

Potomac ALMANAC

PET ALMANAC

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Apricot, a dilute tortoiseshell, will be available at the Friends of Montgomery County Animals' adoption clinic on Saturday, March 1 at the Germantown PetSmart.

Fifth Graders Create Animated Movie

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Region Basketball Playoff Matchups Set

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Purr-fect

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LET'S TALK Real Estate



by Michael Matese

Stone and Steam: Bathroom Luxury

To create your own luxurious retreat, start with the bathroom. It's a room that's often overlooked, due to its functionality—but more and more homeowners are focusing on the bathroom as a room of therapeutic relaxation and comfort, incorporating luxurious flourishes to their bathrooms to create the sensation of a spa retreat. These upgrades range from simple upgrades to state-of-the-art unique fixtures, each of which add to your home's overall value and take it to the next level when it comes time to put it on the market. Simple upgrades are hot commodities, adding to your home's value over time, indulging you as you enjoy them. Even the most modest home can take it up to the next level, incorporating luxury into often overlooked rooms. Here's a sampling of some of the ways you can upgrade to a luxury bathroom, and maximize the potential of a room that every home has to work with!

• Stone Countertops

Easier to clean than traditional tile, the natural color palettes of granite, marble and soapstone are a complement most bathroom cabinetry. Stone countertops are classically aesthetic and match any color scheme, retaining the bathroom's modern feel and beauty over time.

• Towel Warming Drawers

Like heated tile flooring, heated towel drawers add a regal, indulgent touch to a master bathroom suite. Installation is easy and the price tag on this upgrade is surprisingly low. Standard towel warming drawers heats up to four bath sheet sized towels; for the true regal finish, add in an electric towel bar to heat your robe and slippers!

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POTOMAC
ALMANAC

SCHOOLS

Fifth Graders Create Animated Movie

Thousands of drawings made “The Extraordinary Fifth-Grade Field Trip.”

BY COLLEEN HEALY
THE ALMANAC

While many movie lovers will be watching to see who wins the Oscars in Hollywood this weekend; a world premiere movie debuted here in Potomac.

Ninety-eight Beverly Farms Elementary School fifth graders and their parents sat down to watch an animated film on Monday, Feb. 24. Their eyes were glued to the screen with good reason: they created the film themselves. The film is titled “The Extraordinary Fifth-Grade Field Trip,” a 14-minute film composed of 6,438 drawings. Each second of the movie equals 10 drawings.

Inspired by their reading of adventure stories and tall tales, the students gave free rein to their imagination as each came up with his or her own animated field trip adventure. Working with artist-in-residence Leila Cabib, each student designed a storyboard illustrating the key scenes of their animated segment and then created and filmed numerous sequential drawings to bring the story to life.

Each of the students also created a series of drawings morphing their last image into the following student's first image, so that one scene flows into the next. The students also collaborated on the creation of the video's animated title.

During Cabib's residency, students learned about the history and principles of animation through the use of early optical toys. They learned how to create thaumatropes and flip-books, drew animated cycles for the zootrope and employed the tools, techniques and vocabulary of the professional animator as they cre-

SEE YOUNG, PAGE 5



PHOTOS BY COLLEEN HEALY/THE ALMANAC

Fifth grade students from Beverly Farms Elementary School wait to watch the world premiere of their film “The Extraordinary Fifth-Grade Field Trip.”



Artist in residence Leila Cabib introduces the film “The Extraordinary Fifth-Grade Field Trip.” She had the students read adventure stories and tall tales to find inspiration for their film.



Story boards for “The Extraordinary Fifth-Grade Field Trip.”



A high-resolution drawing from the video created by one of the students — Vicente Farias Gutierrez.



Some of the fifth grade filmmakers pose after the world premiere of their film at Beverly Farms Elementary School.

PET ALMANAC

A Purr-fect Marriage

... humane group's efforts go to the cats and dogs.



BY SHARON ALLEN GILDER
THE ALMANAC

Friends of Montgomery County Animals found the purr-fect marriage of volunteerism and the ardor to support the humane treatment of animals when the organization was founded in 1974. Celebrating its 40th anniversary this year, FMCA continues to live its motto, "Dignity for Animals."

In matrimony, the 40th is known as the Ruby Anniversary from the belief that the precious stone possesses an eternal inner flame and symbolizes passion. With the same zeal, FMCA's volunteers devote hours of focus and care fostering animals until they can find their "forever homes." The group also conducts cat adoption clinics on Saturdays at the Germantown PetSmart and operates a trap/neuter/return/place (TNR/TNP) initiative to help reduce animal overpopulation in feral colonies in Montgomery County.

In 2013, FMCA arranged for the adoption of 273 cats and kittens and two puppies and TNR'd 87 cats. Already in 2014, 47 cats and kittens have been adopted and 57 cats have been TNR'd.

Though cats are a main focus of the group, FMCA fills a void in the humane movement by providing monetary help to other humane groups and for humane emergency situations. Funds have been donated to Days End Farm Horse Rescue in Woodbine, Maryland and most recently to Owl Moon Raptor Center in Boyds to support the center's rescue and rehabilitation efforts for jeopardized birds of prey.

FMCA, a 501(c)(3) non-profit, is funded solely by community donations and managed by dedicated volunteers. Every donation counts and makes a difference for the animals FMCA helps. Visit www.fmca.org



Charlie is a 5-year-old, domestic short hair black female kitty. She is a sweet, sweet girl. Her favorite pastimes include making biscuits, and lap snuggling. She is very affectionate. Contact Rob or Zea at 301-972-4435 and leave a message, or zerobvt@verizon.net.



Lycan



Boo

Both of these handsome fellas are sweet and personable, and about 3 years old. **Lycan** may be a Turkish Angora, but FMCA does not have his papers. He has a shimmery white coat, an enormous plume for a tail and bi-colored eyes; one blue and one yellow. He loves to cuddle, sleep with you, enjoys belly-rubs, and thinks the coolest thing ever is to jump as high as he can to catch toys thrown in the air. **Boo** may be a Maine Coon, but FMCA does not have his papers. He has a grey tabby coat, an enormous plume for a tail and goldish-green eyes. He loves belly-rubs and chasing down a laser toy with his buddy Lycan. Lycan and Boo grew up together and need to go to their new forever home as a pair. They are accustomed to being around lots of people and look forward to meeting new ones. Contact Linda at 240-418-0361 or jcarriah@aol.com.



Mini was about 8 months old when she arrived from a shelter in Pennsylvania. She loves sitting with her foster and being petted. Mini is looking for her own home and someone to love. She will purr and make you laugh a lot. Contact Ann at 301-676-1837.

Apricot is a dilute tortoiseshell. She loves attention and would like to live with you and sleep in your bed. She does not mind being an only cat, since she once lived with another cat and two large rowdy dogs. She wants all your attention; forget the others. Her previous owners moved and left Apricot outside to fend for herself. She deserves a loving, protective home. Contact Emily at emjojr@yahoo.com, or 301-640-6827.



Cumin and his adopted sister Rose, adopted about the same time from Lost Dog and Cat Rescue, spend a fair amount of time watching the birds from inside the house. Rose is a polydactyl. For more, see petconnectrescue.org or lostdogrescue.org

I left my laptop open to a site live streaming bird feeders one morning recently to go take a shower. When I returned, my orange tabby Cumin was avidly watching the birds. We adopted Cumin a little over a year ago from PetConnect, a Potomac-based rescue organization. — Emma Dixon



PHOTOS BY EMMA KIMM DIXON



PHOTO BY CAROLE DELL/THE ALMANAC

A Backyard 'Pet'
A cardinal in a Potomac winterland.



PHOTO BY MARY KIMM

Emma Dixon of Potomac with her mare Stella in their annual Christmas portrait.

POTOMAC ALMANAC

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PET ALMANAC



"Running in this stuff is tougher than a five-foot fence."



"I'll beat you to the barn."



The yellow barn buckets are from MOMA in New York City.

PHOTOS BY CAROLE DELL

Snow and Tail

BY CAROLE DELL

I am the human member of our own community center. It is called the barn. I share it with three Arabian mares, some winter birds, and too many mice. On snowy mornings, like the ones in these photos, I must traverse a too steep slope to feed some very impatient horses. I start the journey armed with my pitchfork poised like a staff for balance.

While breakfast satisfies the hungry muzzles stretched toward me, I grab a hammer and begin to crack the ice in their water buckets. These are not average barn buckets. They are bright yellow and hang in each stall like spring daffodils blooming on the end of

a double snap. Actually, they must be art because I found them at MOMA in New York City. I still wonder how buckets for horses could find their way into a museum shop but, they were spectacular and now they are mine.

Breakfast over, my three mares stomp and snort, their muscles quivering with tense energy. They are three impatient children cooped up too long in the house. Outside, they cavort and play like puppies.

Then, with a quick glance at my camera, Aaba, my bay mare and always the show off, throws herself down and disappears in a snowdrift, her tail waving like a planted flag. These photos capture their exuberance and joy.



"Where's the feed?"



"Pull yourself together and comb that mane. That stallion over there is looking our way."



"It is easy to get down, but not so easy go get up in this fluffy bed."



"I'm a Straight Egyptian Arabian and my bloodlines go straight to the desert so I should be trotting in the sand, not the snow."

SCHOOLS

Young Filmmakers

FROM PAGE 2

ated their storyboards and sequential drawings and filmed their work.

She enjoyed working with the students and found the students “incredibly creative and imaginative. They worked so hard and I enjoyed seeing their ideas and what they came up with. The film gave them the opportunity to come up with their own story and that got them very excited about the project. We stressed individual freedom with their own ideas and encouraged them to create their own adventure. Their level on enthusiasm rekindled my original interest in animation. I think we may have a lot of future filmmakers or artists in class. There is a lot of artistic talent here.”

The proof that this movie gets four stars and two thumbs up is not only from the cheering audience but also from the filmmakers themselves.

Fifth grader Brooke feels “making a movie is fun to be able to create something that is going to entertain people.”

In Isabella’s sequence, her character turned into a fish and

morphed underwater. She said “it took a long time to draw something morphing into something else.”

Parker thought the project was “really fun but my hand was sore after drawing so many pictures.”

Quinn thought the movie would be short “but it turned out to be much bigger. I did 70 drawings.”

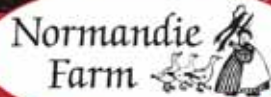
Sasha thought the best part of the project was coloring. “I love color coding so that the color pops out at my eyes. I love color and do not like black and white.”

Claire “loved the drawing part. It took one month to make this movie.”

Jennifer enjoyed the premiere “because there is so much creativity in the film.”

Taejoo “loved using my imagination and creating something out of the ordinary. At the premiere it is exciting to see mine and other classmates drawings and how they created them.”

The residency was funded by a grant from the Maryland State Arts Council and by the Beverly Farms Elementary School PTA. View the movie at www.youtube.com/user/LeilaCabib.



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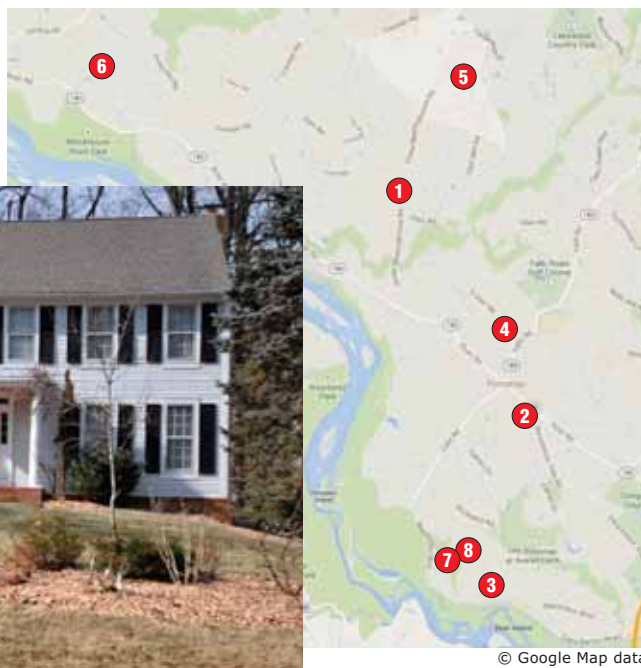
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Film 'Sukkah City' Comes to Area

Jason Hutt's documentary will screen at the JCC of Greater Washington in Rockville.

BY SUSAN BELFORD
THE ALMANAC

Curiosity is an innate quality that drives Jason Hutt. Ever since he was a young child, he has been fascinated with figuring out how things work and understanding the world around him. This inquisitive streak has led him to select film subjects that grab him because they are intriguing and exciting.

"With all my films, I am just trying to create a portrait and tell a story that other's haven't seen before," he said.

The Potomac native has directed, filmed and produced three documentaries that portray "unique cultures and innovative individuals found within the contemporary Jewish landscape and beyond." His latest film, "Sukkah City" will screen on March 6 at 7:30 p.m. at the JCC of Greater Washington in Rockville, at noon at the Library of Congress on March 7 and also at noon at the DCJCC on March 9. Hutt's films have screened around the world and been broadcast on networks including PBS, BBC and YES, Israel.

Hutt is a 1989 graduate of Churchill High School and of Harvard University, where he majored in economics. In his senior year at



"Sukkah City - The Gathering"

Details

The Washington Jewish Film Festival opens Thursday, Feb. 27 and runs through Sunday, March 9. Tickets for the festival, including "Sukkah City" can be purchased at www.wjff.org. Tickets for a single screening are \$12, a full festival pass is \$85 and an All Access VIP Pass is \$125.

Joshua Foer and Roger Bennett that explored the creative potential of the ancient Jewish sukkah and created a temporary exhibition of radically designed sukkahs in New York City. The film goes behind the scenes of the jury day, the construction and the exhibition to provide an entertaining and inspiring portrait of the project's visionary architects, planners and structures and celebrates an exciting singular moment in the American Jewish experience."

Hutt believes that his documentary will provide audiences with a comprehensive understanding why Foer and Bennett created the competition, how the winning structures were chosen as well as how much labor each took.

This is the 24th year of the Washington Jewish Film Festival (WJFF). This year their program will feature 14 venues, 40 filmmaker guests and 10,000 expected attendees.

Director Ilya Tovbis said, "Hutt's documentary was chosen from 1,000 submitted films. It is an extremely interesting look at architecture that is literally thousands of years old. The film provides a lively sense of the re-emergence of the structures themselves and the creativity of the designers. The 64 films were selected because they are high quality and also highlight the Jewish or Israeli experience."

"It's a wonderful experience to come back to D.C. with a film," said Hutt. "My hope is that the audiences will feel inspired, excited and energized by the creative process of the architects; the vision and ambition of the project's planners, and the singularity of this moment in contemporary American Jewish life."

Harvard, he gravitated toward film production classes, and, after graduation, to a position with a movie and television production company in L.A. Next, he transferred to Wilmington, N.C. where he was a film camera man. However, he decided that creating and producing documentaries was what he really wanted to do and he moved to New York City where he created his documentary movie company, Oxbow Lake Productions.

In 2001, he produced his first film, "Breezewood, Pennsylvania." Having traveled through the tiny town of truckers, motels and fast food restaurants many times on his way west, he was curious about what it was like there. Thus, he stayed in Breezewood for six weeks, talking to community residents as well as to people passing through. He discovered a "Truck and Traveler's Ministry" begun by a resident chaplain who leads Bible studies for the truckers, helps stranded tourists in need of

food, gas or lodging, and assists people who are in desperate need of a connection with someone. This Good Samaritan ministry is financed by the religious community of Breezewood. Hutt's film explores the people of this small interstate crossroad community and how they found a mission.

"Orthodox Stance", the story of Dmitry Salita's pursuit of a boxing career as well as his devotion to Orthodox Judaism, was Hutt's second film. This documentary premiered at the 2007 SilverDocs Festival and was awarded "2008 Best Documentary" by the London Jewish Cultural Awards. The film also received numerous other honors and awards.

Hutt is pleased that his third film, "Sukkah City" has been selected to be screened at many prestigious Jewish film festivals, including Washington D.C. and Jerusalem.

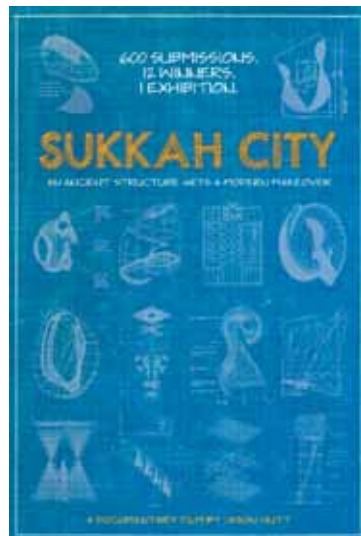
Hutt discusses the story of his documentary: "The film chronicles the architecture competition created by best-selling author



Jason Hutt



Jury Day 1: Ron Arad, Josh Foer and Thom Mayne



OXBOW LAKE FILMS

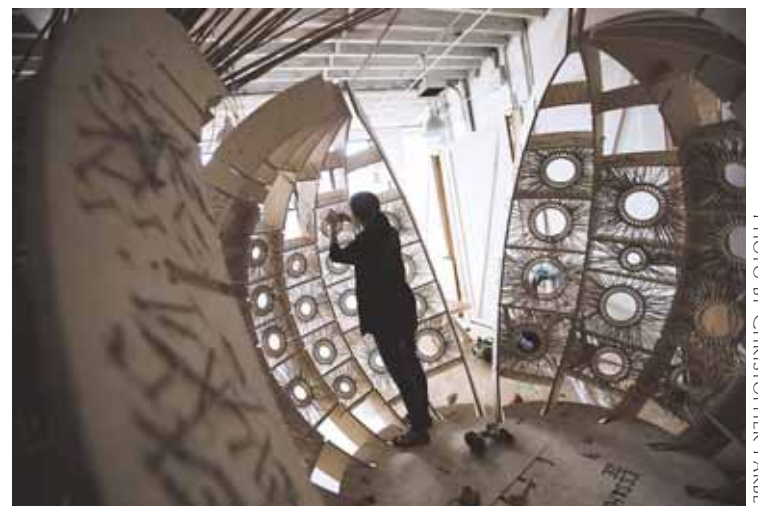


PHOTO BY CHRISTOPHER FARBER

Fractured Bubble Weaving Interior

NEWS

Gals On and Off the Green Swings into Action

Retail business focuses on women golfers.

By SUSAN BELFORD
THE ALMANAC

Women's golf is growing by leaps and bounds, particularly in the Potomac area with all its public and private golf courses. However, finding that perfect outfit, bag, shoes, socks — or gift items for a golfing buddy can be a challenge.

A new store has opened in Chevy Chase to address just this need. Gals on and off the Green provides what every woman golfer needs to look smart while teeing off, putting and chipping. The store also carries tennis apparel as well as stylish comfortable fashions that transition from day to evening, resort wear, bags and accessories.

Jackie Sorrenti, founder and owner said, "We want to help women look and feel better about themselves. We do not believe women should buy something simply because 'it fits' but rather because it fits well and is stylish and make you feel great when you wear it. We carry something for everyone. We offer conservative to fashion-forward clothing in sizes 0 - 22 from a variety of world-wide designers."

Sorrenti launched her first Gals on and off the Green store in Pittsburgh where she and her husband were residing. Formerly an information technology professional, she



Associate Monica Segura with Gals On and Off the Green owner Jackie Sorrenti.

decided to listen to her entrepreneurial instincts and drew up business plans for a number of different types of retail stores.

Once she settled on a women's golf store, she approached friends in business to read her business plan. With their advice, she re-wrote her plan, found funding and opened the doors of her shop in 2004.

Her second Gals on and off the Green in Chevy Chase became a reality last August. She recently opened her third store in Plano, Texas (where they now reside) in November. "I travel from store to store a lot," she said. "But I am truly passionate about what I am doing." She is the buyer of all



Inside Gals on and off the Green.



Golf bags on display.

PHOTOS BY SUSAN BELFORD/THE ALMANAC

the fashions and manages all three stores with the help of her sales associates.

The shop carries more than 30 different fashion brands including Golftini, Jamie Sadock, Tail, Nike, EP Pro, Nivo, Sunice and Jo Fit in a wide selection of styles and colors. Golfers can find golf shoes that are unlike traditional golf shoes which can be worn from the 18th hole right onto the street for shopping or dining. Glitzy golf bags and club covers, hats, sparkling ball markers, and a surplus of gift items from golf towels to serving platters and wine glasses will attract the buyer to come in often to see what is new.

The store is also planning trunk shows and will be pleased to host innovative and fun parties for women's golf groups.

Sorrenti comments on another goal that

she set when she first opened: "As a company, I wanted to find a way to give back to the community. We became involved with The First Tee, Pittsburgh and this is our 10th year of serving as a sponsor and host of their golf outing. We raise funds for teaching golf, ethics and skills for being successful in life to needy youngsters. In 2013, we launched the GALS Scholarship Foundation (Growing, Achieving, Learning, Succeeding) to support women of all ages in furthering their education."

Gals on and off the Green is located at 5449 Wisconsin Ave, Chevy Chase. They are open from 10 a.m. - 7 p.m. Monday through Saturday and 12-5 p.m. on Sunday. Call 240-800-4670 or visit its "Lifestyle with Style" fashions online at www.galsonandoffthegreen.com.

SCHOOL NOTES

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

Wednesday/April 30 Writing Contest Deadline. All Maryland 7th and 8th-grade students can enter a statewide writing contest focusing on the themes of peace and social justice.

To enter, students must submit an entry of up to 1,200 words on a specific topic. Entries and accompanying materials must be postmarked no later than April 30 and mailed to Fred B. Benjamin Peace Writing Contest, 310 Riverview Ave., Annapolis, MD 21403-3328. For the topic and required documents, call 410-263-7409 or email mjkeller@att.net.

The following students have been named to the dean's list at the University of Vermont: **Zachary Byers**, a business administration major in the School of Business Administration; **Muriel Enders**, a animal sciences major in the College of Agriculture & Life Sciences; and **Meraz Mostafa**, a geography major in the College of Arts & Sciences.

The following local students were named to the fall 2013 dean's list at Wake Forest University: **Jane Alexander**, **Chi Kit Cheong**, **Allison Durham**, **Jenna Eisenberger**, **Haley Funger**, **Olivia Kleinman**, **Xinlei Li**, **Jonna Rautsola** and **Caroline Warren**.

Genevieve Austin was named to the dean's list at Wheaton College.

Alysha M. Howar, **Rebecca C. Magazine**, and **Remy S. Marcus** were named to the dean's list at The University of Mary Washington.

Nicholas S. O'Brien, of Potomac, has been named to second honors on the Clark University dean's list.

Keith Henry, **Jenna Jach**, **Victoria Nadel** and **Laura Sperling** have been named to the University of Delaware's dean's list for the 2013 fall semester.

The following students were named to Rensselaer Polytechnic Institute's dean's list: **Mark Beasman**, mechanical engineering; **William Lewis**, psychology; **David Sturgeon**, computer and systems engineering; **Sruti Uppuluri**, biochemistry and biophysics; and **Nicolaas Verbeek**, engineering.

The following local residents made the dean's list at Rochester Institute of Technology: **Kyle Morris** is a first-year student in the applied liberal arts program in RIT's National Technical Institute for the Deaf; **Meredith Newman** is a first-year student in the industrial design program in RIT's College of Imaging Arts and Sciences; and **Carl Sperling** is a fifth-year student in the environmen-

tal sustainability, health and safety program in RIT's College of Applied Science and Technology.

Colleen Krizan has been named to the dean's list at Frostburg State University.

Kevin Longley was named to the dean's list at Arizona State University.

Rebecca Sinai was named to the dean's list at Tufts University.

Jesse Cunningham, **Marta Menendez-Voss** and **Curtis Allen** graduated from Salisbury University.

BUSINESS NOTES

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

Village Travel, has joined forces with Travel Place Potomac and moved to a new location at 12525-E Park Potomac Ave., Potomac. The telephone number to contact travel consultants from the former Village Travel is now 240-387-4160. Visit www.travelplaceinc.com for more.

Applicants Sought For Planning Board

The Montgomery County Council is seeking applicants to fill a position on the Montgomery County Planning Board for the expiring term of Democrat Françoise Carrier. Her term will expire on June 14. Carrier, who serves as the Planning Board Chair, has indicated that she will not apply for reappointment.

No more than three members of the Planning Board may be from the same political party, and each member must be a resident and registered voter of Montgomery County when appointed. Members serve four-year terms and are limited to two full terms. The position can be filled by a Democrat, Republican, a voter who declines to affiliate with a party, or a member of another party officially recognized by the Montgomery County Board of Elections.

The Council will designate a new chair in conjunction with the appointment process by designating either the appointee or another sitting board member. Applications must be received no later than 5 p.m. on April 7. Letters of application expressing interest, including a resume listing professional and civic experience, should be addressed to: Council President Craig Rice, County Council Office, Stella B. Werner Council Office Building, 100 Maryland Avenue, Rockville, Maryland 20850. Applications can also be emailed to county.council@montgomerycountymd.gov

SPORTS

Region Playoff Matchups Set

Whitman, Wootton girls have top seeds.

The Whitman and Wootton girls' basketball teams each earned a top seed in their respective sections in the 4A West region MPSSAA playoff bracket.

Whitman is the No. 1 seed in Section I of the 4A West region. The Vikings will face the winner of No. 4 Walter Johnson and No. 5 Blair.

Whitman entered its regular-season finale against Northwood on Tuesday with an 18-game winning streak and a 19-2 record. The Vikings, who were ranked No. 11 in the Washington Post's top 20, had yet to lose to a public school team.

Wootton is the top seed in Section II of the 4A West region. The Patriots entered their final regular season game against Blair on Tuesday having won seven in a row and 13 of 15. Wootton will play the winner of No. 4 Gaithersburg and No. 5 Clarksburg.

Churchill earned the No. 3 seed in the 4A West bracket. The Bulldogs are in Section I and will take on No. 6 Richard Montgomery at 7 p.m. on Friday, Feb. 28.

In boys' action, Whitman is the No. 2 seed in Section I of the 4A West region. The Vikings will host No. 7 Kennedy at 7 p.m. on Friday, Feb. 28. Whitman entered Tuesday's regular-season finale having won seven of nine.

Churchill earned the No. 3 seed in Section I and will host No. 6 Richard Montgomery at 5 p.m. on Friday, Feb. 28 as part of a boys'-girls' doubleheader.

Wootton received the No. 4 seed in Section II and will host No. 5 Magruder at 7 p.m. on Friday, Feb. 28.

Bobby Arthur-Williams and the Churchill boys' basketball team will host Richard Montgomery on Friday, Feb. 28 in the opening round of the 4A West region playoffs.



Maddie Cannon and the Whitman girls' basketball team earned the No. 1 seed in Section I of the 4A West region playoff bracket.



PHOTOS BY HARVEY LEVINE/THE ALMANAC

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21 Announcements

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High Five



By KENNETH B. LOURIE

I made it. It's five years after receiving a terminal diagnosis on February 27, 2009 from my oncologist: stage IV non-small cell lung cancer, accompanied by a "13-month to two-year" prognosis. Let's be honest, medical professionals don't toss around the word "terminal" because you're going to be treated at an airport. Presumably, they know their facts and figures as well as the patient's present condition, confirmed by a variety of diagnostic results from X-Rays, CT Scans, P.E.T. Scans, lab work and of course the ever-popular biopsy, so their diagnosis/prognosis is a bit more than an educated guess. Nevertheless, there are exceptions to every rule and until proven otherwise, I was not about to succumb to their statistics. Still, based on the best medical knowledge available at the time, this patient (yours truly) was given a limited life expectancy and encouraged to take the vacation I had always dreamed of – for obvious you're-life-is-now-shorter-than-you-ever-imagined-type reasons, and yet, five years hence, here I am.

I have to admit, surviving, at least from my perspective, is indeed all it's cracked up to be. Aside from beating the alternatives, it has been, for me, empowering in a way. Not that I think I wrote the book on what one needs to fend off the ravages of this insidious disease – though I have made my share of changes and accommodations, but I have persevered. And for those closest to me who knew me when (pre-diagnosis), I have switched and fought – I have occasionally looked back. And even though I never was a smoker and rarely exposed to second-hand smoke, I may very well have been a victim of some of my own circumstances. Although I didn't/don't drink much or consume drugs to any extreme degree, my eating habits may have contributed to a weakened immune system which in some way kick-started the cancer cells in my body (which we all have, by the way); and if you believe any of the like-minded literature coming out of Johns Hopkins and other respected medical institutions: we all may very well be what we eat – or don't eat. And apparently, there may be consequences – both good and unfortunately, bad.

For the past nearly five years (beginning in June, 2009), I have chronicled my life as a cancer patient. Every week, save for a few non-cancer columns as we call them, I have written about cancer and the range of emotions I've experienced. I don't think I've not shared one emotion with you that I've felt. Not that it was ever important that it was me doing the talking, because it wasn't/isn't, it's simply that I had a forum/space and the support of my publisher and editor to unburden myself in this very public way. And since writing with such honesty came easy to me (I had been writing non-cancer columns in the Connection since December 1999), having such a juicy and compelling subject on which to write was not particularly challenging to me. Moreover, given the incredibly appreciative and super-positive feedback I have received from readers over the years, I have felt encouraged to continue.

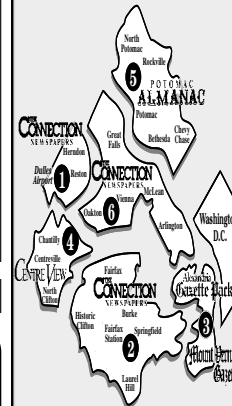
Some weeks however, especially after chemotherapy, the words don't exactly flow, but for now, life is going on. I have another CT Scan on the day this column publishes, 2/26/2014. Within a day or two, my oncologist will e-mail the results to me. Within a day or two after that, I will likely write my next column. I hope the news is good. It might not be though. When you've so far outlived your original prognosis as I have, it's hard not to think you're borrowing time – and as most of us will readily admit, pay-backs are hell.

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

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ENTERTAINMENT

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

ONGOING

Art Exhibition. 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.

Glassworks. Saturdays, 11 a.m.-4 p.m. Glassworks is the 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.

Photoworks. 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.

Theater Performance. See "Miss Nelson is Missing" at Adventure Theatre at Glen Echo Park, 7300 MacArthur Blvd. Based on the children's book "Miss Nelson is Missing" by Harry G. Allard, Jr. Through March 9. Tickets can be purchased at www.adventuretheatre-mtc.org or 301-634-2270.

Drop in Art Activities. Every Saturday from 9:30 a.m.-noon in the Candy Corner Studio at Glen Echo Park, 7300 MacArthur Blvd., parents and children can explore a new art form or theme. \$10/child, parent combo. Drop-in only. Visit www.pgip.org for more.

Theater Performance. From Feb. 5-March 16, see "Rumpelstiltskin" at Imagination Stage, 4908 Auburn Ave., Bethesda. Showtimes are Saturdays and Sundays at 1:30 p.m. and 4 p.m. and are appropriate for ages 5-10. Tickets start at \$10. Visit www.imaginationstage.org or 301-280-1660 for tickets.

Theater Performance. See "Sleeping Beauty" in the Puppet Co. Playhouse at Glen Echo Park, 7300 MacArthur Blvd. Performances are Thursdays and Fridays at 10 a.m. or 11:30 a.m.; Saturdays and Sundays at 11:30 a.m. and 1 p.m. Runs Feb. 13-March 23. \$10. Recommended for grades Pre-K-6. Visit www.thepuppetco.org or 301-634-5380.

Art Exhibit. See "Collective Ink: Recent Work of Eight Printmakers" in the Popcorn Gallery at Glen Echo Park, 7300 MacArthur Blvd. This exhibit will showcase art of print in all its variety of technique. Free. Hours are Saturdays and Sundays from noon-6 p.m. Runs Feb. 15-March 16. Visit www.glenechopark.org or 301-634-2222.

Art Exhibit. See "Love is in the Air" at Photoworks Gallery in Glen Echo Park, 7300 MacArthur Blvd. Exhibit runs Feb. 21-March 31. Features images from more than 35 amateur and professional photographers living and working in the Washington Metropolitan Area. Hours are Saturdays 1-4 p.m. and Sundays from 1-8 p.m. Visit www.glenechophotoworks.org for more.

Theater Performance. See "Inside Out" at Imagination Stage, 4908 Auburn Ave., Bethesda. Runs March 1-April 6. Performances are Tuesdays-Fridays at 10:30 a.m. and 11:45 a.m., and Saturdays-Sundays at 10 a.m. and 11:15 a.m. The story tells of two children who use their imagination and dress-up to turn their room into a wonderland of

mess. Interactive show appropriate for ages 1-5. Tickets are \$10-12 with a \$5 lap seat for children under 12 months. Tickets can be purchased at www.imaginationstage.org, at the box office or 301-280-1660.

Theater Production. See "The Great American Trailer Park Musical" presented by Rockville Musical Theatre at the Arts Barn, 311 Kent Square Road, Gaithersburg. Runs April 4-20. Visit <http://www.r-m-t.org/> or 301-258-6394.

Art Exhibit. "Seeing it in Black and White" is on exhibit at Gallery Har Shalom in Congregation Har Shalom, 11510 Falls Road, March 2-April 28. The exhibit features prints, photography, glass jewelry and more. Hours are Monday-Thursday from 9 a.m.-5 p.m., Fridays from 9 a.m.-3 p.m. and Sundays from 9 a.m.-noon. Free. 301-299-7087.

CLASSES & WORKSHOPS

Art Classes. Visit www.visartcenter.org or 301-315-8200 for a list of the winter classes, such as the Art of Watercolor, Advanced Artistic Anatomical Drawing and Painting Studio. Located at VisArts, 155 Gibbs St., Rockville.

New Classes. Photoworks, 7300 MacArthur Blvd., Glen Echo, is holding new classes. Visit <http://www.glenechophotoworks.org/gallery/> or 301-634-2226 for a list of classes and to register.

THURSDAY/FEB. 27

Theater Performance. Whitman drama will put on an all-male production of "Lord of the Flies" at 7 p.m. at Whitman auditorium, 7100 Whittier Blvd., Bethesda. Advised for people age 13 and up. \$10 for students, \$15 for adults and \$20 for reserved seating. Tickets can be bought online at whitmandrama.ticketleap.com or at whitmandramatickets@gmail.com.

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

FRIDAY/FEB. 28

Musical Performance. 11 a.m. in the Mansion at Strathmore, 10701 Rockville Pike. Strathmore artist in residence Daisy Casto will perform with her Gypsy Moth Quartet. \$17. Visit www.strathmore.org for more.

Performance. 7 p.m. at Connelly School of the Holy Child, 9029 Bradley Road. Families can enjoy "The Pajama Game." \$10/adult; \$5/student, child. Visit www.holychild.org/pajamagame for more.

Family Bingo Night. 7-9 p.m. at Clara Barton Community Center, 7425 MacArthur Blvd., Cabin John. All ages can enjoy bingo. Prizes for everyone. \$5/card. Pizza, drinks and popcorn will be sold. Visit www.friendsofclarabartoncommunitycenter.org or 240-777-4910.

Theater Performance. Whitman drama will put on an all-female production of "Lord of the Flies" at 7 p.m. at Whitman auditorium, 7100 Whittier Blvd., Bethesda. Advised for people age 13 and up. \$10 for students, \$15 for adults and \$20 for reserved seating. Tickets can be bought online at whitmandrama.ticketleap.com or by e-mailing whitmandramatickets@gmail.com.

Theater Performance. 7:30 p.m. at Winston Churchill High School's Bish Auditorium, 11300 Gainsborough Road. See the production of Blast 25: Mixtape. \$20 or \$15/balcony seat. Advance tickets can be purchased online at www.wchsarts.com, or in

the lobby box office outside the auditorium.

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. Contratopia provides music. \$10/adult; \$5/17 and under. Visit www.fridaynightdance.org for more.

SATURDAY/MARCH 1

Performance. 2 p.m. and 7 p.m. at Connelly School of the Holy Child, 9029 Bradley Road. Families can enjoy "The Pajama Game." The 2 p.m. showing will have a pajama party where children can wear their pjs and enjoy popcorn and juice while sitting in the front. \$10/adult; \$5/student, child. Visit www.holychild.org/pajamagame.

Philippine Relief Benefit Concert. 7 p.m. at Unitarian Universalist Congregation, 6301 River Road, Bethesda. Features four of Beethoven's most popular piano sonatas performed by international pianist Eugene Albulescu. \$25/person or \$40/couple. Proceeds will benefit UUSC-UUA Philippines Typhoon Haiyan Relief Fund. Contact EBPurcell90@gmail.com for tickets or purchase at the door. A reception will follow.

Theater Performance. Whitman drama will put on an all-male production of "Lord of the Flies" at 7 p.m. at Whitman auditorium, 7100 Whittier Blvd., Bethesda. Advised for people age 13 and up. \$10 for students, \$15 for adults and \$20 for reserved seating. Tickets can be bought online at whitmandrama.ticketleap.com or by e-mailing whitmandramatickets@gmail.com.

Theater Performance. 7:30 p.m. at Winston Churchill High School's Bish Auditorium, 11300 Gainsborough Road. See the production of Blast 25: Mixtape. \$20 or \$15/balcony seat. Advance tickets can be purchased online at www.wchsarts.com, or in the lobby box office outside the auditorium.

Swing Dance. 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Features music by Michael Gamble and His Rhythm Serenaders. \$18. Visit www.glenechopark.org for more.

Blues Dance. Midnight-2:30 a.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd. Enjoy a

late night with DJ Mike Thibault. \$10/person or \$7/with wristband from the swing dance. Visit www.capitalblues.org.

SUNDAY/MARCH 2

Opening Reception. 11 a.m.-1 p.m. meet the artists of "Seeing it in Black and White" at Gallery Har Shalom in Congregation Har Shalom, 11510 Falls Road. The exhibit features prints, photography, glass jewelry and more. Free. 301-299-7087.

Theater Performance. Whitman drama will put on an all-female production of "Lord of the Flies" at 2 p.m. at Whitman auditorium, 7100 Whittier Blvd., Bethesda. Advised for people age 13 and up. \$10 for students, \$15 for adults and \$20 for reserved seating. Tickets can be bought online at whitmandrama.ticketleap.com or by e-mailing whitmandramatickets@gmail.com.

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

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

Contra Dance. 7 p.m. lessons start; 7:30 -10:30 p.m. dancing in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Contratopia provides music. \$13/nonmember; \$10/member; \$5/age 17 and under. Visit www.glenechopark.org for more.

TUESDAY/MARCH 4

Cajun/Zydeco Dance. 7:30-11 p.m. in the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Leroy Thomas & the Zydeco Road Runners provides music. Mardi Gras costumes welcome, but not necessary. \$18/person. Visit www.glenechopark.org for more.

THURSDAY/MARCH 6

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

BULLETIN BOARD

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

THURSDAY/FEB. 27

Winter Speakers Series. 6 p.m. at the Park and Planning Montgomery Regional Office Building, 8787 Georgia Ave., Silver Spring. The meeting will focus on housing and how to solve housing issues. Free.

SUNDAY/MARCH 2

Open House. 6 p.m. at JCCGW, 6125 Montrose Road, Rockville. Learn about Shoresh Hebrew High School. Contact Liran Laor at ShoreshHebrewHigh@gmail.com or 301-828-1912. Visit www.shoreshhebrewhigh.org.

MONDAY/MARCH 3

Application Deadline. The online application for the Military Officers Association of America Educational Assistance Programs for the 2014-2015 school year is now available online at <https://>

scholarship.moaa.org/login.aspx. Students can apply for the interest-free loans and grants, which are awarded annually for up to five years of undergraduate study (or until a student graduates.) Applicants must be graduating high school seniors or full-time college students working toward their first undergraduate degree. Students may apply online at www.moaa.org/education. The application deadline is Monday, March 3 at noon. Visit www.moaa.org/scholarshipfund or e-mail edassist@MOAA.org for more.

WEDNESDAY/MARCH 5

Breakfast Club Event. 7:30-9 a.m. at Silver Spring Civic Center, 1 Veterans Place, Silver Spring. Dr. Gregerman will discuss his book "The Necessity of Strangers." \$20/member; \$30/general. Register at www.leadershipmontgomerymd.org by Feb. 19.

THURSDAY/MARCH 6

Discussion. 12:30-2 p.m. at Potomac Library, 10101 Glenolden Drive. The Friends of the Library will discuss "Israel and the U.S." Free. Visit www.fpa.org or 240-777-0690.

FRIDAY/MARCH 7

Contra Dance. 7:30 p.m. lessons start; 8:15 -11:30 p.m. dancing in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Sligo Creek Stompers will provide music. \$10/adult; \$5/age 17 and under. Visit www.glenechopark.org.

SATURDAY/MARCH 8

Performance. 8 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave. Maggie Rose will perform. Visit www.bethesdabluesjazz.com/ for tickets.

Music Performance. 7:30 p.m. at Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. Hear Carrie Newcomer perform. \$25/advance; \$29/door; discounts for students with ID. Visit www.imtfolk.org or 301-960-3655.

Dance Bethesda Concert. 8 p.m. at Round House Theatre, 4545 East-West Highway, Bethesda. Watch as seven professional performers and choreographers take the stage. \$20/adult; \$10/child 12 and under. Visit www.bethesda.org for more.

Swing Dance. 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. \$18. Visit www.glenechopark.org for more.

SUNDAY/MARCH 9

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 for more.

Family Dance. 3-5 p.m. in Back Room Annex, 7300 MacArthur Blvd., Glen Echo. \$5/age 4 and older. No experience necessary. Visit www.fsgw.org or 301-315-9461.

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 for more.

Contra Dance. 7 p.m. lessons start; 7:30 -10:30 p.m. dancing in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. AP and the Banty Roosters provides music. \$13/nonmember; \$10/member; \$5/age 17 and under. Visit www.glenechopark.org for more.

www.fpa.org or 240-777-0690.

MONDAY/MARCH 10

Meeting. 7:45-10 p.m. at County Council Office Building, 100 Maryland Ave., Rockville. "How Are Your Elected Representatives Proposing to Spend Taxpayer Money?" is the topic of the Montgomery County Civic Federation. Free. Visit www.montgomerycivic.org.

THURSDAY/MARCH 13

Information Session. 6:30-8 p.m. at VisArts, 155 Gibbs St., Rockville. High school students can learn about the Youth Leadership Montgomery program. Free. Visit www.leadershipmontgomerymd.org for more.

THURSDAY/APRIL 3

Discussion. 12:30-2 p.m. at Potomac Library, 10101 Glenolden Drive. The Friends of the Library will discuss "Turkey's Challenges." Free. Visit www.fpa.org or 240-777-0690.



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