mailto: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](http://rockvilletownsquare.com/events/mommy-and-me). On the Square: Aug. 20, Sept. 17 and Oct. 15.

**Art Exhibition.** The Art Glass Center Gallery's ongoing exhibitions feature the work of resident artists Diane Cabe, Christine Hekimian, Sue Hill, Michele Rubin, Sherry Selevan, Bev and Zayde Sleph and Janet Wittenberg. Sculpture, vessels, functional art, and jewelry are also for sale. Classes are taught year-round for beginner, intermediate and advanced students. Fridays 10 a.m.-2 p.m., Saturdays 10 a.m.-4 p.m., and Sundays noon-4 p.m. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2273 or visit [www.artglasscenteratglenecho.org](http://www.artglasscenteratglenecho.org).

**Glassworks.** Saturdays, 11 a.m.-4 p.m. Glassworks is the D.C. area's first glass school. Classes are taught year-round for both new and advanced students. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2280 or visit [www.innervisionglassworks.com](http://www.innervisionglassworks.com).

**Photoworks.** Photoworks is a resource for both student and professional photographers to develop their talents through classes, workshops, and exhibitions. Open Saturdays 1-4 p.m., Sundays 1-8 p.m., and during all scheduled classes and workshops. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2274 or visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org).

## WEDNESDAY/AUG. 7

**Interactive Science Show.** 10:30 a.m. at Friends of the Library, 10101 Glenolden Drive. Storytellers, the "Scientists," will teach science by telling a lively and interactive story. Each of these shows will feature an opportunity for some audience members to volunteer and help the performers. Open to the public. Visit [www.sciencetellers.com](http://www.sciencetellers.com) or call 240-777-0980.

## THURSDAY/AUG. 8

**Author Discussion.** 7 p.m. at the Potomac Library, 10101 Glenolden Drive. Susan Coll, the author of novels 'Beach Week' and 'Acceptance', will be speaking. She has written for the Washington Post,

NPR.org, and many more. Visit [www.montgomerycountymd.gov/apps/libraries](http://www.montgomerycountymd.gov/apps/libraries).

**Concert.** 7:30-8:30 p.m. at Bumper Car Pavilion at Glen Echo, 7300 MacArthur Blvd. Hear music by Rockville Swing Band. Free. 301-634-2222.

**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](http://www.capitalblues.org) for more.

## FRIDAY/AUG. 9

**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](http://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](http://www.fridaynightdance.org) for more.

## FRIDAY-SATURDAY/AUG. 9-17

**Montgomery County Agricultural Fair.** Visit [www.mcagfair.com](http://www.mcagfair.com) for times, location and more.

## SATURDAY/AUG. 10

**Family Days.** 11 a.m.-1 p.m. at Lockhouse 25. Families can participate in hands-on programs to learn about the C&O canal. Free. Designed for children in grades K-6.

**Swing Dance.** 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Features music by Boilermaker Jazz Band. \$18. Visit [www.flyingfeet.org](http://www.flyingfeet.org) for more.

## SUNDAY/AUG. 11

**Ballroom Dance.** 3-6 p.m. at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Dance to live music by Hot Society Orchestra of Washington. All ages. \$14. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**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](http://www.glenechopark.org) for more.

**Contra Dance.** 7-10:30 p.m. at Bumper Car Pavilion, 7300 MacArthur Blvd. \$13/nonmember; \$10/member; \$5/17 and under. Visit [www.fsgw.org](http://www.fsgw.org) for more.

## MONDAY/AUG. 12

**Animation Class.** 9:30-11:30 a.m. at Glen Echo Park, 7300 MacArthur

Blvd. Children and teens ages 11 and older can take a weeklong class and learn how to make artwork come alive. \$275 for the week includes supplies. To register visit [www.glenechopark.org](http://www.glenechopark.org) or 301-634-2226.

## FRIDAY/AUG. 16

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

## SATURDAY/AUG. 17

### Life with Small Dogs Workshop.

1:30 p.m. at St. Luke's Episcopal Church, 6030 Grosvenor Lane, Bethesda. Jill Siegel of Bichon Frise Rescue will discuss these small dog issues such as housetraining, nutrition, health, safety, grooming, and even behavior problems. Leave pets at home. Visit <http://yourdogsfriend.org/free-workshops/> or call 301-983-5913.

**Swing Dance.** 8 p.m.-midnight in the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. Live music from Craig Gildner Big Band with special guest Adrian Cunningham. \$18. Visit [glenechopark.org](http://glenechopark.org) for more.

## SUNDAY/AUG. 18

**Waltz Dance Workshop.** 2:45 and 3:30 p.m. at the Spanish Ballroom, 7300 MacArthur Boulevard, Glen Echo, Md. Band: Quartetto con Brio will be playing the music. Entrance fee is \$10, no partner required. Visit [www.waltztimedances.org](http://www.waltztimedances.org) or call 301-634-2222.

**DJ Swing Dance.** 8-10 p.m. at McGinty's Public House, 911 Ellsworth Drive, Silver Spring. Free. Music by DJ Dabe Murphy.

**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](http://www.glenechopark.org) for more.

**Contra and Square Dance.** 7-10:30 p.m. at Bumper Car Pavilion, 7300 MacArthur Blvd. \$13/nonmember; \$10/member; \$5/17 and under. Visit [www.fsgw.org](http://www.fsgw.org) for more.

## THURSDAY/AUG. 22

**Ice Cream Social.** 6:30-8 p.m. Park Potomac development, off Seven Locks, between Montrose Road and Wootton Parkway. To benefit Interfaith Works. \$10/person and donation of new backpack or school supplies to help needy Montgomery County students.

**Concert.** 7:30-8:30 p.m. at Bumper Car Pavilion at Glen Echo, 7300

## FOOD & DRINK

**Rockville's Wednesday Farmers Market.** 11-2 p.m. in Rockville Town Center. Visit [www.rockvillemd.gov/events/farmers.htm](http://www.rockvillemd.gov/events/farmers.htm).

**Potomac Village Farmers Market.** Thursdays, 2-6:30 p.m. at Potomac United Methodist Church, at Falls Road and Democracy Boulevard. Through November. Visit [www.potomacvillagefarmersmarket.net](http://www.potomacvillagefarmersmarket.net).

**Kensington Farmers Market.** Saturdays, 8 a.m.-noon. at Kensington train station parking lot on Howard Avenue. Call 301-949-2424.

**Pike Central Farmers Market.** Saturdays, 9 a.m.-2 p.m., 11806 Rockville Pike, Rockville. Call 301-775-6402.

**Rockville's Saturday Farmers Market.** 9 a.m.-1 p.m. in Rockville Town Center. Visit [www.rockvillemd.gov/events/farmers.htm](http://www.rockvillemd.gov/events/farmers.htm).

MacArthur Blvd. Hear music by Washington Revels Gallery Voices. Free. 301-634-2222.

**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](http://www.capitalblues.org) for more.

## FRIDAY/AUG. 23

**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. In Wildness provides music. \$10/adult; \$5/17 and under. Visit [www.fridaynightdance.org](http://www.fridaynightdance.org) for more.

## SATURDAY/AUG. 24

**Basie's Birthday Bash.** Swing Lessons at 8 p.m. followed by hot-sock dancing from 9 p.m.- midnight. Performance by the Tom Cunningham Orchestra. At the Spanish Ballroom Glen Echo Park, 7300 MacArthur Boulevard, Glen Echo. \$15 for adults over 12, \$8 for children over 4. Contact [tom@tomcunningham.com](mailto:tom@tomcunningham.com) or [info@glenechopark.org](mailto:info@glenechopark.org).

## SATURDAY-SUNDAY/AUG. 24-25

**Art Exhibit.** Noon-5 p.m. at the Glen Echo Yellow Barn Gallery, 7300 MacArthur Blvd. Artist Alex Tolstoy presents "Landscapes Plus," a collection of impressionistic watercolors featuring primarily landscapes. Reception scheduled for Aug. 24 from 5-6:30 p.m. in the gallery. Call 301-371-5593 or visit [yellowbarnstudio.com](http://yellowbarnstudio.com).

## MONDAY/SEPT. 5

### Public Forums on Health Care

**Reform.** 7 p.m. at Bethesda-Chevy Chase Regional Services Center, 4805 Edgemore Lane. The forum will address the impact of the Affordable Care Act on residents ages 19-64 and insurance coverage and assistance available through Maryland's new

health exchange. A question and answer session will follow the forum. Registration not required. Visit [www.marylandhbe.com](http://www.marylandhbe.com).

## THURSDAY/SEPT. 12

### Friends of the Library

**Presentation.** 12:30 p.m. at Potomac Library community room, 10101 Glenolden Drive. Great Decisions is a program in which local groups gather to discuss topics associated with foreign policy. This meeting the topic will be Iran. Brown bag lunches encouraged. Visit [www.folmc.org](http://www.folmc.org).

## SUNDAY/SEPT. 15

**Run for Recovering Heroes 5K & 10K benefit.** 3:30 p.m. Registration ends after Sept. 14. To register visit [www.safetyandhealthfoundation.org/heroes](http://www.safetyandhealthfoundation.org/heroes). Race takes place at the Carderock Recreation Area, Clara Barton Parkway, Carderock. \$40. Packet pick-up opens at 2:30 p.m. day of the race. To sponsor Run For Recovering Heroes, contact race organizer Elizabeth McClure 202-617-5708, [e.r.bellingrath@gmail.com](mailto:e.r.bellingrath@gmail.com).

## SATURDAY/SEPT. 28

**5K Oktoberfest Run.** 9 a.m. at the German School Washington D.C., 8617 Chateau Drive, Potomac. Starts with a 5K followed by a 1K fun run for children, capped off with a traditional Oktoberfest celebration. Visit [www.dswashington.org/run](http://www.dswashington.org/run) or email Susanne Rosenbaum at [srosenbaum@dswash.org](mailto:srosenbaum@dswash.org).

## SUNDAY/SEPT. 29

**Bicycle Farm Tour.** Starts between 9 - 11 a.m. at Poolesville Golf Course, 16601 West Willard Road. Five different courses offered for various levels of difficulty. Following all rides at 12:30 a community picnic will be held at Kingsbury's Orchard. Registration is required and costs \$10. Visit [www.potomacpedalers.org](http://www.potomacpedalers.org).

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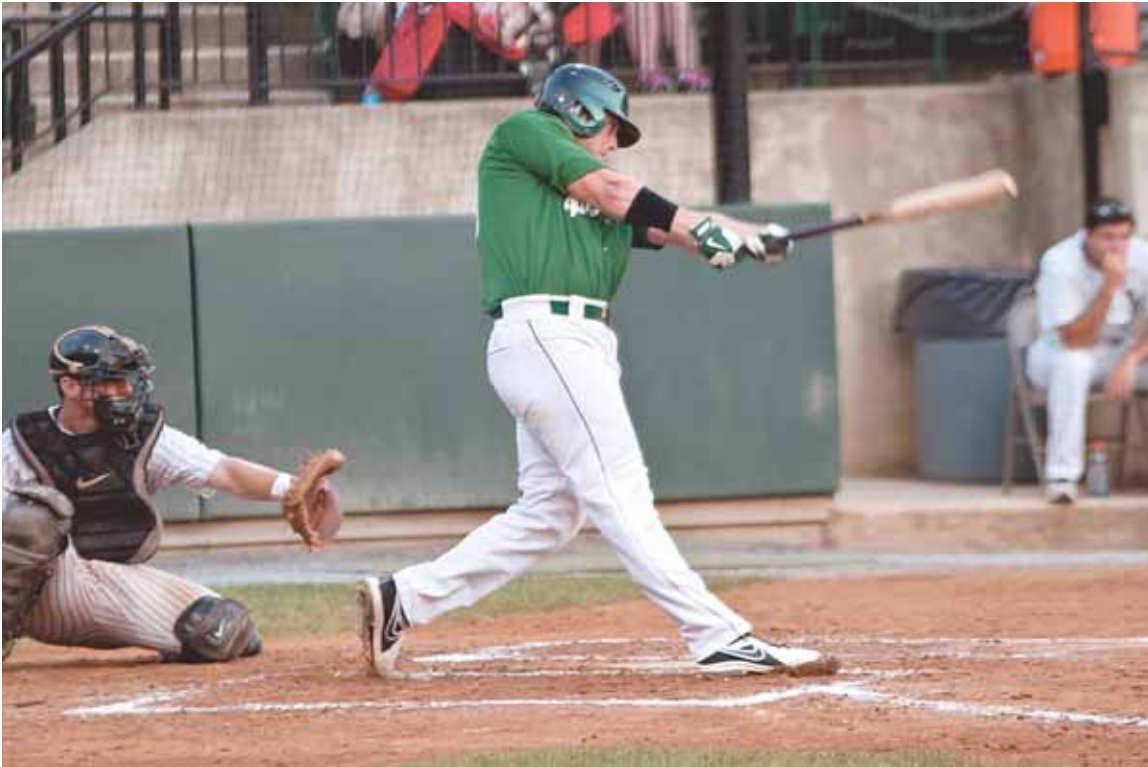
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**Johnny Cole and the Bethesda Big Train finished Cal Ripken Collegiate Baseball League runner-up.**



PHOTOS BY HARVEY LEVINE/THE ALMANAC

**Bethesda's Brock Larson pitches against the Alexandria Aces on Aug. 2.**

## Big Train Finishes Runner-Up in Ripken League Playoffs

**T**he Bethesda Big Train finished runner-up in the Cal Ripken Collegiate Baseball League for the second consecutive season.

Bethesda lost to the Baltimore Redbirds, 4-1, on Sunday in the championship game at Shirley Povich Field. Baltimore broke a 1-all tie with three runs in the bottom of the eighth inning.

Bethesda's Johnny Cole finished 1 for 3 with the Big Train's lone RBI. Justin Hepner suffered the loss on the mound, allowing three runs — two earned — on three hits over seven innings. He walked eight and struck out five.

Baltimore beat Bethesda 3-2 on July 31 during the second day of the playoffs. The Big Train battled their way back through the loser's bracket, beating Rockville 8-0 on Aug. 1, and Alexandria 5-4 on Aug. 2 to reach the championship game.

Baltimore defeated Bethesda in last season's title game, ending the Big Train's streak of three consecutive championships.

The Big Train finished atop the regular-season standings

with a 30-14 record, three games ahead of the second-place Alexandria Aces.

Pitcher Bubba Derby turned in a strong season for the Big Train, finishing tied for the league lead with six wins and led the league in strikeouts (56) and ERA (0.76).

### Yorktown Grads Help Vienna Riverdogs Post Winning Record

The Vienna Riverdogs finished the 2013 season with a winning record despite failing to qualify for the CRCBL playoffs.

Vienna posted a 23-21 record and tied for seventh in the regular-season standings.

Westfield High School graduate Aaron Scoville led Vienna with a .290 batting average. Quinn Pippin led the team in home runs (4) and RBIs (29).

Yorktown High School graduates Red Dowdell (2012, VMI) and Shaun Wood (2011, West Virginia) each had more than 90 at-bats for the Riverdogs. Dowdell batted .250 with seven doubles and eight RBIs.

Wood hit .242 with two home runs and 12 RBIs, and was named league Player of the Week once during the season.

### Herndon Finishes With 10 Victories

The Herndon Braves finished at the bottom of the league standings with a 10-34 record.

Thomas Jefferson High School of Science and Technology graduate Thomas Woodruff led the Braves with a .285 average.

Annandale graduate Jake Barnes finished with two home runs and 21 RBIs, and Austin Bream had three home runs and 18 RBIs.

### SCHOOL NOTES

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

**Kathryn Haynes** graduated Phi Beta Kappa from Indiana University, Bloomington, Indiana with a Bachelors Degree in Psychology. She was named magna cum laude, with high distinction from Hutton Honors College. She will continue her education in the fall at Duke University, pursuing a doctorate degree in physical therapy. Haynes graduated from Winston Churchill High School in 2009.



The latest winners of National Merit Scholarships in Montgomery County Public Schools are include: **Elena Waidmann** of Bethesda-



PHOTO CONTRIBUTED

### A+ School Rewards

**Glen Kapuscinski (left), Giant Food of Landover store manager, presents a check for \$12,324.46 to Herbert Hoover Middle School Principal Billie-Jean Bensen. The grant comes to the Potomac school as a result of its outstanding performance in Giant's A+ School Rewards Program. Herbert Hoover was the third highest earner in Maryland. A+ School Rewards provides a simple way for schools to earn funds to support school programs and enrichment activities every time a customer makes a purchase using their Giant card in their neighborhood Giant Food.**

Chevy Chase High School; Montgomery Blair High School students **Isaac Friend, Tony Liang, and Adam Lott**; Winston Churchill students **Felix Li and Sara Wang**; Richard Montgomery High students **Samuel Deutsch, Rachel Odessey, and Errin Saunders**; Walt Whitman students **Alison Foreman and Brandon Shapiro**; and Thomas S. Wootton High students **Amal Dadi and Austin Feng**.

**Darren F. Harris** graduated from Bucknell University with a bachelor of arts in English.

**Daniela Baeza** has been named to Eckerd College's dean's list for the spring 2013 semester.

**Mark Beasman and Sruti Uppuluri** were named to the spring 2013 dean's list at Rensselaer Polytechnic Institute.

**Eileen Veihmeyer** has graduated from Saint Mary's College in Notre Dame, In.

**Kathleen C. Koch**, a food marketing major, earned dean's list honors for the spring 2013 semester at Saint Joseph's University.



## WELLBEING

# If You Are What You Eat, Eat Well

**Nutritionist turns personal challenge into book and health and nutrition practice.**

BY MARILYN CAMPBELL  
THE ALMANAC

When Teri Cochrane's son was 18 months old, he was diagnosed with asthma and placed on a variety of medications, including steroids. Less than two years later, doctors warned the Reston, Va., mother that he would have frequent seizures, would never have a normal childhood and would never grow taller than 5 feet 4 inches. When Cochrane's daughter was born three years later, she also suffered from health problems, including chronic, severe abdominal pain.

"I went to great doctors in the area, but there wasn't an effort to find out why they were sick," said Cochrane. "It was always, 'Give them this medicine.'"

Cochrane was unwilling to accept constant medication without knowing the root cause of her children's illnesses, however. Making it her life's mission to find healing alternatives, she began doing her own research to find nutritional solutions.

"We found a pediatrician who was familiar with alternative medicine and we started our son on his healing path," said Cochrane. "The doctor said 'Don't eat this,' but he didn't tell me what we could eat. It took a lot of effort and a lot of tears to determine how to feed my family in a different way. Fifteen years ago, the term gluten-free wasn't on anyone's radar."

Cochrane left her corporate career after 20 years and returned to school to study nutrition, herbology and holistic methods of heal-



PHOTO COURTESY OF AUSTRA KAMINSKAS

**Bethesda-based acupuncturist Austra Kaminskas says that she often refers her clients to Healing Paths, Nutrition and Wellness Counseling.**

proved nutrition and natural supplements. She addresses ailments including allergies, hormonal imbalances, headaches, gastrointestinal upsets, menopausal symptoms, cancer and depression.

"Our counseling includes plans for insulin insensitivity, irritable bowel syndrome, high blood pressure, high cholesterol, cardiovascular disease, ADHD (attention deficit hyperactivity disorder) and other chronic and autoimmune conditions," said Cochrane.

"Food is our medicine," she continued. "But we've lost sight of our food. If you're eating fast food or food out of a package, you're not eating real food."

Nurse Practitioner Laura Evan, who holds a doctorate in nursing practice and is an assistant professor in the Nurse Practitioner Program at the George Mason University School of Nursing in Fairfax, Va., agrees that eliminating processed foods can improve health.

"Avoid trans fats," she said. "These are modified fats found in processed foods. Avoid salt. It's a flavor enhancer [and] encourages the body to hold on to water and can increase [blood pressure] in certain patients."

Cochrane approaches each client as an individual. "Each person has their own signature biochemistry, and that tells me what they need for their body," said Cochrane. "You have to eliminate certain foods and then reintroduce them after waiting a period of time between each introduction."

She also offers meal plans and provides cooking and shopping guidelines for balanced nutrition that will meet individual health needs.

She even takes clients on grocery store tours to demystify the new shopping process.

**ALEXANDRIA, VA., RESIDENT** Tamara Kieffer is one Cochrane's patients. "I have had migraines for many years ... and wanted to get off some of the medication and explore a homeopathic approach," she said. "It is a process and it gets frustrating because you want results right away. I got off gluten and cut out nitrates and nitrites, which meant giving up processed deli meat and hotdogs."

Once she began to see improvements in her health, Kieffer became motivated. "It is hard to cut things out of your diet, especially sugar, which was the last thing to go, but as soon as I did, my brain fog cleared and I felt so much better." She says honey and dates work well as sweeteners. Kieffer stresses that changing her diet was a long and difficult process, but says the pay-off was well worth the sacrifice. "My migraines are much improved. I am not off my meds entirely, but I was able to reduce them and now they work 90 percent of the time. Before it was much less."

Chronic abdominal issues have plagued Judy Clayton, of Arlington, Va., for most of her life. "From constipation to endometriosis and internal scarring from multiple surgeries, I've had chronic pain [since childhood]," she said, adding that she also suffered from high blood pressure.

"When Teri tested me, it showed that I was dairy lactose intolerant, and was allergic to mold, like those found in mushrooms and peanut butter," Clayton said.

Clayton, who is 66, thought making the recommended dietary changes would be difficult, but she was wrong.

Her new diet includes a myriad of foods like beef, chicken, goat milk products and grain-like foods such as quinoa. "I thought I was going to miss bread and potato chips, but I don't," she said. "I think that my body is getting more nutrients so I don't crave the foods I used to eat. I've also lost 18 pounds and feel like a whole new person."

Bethesda-based acupuncturist Austra Kaminskas, who was a medical doctor in her native Lithuania, said, "I heard her giving a talk, and then I started referring my patients to Teri when Western medicine wasn't helping. Her work made a huge difference in their health. Her experience is amazing and her knowledge is profound, but apart from the knowledge, she has a professional intuition."

**WHILE COCHRANE IS PROUD** to have turned her personal research into a source to help others, she is especially proud of the health and well-being of her two children. Today, her 15-year-old daughter Madeleine is a ballet dancer in an elite professional program. Her son William is 19 years old and is 5-feet-11-inches tall. He is attending the University of Virginia on a full scholarship.

"He is fit and no longer on medication," said Cochrane. "He was prom king, on the varsity swim team and a junior Olympic champion in karate." She's also grateful for their health. "I could pay it forward and provide a service. I went back to school to gain knowledge to help other families."



PHOTO BY KIRSTEN ROSE PHOTOGRAPHY

**Madeleine, Teri, Doug and William Cochrane**

ing. She started her own nutrition and wellness practice called Healing Paths, Nutrition and Wellness Counseling, and has written a book called "Restorative Recipes: A Mindful Path to the Essential You."

**HER CLIENTS RANGE** from infants to adults. Cochrane's approach is tailored for each individual, focusing on specific health concerns and how they can be addressed through im-

## LET'S TALK Real Estate



by Michael Matese

### Designing Your Home

You've bought the beautiful home of your dreams and you have excellent taste, so you don't want to hire a designer, you want to do it yourself. Where do you start?

Find a rare or one-of-a-kind piece of art, or a piece of furniture as each room's focal point. Good items to choose are an original painting, perhaps an antique piece of furniture that's dramatic and will draw the visitor's eye to it. That one piece will command the attention of the room, no matter what else is in it.

Highlight interior contents with neutral, rich wall colors so that art and accessories aren't overwhelmed by bright colors. Designate one wall to be an accent wall, a brighter color than the rest.

Don't use white unless you're looking for that high contrast of black and white, staying instead with warm, muted browns or tans.

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## Coll To Speak At Library

FROM PAGE 2

displaced when I moved to Montgomery County as well,” she said.

The entire writing/editing and marketing process typically takes her from 2 to 3 years.

She advises beginning authors to just “keep going” despite the rough economy and join a writer’s group, like the Bethesda Writers Center, where they can receive constructive criticism.

Besides the normal challenges that other writers face, Coll’s biggest challenge was trying to balance her full time job and her side job of being a fictional writer.

“I try to write in the morning before going into work, and if that isn’t possible, I try to write in the evening for an hour or so,” she said.

Another challenge was keeping up her morale.

“It’s a lonely profession.

The bigger challenge for me and many writers is the morale ... just to keep going. That self doubt of not being sure that anyone will publish it or if anyone will want to read it,” she added.

When she isn’t writing, Coll enjoys reading works by contemporary female authors and classic fiction such as F. Scott Fitzgerald.

Currently, Coll works as events and programs director at Politics and Prose Bookstore in Washington, D.C. Prior to this, she worked as a freelance editor and writer for 20 years.

## Friendship, Love and ‘Medieval Story Land’

FROM PAGE 3

knowledge and skills I had gained in my arts management graduate program. We both have qualities that balance each other and we make a great team.”

“Medieval Story Land” debuted last year at the Summer Fringe Festival in D.C. and was selected as one of the 10 best shows to play at the Fall Fringe festival. With a new cast and director, Jason Schelfstein, also a Wootton graduate, it is set to open on Aug. 9 at the Arts Barn Theatre in Gaithersburg.

Courlander explains that “Medieval Story Land” “is a parody with heart. It is ‘Lord of the Rings’ meets Monty Python meets ‘Shrek.’ We have created an experience that engages the audience’s imagination and sense of humor. Written for adults, but also appealing to children, it is a fast-paced, hilarious story. Our hero ventures off on a quest of self-exploration, saving Medieval

Story Land from evil forces and makes friends along the way. It’s tremendous fun and we hope that the audience comes to laugh and stays for the story.”

As a result of their collaboration on “Medieval Story Land,” Courlander, Hitchens and Zitz formed Red Knight Productions, a theatre group dedicated to producing quality theatre in the D.C. area. The three friends created their own modern day fairy tale – and Courlander indeed got the girl — he and Zitz were engaged this past weekend.

For information on future productions, visit <http://www.redknightproductions.com>.

**Scott Courlander and Katie Zitz are partners in love and in producing “Medieval Story Land.”**



## WSSC Seeks New Intake Pipe in River

FROM PAGE 3

ing to WSSC, is to provide a consistently higher quality raw water source for the water filtration plant than can be achieved using the existing onshore intake.

“The current Potomac River raw water intake structure is adversely impacted by its location along the Potomac River shoreline. During local storm events, sediments in runoff from local tributary inflows — particularly from nearby Watts Branch — cause the source water quality to change dramatically and affect the water treatment plant operation. Water quality is cleaner and more stable in the middle of the Potomac River,” according to WSSC documents.

Barnes and Fitzpatrick support improv-

ing the water quality in the Watts Branch watershed and other tributaries of the Potomac River to improve the quality of drinking water for the region.

The park service and WSSC identified

**“Our concern is the park as well.”**

**— Chris Stubbs, National Park Service**

potential impacts to natural, cultural, and socioeconomic resources, including air quality, geology and soils, noise, water resources, wetlands, wildlife and aquatic life, rare, threatened and endangered species, visitor use and experience and park operations.

The feasibility study of a water intake pipe

began in 2003, according to WSSC documents.

“Environmental and technical data were collected, a public informational workshop was conducted, and a draft Environmental Assessment of developed alternatives was prepared for preliminary review by cooperating agencies,” according to WSSC. “However, in 2006 the finalization of the environmental assessment was deferred and the study was subsequently expanded to consider operational information from other mid-river intakes that was not previously available.”

WSSC formally re-initiated revision and finalization of the feasibility study in March 2013.

A public process will continue in 2014.

## BULLETIN BOARD

FROM PAGE 5

one in Silver Spring (8413 Ramsey Avenue) or at the county’s Division of Treasury (255 Rockville Pike, L-15, Rockville).

**Connect-A-Ride** offers low-priced transportation to medical appointments, pharmacies, grocery stores and more for low-income, disabled residents 50 and over. Contact the Jewish Council for the Aging at 301-738-3252.

**Committee Meetings.** Fridays, through September at the Council Office Building, 100 Maryland Avenue. The county council’s planning, housing and economic development committee reviews the major changes proposed for the county zoning ordinance and will make recommendations to the deciding full council. Open to the public. Visit [www.montgomerycountymd.gov](http://www.montgomerycountymd.gov). Montgomery County Master Gardeners will be providing free, walk-in “**Ask A Master Gardener**” plant clinics on Saturdays at Davis Library, 6400 Democracy Blvd. from 10 a.m.-1 p.m. from April through September. County residents may bring their full and intact plant and insect samples, garden problems and/or questions and get free answers or advice. For

further information call the Master Gardener Plant Helpline: 301-590-9650, weekday mornings or send e-mail to [mgmont@umd.edu](mailto:mgmont@umd.edu).

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

**Zumba at Village Yoga.** An easy-to-follow, Latin-inspired, calorie-burning dance fitness-party. Classes are offered on Tuesday and Thursday nights from 7:30 p.m. to 8:30 p.m., Saturday mornings at 11:30 a.m., and Sunday afternoon at 5:15. All classes at 10154 River Road. Call 301-299-1948 or visit [www.villageyogayogi.com](http://www.villageyogayogi.com).

**Beginner’s Yoga Classes at Village Yoga** as well as Beginner’s Gentle Flow class throughout week. 10154

River Road. For more information call 301-299-1948 or visit [www.villageyogayogi.com](http://www.villageyogayogi.com).

**Fenton Street Market.** 10 a.m. - 4 p.m. Saturdays May through Oct. The market is located in downtown Silver Spring at One Veterans Plaza, intersection of Fenton and Ellsworth streets.

**Members Wanted.** The Potomac Area Newcomers Club is a group of more than 200 women who have moved to the Potomac area. The club offers bridge, mah jong, book groups, golf, luncheons and museum trips as a way to help newcomers and current residents form new friendships, expand horizons and take advantage of opportunities in the Washington, D.C. area. Visit [www.potomacnewcomers.com](http://www.potomacnewcomers.com)

**Free Parent-Child Playgroup.** Every Friday at 9:30 a.m. at the Har Shalom Early Childhood Education Center. Meet new friends as you and your child play with age appropriate toys. Call 301-299-7087.

### VOLUNTEER OPPORTUNITIES

A local version of the **Peace Corps** has been established in Montgomery County by County Executive Ike Leggett. Called Montgomery Corps., it gives five county residents an opportunity to dedicate one year of

service to Montgomery County **Public Meeting.** The County Council committee on planning, housing and economic development is holding three work sessions on the Planning Board’s draft Chevy Chase Lake sector plan on two successive Mondays: June 17 and June 24, at 2 p.m. For more information, see the council’s agenda webpage. A hearing date by the full council is tentatively scheduled for Tuesday, July 9.

**County Council Opening.** The Montgomery County Council is seeking applicants for a four-year term on the county Board of Appeals to fill an upcoming vacancy. The term of Carolyn Shawwaker (Democrat) will expire in September 2013. Shawwaker is eligible for reappointment to a second term and has indicated her intent to apply. By law, no more than three members of the board may be from the same political party. Applications for the position must be received no later than 5 p.m. on Wednesday, July 11.

**Parks need support** from the surrounding communities for volunteers to work at many visitor centers. Volunteers are needed to help visitors, take phone calls, operate the cash register and keep small gift shop stocked, and assist with special events and programming. Hours are flexible and

each volunteer will receive an orientation to the Visitor Center and visitor services. Volunteers are needed at Cumberland, Hancock, Williamsport, Ferry Hill, Brunswick, Lander Lockhouse, Great Falls, and Georgetown. For locations between Cumberland and Lander, contact Curt Gaul at 301-582-0813 or [curt\\_gaul@nps.gov](mailto:curt_gaul@nps.gov). For Great Falls or Georgetown, contact Becca Jameson at 301-767-3709 or [rebecca\\_jameson@nps.gov](mailto:rebecca_jameson@nps.gov).

**The Bethesda Urban Partnership** is looking for volunteers to help assist with various local festivals including Taste of Bethesda in Oct. E-mail [info@bethesda.org](mailto:info@bethesda.org).

**CANTER-Mid Atlantic** to open a racehorse rehabilitation program with donations from Delaware Park and the Delaware Thoroughbred Horsemen’s Association earmarked to serve Delaware Park trainers and owners. To find an ex-race horse, volunteer, or make a donation, visit [www.canterusa.org/midatlantic](http://www.canterusa.org/midatlantic).

**The Greater Chesapeake and Potomac Blood Services Region of the American Red Cross** is seeking volunteers to assist its blood collections staff at blood drives and blood donor centers. Call the American Red Cross Volunteer Office at 1-800-272-0094, ext. 1, or e-mail [karloff@usa.redcross.org](mailto:karloff@usa.redcross.org).



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