

Potomac ALMANAC

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A pileated wood-
pecker forages
midst Monday's
snowstorm in a
Potomac backyard.

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PHOTO MARY KIMM/THE ALMANAC

MARCH 5-11, 2014

ONLINE AT POTOMACALMANAC.COM

Slates Set for Primary Elections

COMPILED BY KEN MOORE
THE ALMANAC

The filing deadline for candidates who plan to run for their party's nominations was Feb. 25, and many races for local and state offices are now set. The Primary Election is scheduled for June 24. Currently there are no elected Republicans from Montgomery County, so in many cases the winners of the Democratic primary on June 24 will be the likely winner in November. Here is a list of candidates in some offices representing the Potomac area.

In coming months, the Almanac will publish more information on the candidates and issues. (The Almanac sent emails to candidates requesting information for future use; candidates should email mkimm@connectionnewspapers.com if they did not receive that email.)

County Executive

County Councilmember Phil Andrews and former County Executive Douglas M. Duncan will challenge incumbent Isiah Leggett.

Republican Jim Shalleck will challenge the Democratic primary winner in November's election.

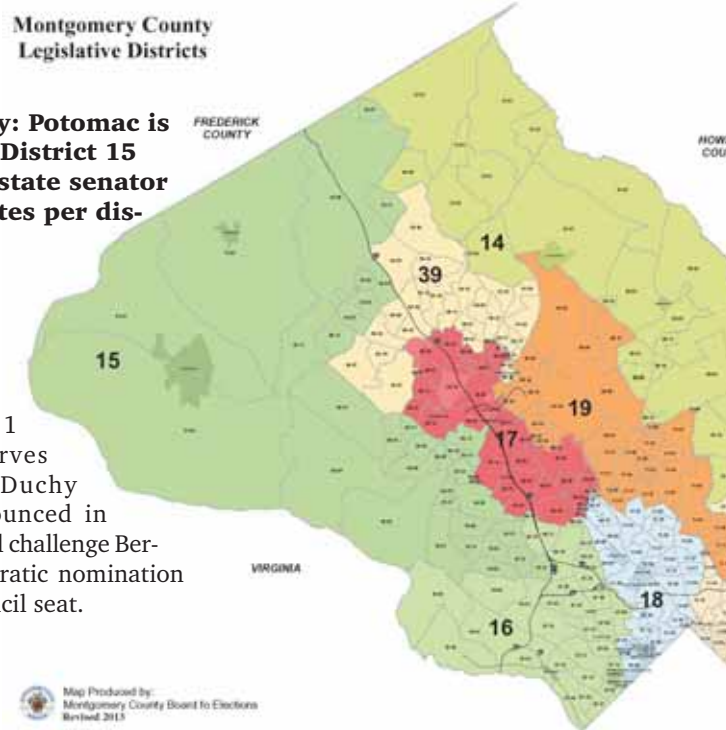
General Assembly: Potomac is divided between District 15 and 16 with one state senator and three delegates per district.

County Council, District 1

Roger Berliner holds County Council's District 1 seat, which serves Potomac. Duchy Trachtenberg announced in February that she will challenge Berliner for the Democratic nomination for the County Council seat.

County Council, At Large

Marc Elrich, Nancy Floreen, George L. Leventhal and Hans Riemer, all Democrats, serve on the County Council as the four at-large members. Each seeks to return, and Democrats Beth Daly and Vivian Malloy have also filed intent to run.



Potomac residents are represented on County Council by District 1 and the four at-large members.

Republicans Robert Dyer and Shelly Skolnic are also running, in addition to

Green Party candidate Tim Willard.

Board of Education

While the Board of Education also has at-large and district members, it works differently than for County Council. While candidates for Board of Education in a given district must live inside the boundaries of the district, all voters in the county will vote to choose members for each district and the at-large member.

Members of the Board of Education serve staggered terms; this year voters will choose one at-large member, and the members of districts 1, 3 and 5. Each race with more than two candidates will be listed on the primary ballot; voters will choose one in each district and the top two vote-getters will go on to the general election in November.

Running for the at-large seat for the Board of Education are Edward Amatetti, Shebra Evans, Merry Eisner Heidorn and Jill Ortman-Fouse. For District 1, Judy Docca and Kristin Tribble have filed. For District 3, Patricia O'Neill will face Laurie Halverson. For District 5, Mike Durso will face Larry Edmonds.

The Board of Education is a nonpartisan

SEE SLATES SET, PAGE 9

JT Interiors at Potomac House

Invites you to a Book Signing Event
with Washington's Top Private Chef,

Jenn Crovato, Author of

OLIVE OIL, SEA SALT & PEPPER

Healing with Fresh Foods

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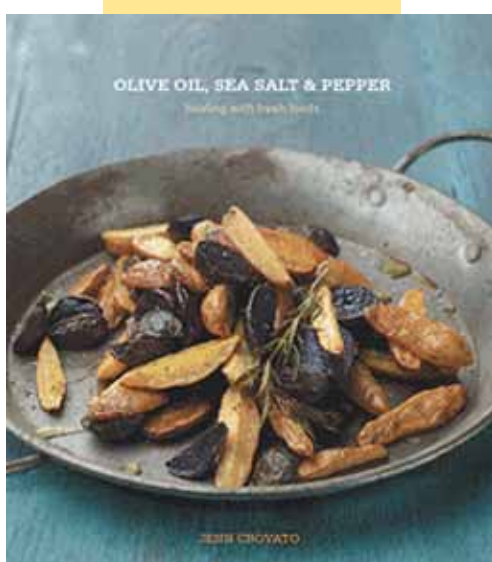
Sunday, March 9, 2014 • 1 P.M.–4 P.M.

9906 River Road, Potomac, MD 20854

Tel.: 301-299-0485

Please visit our public Facebook page for Jenn's bio
and more information on our upcoming event:

[facebook.com/jtinteriorspotomac](https://www.facebook.com/jtinteriorspotomac)





Mary Healey, director of the new Montgomery County Animal Services and Adoption Center, speaks to the crowd about how her staff is motivated by the love of animals.



Kenny Kelley, MCPAW vice president, presenting a painting of the new animal center to Allan Cohen. The painting is by artist Emily Wetzel.



Maryland Comptroller Peter Franchot speaks at the opening reception for the Montgomery County Animal Services and Adoption Center on Friday, Feb. 28. Franchot called County Executive Ike Leggett "the best elected official in Maryland."

PHOTOS BY MARY KIMM/THE ALMANAC

Welcoming New Animal Services and Adoption Center

McPaw's efforts recognized.

Montgomery County Executive Isiah Leggett, County Council President Craig Rice, Council members Phil Andrews, Nancy Navarro, and Montgomery County Police Chief J. Thomas Manger celebrated the completion of the new Montgomery County Animal Services and Adoption Center at a preview opening reception on Friday evening, Feb. 28, it was standing room only as visitors toured the new space.

An official ribbon-cutting ceremony and tours of the facility was scheduled for Saturday, March 1.

The shelter is a new 49,160-square-foot facility designed to facilitate local families adopting local animals. It includes public adoption areas, private animal holding and treatment areas, classroom, conference room and office space. Located at the northwest corner of the intersection of Muncaster Mill Road and Airpark Drive in Gaithersburg, the facility will operated primarily by the Montgomery County Police Department Animal Services Division.

Details

About the Montgomery County Animal Services and Adoption Center:

- ❖ Address: 7315 Muncaster Mill Road, Derwood
- ❖ Phone Number: 240-773-5900
- ❖ Call 9-1-1 to report an animal emergency
- ❖ Call 301-279-8000 to report an animal-related non-emergency

Hours of Operation
❖ Monday, Tuesday, Thursday, Friday: 12-7 p.m.

- ❖ Wednesday: Closed
- ❖ Saturday and Sunday: 12-5 p.m.
- ❖ After hours call 301-279-8000

Animal Services and Adoption Center website is www.montgomerycountymd.gov/animalservices.

WWW.CONNECTIONNEWSPAPERS.COM



Montgomery County Police Chief Thomas Manger introduces Mary Healey, director of the new Montgomery County Animal Services and Adoption Center.



Allan Cohen, president and founder of McPaw, accepts a proclamation from County Councilmember Phil Andrews and County Executive Ike Leggett at the opening preview of the new Montgomery County Animal Services and Adoption Center on Friday, Feb. 28. Andrews and Leggett will face each other, and former County Executive Doug Duncan, in the June Democratic primary for County Executive.



Lizette Chanock, founder and president of PetConnect Rescue with Mike Courlander, PetConnect Rescue board member at the opening reception for the new Montgomery County Animal Services and Adoption Center on Friday, Feb. 28.



County Executive Isiah Leggett and Allan Cohen, president and founder of McPaw.



McPaw Board member Lynn Novelli was a recipient of a "gold coin" of recognition from Maryland Comptroller Peter Franchot at the opening reception for the Montgomery County Animal Services and Adoption Center. Novelli here with Anne Maher, wife of Maryland Comptroller Peter Franchot.

OPINION

Why Care about Ten Mile Creek?

GINNY BARNES
WMCCA PRESIDENT

For several months the County Council has been grappling with a Limited Master Plan Amendment for Ten Mile Creek. The Clarksburg Master Plan, adopted in 1994, staged development in Clarksburg so when triggers were met on stages I - III, the last stage could not go forward without assessing impacts of the first three stages on Ten Mile Creek. Even 20 years ago, planners realized the high water quality of this stream; one of three that empty into the Little Seneca Reservoir which was built in the 1980s to act as an emergency water supply in times of drought should the Potomac River flow drop too low to withdraw the massive quantities needed to supply our regional drinking water.

What does this have to do with our community? A lot. In the 20 intervening years, several scientific and technological advances have taken place that allow the county to look closely at natural resources, their interrelationship with one another and how these can inform responses to development trends. Under the Federal Clean Water Act, Montgomery County was compelled to develop a stream monitoring program in 1994. Until then, the county had not even put a thermometer in a stream to look at temperature changes caused by heavy rainstorms since the 1970s. It takes time to gather and analyze scientific data from monitoring and see the trends. In the late 1990s, GIS data also became available which allowed resources like forest cover, wetlands, biodiversity areas, and steep slopes to be mapped. With this tool, overlays were made to find sensitive areas containing one or more significant environmental features. The Potomac Subregion Master Plan Revision was the first plan review to make use of the new mapping and initial monitoring data. The environmental assessment of Potomac's innumerable resources created the underpinnings for the final Plan, adopted in 2002. Subsequent water monitoring data shows that water quality in streams, starting in jurisdictions like Rockville and Gaithersburg and passing through our subregion on their way to the Potomac River, are improved by our low density zoning, considerable forest cover, and even by the way roads are constructed. Many have

Next Meeting

The public is invited to the West Montgomery County Citizens Association General Meeting on March 12, at 7:15 p.m. at the Potomac Community Center. If schools are closed because of inclement weather, the meeting will be cancelled.

The February meeting was cancelled due to a snowstorm, but speaker Callum Murray, Area 3 Community Planning Leader, Maryland National Capital Park and Planning Commission (MNCPPC) was able to reschedule and speak at the March 12 meeting.

Once a year, we ask for an update on the Potomac Subregion Master Plan. Luckily, the planner who saw the community through the process of updating the plan is still at MNCPPC but the territory he covers has expanded to include not only the Potomac Subregion but the Agricultural Reserve as well. The community has faced some unforeseen challenges in recent years, most notably the two and a half years of fighting to keep a soccer complex from being built by the county on the 20-acre Brickyard Road school site. Remaining within the confines of a well-executed Master Plan takes vigilance. While the staff at MNCPPC works to assure it, there are mechanisms and processes over which they have only a voice and not full control. It is imperative that citizens play our part and keep track of how the Master Plan is being fulfilled. Mr. Murray will give us a good view of our progress and possible pitfalls. As always, the public is welcome to attend.

grass swales to capture and infiltrate runoff instead of sidewalks and storm drains to direct it. Our Master Plan provides a precedent for making decisions based on protecting water resources.

Ten Mile Creek is benefiting from our experience and from a full 20 years of monitoring data collected through the Countywide Stream Protection Strategy run by the Department of Environmental Protection (DEP). Since the County Council work sessions on Ten Mile Creek began early in the new year, DEP aquatic biologists and regional water quality experts have provided councilmembers with scientific data that shows conclusively how levels of imperviousness from roads, rooftops, parking lots, etc. degrade streams with sediment and chemicals from runoff. Engineered stormwater techniques and facilities are not enough to protect highly sensitive streams. Since the DEP began evaluating the health of streams, biologists have mostly monitored ongoing degradation in streams throughout the county. They have learned the hard way that once a stream declines, it is unlikely to be brought back to health and attempts at restoration are far more costly than preserving our waters through sound land use and adequate forest buffers.

Ten Mile Creek is the highest quality stream we have left, a regional reference stream which scientists speaking to the County Council called "a jewel in the crown" of Montgomery County. It has become a rallying cry for clean drinking water and the Save Ten Mile Creek Coalition, begun in the Spring of 2013, has grown to 30 organizations — all urging the County Coun-

cil to protect our "last best stream" and place a higher value on water quality than it ever has before by lowering density on development sites while also implementing additional criteria like extended forest and wetland buffers. Save Ten Mile Creek Coalition proposed a more far-reaching full protection plan, which the Council did not discuss. But they have been moved by public concern and a joint committee is recommending a compromise plan that will allow development within the confines of much reduced impervious levels on three separate properties.

In the coming weeks they will take a final vote and determine the future of the Ten Mile Creek watershed, Little Seneca Reservoir, and the sole source aquifer on which many upcounty residents depend. The question is: will it be enough, how will we know, and is such a compromise worth the risk?

ENVIRONMENTAL REPORT

On Feb. 14, the Potomac Riverkeeper and Chesapeake Bay Foundation filed a Complaint in Federal Court against Washington Suburban Sanitary Commission (WSSC) for illegal discharges and other violations of the Clean Water Act. The WSSC has dumped more than 30 million pounds of sediments and aluminum into the Potomac River in four years.

At our January meeting, Potomac Riverkeeper Matt Logan updated our membership on the hazards to the public water supply for over 4.3 million residents of the region. The water filtration plant on River Road in Potomac is the site of discharges named in the suit.

BULLETIN BOARD

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

WORKSHOPS AVAILABLE

New Workshops. Jewish Social Service Agency's Winter/Spring 2014 Workshops and Groups are open for enrollment with details online. These programs provide the opportunity for anyone in the community struggling with a wide range of learning, behavioral, emotional and physical challenges to learn from JSSA's highly skilled professionals and to share with others who are facing similar challenges. Limited space is available for some workshops and groups. New programs just added

include: Children of Divorce Support Group; Connecting in Friendship; We Can Get Along; and Social Clubs for individuals diagnosed with a Level 1 Autism Spectrum Disorder. Visit <http://www.jssa.org/> or contact Lise Bram at lbram@jssa.org.

CAMP REGISTRATION

Summer Camp Registration.

Montgomery Parks, part of the Maryland-National Capital Park and Planning Commission, is offering 88 summer camps in 2014 spanning a variety of interests including ice skating, tennis, golf, gardening, outdoor adventure, nature, and more. Summer camps are available for tots to teens at all skill levels and

at hundreds of locations across the county. A \$25 discount is being offered for early registration for a select group of camps. Registration is open at www.ParkPASS.org. A complete list can be found at www.MontgomeryParks.org/camps, where camp searches may be filtered by age, location and key words. The 2014 Summer Camps guide is available online at www.MontgomeryParks.org/guide. Print copies may be found at select Montgomery Parks' facilities, Montgomery County Recreation centers, government buildings and libraries while supplies last.

Summer Camp Registration Now Open. Photoworks at Glen Echo Park, 7300 MacArthur Blvd., has

summer camps children ages 7 and up. Visit www.ssreg.com/glenechopark/classes for a full listing.

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.

Town Hall Meeting. 7:30-9:30 p.m. at John F. Kennedy High School, 1901 Randolph Road, Silver Spring. Congressman Chris Van Hollen will hold a meeting for residents of the 8th congressional district. Questions

SEE BULLETIN, PAGE 9

POTOMAC ALMANAC

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News



PHOTO BY DEBBIE STEVENS/THE ALMANAC

Another Delivery of Snow

Snow-laden trees along the canal.



PHOTO BY MARY KIMM/THE ALMANAC

Frozen

A backyard swing carries the weight of another snowfall on Monday, March 3.

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Happy St. Catrick's Day!

You've heard about St. Patrick who drove the snakes out of Ireland, but did you know about St. Catrick, who saved the kittens out of shelters? Now's your chance to find out! Join Lost Dog & Cat Rescue Foundation for a St. Catrick's Day celebration, and learn how you can help save lives.

- ♣ Foster Crew Members will answer questions about the most important thing you can do to help.
- ♣ Adoption Center Coordinators will provide information about volunteering at PetSmart centers.
- ♣ Our Transport Coordinator will explain how you can help with little more than some time and a car.



Join us at Lost Dog Café-McLean
Saturday, March 15, 3-7 p.m. Enjoy snacks & soft drinks while learning how you can help.
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www.lostdogandcatrescue.org



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Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

IN DECEMBER 2013,
48 POTOMAC HOMES SOLD BETWEEN
\$2,198,000-\$453,500.

December, 2013 Sales from \$1,000,000 to \$1,135,000



❶ 12500 Bracken Hill Lane —
\$1,135,000



❸ 11901
Trailridge
Drive —
\$1,100,000



❷ 10301 Snowpine Way —
\$1,110,000



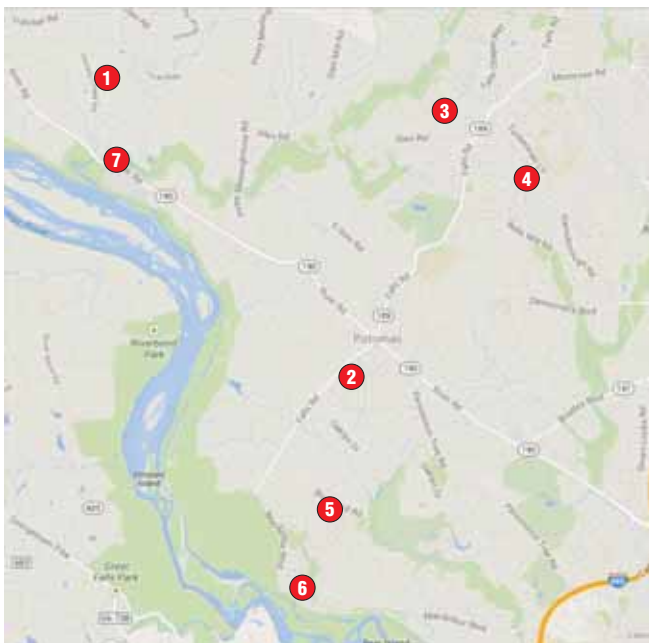
❹ 11317 Willowbrook Drive — \$1,082,450



❺ 8308 Hackamore Drive — \$1,075,000



❻ 7705 Hidden Meadow Terrace —
\$1,060,000



© Google Map data

| Address | BR | FB | HB | ... | Postal City .. | Sold Price | ... | Type | | Lot AC | Postal Code | | Subdivision | | Date Sold |
|---------------------------------|----|-----|----|-----|----------------|------------|-----|-------------|-------|-----------|-------------|-------|-------------|-------|--------------------------------|
| ❶ 12500 BRACKEN HILL LN | 5 | ... | 4 | ... | 1 | ROCKVILLE | ... | \$1,135,000 | ... | Detached | ... | 2.00 | 20854 | ... | STONEY CREEK FARM ... 12/13/13 |
| ❷ 10301 SNOWPINE WAY | 4 | ... | 2 | ... | 2 | POTOMAC | ... | \$1,110,000 | ... | Detached | ... | 0.54 | 20854 | ... | POTOMAC OUTSIDE ... 12/06/13 |
| ❸ 11901 TRAILRIDGE DR | 4 | ... | 4 | ... | 1 | POTOMAC | ... | \$1,100,000 | ... | Detached | ... | 0.38 | 20854 | ... | WINTERSET 12/05/13 |
| ❹ 11317 WILLOWBROOK DR | 6 | ... | 4 | ... | 1 | POTOMAC | ... | \$1,082,450 | ... | Detached | ... | 0.37 | 20854 | ... | OLDFIELD 12/10/13 |
| ❺ 8308 HACKAMORE DR | 4 | ... | 4 | ... | 1 | POTOMAC | ... | \$1,075,000 | ... | Detached | ... | 0.36 | 20854 | ... | RIVER FALLS 12/04/13 |
| ❻ 7705 HIDDEN MEADOW TER | 4 | ... | 3 | ... | 1 | POTOMAC | ... | \$1,060,000 | ... | Townhouse | ... | 0.08 | 20854 | ... | RIVER FALLS 12/18/13 |
| ❼ 12400 BEALL MOUNTAIN LN | 6 | ... | 3 | ... | 1 | POTOMAC | ... | \$1,000,000 | ... | Detached | ... | 5.10 | 20854 | ... | DARNESTOWN OUTSIDE 12/06/13 |

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State Basketball Playoffs Delayed Due to Weather

The Maryland state basketball playoffs were delayed two days due to inclement weather. Region quarterfinal matchups originally scheduled for Monday will be played Wednesday, March 5.

The Whitman boys' and girls' teams will host a doubleheader. The boys' team, seeded No. 2 in Section I of the 4A West bracket, will face No. 6 Richard Montgomery at 5 p.m. Whitman defeated Kennedy 37-31 in the opening round on Feb. 28.

The girls' team, seeded No. 1 in Section I of the 4A West region, will host No. 5 Blair at 7 p.m. Whitman had a first-round bye. Blair defeated Walter Johnson in the opening round, 54-40.

The Churchill girls' team, seeded No. 3 in Section I of the 4A West region, will travel to face No. 2 Kennedy at 7 p.m. The Bulldogs beat No. 6 Richard Montgomery 77-39 on Feb. 28. Kennedy beat No. 7 Bethesda-Chevy Chase 60-38.

The Churchill boys' team ended its season with a 46-45 loss to Richard Montgomery on Friday. The Bulldogs entered the postseason as the No. 3 seed.

The Wootton girls' team, seeded No. 1 in Section II of the 4A West bracket, will host No. 4 Gaithersburg at 7 p.m. The Patriots received a first-round bye. Gaithersburg defeated Clarksburg 71-52.

The Wootton boys' team lost to Magruder 74-58 in the opening round on Feb. 28, ending the Patriots' season.



Ben Castagnetti and the Whitman boys' basketball team will host Richard Montgomery at 5 p.m. on Wednesday as part of a playoff doubleheader with the Whitman girls' team.



Avery Witt and the Whitman girls' basketball team will host Blair at 7 p.m. on Wednesday as part of a playoff doubleheader with the Whitman boys' team.

PHOTOS BY HARVEY LEVINE/THE ALMANAC

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Creating a Harmonious Family Life

Local experts offer tips for keeping your family happy.

BY MARILYN CAMPBELL
THE ALMANAC

As Elizabeth Rees drove her daughter and two of her daughter's friends recently to a library reading group, the Alexandria, Va., mother of three admits that she felt like a chauffeur at first. But she had a change of heart after hearing sounds of laughter.

"They were giggling and so sweet in the back," said Rees, the associate rector at Saint Aidan's Episcopal Church in Alexandria. "Suddenly that moment of grace turned it all around and I felt privileged to be there. I think that sort of thing happens all the time if only we are paying attention."

What are the keys to paying attention and creating a happier family life? Experts say it's important to stop trying to do everything 100 percent and make other things a priority. They offer their top tips for creating balance.

"With three young kids, a two-career marriage and way too many activities, I find this balance as hard as everyone else and am absolutely preaching to myself," said Rees.

EXPERTS SAY living in a competitive area like the Washington, D.C., region can make



PHOTO COURTESY OF ELIZABETH REES

Elizabeth Rees, the associate rector at Saint Aidan's Episcopal Church in Alexandria, says laughter, forgiveness and gratitude are among the factors that create a harmonious family life. Here she is pictured on a family vacation with her daughter Maya, 3; her husband Holden Hoofnagle; her son Dylan, 7; and daughter Sophia, 10.

creating balance even more challenging. "I see children who are stressed to always be the best," said Dr. Bruce Pfeffer, a Potomac, Md.-based child psychiatrist.

Parents play a critical role in helping children create a healthy balance of work and play, he added, explaining that "parents must serve as rudders to guide their children [toward the] peace of mind that comes with a supportive home environment, emphasis on gaining joy in life, along with appropriate goals and achieving."

Michael Moynihan, head of the Upper School at The Heights School in Potomac, Md., agrees. "The most significant obstacles to harmonious family life today are over scheduling and over connectedness ... resulting in families that are pulled in many different directions for activities, and when they have those brief moments together, are often plugged into various electronic devices," he said.

Make finding uninterrupted family time a priority. "The solution is to schedule family time such as meals together — without electronic devices — and to protect this time from other activities," said Moynihan.

Rees suggests being present and engaged. "So much of life is spent in work and preparation and accomplishments that it's hard sometimes to live in the moment," she said. "Maybe some days the only time you have together is in the car. ... Try to remember to make the most of even those moments."

Bethany Letiecq, Ph.D., an associate professor of human development and family science at George Mason University, said "It's also important to find joy in the mundane and to give one's self and others a break ... to be patient, empathic and compassionate with yourself and with your coparent. ... But that doesn't mean not holding everyone accountable to the family system, which is also critical."

"Parents might consider the importance of quality time versus quantity of time spent

together and prioritize what they value most," said Colleen Vesely, Ph.D., an assistant professor of early childhood education and human development and family science at George Mason University. "Be purposeful. Children will likely remember quality time spent with a parent who was fully present than whether the house was perfect or the laundry folded."

Rees encourages stressed parents to give themselves time alone as well. "I am part of a prayer and listening group on Tuesday nights. We come together and have a time of silence and share where we are in our lives. For me, that's my chance for renewal, refreshment, and it makes me return home with a completely different attitude. ... For others, it might be a walk in the woods or coffee with a good friend, or an hour at the gym. It's hard to make space for yourself, but it can make a big difference in how you treat the people around you."

When it comes to building a harmonious family life, which elements matter most? "Love, obviously, is essential," said Rees. "But that's a big and amorphous word and really has to be much more about how we live than what we feel when it comes to daily relationships. When we are stressed or worried or tired, our closest relationships are the ones that take the biggest hit. It is in those all-too-frequent moments that we have to work the hardest at things like kindness, respect, thinking of how the other person feels."

The willingness to forgive oneself and

one's family members is also vital to family harmony. "We all do and say things without thinking all the time with our families," said Rees. "They bear the brunt of all the weight we carry. Try to remember that in the heat of the moment and put aside petty grudges."

Sometimes, says Rees, it's small, often overlooked actions that can have a major impact. "Little things matter so much in family life," she said. "Replacing the soap in the soap dish, or asking someone about their day and really caring about the answer, or giving a hand when you see someone struggling. When my husband hears my car in the driveway when I return from the grocery store and comes out to help carry the bags ... I notice and I feel cared for."

Letiecq said, "With myriad external stressors and pressures on family systems, it is really important that families ... work together to model positive coping strategies and moderate conflict and anxiety levels. Parents can model healthy conflict resolution practices and support their children's positive coping and adaptation. This often takes a lot of work, learning skills that we may not have picked up from our own family systems [such as] practice, cooperation and patience."

"Learn and implement effective communication skills," said Rees. "Share what you are feeling with those all-important 'I statements' that we know about but find so hard to use in the heat of the moment. Stop what we are doing when there is something we really need to listen to, and then really listen with empathy and love. ... Not just thinking it, but saying 'I love you,' 'I'm sorry,' 'I forgive you,' 'thank you.'"

Manage expectations. "Reasonable expectations seem like a big piece of this, for ourselves, for our kids, for our partners," said Rees. "Remember to step back and think about what really matters and try to place less importance on the rest."

Parents are a child's best role models for dealing with setbacks. "Parents must help their children be resilient when goals are not met," said Pfeffer.

"Sometimes the best growth can be gained by resilience after a disappointment."

LAUGHTER HELPS A LOT, too. "Try not to take things so seriously and to see the humor even in the mistakes and the impossible moments," said Rees.

"There really is not one 'right' way to parent a child or engage in family life," said Letiecq. "Every parent-child relationship, every family system is unique in terms of what each person brings to the relationship."

"The solution is to schedule family time such as meals together — without electronic devices to interrupt being present to each other."

— Michael Moynihan,
head of Upper School, The Heights School



PHOTO BY DEBBIE STEVENS/THE ALMANAC

Diabetes Research

Jake and his mother Jennifer Reilly, a dietitian, attended the 4th annual Type 1 Diabetes Research Summit on Saturday, March 1. Hosted by the Juvenile Diabetes Research Foundation, the program highlighted the latest in type 1 diabetes education, resources and technology.

News

Slates Set for Primary Elections

FROM PAGE 2

body, and candidates do not declare any party affiliation. Any registered voter will be able to vote for the Board of Education in the primary, even those registered as Independents.

General Assembly

In the General Assembly, parts of Potomac are represented by District 16, which also covers Bethesda, and parts are represented by District 15, which also covers the upcounty area.

State Senator (D-15)

Sen. Brian J. Feldman will be opposed in June's primary election. Republican Robin Ficker will challenge him in the November election.

State Senator (D-16)

Longtime D-16 Senator Brian Frosh is running for Attorney General, opening his seat on the Maryland State Senate. District 16 Del.

Susan C. Lee seeks election to the Senate, in addition to J'aime Drayton and Hugh Hill.

Republican Meyer Marks will challenge the winner.

House of Delegates (D-15)

Delegates Kathleen Dumais, Aruna Miller and David Fraser-Hidalgo seek re-election to their positions on Maryland's House of Delegates and Bennett Rushkoff will also compete for one of the three seats.

Republicans Flynn Ficker, Ed Edmunds and Christine Thron are slated to challenge the winners.

House of Delegates (D-16)

In District 16, seven Democrats have filed for the three available delegate seats. Current delegates Bill Frick and Ariana Kelly will compete with Peter Dennis, Hrant Jamgochian, Marc Korman, Karen Kuker-Kihl and Gareth Murray.

Just one Republican has filed so far to run for Delegate in District 16, Rose Marie Li.

BULLETIN BOARD

FROM PAGE 4

and comments from the audience will be taken.

FRIDAY/MARCH 7

Democratic Primary Debate. 7:30 a.m. at the Hyatt Regency, One Bethesda Metro Center in Bethesda. Features current County Executive Ike Leggett, former County Executive Doug Duncan and County Councilmember Phil Andrews. They will address issues facing the county. \$25/chamber member; \$35/general. Visit www.bethesdamagazine.com/Montgomery-County-Executive-Democratic-Candidate-Debate/ for more.

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 for more.

TUESDAY/MARCH 11

Discussion on Sustainable Seafood. 7:30 p.m. at Our Lady of Mercy Catholic Church, 9200 Kentsdale Drive. Hear about fresh vs. farmed fish, how to avoid seafood fraud and get some new recipes to try. Free.

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.

LET'S TALK Real Estate



by Michael Matese

Swimming Pool Trends

As summer nears (or even when its balmy memory is keeping you warm in wintertime), the thoughts of many homeowners turn to thoughts of lounging by the pool and ways to improve the overall ambiance of your pool area. Both traditional, in-ground pools and more cost-effective, above-ground options are both choices that add hours of endless enjoyment to a home while you're living in it, and dollar value to homes on the market.

For both options, there are any number of ways to spruce up the pool area of a home on the market, making it ever more appealing to the prospective buyer. When it comes to decking material, paving stones are an option that is fast-growing in popularity. Industry professionals cite advantages to paving stones such as their ability to outperform, outlast and outshine stone set in mortar, grass, wood, concrete or brick when it comes to flexibility, durability and strength. Paving stones are available in a variety of colors and sizes, lay well if installed properly and are less susceptible to shifting, sagging, cracking and separating.

Above-ground pool owners, as with traditional in-ground pools, should consider adding decking and fencing to the above-ground pool unit—with just a few minor upgrades that are cost-efficient, your affordable pool option can add untold value to your home's asking price. Once you've taken the time to invest in the appearance and function of your pool area, not only do you have the coolest place to spend your hottest months, but you've got a sizzling feature to display to buyers when your home hits the market!

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

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21 Announcements

21 Announcements

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-William Van Horne

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Not Yet, Really

By KENNETH B. LOURIE



While we're exchanging pleasantries here, in semi real time – although this column will not be most read until March 6th (I need to submit it on Monday, March 3rd as we go to press on Tuesday, March 5th), I feel the obligation, given how last week's column ended, to update you on the results from my February 26th CT Scan. Presumably, by the title you all have determined that as of this writing, Saturday, March 1st, I have not heard back from my oncologist. Typically, I would have already heard from him, electronically. But so far, not a peep, electronic or otherwise and believe me, I've been checking, as you might imagine.

This non-communication has happened twice before that I can remember. The first time, my oncologist did not e-mail results to me because he said, as a presumptive courtesy, he doesn't like to share bad news in an e-mail. The second time he neglected to send a post-CT Scan e-mail, the news was good and sort of not worth mentioning, he said, because the news wasn't bad; if that makes any sense at all. Either way, the silence is hardly golden. And the longer I live, the less patience I have for such irregularities.

And what complicates my interpretation of this most recent electronic silence is that I have previously made it clear to my oncologist that my not receiving these post-CT Scan results, however good, bad or indifferent they may be, is far more difficult for Team Lourie than actually receiving them. So now, after we've established these communication guidelines (expectations, requirements even) it is a bit perplexing as to why we've not heard anything. But is it cause for concern? I'll tell you what it's cause for: unnecessary and barely controllable anxiety and stress concerning the interpretation of what any of it definitively means.

Maybe it means nothing because there was an internal computer problem that "sent" e-mails into cyberspace, rather than their intended recipients? Perhaps the staff Radiologist called in sick that day or had to leave town unexpectedly and no replacement could be found – in a timely manner, to read all the X-Rays, CT Scans, MRIs, etc. that day and as a result, results and communication of said results have been delayed? Maybe my oncologist is on vacation or out sick himself or had to leave town unexpectedly and my scan results/his assessment/summary of them are sitting in his in box and were not sent because, as I would understand, he prefers to send out his own e-mails? Heck, there might even be protocol/privacy issues that prevent such communications from being forwarded unless all parties agree in advance. In fact, never before have I received e-mails from any other oncologist. It's always been Dr. "H." Or maybe, the results are so bad that, despite our previous conversations on the subject, my oncologist is ignoring my preference in order to tell me in person, since he will be seeing me on Friday, March 7th for our regularly scheduled post-CT appointment? Or maybe the results are so good, he wants to tell me in person and see for himself the joy and relief his care has brought to a patient of his whom he originally characterized as terminal and gave a "13-month to two-year" prognosis? Or, as Paul Harvey never said: you don't know the rest of the story.

Consequently, what one experiences, as maybe you can tell from the previous paragraph, is a non-stop rearranging and reinterpreting of one's medical circumstances, potential medical circumstances, real and/or imagined medical circumstances, and anxiety over any and all of them.

Still, I've been through this kind of waiting before for medical results. It's not easy, but I can handle it. Nevertheless, it sort of seems like a waste of my ability to handle such things, given the seriousness of what I may yet have to handle.

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

ENTERTAINMENT

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

ONGOING

Mommy & Me (& Daddy, Too). Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-a-longs, prizes and more. Visit rockvilletownsquare.com/events/mommy-and-me.

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://glenechophotoworks.org/gallery/> or 301-634-2226 for a list of classes and to register.

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.

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 for more.

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.

WEDNESDAY/MARCH 12

Talk. 6:45-8 p.m. at Meadowside Nature Center, 5100 Meadowside Lane, Rockville. Patterson Clark will discuss "Invasive Plant Harvest: Art from Alien Weeds." Free. Register at www.parkpass.org. Course # 267899.

THURSDAY/MARCH 13

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.

Theater Performance. 7 p.m. at Washington Episcopal School, 5600 Little Falls Parkway, Bethesda. The 6th grade class is performing "The Wizard of Oz." \$6/adult; \$5/student. Visit www.w-e-s.org for more.

FRIDAY/MARCH 14

Theater Performance. 7 p.m. at Washington Episcopal School, 5600 Little Falls Parkway, Bethesda. The 6th grade class is performing "The Wizard of Oz." \$6/adult; \$5/student. Visit www.w-e-s.org for more.

www.w-e-s.org for more.

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. Glen Echo Open Band provides music. \$10/adult; free for those age 17 and under. Visit www.glenechopark.org for more.

Salsa Dance. 8 p.m.-midnight in the Back Room Annex at Glen Echo, 7300 MacArthur Blvd., Glen Echo. \$12. Visit www.glenechopark.org.

SATURDAY/MARCH 15

Summer Camp Expo. 9 a.m.-noon at Cabin John Ice Rink, 10610 Westlake Drive, Rockville. Meet naturalists and experienced recreational professionals to learn all about summer camps. Find the summer camps that are the perfect fit for your children. On-site registration is available. Visit www.parkpass.org for more.

Theater Performance. 12:30 p.m. at Washington Episcopal School, 5600 Little Falls Parkway, Bethesda. A special pizza lunch with the cast in costume starts at 11:30 a.m. \$8 for lunch. The 6th grade class is performing "The Wizard of Oz." \$6/adult; \$5/student. Visit www.w-e-s.org for more.

Quarter Auction. 2 p.m. at Gaithersburg Activity Center, 506 S. Frederick Ave., Gaithersburg. A Quarter Auction is described as auction meets bingo meets raffle. Doors open at 1 p.m. to register and pick up paddles and quarters, check out all the vendors and bid on the silent auction items. \$15 in advance, or \$20 at the door; admission includes \$10 in quarters and 1 bidding paddle. Additional paddles are \$2 each, or 3 paddles for \$5. For advance tickets, contact Jamie at 301-990-8903, or jamiiep@hospicecaring.org.

Parents' Afternoon Swing Dance. 2:30-5:30 p.m. in the Ballroom Annex, 7300 MacArthur Blvd., Glen Echo. All ages can dance. \$8, 12 and under are free. Visit www.glenechopark.org.

Music Performance. 7:30 p.m. at Winston Churchill High School, 11300 Gainsborough Road. Hear "Songs for a New World" performed by a full orchestra featuring students and guest vocalists. Tickets are \$20-\$35. Visit www.youngartistsamerica.org or 301-272-8604.

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

SUNDAY/MARCH 16

Library Book Sale. 10:30 a.m.-12:30 p.m. at Beth Sholom Congregation, 11825 Seven Locks Road. Find books for all ages. E-mail library@bethsholom.org for more.

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

Music Performance. 3 p.m. at Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Escolania De Montserrat will perform. Tickets are \$25-\$35. Visit www.strathmore.org or 301-581-5100 for tickets.

Music Performance. 3 p.m. at Winston Churchill High School, 11300 Gainsborough Road. Hear "Songs for a New World" performed by a full orchestra featuring students and guest vocalists. Tickets are \$20-\$35. Visit www.youngartistsamerica.org or 301-272-8604.

Scrabble Scramble Fundraiser. 6-9 p.m. at Manor Country Club, 14901 Carrolton Road, Rockville. The Literacy Council of Montgomery County will host a SCRABBLE® SCRAMBLE to raise money for the organization's adult literacy programs. Tickets are \$250 for a table of four, and all proceeds go directly to the Literacy Council. Dinner is included, along with a silent auction and raffle. E-mail info@literacycouncilmcmd.org or 301-610-0030.

Argentine Tango. 6:30-11 p.m. at Back Room 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. Coracree provides music. \$13/nonmember; \$10/member; \$5/age 17 and under. Visit www.glenechopark.org for more.

THURSDAY/MARCH 20

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.



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