

Potomac ALMANAC

Jimmy Schwartzman
and Adam Settlage
rehearse in Churchill
High School's pro-
duction of
"Urinetown."

Dystopian Future

NEWS, PAGE 3

Inside

Increase Wellness,
Decrease Stress

NEWS, PAGE 3

Calculating Solar Energy

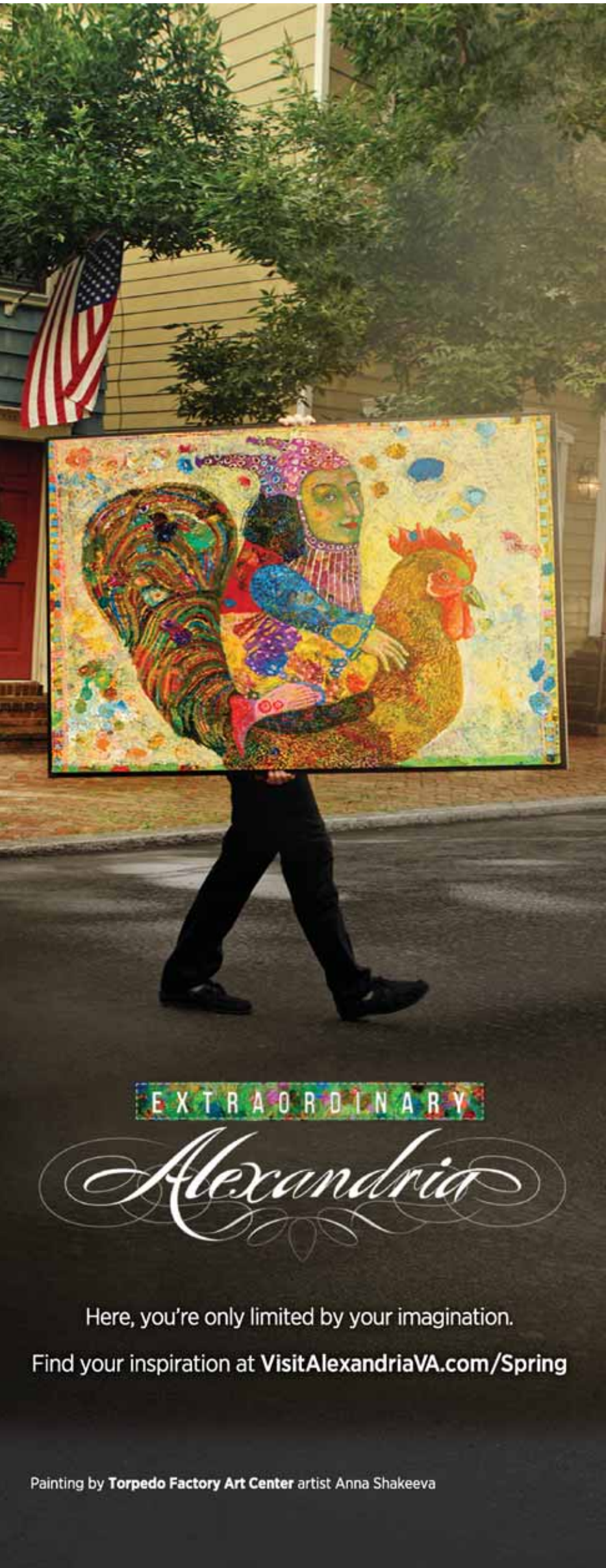
NEWS, PAGE 3

Are We Abandoning
Watts Branch?

OPINION, PAGE 6



Senior Living



BULLETIN BOARD

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

SCHOOL REGISTRATION

Prekindergarten and Head Start

Registration. Walk-in applications are being accepted Monday through Thursday, 9 a.m. to 4 p.m., at the Rocking Horse Road Center, 4910 Macon Road, Room 141 in Rockville. Parents also can register their children at other community locations. Prekindergarten and Head Start for income-eligible children who will be four years old by Sept. 1, 2014, for the 2014-2015 school year. Call 301-230-0676 or visit www.montgomeryschoolsmd.org for more.

Kindergarten Orientation. Sessions will take place through May 30, for children who will enter kindergarten in the 2014-2015 school year. During orientation, parents and students will meet the school principal, kindergarten teachers and other staff members. Children who will be 5 years old on or before Sept. 1, 2014 can be enrolled in kindergarten. For more information about the kindergarten program and orientation sessions, parents can call their home school or the Division of Early Childhood Programs and Services at 301-230-0691. Visit www.montgomeryschoolsmd.org for more.

CAMP REGISTRATION

Summer Camp Registration. Montgomery Parks, part of the Maryland-National Capital Park and Planning Commission, is offering 88 summer 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.

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.

SATURDAY/APRIL 5

Open House. 9 a.m.-noon, at Christ Episcopal School, 22 West Jefferson Street, Rockville. Christ Episcopal School will host an admission open house for families. Visit www.CESrockville.org or call 301-424-6550.

Creek Cleanup. Rock Creek Conservancy is holding its sixth annual cleanup of Rock Creek, its tributaries and the neighborhoods near Rock Creek where trash originates. There will be cleanup events at more than 70 sites all over the Rock Creek watershed. Email Karen at volunteer@rockcreekconservancy.org.

SUNDAY/APRIL 6

College Prep Class for Jews. 7:30 p.m. at the Jewish Community Center of Greater Washington, 6125 Montrose Road, Rockville. Learn how to incorporate Jewish lifestyle into your collegiate years. Free admission, contact shoreshebrewhigh@gmail.com.

MONDAY/APRIL 7

Application Deadline. 5 p.m. The Montgomery County Council is seeking applicants to fill a position on the Montgomery County Planning Board. Visit www.montgomerycountymd.gov/council/ for more.

Information Session. 7:30 p.m., at the Rockville Memorial Library, 21 Maryland Ave, Rockville. The Literacy Council of Montgomery County will hold an information session for volunteers interested in helping adults learn to read, write, or speak English. Call 301-610-0030, email info@literacycouncilmcmd.org, or visit www.literacycouncilmcmd.org for more.

KICHLER®

OUTDOOR LIGHTING

SALE

Lifebrite Polished Solid Brass Finish

Guaranteed for a lifetime to look fantastic while being capable of withstanding the harshest elements no matter where you live.

Featured Product
GROVE MILL COLLECTION
 Lifebrite Polished Brass Finish
 #9989PB

BRING THIS AD >>> 20% OFF All Regular Priced Kichler Outdoor Lighting

Sale Dates: March 31st - May 3rd

Shop Online at **Shop.DullesElectric.com**

DULLES ELECTRIC Since 1983

Mon-Fri 9-6, Sat 9-5
 22570 Shaw Road Sterling, VA
 703.450.5700



PHOTO BY DEBORAH STEVENS/THE ALMANAC

From left are Valerie Weitz, Emilio Slaughter, Jimmy Schwartzman, Antonia Gaviria-Rozo, Gigi Katuala, Max Wolpoff, Kathryn Kunkle, Madeline Slatter, Madeline Schupak, Matt Yinger, Melissa Horowitz, Taira Dolan, Lauren Matcha and Zoey Maggid.

Churchill To Present 'Urinetown'

Students to perform award-winning musical comedy.

BY SUSAN BELFORD
THE ALMANAC

Water is one of our most important commodities — and many communities already know and fear the painful sanctions that governments put into place when droughts take place. But what if every drop of water had to be preserved and the U.S. government required all citizens to excrete only in a government-sanctioned urinal? However, if they did not follow procedure, they would be banished to Urinetown?

"Urinetown," a musical comedy set in the draconian future, tells the story of urinal custodian Bobby Strong who leads an uprising against the government water conservation policies that have subjugated the masses. Along the way, he falls in love with the daughter of the evil Urine Good Company, which owns all the urinals in town, and learns that life and justice are not as simple as he presumed.

"Urinetown" was written by Greg Kotis who developed his theme after traveling through Europe as a student on a budget. He encountered a "pay for use" public toilet and began writing his play soon after, partnering with Mark Hollmann. "Urinetown" debuted at the New York International Fringe Festival and then was produced Off-Broadway in 2001. The musical then went on to Broadway where it claimed 10 Tony Award nominations and won three, including "Best Original Score."

Winston Churchill High School Drama will present "Urinetown" Friday, April 4, Saturday, April 5 and Sunday, April 6. The Friday night performance will take place at 7 p.m. and the

Saturday performances are at 2 p.m. and 7 p.m. Sunday's performance is at 2 p.m. All performances are at the Gertrude G. Bish Auditorium, 11300 Gainsborough Road, Potomac. Tickets are \$15 at the door. The play is appropriate for ages 10 and up.

The play will feature Adam Settlage as Bobby Strong, Natalie Hwang as Hope Cladwell, Matt Yinger as Caldwell B. Caldwell and Emile Ravenet as Officer Lockstock.

According to WCHS Theater Director Scott Courlander, "Urinetown" is a hilarious political satire as well as a silly irreverent romp through a post-apocalyptic landscape."

Increase Wellness, Decrease Stress

Members of Potomac Community Village learn easy health tips.

BY SUSAN BELFORD
THE ALMANAC

Many seniors are enthusiastic about gaining strategies for healthier living — and the members of the Potomac Community Village are no exception. More than 40 members and guests came out to listen to a presentation by certified personal trainer Stacy Holstein who spoke on the "Ten Best Ways to Increase your Wellness and Decrease your Stress."

Holstein, owner of Personal Velocity, a personal training company for body and mind, has been consulting and training clients since 2003: "I specialize in developing individual programs encompassing personal training, nutritional guidance and wellness coaching."

She trains clients in their homes or at the Potomac Tennis Center and also teaches fitness classes at the JCC, Fitness One and Gold's Gym.

Holstein opened the evening with the topic of "Get a Reality Check." She explained that how you feel about yourself has a lot to do

with whether you keep yourself in good shape and eat properly — it's also important in setting a better direction for yourself.

She began with a discussion of how to "eat smart." Portion control, limiting soda, reducing trans-fats, checking the labels, eating slowly and sitting down at the table to eat are all important for maintaining or losing weight. She



Stacy Holstein

said, "It's OK to eat anything — but the key is to control how much food you are stuffing into your body at any one time. When too much goes in, it goes right to your belly. Belly fat is dangerous."

She explained that nutrition is extremely important. "The best plan is to replace saturated fats and refined grains with fiber and whole grains. Eat more protein and fewer carbohydrates. Make your food colorful to ward off cancer. Diet soda is definitely not good for you."

Holstein suggested that a good plan is to drink a glass of water before each meal. "You need to drink 64 oz. of water each day."

Another recommendation is to power up your exercise program. "You should be walking, jogging, biking or getting some sort of cardio exercise three times a week. Cardio equals energy."

Other tips included focusing on strength training and balance training, maintaining good posture and working your core with

"The best plan is to replace saturated fats and refined grains with fiber and whole grains."

— Stacy Holstein

SEE INCREASE, PAGE 4

Potomac Native Launches 'QuickSolar' Start-up

Design tool eases calculations on solar energy.

BY SUSAN BELFORD
THE ALMANAC

Doesn't it seem like PEPCO and Washington Gas are taking a bigger bite out of the family budget

each month? The bills keep getting higher — leaving residents to wonder if there is a cheaper, greener solution. Ever consider solar energy for home or place of work?

Former Potomac resident Alex Landau has created a web-based solar design tool to

simplify the process of "going solar." His new start-up, QuickSolar, recently introduced a solar design tool which "empowers solar professionals globally to design and propose solar systems for their customers more quickly and with greater accuracy than ever before."

Landau is the son of Mindy and David Landau of Potomac. He attended Beverly

SEE CALCULATING, PAGE 5



Alex Landau



Scott Oman

POTOMAC ALMANAC ♦ APRIL 2-8, 2014 ♦ 3

Artistic Gardens

Landscape Renovations & Curb Appeal Specialists
Patos, Waterfeatures and More



"Turning Yards Into Gardens"
for 35 Years

301-762-1366

www.artisticgardens.net

Artistic Gardens Landscaping • 2296 Glenmore Terrace, Rockville, Maryland 20850

Bethesda, Maryland \$1,145,000

Westmoreland Hills 5221 Duvall Drive

Are you looking for a house closer to town and city living? Classic stone and brick custom-built house in wooded setting, yet 1½ blocks to D.C. line. 3 bedrooms, 3½ baths, 2-car garage.





Shirley Pearson
Owner/
Agent
301-229-2627
Office: 202-362-1300



W.C. & A.N.
MILLER
REALTORS
A Long & Foster Company



CHRYSTIE'S
INTERNATIONAL REAL ESTATE




Potomac Village Deli Catering

Breakfast • Lunch • Dinner Catering

301-299-5770

www.potomacvillagedeli.com



Home of Your Corporate & Residential Catering Headquarters

Serving the Community for over 35 Years




Stacy Holstein gives the Potomac Community Village crowd tips on wellness.

Increase Wellness, Decrease Stress

FROM PAGE 3

exercises. She said, "Most importantly, find ways to reduce stress and take time each day to do something positive for you."

During the evening, Holstein asked each attendee to stand and balance on one foot, holding their other foot in their hand. "It is particularly important for seniors to practice balancing each day. You need good balance to keep from falling as you get older. It's essential."

Holstein also introduced her new program called Core ^poral Punishment to tone abs and strengthen the back. It uses a 9-inch inflatable CORE ball, comes with a DVD, instruction sheet or digital download. The ball is deflatable, making it easy to travel with. "This small ball is a wonderful piece of equipment you can use every day and everywhere. The exercises are perfect for anyone who wants to skinny down the core," she said. The price of the Core ^poral Punishment program is \$44.95 and it can be purchased by contacting Holstein at

Stacy@PersonalV.com or by calling her at 240-997-1698.

The Potomac Community Village meets monthly at the Potomac Community Center. The concept of community villages is growing all over Montgomery County.

The idea encourages "neighbors helping neighbors" in order for seniors to be able to remain in their homes as long as possible, even as needs increase. Community villages foster socialization, volunteerism and engagement in the neighborhood and community as long as possible.

Their next meeting is on April 24 at 7:30 p.m. when the program will feature Pazit Aviv discussing "Montgomery County Programs and Resources for Seniors. Aviv is the Villages Coordinator for the Montgomery County Department of Health and Human Services. For information about this organization, go to www.potomaccommunityvillage.org or call 240-221-1370.

The group practices balancing on one leg.



Calculating Solar Energy

FROM PAGE 3

Farms Elementary, Hoover Middle and Churchill High School where he played baseball. After graduation from Churchill, he selected Tulane University for its architecture program. He became interested in solar energy and completed his master's thesis on the topic. After graduation, he was hired at South Coast Solar — a turn-key solar installation firm in New Orleans.

"I quickly learned the pain points that contractors were experiencing: homeowners would call in looking for some quick answers to simple questions — how much will solar cost me? How much will I save? Is solar a smart investment for me?"

To answer their questions, he had to climb up on their roof or use hi-res satellite imagery to measure it, draw it out using AutoCAD, configure the solar panels, perform the energy and savings calculations and put it all together in a clean, customized proposal. He was doing this 7 – 8 times a day with a turnaround time of at least a week or more.

He says, "In 2010, I had a 'eureka' moment: what if solar design could be as simple as drag and drop?"

Landau and co-worker Scott Oman began working on a design in which the user drags and drops solar electric (PV) panels onto a satellite image of a customer's home. Landau explains what the software can do: "QuickSolar instantaneously performs all of the necessary calculations to determine the system's estimated solar energy production, monthly saving, total subsidies, net cost, break-even time and environmental impact, among other key metrics. Once the design is complete, the user can instantly generate a proposal with charts and graphs that make inherently complex data easy for him and his customer to understand. The user can send the proposal directly to his customer and save the design for future editing."

He continued, "The software saves the solar contractor thousands of dollars in costs related to design, customer qualification, proposal generation and customer acquisition."

"A potential customer can now see a visually accurate representation of solar panels on his roof-



Founders Alex Landau and Scott Oman

top along with an interactive proposal in just a few minutes," said Oman. "It completely blows away any other design or sales platform that I've seen."

The two entrepreneurs had a prototype built and entered the 2012 "Big Idea" Entrepreneur Crowd-Sourcing contest in New

Orleans hosted by The Idea Village. The crowd of 1,400 and a panel of ce-

lebrity judges chose them for the \$50,000 grand prize.

Since then, they have been working to gain patent approval and to launch Quicksolar; several weeks ago, their provisional patent was approved and their vision materialized into their new start-up company. They have already signed up 60 solar contractors.

Their product is a for all professionals with customers interested in PV solar panels, including solar installers and integrators, distributors, manufacturers, energy efficiency specialists, HVAC contractors, solar salespeople, builders, engineers, architects and electricians. The software will also be available soon to homeowners who would like a cost evaluation of switching to solar energy for their home or business. The monthly cost to subscribers runs from \$39 - \$70 per month for various levels of the design tool. To promote their launch, QuickSolar is offering a free one month subscription at the highest GigaPro level to the first 100 U.S.-based, state-certified solar installation companies that sign up.

Landau and Oman, chief marketing officer, are also seeking funding support to expand their products and grow their company.

For more information, go to www.quicksolar.com or contact Landau at alex@quicksolar.com or call 858-598-3955.



QuickSolar

CONSIDERING HEARING AIDS?

Get a Free Consumer's Guide

Introduction to:

- ✓ Hearing Aid Technology
- ✓ Latest Features
- ✓ Brand Comparisons



**For a free copy call:
301-339-8583**

Offered as a community service by
Auditory Services Inc.

9800 Falls Road, Suite 5
Potomac, Maryland 20854

**Local Bank.
Local Bankers.
We're right here
in your backyard.**



If your bankers are moving away from your neighborhood, it's time to visit Cardinal Bank. We're right in your backyard, right where you want us.

*Local decision makers.
Local knowledge.
Local lending authority.
Local commitment.*

CARDINAL
Bank

703.584.3400
www.cardinalbank.com



Member FDIC

CARDINAL BANK. WE'RE HERE FOR YOU.

OPINION

Are We Abandoning Watts Branch?

BY GINNY BARNES
WMCCA PRESIDENT

Next Meeting

I've lived in a log cabin overlooking Watts Branch for more than three decades and watching it decline has been heartbreaking. As I write this, the Watts Branch is running bank full and chocolate brown as it swirls by on its way to the Potomac River. The largest stream watershed in the Potomac Sub-region, it covers over 10,000 acres. Nearly all the headwaters begin in Rockville. It includes 680 acres of parkland, most of which is forested. MNCPPC initially purchased the unbuildable floodplains and steep slopes of many county streams to protect water quality and create buffers from adjacent development. Watts Branch has been intensely developed over a long period and the use of stormwater controls is recent. The result is that Watts Branch is what is known as a "flashy" stream. In severe rain storms, it rises rapidly, filling and overflowing the stream channel. It subsides just as quickly after rain events. But uncontrolled run-off containing sediment and chemicals scours the banks, deepens the stream channel, and dumps a muddy plume into the Potomac River. It is this plume the WSSC wants to avoid with the proposed mid-river intake.

Proposed alternatives involve massive engineering efforts like 96" intake conduits, tunneling or trenching in the riverbed, cofferdams, temporary access across, and dewatering of the C&O Canal. There are four alternatives, one of which is a "no action alternative." The other three are variations on a theme of tunneling

The public is invited to the West Montgomery County Citizens Association General Meeting on Wednesday, April 9, at 7:15 p.m. at the Potomac Community Center. If schools are closed because of inclement weather, the meeting will be cancelled.

Speakers will be representatives of the Washington Suburban Sanitary Commission who will give a presentation on the proposed Potomac mid-river submerged channel intake.

The WSSC is completing an alternatives study for an offshore submerged channel intake in the Potomac River. The intent is to improve the drinking water supply and reliability. The project would be located at the WSSC Water Treatment Facility near the intersection of Potomac Lake Drive and River Road — 71.5 acres for the total facility in the RE-2 Zone.

On March 13, the WSSC discussed the proposed alternatives in a Mandatory Referral hearing at the Maryland National Capital Park and Planning Commission. The project is located on both WSSC and National Parkland along the C&O Canal National Historic Park. The current intake structure is along the Potomac River shoreline and just downstream of where the Watts Branch stream enters the river. During storms, sediment and debris, particularly from Watts Branch, cause drastic changes in water quality that affect plant operations. Fluctuations have increased as the water quality in Watts Branch has declined over the last 15 years. The project is intended to partially bypass these impacts by installing a submerged mid-river intake structure. The proposal involves large limits of disturbance to the National Historic Park, blasting of the river bed, impacts to plants and wildlife and recreational users, an access road to the canal towpath for maintaining the new intake, and a parking lot and boat launch. The public is encouraged to attend this presentation.

out to the middle of the river to draw water where it is cleaner and less likely to foul operations at the filtration plant. There is no alternative that considers decreasing sediment loads to the Watts Branch. Why not? For 20 years the county has conducted stream moni-

toring and we know that if our streams pollute the rivers, they also eventually pollute the Chesapeake Bay. Are we going to abandon Watts Branch altogether without even one alternative that looks at improving it? How long can we expect to have the cleaner, clearer water further into the river if we do not address the sources of pollution coming into rivers from our streams? Watts Branch, like all our county streams, deserves better. And if we really want to maintain a healthy water supply for the future, there is a limit to how far out we can put that straw. In 20 more years, where will we go for clean drinking water?

PLANNING AND ZONING

Potomac Village - Brightview Senior Living, LLC and its parent company The Shelter Group have approached the owner of two properties on Falls Road, (10006 and 10008) near the River Road intersection and a parking lot now leased to the Post Office, with a proposal to construct a three-story assisted living facility containing a minimum of 91 units. An adjacent lot on Falls Road is being considered for inclusion in the development as well. WMCCA will be following the progress of the proposal, but has initial concerns about the size of this institutional facility, parking, traffic impacts on an already heavily congested intersection, and current and future uses for the site.

ELECTION OF WMCCA OFFICERS AND BOARD

The WMCCA Nominating Committee consists of George Barnes, Barbara Hoover, Barbara Brown, Shawn Justement, and Susanne Lee.

LETTER

Reduce Property Tax Fairly

To the Editor:

In the current issue of the Potomac Almanac [March 26, 2014], Council Member Roger Berliner is advocating, among other things, a property tax credit of \$692 for each owner-occupied residence to limit the burden on homeowners. I suggest that this proposal is inconsistent with the generally accepted definition of property taxes — that is, they are supposed to be fairly proportional to the value of one's residence. However, Mr. Berliner's proposal results in a 35 percent reduction in the property taxes on a residence that currently pays \$2,000 per year in property taxes, but only about a 10 percent reduction in the property taxes of someone who currently pays \$7,000 in property taxes. I am paying almost twice as much in property taxes as I pay in Maryland state income taxes. Upper income Marylanders and county residents may be paying hundreds of thousands of dollars in state taxes, so it's not like upper-middle class and upper class taxpayers are not already paying more than their share of the tax bill. Reducing the property tax burden by \$0.15 per \$100 of assessed valuation would be much fairer and consistent methodology to ensure that property taxes are calculated in a manner consistent with their definition.

David S. Epstein
Potomac



Divergent Spring

Snow on March 30 as an ephemeral stream runs into the woods in Potomac. Below, a few days later, flowers arise.



PHOTO BY MARY KIMM/THE ALMANAC

POTOMAC ALMANAC

www.PotomacAlmanac.com

Newspaper of Potomac
A Connection Newspaper

An independent, locally owned weekly newspaper delivered to homes and businesses.

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

PUBLISHER

Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

EDITORIAL

PHONE: 703-821-5050

E-MAIL:

almanac@connectionnewspapers.com

EDITOR

Steven Mauren, 703-778-9415
smauren@connectionnewspapers.com

SPORTS EDITOR

Jon Roetman,
703-224-3015
jroetman@connectionnewspapers.com
@jonroetman

CONTRIBUTING WRITERS

Susan Belford, Carole Dell,
Cissy Finley Grant, Carole Funger,
Colleen Healy, Kenny Lourie,
Ken Moore

Contributing Photographers

Harvey Levine, Deborah Stevens

Art/Design:

Laurence Foong, John Heinly
Production Manager
Geovani Flores

Special Assistant to the Publisher

Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

ADVERTISING

For advertising information
e-mail:

sales@connectionnewspapers.com

ACCOUNT EXECUTIVES

Display Advertising:
Kenny Lourie 703-778-9425
klourie@connectionnewspapers.com

Andrea Smith 703-778-9411

Classified Advertising
asmith@connectionnewspapers.com

Debbie Funk

National Sales & real Estate
703-778-9444
debfunk@connectionnewspapers.com

Jerry Vernon

Executive Vice President
jvernon@connectionnewspapers.com

Potomac Almanac is published by Local Media Connection LLC

Five Time First Place
Award-Winner
Public Service
MDDC Press Association

Four Time
Newspaper of the Year
An Award-winning Newspaper
in Writing, Photography, Editing,
Graphics and Design

ENTERTAINMENT

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

ONGOING

Late Night Comedy. Fridays (open mic night) and Saturdays (established comedians) at Benny's Bar & Grill, 7747 Tuckerman Lane, Potomac. Benny's is open 8 a.m.-1 a.m. Fridays and Saturdays. Visit www.BennysBarGrill.com.

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

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.

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.

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.

Art Exhibit. See "Expressions in Glass" in the Popcorn Gallery at Glen Echo Park, 7300 MacArthur Blvd. Glassworks resident artist Paul Swartwood will exhibit works in blown glass, along with artists Mark Hill, Carol Hurwitch, Allan Jaworski, and Kevin Lurie, with whom he collaborated. Free. Hours are Saturdays and Sundays from noon-6 p.m. Runs through April 7. Visit www.glenechopark.org or 301-634-2222.

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.

Kaplan Gallery. See "Abstraction: Finding the Thread" through Sunday April 20, at VisArts, 155 Gibbs St., Rockville. Some of the artists include, Timothy App, Dan Dudrow, Dennis Farber, Carol Miller Frost, Bill Schmidt, Jo Smail, and Michael Weiss. Visit www.visartscenter.org or call 301-315-8200.

Group of Four. See large format photography exhibit, on March 29-May 4, at River Road Unitarian Universalist Congregation, 6301 River Road, Bethesda. The exhibit features the work of George I. Smyth, Barry Schmetter, D. B. Stovall, and Scott Davis. The exhibit can be viewed Monday-Friday, from 10 a.m.-4 p.m. Visit www.ruuuc.org for more.

CLASSES & WORKSHOPS

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.

FRIDAY/APRIL 4

Sugarloaf Crafts Festival. 10 a.m.-6 p.m. at Montgomery County Fairgrounds, 16 Chestnut St., Gaithersburg. More than 250 American artisans will show and sell their handcrafted work. Browse

pottery, sculpture, glass, fashion, metal, fine art and more. Food, demonstrations, children's activities and live music will also be available. \$8/online or \$10/door for adults; children under 12 are free. Visit www.sugarloafcrafter.com or call 800-210-9900.

"Urinetown." 7 p.m. at Winston Churchill High School, Gertrude G. Bish Auditorium, 11300 Gainsborough Road, Potomac. Winston Churchill Drama Department presents "Urinetown," a satirical musical. In a dystopian future ravaged by drought water is more valuable than gold and every drop must be preserved — even drops that come out of the body. Excreting anywhere but in government sanctioned urinals owned by an evil corporation is a crime. The punishment? Banishment to the worst place in the world: Urinetown. \$15 at the door. Appropriate for audiences 10 and older.

Theater Performance. Wootton High School is putting on "Hairspray" at 7:30 p.m. in the auditorium, 2100 Wootton Parkway, Rockville. \$10/general; \$15/reserved. E-mail carla_a_gram@mcpsmd.org or 301-279-8550.

SATURDAY/APRIL 5

Sugarloaf Crafts Festival. 10 a.m.-6 p.m. at Montgomery County Fairgrounds, 16 Chestnut St., Gaithersburg. More than 250 American artisans will show and sell their handcrafted work. Browse pottery, sculpture, glass, fashion, metal, fine art and more. Food, demonstrations, children's activities and live music will also be available. \$8/online or \$10/door for adults; children under 12 are free. Visit www.sugarloafcrafter.com or call 800-210-9900.

Author Discussion. 2 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Macafie BoBo will discuss her Young Adult book "Second Rate Gods: Bite Me Aphrodite!" The author, who is 11 years old, wrote her book as the result of a national contest. She will give advice for young authors on getting published. Call 240-777-0690 or visit www6.montgomerycountymd.gov/Content/Libraries.

"Urinetown." 2 p.m. and 7 p.m. at Winston Churchill High School, Gertrude G. Bish Auditorium, 11300 Gainsborough Road, Potomac. Winston Churchill Drama Department presents "Urinetown," a satirical musical. In a dystopian future ravaged by drought water is more valuable than gold and every

SEE CALENDAR, PAGE 9

COOL crafts

Meet 250 Juried Artisans in Person

- ☉ Designer Crafts
- ☉ Home Furnishings
- ☉ Affordable Art
- ☉ Specialty Foods
- ☉ Family Fun

Sugarloaf Crafts Festival

APRIL 4, 5, 6, 2014

Montgomery County Fairgrounds
Gaithersburg, MD • EXIT 11 OFF I-270

Admission \$8 online, \$10 at the door - good all 3 days
Children under 12 and parking are FREE
Fri. & Sat. 10-6, Sun. 10-5

DISCOUNT TICKETS, show info, exhibitor lists, directions and more at:

SugarloafCrafts.com

SUGARLOAF MOUNTAIN WORKS, INC. • 800-210-9900



Platter by Ede Walker



Business or Pleasure?

Popover and Enjoy

"Breakfast at The Farm"

Serving Breakfast in our Porch Room or in Café Normandie!
Tuesday-Saturday: 8:00 am-11:00 am/Sunday: 8:00 am-10:30 am

Start Your Day with Hot Golden Popovers...of Course!

Where Traditions Meet
Today's Expectations!

Complimentary Parking

301.983.8838
popovers.com

We Bring the Zoo to You!







Traveling Petting Zoo / Pony Rides
Indoor and Outdoor Zoos
Birthday Parties • Reptiles • Safari Zoos • Picnics
Family Reunions • Community Festivals • Fund Raisers
and everything in between

SQUEALS ON WHEELS







We are licensed by the United States Department of Agriculture and Insured
www.squealsonwheels.us • 301-765-0270
jill@squealsonwheels.us

Potomac REAL ESTATE

IN JANUARY 2014, 26 POTOMAC HOMES SOLD
BETWEEN \$2,675,000-\$293,000.

January, 2014 Sales from \$489,900 to \$707,000



2 12305 Ambleside Drive — \$700,000



1 11700 Coldstream Drive — \$707,000

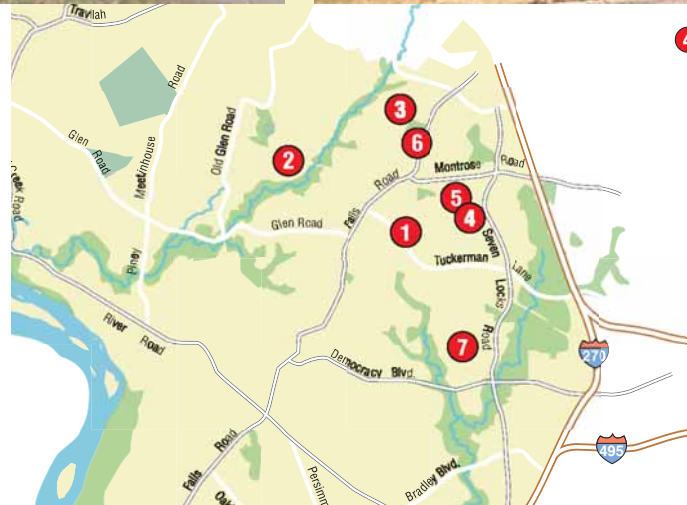
**3 1707
Crestview
Drive —
\$685,000**



4 8102 Postoak Road — \$625,000



**5 11904
Henry Fleet
Drive —
\$625,000**



**7 8153 Inverness Ridge Road
— \$489,900**

Address	BR	FB	HB	...	Postal	City	..	Sold Price	Type	Lot AC	..	PostalCode	Subdivision	Date Sold
1 11700 COLDSTREAM DR	4	..	2	.	1	POTOMAC	\$707,000	Detached	0.25	20854	HIGHLAND STONE	01/07/14
2 12305 AMBLESIDE DR	4	..	2	.	1	POTOMAC	\$700,000	Detached	0.40	20854	GLEN PARK	01/17/14
3 1707 CRESTVIEW DR	5	..	2	.	1	POTOMAC	\$685,000	Detached	0.25	20854	HORIZON HILL	01/31/14
4 8102 POSTOAK RD	5	..	3	.	0	POTOMAC	\$625,000	Detached	0.21	20854	REGENT PARK	01/08/14
5 11904 HENRY FLEET DR	4	..	2	.	1	POTOMAC	\$625,000	Detached	0.21	20854	REGENT PARK	01/17/14
6 12540 FALLS RD	3	..	3	.	0	POTOMAC	\$620,000	House of Worship	1.02	20854	PT ROCKVILLE OUT RES. 3	01/31/14
7 8153 INVERNESS RIDGE RD ..	3	..	2	.	2	POTOMAC	\$489,900	Townhouse	0.05	20854	..	INVERNESS FOREST TH	01/06/14

COPYRIGHT 2014 REAL ESTATE BUSINESS INTELLIGENCE. SOURCE: MRIS AS OF FEBRUARY 14, 2014.

ENTERTAINMENT

FROM PAGE 7

drop must be preserved — even drops that come out of the body. Excreting anywhere but in government sanctioned urinals owned by an evil corporation is a crime. The punishment? Banishment to the worst place in the world: Urinetown. \$15 at the door. Appropriate for audiences 10 and older.

Artist Roundtable. 2 p.m. at VisArts, 155 Gibbs St., Rockville. Featuring artists, from “Abstraction: Finding the Thread.” Free. Visit www.visartscenter.org or call 301-315-8200.

Opening Reception. 3 p.m.-6 p.m. at River Road Unitarian Universalist Congregation, 6301 River Road Bethesda. Opening reception for Group of Four featuring the work of George L. Smyth, Barry Schmetter, D. B. Stovall, and Scott Davis. Call 301-229-0400 before attending. Visit www.ruuuc.org for more.

Meet the Artists. 6-10 p.m., meet the artists of “Expressions in Glass” in the Popcorn Gallery at Glen Echo Park, 7300 MacArthur Blvd. Glassworks resident artist Paul Swartwood will exhibit works in blown glass, along with artists Mark Hill, Carol Hurwitch, Allan Jaworski, and Kevin Lurie, with whom he collaborated. Free. Visit www.glenchopark.org or 301-634-2222.

Theater Performance. Wootton High School is putting on “Hairspray” at 7:30 p.m. in the auditorium, 2100 Wootton Parkway, Rockville. \$10/general; \$15/reserved. E-mail carla_a_ingram@mcpsmd.org or 301-279-8550.

Chamber Music. 7:30 p.m. at Bradley Hills Presbyterian Church, 6601 Bradley Blvd., Bethesda. The Bradley Hills Presents Concert Series will feature The Thirteen in the final concert of the season. A reception to meet the artists will follow. \$20, \$15/seniors and students, at the door. Visit www.bradleyhillschurch.org/concerts.

SUNDAY/APRIL 6

Sugarloaf Crafts Festival. 10 a.m.-5 p.m. at Montgomery County Fairgrounds, 16 Chestnut St., Gaithersburg. More than 250 American artisans will show and sell their handcrafted work. Browse pottery, sculpture, glass, fashion, metal, fine art and more. Food, demonstrations, children’s activities and live music will also be available. \$8/online or \$10/door for adults; children under 12 are free. Visit www.sugarloafcrafter.com or call 800-210-9900.

Theater Performance. Wootton High School is putting on “Hairspray” at 2 p.m. in the auditorium, 2100 Wootton Parkway, Rockville. \$10/general; \$15/reserved. E-mail carla_a_ingram@mcpsmd.org or 301-279-8550.

“Urinetown.” 2 p.m. at Winston Churchill High School, Gertrude G. Bish Auditorium, 11300 Gainsborough Road, Potomac. Winston Churchill Drama Department presents “Urinetown,” a satirical musical. In a dystopian future ravaged by drought water is more valuable than gold and every drop must be preserved — even drops that come out of the body. Excreting anywhere but in government sanctioned urinals owned by an evil corporation is a crime. The punishment? Banishment to the worst place in the world: Urinetown. \$15 at the door. Appropriate for audiences 10 and older.

TUESDAY/APRIL 8

CD Release. 7:30 p.m. at Saint Mark

Presbyterian Church, 10701 Old Georgetown Road, Rockville. Seán Tyrrell (www.seantyrrell.com) releases his new CD “Moonlight On Galway Bay.” Tickets \$19-\$25. All tickets are general admission. Call 301-960-3655 or visit www.imtfolk.org.

THURSDAY/APRIL 10

Spring Fashion Show. 11 a.m. at Norbeck Country Club, 17200 Cashell Road, Rockville. Boutique opens at 11 a.m., lunch at noon and fashion show at 1 p.m. Proceeds benefit BNC Sustaining the Mind: Research for Neurodegenerative Diseases. \$35, reservations required by March 31. Contact Sheila at 301-924-0006 or jaxshe@aol.com.

SATURDAY/APRIL 12

Celebrity Softball Game. 7 p.m. at Shirley Povich Field, 10600 Westlake Drive, Bethesda. The Bethesda Big Train hosts the Third Annual Big Train Celebrity Softball Classic, a charitable venture featuring local professional athletes and media personalities. Visit BigTrain.org.

SUNDAY/APRIL 13

Tiger Trot 5K Run and Walk. 8:30 a.m. at Connelly School of the Holy Child, 9029 Bradley Blvd. Runners and walkers of all abilities can participate. Proceeds benefit Holy Child and Cabin John Park Volunteer Fire Department. Visit www.holychild.org/tigertrot to register, or register day of event.

MONDAY-FRIDAY/APRIL 14-18

Spring Break Art Camp. Kids Create!

Spring Break Art Camp with VisArts at Rockville
This spring break camp promises to be a great deal of fun for everyone. Also an extended day option. Visit www.visartsatrockville.org/ for more.

MONDAY/APRIL 21

Concert. 7:30 p.m. at Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. Old Buck makes its home at the convergence of Southern old time and bluegrass traditions, making music that “just feels right.” General admission, \$25 advance, \$29 door, students: \$21 advance, \$25 door. Call 301-960-3655 or visit www.imtfolk.org, or <http://oldbuckmusic.com>.

SATURDAY/APRIL 26

Spring Fiesta. 6-10:30 p.m. at River Road Unitarian Universalist Congregation, 6301 River Road, Bethesda. Spring Fiesta /Latin Dance Party with live music by the Music Magic Trio. Buffet dinner and children’s activities included. Tickets available at the door: adults \$35; youth \$15; families and patrons \$100; age 12 and under free. Proceeds support the El Salvador University Scholarship Fund. Call 301-229-0400 or visit www.ruuuc.org.

MONDAY/APRIL 28

Winds for Warriors Charity Gala. 7:30 p.m. at the Music Center, 5301 Tuckerman Lane. The Capital Wind Symphony will hold a gala with proceeds benefitting the Wounded Warrior Project. Visit www.strathmore.org.

GEORGETOWN UNIVERSITY



MS program in Biochemistry and Molecular Biology

One year with rolling admission

Fall 2014 deadline is 5/1/2014

Contact the Program Coordinator for details

202-687-1070

<http://bmcb.georgetown.edu/masters/biochemistryandmolecularbiology/>

GEORGETOWN UNIVERSITY



MS program in Biotechnology

One year with rolling admission

Fall 2014 deadline is 5/1/2014

Contact the Program Coordinator for details

202-687-1070

<http://biotechnology.georgetown.edu>

**CHRIST
EPISCOPAL
SCHOOL**

Preschool 2's - Grade 8
in historic Rockville, MD
minutes from I-270 and
Rte. 200

JOHNS HOPKINS
UNIVERSITY
School of Education

CARNEGIE
INSTITUTION FOR
SCIENCE

SPACE
TELESCOPE
SCIENCE
INSTITUTE
Operated for NASA by AURA

Why have
these
institutions
forged a
relationship
with CES?

Find out at our
Admission Open House
Saturday, April, 5 9am - 12pm
301.424.6550 www.CESrockville.org

CELEBRATING OUR **20**TH ANNIVERSARY

KICKSKARATE
Your Family Martial Arts Center

REPORT CARD

Discipline..... **A+**

Focus..... **A+**

Attitude..... **A+**

Confidence..... **A+**

Fitness..... **A+**

Karate Kids Have the Edge!

Our Programs

Tiny Tigers Ages 3 & 4

Little Ninjas Ages 5-7

Children's Karate ... Ages 8-12

Teen & Adult Ages 13 & Up

Kickboxing Ages 13 & Up

★ ★ ★ ★ ★ ★ ★ ★

Locations:

BETHESDA: 301.571.6767
10400 Old Georgetown Road

GLEN ECHO: 301.320.3334
4701 Sangamore Road Suite M3

POTOMAC: 301.519.2200
12944 Travilah Road

Kicks Karate: 11 locations serving
Frederick and Montgomery counties.

www.kickskarate.com

FREE MONTH!
20TH ANNIVERSARY SPECIAL
New Students Only. Expires 4/30/14.

CLASSIFIED

ZONE 5: POTOMAC
AD DEADLINE: MONDAY NOON • 301-983-1900

26 Antiques

We pay top \$ for antique furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks. Schefer Antiques @ 703-241-0790. Email: theschefer@cox.net

POTOMAC ALMANAC CLASSIFIED

Classified or Home • Lawn • Garden:
703-917-6400

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

21 Announcements

21 Announcements

21 Announcements

Help for people with

MACULAR DEGENERATION

Find out if special glasses can help you see better.

Call for a FREE phone consultation with Dr. Armstrong, Optometrist

Offices in: Roanoke, Charlottesville, Harrisonburg, Wytheville

(866) 321-2030

Dr. David L. Armstrong VirginiaLowVision.com

21 Announcements

21 Announcements

21 Announcements

Outer Banks, NC Vacation Homes!

Brindley Beach
VACATIONS & SALES

Over 500 Vacation Homes, from Duck to Corolla, Oceanfront to Soundfront, Private Pools, Hot Tubs, Pets and More...

Book Online at www.brindleybeach.com

1-877-642-3224

"SERVICE FIRST... FUN ALWAYS!"

21 Announcements

21 Announcements

21 Announcements

LIFETIME METAL ROOFING

by VaCarolina Buildings, INC



100% Financing
Free Estimate
Free Roof Inspection

1.800.893.1242
metalroofover.com

21 Announcements

21 Announcements

21 Announcements

Help for people with

Macular Degeneration

Find out if special glasses can help you see better.

Call today to schedule your FREE Low Vision Screening.



888-700-8067

www.LowVisionMD.org

HOME & GARDEN

POTOMACALMANAC.COM
ZONE 5: POTOMAC
AD DEADLINE: MONDAY NOON • 301-983-1900

GUTTER

GUTTER

IMPROVEMENTS

IMPROVEMENTS

LANDSCAPING

GUTTER CLEANING

Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES

lic/ins 703-802-0483 free est.
email jamie@lawnsandgutters.com
web: lawnsandgutters.com
Friendly Service with a Friendly Price!



HANDYMAN

HANDYMAN



Hand and Hand Handyman

General Remodeling
Residential & Commercial
Specializing in:

Kitchen/Bathroom/Basement Remodeling
Plumbing • Electrical • Custom Carpentry
Doors Windows • Hardwood Floors
Crown Molding • House Cleaning
Interior/Exterior Painting • Brick/Stone Work
Ceramic Tile • Decks, Fences, Patios
HOA Maintenance, Granite Counter Tops
Realtors Work and Much More

Licensed and Insured Serving Northern Virginia

703-296-6409

IMPROVEMENTS

IMPROVEMENTS



R&N Carpentry

♦BASEMENTS ♦BATHS ♦KITCHENS
Foreclosure specialist/Power washing
♦Exterior Wood Rot More!
Deck & Fence repair, Screen Porches
No jobs too large or small
Free est. 37 yrs exp. Licensed, Insured
703-987-5096

Picture Perfect Home Improvements

(703) 590-3187 www.pphionline.com

Remodeling Bathrooms, Kitchens & Basements

• FREE Estimates Exterior & Interior Repair,
• FAST & Reliable Service Painting, Carpentry, Wood Rot,
• EASY To Schedule Drywall, All Flooring, Decks
• NO \$\$\$ DOWN!

Handyman Services "If it can be done, we can do it"
Available Licensed — Bonded — Insured

A&S Landscaping

• All Concrete work
• Retaining Walls • Patios
• Decks • Porches (incl. screened) • Erosion & Grading Solutions
• French Drains • Sump Pumps
• Driveway Asphalt Sealing



703-863-7465

LICENSED

Serving All of N. Virginia

POTOMAC ALMANAC CLASSIFIED

Classified or Home • Lawn • Garden:
703-917-6400

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting

We Accept All Major Credit Cards

Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827 Fax: 703-830-3849

E-mail: rncontractorsinc@gmail.com

www.rncontractors.com

LANDSCAPING

LANDSCAPING

GARDENER

Energetic gardener, Speaks French & English. Fall Cleanup, weeding, planting, edging, mulching, maintenance. Excellent Potomac references.

301-980-8258

PINNACLE SERVICES, INC. LAWN SERVICE

MOWING, TRIMMING, EDGING, MULCHING & TRIM HEDGES

Friendly Service for a Friendly Price

703-802-0483

ANTONIO LAWN & LANDSCAPING

Spring Cleanup • Lawn Mowing • Edging
Mulching • Planting • Patios
Expert Trimming & Removal • New Beds Made
Outline/Extend Existing Beds
Repairs • New Installations • & Much More

CALL NOW FOR FREE ESTIMATE
571-201-5561

MASONRY

MASONRY

Potomac Masonry

703-498-8526

New Installations & Repairs
Stone - Flagstone - Brick - Concrete
FREE ESTIMATES!!



Lic. & Ins
potomac-masonry.com



3rd Generation Masonry Company Family Owned & Operated Since the 1950s MASONRY SPECIALIST, LLC

For All of Your Masonry Needs
Custom Design, Installation, Repairs & Restoration

BRICK - FIELDSTONE
FLAGSTONE - CONCRETE

EP Henry & Belgard Pavers
Patios, Walkways, Driveways, Retaining & Decorative Walls

703-443-2308

Go to www.masonryspecialist.com for ideas, pictures & coupons!
All Work Guaranteed - Licensed & Fully Insured
Class A License #VA2705087240A

A&S LANDSCAPING

Planting • Mulching • Sodding
Patios • Decks • Driveway Sealing,
Asphalt • Retaining Walls
Erosion Control • Drainage Solutions
703-863-7465

EMPLOYMENT

ZONE 5: POTOMAC

AD DEADLINE: TUESDAY 11 AM • 301-983-1900

BUSINESS OPP

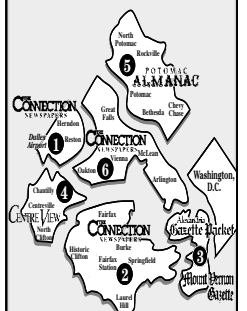
TELEPHONE

A great opportunity to WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

Employers:

Are your recruiting ads not working in other papers?

Try a better way to fill your employment openings



• Target your best job candidates where they live.

• Reach readers in addition to those who are currently looking for a job.

• Proven readership.

• Proven results.

THE CONNECTION
to your community

703-917-6464

classified@connectionnewspapers.com

Great Papers • Great Readers
Great Results!

Thanks, Coach...

By KENNETH B. LOURIE



...my Certified Holistic Health Coach, Rebecca Nenner, that is. (Visit www.healthcoachdiva.com for information leading to a healthier lifestyle.) More than a coach, Rebecca is my friend – and has been for many years. A former co-worker at the Connection Newspapers, Rebecca is as passionate about health and fitness as I am about the Boston Red Sox. She has been my guiding hand now for over five years, most especially when I was first diagnosed with stage IV lung cancer back in February, 2009. Although there are no whistles involved in her coaching, there are phone calls, e-mails, YouTube videos, Webinars and miscellaneous other advisories regularly landing in my in box. To say Rebecca has saved my life might be an overstatement, given that I am being treated by an oncologist; however, she has given me an alternate perspective on what I can do to help my body survive my treatment and live like I have a present and a future, a gift if ever there was one.

To say that I was a bad eater (think problem child) would be unfair to any child ever characterized as a “bad eater.” My joke was: I eat about 10 things – all the time: meat and potatoes, bread and butter, bagels and cream cheese, pizza and more pizza; cake, cookies, candy and ice cream; bologna and hot dogs; sugary drinks for breakfast, lunch and dinner; salty snacks. I could go on, but I’m sure you get the picture, as Rebecca certainly did; and presumably you’ve noticed no mention of salad, fruits or vegetables included in my list. I wouldn’t say – or even admit to, intentionally ignoring the produce section in the supermarket but one would be hard-pressed to notice me walking toward that outside-aisle-type area of the store unless it was on the way to the Entenmann’s display. Typically, I shopped in the middle aisles where generally speaking, all the canned, pre-packaged, processed, non-organic, less expensive and shall we say, less healthier alternatives were/are readily available.

Though I had healthy parents who both lived well into their 80s, neither of whom ever exhibited any history of cancer, I was diagnosed with terminal lung cancer at age 54 and a half, a long-time non-smoker to boot. I was given a “13-month to two-year” prognosis at the time. Processing that kind of information doesn’t happen overnight, I can tell you that. But eventually, you begin to sift through your options, traditional and otherwise, and proceed on a course of treatment/action that either stands you pat or changes you. I decided change was necessary and sought out Rebecca’s help.

The goal was to make my body’s blood chemistry (ph balance) as high and as inhospitable to cancer cells as possible by eliminating certain foods (basically everything I eat), and try to increase the oxygen in my blood stream and minimize the acid. The goal: to strengthen my immune system for the fight ahead. This meant – among other avenues – drinking alkaline water (using a machine that converts tap water to alkaline water, highly oxygenated), and following an alkaline diet: 75 percent alkaline and 25 percent acid. In addition to eating different foods than I ever used to (I give myself a “C;” friends who know my eating habits say I deserve an “A”), I take about 40 pills a day: Turmeric and Curcumin, Royal Jelly, Sea Kelp, Ubiquinol, Pancreatic Enzymes, Chinese Chlorella and Spirulina, Red Krill Oil, Juice-Plus multivitamins: Orchard, Vineyard and Garden blends; Resveratrol, probiotics, vitamin C, vitamin D; in addition, I mix/drink baking soda with 8 oz. alkaline water once a day; I mix/drink one tablespoon of Bragg’s Organic Apple Cider, with the “mother,” into my alkaline water once a day; spoon out 4 table-spoons of puréed asparagus twice a day; make fresh fruit/fresh vegetable smoothies once a day which also include flaxseed oil, almonds, hemp seeds, organic blackstrap molasses (unsulfured), and maybe even ginger if I can stand it (it’s very strong). I’ve recently added wheat grass and almond milk to my regimen. Next up will be apricot kernels and whatever else Rebecca tells me – within reason, because I’m still very particular and this whole eating thing is practically impossible for me to maintain.

What does all this stuff do? I don’t really know, but Rebecca does and I trust her. And five years later, I’m living proof. Even though I’m a survivor and a believer, I’m not a very good explainer. As I’m fond of saying, I know sports and chocolate. Rebecca does know more than that, a lot more, and for that, I am eternally grateful – and extremely fortunate to have her in my corner, because this cancer thing is definitely a fight.

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

PEOPLE

Five from Troop 706 Become Eagle Scouts

Five new Eagle Scouts were awarded their Eagle medals by Troop 706 of Our Lady of Mercy Catholic Church in Potomac, on Sunday, March 9.

David Bjorklund, Charlie Blackwood, Brendan Clark, Matthew Fisher and Liam Gibson received Boy Scout’s highest honor, the rank of Eagle, during the Eagle Court of Honor ceremony that included a candlelight procession through the various ranks of scouting on their “Trail to Eagle.” Each earned their new rank at various times over the course of the past year and waited until now so they could have their ceremony together.

All five boys joined Cub Scouts as youngsters in elementary school and Boy Scouts in fifth grade. To complete their Eagle Rank, each devoted numerous hours toward their Eagle Scout Project. David Bjorklund, a senior at St. John’s College High School, re-landscaped a Catholic preschool entranceway by removing graffiti, installing a French drain,

laying paver pads for six benches and planting shrubs. Charlie Blackwood, a sophomore at Gonzaga College High School, removed overgrown shrubs and a broken flagpole at St. Francis International School and St. Camillus Catholic Parish in Silver Spring. He replaced them with a new flagpole and surrounding plantings in the colors of the Maryland state flag. Brendan Clark, a sophomore at Georgetown Prep, converted an unused side yard at St. Francis International School into a prayer garden filled with flowering annuals, bushes, a tree and two benches. He also installed a 40-foot-long slate pathway and 36-square-foot patio. Matthew Fisher, a senior at St. John’s College High School, completed an oral history project for the Ladies Ancient Order of Hibernians, an organization for Catholic Women of Irish heritage. To help the Order in its mission to preserve the history and traditions of the Irish, Matthew’s team videotaped interviews of local Irish Americans. Liam



PHOTO CONTRIBUTED

New Eagle Scouts are, standing, David Bjorklund, Liam Gibson, Charlie Blackwood, and, seated, Brendan Clark and Matthew Fisher.

Gibson, a senior at Gonzaga Paul, deputy commander of the College High School, planned Naval Surface Force, U.S. Pacific Fleet, an also an Eagle Scout himself, spoke to the boys and the audience about the meaning of the Eagle Scout award, and challenged them to live their lives with honor, character and integrity.

Rear Admiral Christopher J. rity.

SPORTS BRIEFS

Churchill Spring Sports Update

The Churchill baseball team improved to 2-0 with a 9-0 win over Springbrook on March 31. In their first two games this season, the defending region champion Bulldogs outscored opponents 25-6. Churchill was scheduled to face Quince Orchard in a make-up game on Tuesday, after The Almanac’s deadline. The Bulldogs will host Walter Johnson at 3:30 on Wednesday, April 2. Churchill will travel to face Bethesda-Chevy Chase at 1:30 p.m. on Saturday, April 5 and will host Whitman at 3:30 p.m. on Monday, April 7. After winning its first two games, the two-time defending region champion boys’ lacrosse team was scheduled to host Einstein for a make-up contest on Tuesday, after The Almanac’s deadline. The Bulldogs have another make-up game scheduled for 7 p.m. on Wednesday, April 2 at Damascus.

The Churchill girls’ lacrosse team improved to 3-0 with a 16-11 win over Damascus on March 28 at Wootton High School. The Bulldogs had lost to the Hornets each of the last two seasons. Churchill faced Einstein in a make-up game on Tuesday, after The Almanac’s deadline. The Bulldogs will host B-CC at 7 p.m. on Friday, April 4.

Whitman Spring Sports Update

The Whitman baseball team, which won its first game of the season, was scheduled to face Gaithersburg in a make-up game on Tuesday, after The Almanac’s deadline. The Vikings will host Sherwood at 7 p.m. on Wednesday, April 2, and Richard Montgomery on Thursday, April 3.

The boys’ lacrosse team improved to 2-1 with a 6-5 victory over Blair on March 31. The Vikings have road games in the near future against Northwest (7 p.m., April 2), Blake (noon, April 5) and Churchill (7 p.m., April 8). Whitman will host Wootton at 7 p.m. on April 4. The girls’ lacrosse team defeated Blair 10-4 on March 31, improving its record to 2-1. In the next week, the Vikings have home games against Northwest (7 p.m., April 2), Blake (noon, April 5) and Churchill (7 p.m., April 7). Whitman will travel to face Wootton at 7 p.m. on April 4.



PHOTO BY COLLEEN HEALY/THE ALMANAC

Gathered in Green

Three generations of Blarney gathered last month to celebrate a St. Patrick’s Day birthday. Back row, from left, are Bill Caine, Sr.; Bill Caine, Jr. (born with the luck of the Irish); Sean Healy, and Charlotte Caine. Front row, from left, are Declan Healy and Anthony Caine.

\$2⁹⁹ LARGE CHEESE PIZZA TUESDAYS

TRY TOPPING THIS DEAL!

Buy any Large Pizza and Get a
Second Large for Only \$2.99!*

EVERY TUESDAY
ALL DAY!

POTOMAC PIZZA.

www.potomacpizza.com

Dine-in, Carry-out, Delivery & Catering
Serving Our Communities Since 1978



*Not valid with other offers • Toppings extra
Dine-in and carry-out only • No coupon necessary



CHEVY CHASE CENTER

301 951 1127

19 Wisconsin Circle
Chevy Chase, MD 20815

POTOMAC PROMENADE

301 299 7700

9812 Falls Road
Potomac, MD 20854

TRAVILLE VILLAGE CENTER

301 279 2234

9709 Traville Gateway Drive
Rockville, MD 20850

KENTLANDS MARKET SQUARE

301 977 9777

625 Center Point Way
Gaithersburg, MD 20878

Senior Living

APRIL 2014



A 70-year-old yoga student performs a handstand at OneAum Yoga in Potomac. Instructor Sean . FM says he teaches seniors with a wide range of abilities.

Potomac
ALMANAC

INDEPENDENT LIVING

BROOKE GROVE RETIREMENT VILLAGE

CORDIALLY INVITES YOU TO ATTEND AN

OPEN HOUSE

THURSDAY, APRIL 10, 2014

11 A.M. – 2 P.M.

Westbrooke Clubhouse

18310 Slade School Road • Sandy Spring, MD 20860

DISCOVER THE CASUAL ELEGANCE & COMFORT OF THE COTTAGES INDEPENDENT LIVING.

EXPLORE WESTBROOKE CLUBHOUSE, ITS RESTAURANT AND FITNESS CENTER.

ENJOY OUR 220-ACRE CAMPUS OF LUSH PASTURES AND HARDWOOD FOREST.

Please RSVP to Toni Davis at 301-388-7209 or tdavis@bgf.org by April 7.

BECAUSE WHAT SURROUNDS YOU
REALLY MATTERS.



RESIDENTIAL COTTAGES ASSISTED LIVING SKILLED NURSING CARE
MEMORY CARE REHABILITATION

18100 Slade School Road, Sandy Spring, MD 20860 • 301-260-2320 or 301-924-2811 • www.bgf.org

Senior Living

Seniors Rush to Yoga

Yoga teachers, research point to health benefits for seniors.

BY MARILYN CAMPBELL
THE ALMANAC

Shortly after 10 a.m. on any given Tuesday or Thursday morning, 84-year-old Lola Wulchin can be found slowly stretching into a downward facing dog pose or lunging into a warrior one posture. The Vienna resident has been a yoga devotee at East Meets West Yoga Center in Vienna for slightly more than two years. In fact, she credits twice-weekly, gentle yoga practice with boosting her health and improving her quality of life.

"I had been bothered by a lot of neck pain from arthritis," said Wulchin. "I had seen a pain management doctor who gave me shots, I had physical therapy, but I still had neck pain and very little range of motion."

A turning point came after she was struck by a passing comment from one of her doctors. "My neurologist mentioned that his wife had been doing yoga for back pain and it had helped. So I decided to try it."

Wulchin embarked on a twice-weekly ritual that she describes as life changing. "My gentle yoga classes have been a God-send," she said. "I have less pain now. I still



PHOTO COURTESY OF EAST MEETS WEST YOGA CENTER

Linda Liberatucci, 67, Colette Ashley, 70+, Ann Mandelbaum, 68, Lola Wulchin, 84 and Frankie Gibson, 74, do a downward facing dog pose during gentle yoga class at East Meets West Yoga Center in Vienna.

have some stiffness, but I have a better range of motion."

She isn't the only senior to reap the benefits of yoga. Researchers at the American

Congress of Rehabilitation Medicine and the American Academy of Physical Medicine and Rehabilitation conducted an eight-week study of 23 adults aged 62 to 83 years old.

They designed a yoga program for that age group with the goals of improving lower-body strength and flexibility. Participants

SEE YOGA, PAGE 6

Keeping up with Neal Gillen

Potomac attorney, open-water swimmer doesn't slow down.

BY MARILYN CAMPBELL
THE CONNECTION

The fog was thick in San Francisco as waves crashed against the rocks in the Pacific Ocean. It was a cold morning and 73-year-old Neal Gillen found himself fighting against the current, gulps of salt water burning his mouth. Far from his Potomac home, he was heading for Alcatraz.

As he forged through the two-foot swells in the water's 55-degree temperatures, Gillen knew he was in one of the most difficult swims of his life. He was competing in the Orca Alcatraz Challenge Aquathlon & Swim, a 1.5 mile race in the San Francisco Bay.

Gripped by pain in his legs and lower back, Gillen found the mental strength to keep going by focusing on Mary-Margaret Gillen, his wife of 50 years, and their daughters Lauren, of Washington, D.C., and Donnelly, of Oakland, Calif.

During that race, the currents around Alcatraz were the most ferocious in the swim's history. Gillen fought his way to the finish, and when he finally he felt the grit



PHOTO BY MARILYN CAMPBELL/THE ALMANAC

Dozens of family photos and an array of brightly colored equestrian ribbons fill the bookshelves in the light-filled family room of Mary-Margaret and Neal Gillen's home.

of the sandy shore on his fingertips, he knew he'd made it. In fact, he medaled: Gillen finished first in his age group and was the oldest swimmer to finish the race.

"I was exhausted, disoriented and thirsty," he later wrote of the event. "I tried to smile as I listened to the shouts of congratulations, but what I needed was something to hold onto so that I could steady myself."

For Gillen, the desire to to such a swim is not out of the ordinary. "I've always been a dare-devil, even as a kid," he said. "If there was a challenge, I'd take it."

SEE GILLEN, PAGE 8

**POTOMAC
ALMANAC**

Senior Living

IS PRODUCED BY
CONNECTION NEWSPAPERS
WWW.CONNECTIONNEWSPAPERS.COM
LOCAL MEDIA CONNECTION LLC

FOR MORE INFORMATION,
CALL 703-778-9431 OR EMAIL
SALES@CONNECTIONNEWSPAPERS.COM

Senior Living

Aging in Place Gracefully

BY MARILYN CAMPBELL
THE ALMANAC

The AARP reports that nearly 80 per-cent of adults age 65 and older want to re-main in their current homes as long as possible. That population is growing. Ac-cording to the Department of Health and Human Ser-vices' Administration on Aging, the population 65 years or older numbered 39.6 million in 2009. By 2030, that number will grow to about 72.1 million.

While people are living longer and healthier lives, there are still barriers to aging in place, including medication management, self-care, socialization and transportation. But there are innovative strategies and initiatives to help combat these roadblocks.

"We're showing people how to modify their home so that it is accessible," said said Robert C. Eifert, the Long Term Care Program manager for the Fairfax County Health Department. Fairfax and other local counties are conducting workshops on how to make a home safe for a senior who wants to live alone. "We're talking about things like adding a ramp to your front door, changing your door knobs and cabi-net handles for people who have arthritis in their hands."

"There are wonderful emerging technologies that allow adult children to monitor their parents who live alone," he said. "It is not intrusive. There are not cameras involved, but there are motion sensors. For example, if there is no movement in the morn-ing, an adult child might think, 'Hmmm, I need to check.'"

Andrew J. Carle, director of the Senior Housing Administration at George Mason University, recom-mends First Street for Boomers and Beyond (www.firststreetonline.com) which offers products for seniors and their caregivers. "Products like a nice walk in bathtub for seniors or an alarm that reminds you when to take your medicine are things you can do to change your home and make it safe."



Members of the Osher Lifelong Learning Institute at George Mason University take an educational field trip. OLLI is also offered at American University and the University of Maryland and other places around the country. See www.osherfoundation.org

A LACK OF SOCIAL interaction and mental stimu-lation can contribute to depression and mental de-terioration, Carle said. Organizations like the Osher Lifelong Learning Institute (OLLI) at George Mason University, offer opportunities for intellectual stimu-lation and cultural experiences for retirees in North-ern Virginia.

"OLLI, as we call it, is for people who don't want to sit around and watch television all day," said Carle. "Professors volunteer their time to give lectures on art, history, science and other topics. Listening to pro-fessors speak about stimulating topics helps keep their brains sharp."

Jennifer Disano, OLLI's executive director, says the group has 1,200 members, and is funded by an en-dowment from the Bernard Osher Foundation. The group's main campus is in Fairfax, but other cam-puses are in Reston and Sterling. It serves the needs of those who might not feel comfortable in tradi-tional college classrooms and don't want the pres-sure of writing papers and taking tests, but are still interested in learning.

"We have people here who were economists and worked with finance, but in their retired life they want to explore areas ... like art classes or history classes," she said.

One of those members is 76-year-old John Woods. He has attended three to four OLLI events a week for 10 years. "We have a wide variety of profession-als and a wide variety of groups that meet," he said. "We have a group that meets to talk about financial investments. Another group meets every Monday morning at 9 a.m. and looks at the past week's head-lines from the Washington Post, New York Times and Wall Street Journal. They have insights that are im-portant. The stimulating thing is sharing ideas among ourselves.

VILLAGES ARE community-based organizations designed to help members help each other remain independent and in the communities of their choice.

"Back in 2000, villages started with a group in Bos-ton, and in 2007 there was a big boom," said Barbara Sullivan, executive director of Mount Vernon at Home in Mount Vernon. "It is community-based. Every village is different, but they're there for people who want to age in place."

Eiffert, of George Mason, says village members de-fine the type and scope of services. "A good starting point when creating a vil-lage is to survey the com-munity members to deter-mine their needs," he said. "We provide technical as-sistance to community groups that are interested in putting together a vil-lage and encouragement on what models work best for their community. Fairfax County is working with Montgomery County to rewrite the manual on how to start a village."

There are a few different models, including the "Concierge Village," which is a non-profit model that coordinates access to an array of services through vetted providers, including transportation, home re-pairs, care coordination and computer technicians. Most also include social and educational activities. Members arrange for services by calling a central phone number, and pay annual dues that can range from \$500 to \$800 for an individual and \$700 to \$1,200 for a couple.

The "All Volunteer" model organizes community volunteers to provide services and support to oth-ers. There are no paid staff. In some cases, hours donated by volunteers are "banked" and can be used in the future if the volunteer needs services or assis-tance. The "Neighborhood Network" is also infor-mal. Groups meet on a regular basis to hear speak-ers on topics of interest selected by members.

ANOTHER BIG GAP is medication management, Eiffert said. "If someone can't manage their own medication and can't afford to pay someone to come in to do it for them, that is a service gap that forces people into assisted living facilities."

Carle agrees that the decision to age in place is complicated. "The first knee-jerk reaction is that when asked, seniors want to stay in their own homes," he said, adding that those surveys can be misleading: "The surveys are not always credible if you're surveying people who are 50-plus. I'm 54 and of course I want to stay in my house, but ask me again in 20 years. I think they should be surveying people who are 75-plus."

In addition, "people don't always understand the

Many local techniques and programs can help seniors stay in their homes longer.



PHOTOS COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE

Members of the Osher Lifelong Learning Institute (OLLI) at George Mason University play music for their peers.



Organizers of the Potomac Community Village are, from left, Nelly Urbach, Jane Blocher and Shirley Dominitz. "The village concept is a community of neighbors who both give and receive help as needed. Although services are targeted to older people, members of the village can be of all ages. We want to encourage people who represent all segments of the Potomac Community to become involved," said Urbach.

economic, social and safety aspects of it," he added. "You can create all kinds of technology and univer-sal designs to create a house for aging in place, but a

Local Villages

Potomac Community Village

Mission Statement: To help the residents of the Potomac community remain in their homes and live with dignity as they get older. Visit potomaccommunityvillage.org or call 240-221-1370.

Potomac Community Village is using Montgomery County's "Village Blueprint" as a guide for organizers about the process of initiating and developing a Village in their community.

Find the "Village Blueprint" here: http://www.montgomerycountymd.gov/bcc/resources/files/finalvillageblueprint_2011.pdf

senior might not be able to afford it. It could end up costing far more than the best assisted living facility in town."

Granny Pods, small prefabricated homes that allow families to house their relatives in small backyard cottages, are another alternative. "These small living units allow you to put an elderly rela-tive in your backyard and hook up to your elec-tricity," said Carle.

Senior Calendar

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.

FRIDAY/APRIL 4

Sugarloaf Crafts Festival. 10 a.m.-6 p.m. at Montgomery County Fairgrounds, 16 Chestnut St., Gaithersburg. More than 250 American artisans will show and sell their handcrafted work. Browse pottery, sculpture, glass, fashion, metal, fine art and more. Food, demonstrations, children's activities and live music will also be available. \$8/online or \$10/door for adults; children under 12 are free. Visit www.sugarloafcrafs.com or call 800-210-9900.

SATURDAY/APRIL 5

Sugarloaf Crafts Festival. 10 a.m.-6 p.m. at Montgomery County Fairgrounds, 16 Chestnut St., Gaithersburg. More than 250 American artisans will show and sell their handcrafted work. Browse pottery, sculpture, glass, fashion, metal, fine art and more. Food, demonstrations, children's activities and live music will also be available. \$8/online or \$10/door for adults; children under 12 are free. Visit www.sugarloafcrafs.com or call 800-210-9900.

Artist Roundtable. 2 p.m. at VisArts, 155 Gibbs St., Rockville. Featuring artists, from "Abstraction: Finding the Thread." Free. Visit www.visartscenter.org or call 301-315-8200.

Opening Reception. 3 p.m.-6 p.m. at River Road Unitarian Universalist Congregation, 6301 River Road Bethesda. Opening reception for Group of Four featuring the work of George L. Smyth, Barry Schmetter, D. B. Stovall, and Scott Davis. Call 301-229-0400 before attending. Visit www.rruuc.org for more.

Meet the Artists. 6-10 p.m., meet the artists of "Expressions in Glass" in the Popcorn Gallery at Glen Echo Park, 7300 MacArthur Blvd. Glassworks resident artist Paul Swartwood will exhibit works in blown glass, along with artists Mark Hill, Carol Hurwitch, Allan Jaworski, and Kevin Lurie, with whom he collaborated. Free. Visit www.glenechopark.org or 301-634-2222.

Chamber Music. 7:30 p.m. at Bradley Hills Presbyterian Church, 6601 Bradley Blvd., Bethesda. The Bradley Hills Presents Concert Series will feature The Thirteen in the final concert of the season. A reception to meet the artists will follow the concert. \$20, \$15/seniors and students, at the door. Visit www.bradleyhillschurch.org/concerts for more.

SUNDAY/APRIL 6

Sugarloaf Crafts Festival. 10 a.m.-5 p.m. at Montgomery County Fairgrounds, 16 Chestnut St., Gaithersburg. More than 250 American artisans will show and sell their handcrafted work. Browse pottery, sculpture, glass, fashion, metal, fine art and more. Food, demonstrations, children's activities and live music will also be available. \$8/online or \$10/door for adults; children under 12 are free. Visit www.sugarloafcrafs.com or call 800-210-9900.

College Prep Class for Jews. 7:30 p.m. at the Jewish Community Center of Greater Washington, 6125 Montrose Road, Rockville. Learn how to incorporate Jewish lifestyle into your collegiate years. Free admission, contact shoreshhebrewhigh@gmail.com.

MONDAY/APRIL 7

Information Session. 7:30 p.m., at the Rockville Memorial Library, 21 Maryland Ave, Rockville. The Literacy Council of Montgomery County will hold an information session for volunteers interested in helping adults learn to read, write, or speak English. Call 301-610-0030, email info@literacycouncilmcmd.org, or visit www.literacycouncilmcmd.org for more.

WEDNESDAY/APRIL 9

Information Session. 10:30 a.m. at Rockville Memorial Library, 21 Maryland Ave, Rockville. The Literacy Council of Montgomery County will hold an information session for volunteers interested in helping adults learn to read, write, or speak English. Call 301-610-0030, email info@literacycouncilmcmd.org, or visit www.literacycouncilmcmd.org for more.

THURSDAY/APRIL 10

Spring Fashion Show. 11 a.m. at Norbeck Country Club, 17200 Cashell Road, Rockville. Boutique opens at 11 a.m., lunch at noon and fashion show at 1 p.m. Proceeds benefit BNC Sustaining the Mind: Research for Neurodegenerative Diseases. \$35, reservations required by March 31. Contact Sheila at 301-924-0006 or jaxshe@aol.com.

Final Series Meeting. 6 p.m. at the Park and Planning Montgomery Regional Office Building Auditorium, 8787 Georgia Ave., Silver Spring. The Montgomery County Planning Department is hosting the third and final session of their Winter Speakers Series with a focus on housing. Free. Visit www.montgomeryplanning.org for more.

SUNDAY/APRIL 13

Tiger Trot 5K Run and Walk. 8:30 a.m. at Connelly School of the Holy Child, 9029 Bradley Blvd. Runners and walkers of all abilities can participate. Proceeds benefit Holy Child and Cabin John Park Volunteer Fire Department. Visit www.holychild.org/tigertrot to register, or register day of event.

WEDNESDAY/APRIL 16

Candidates Forum. 6:30 p.m. at Rockville Memorial Library, 21 Maryland Ave., Rockville. The Montgomery County Civic Federation (Civic Fed), the Montgomery County Taxpayers League and the Parents' Coalition of Montgomery County, Maryland announce the County Executive Candidates Forum. All four county executive candidates have agreed to participate. Visit www.montgomerycivic.org.

Divorce Seminar. 7-9 p.m. at Shulman Rogers Bldg. 6th Flr., 12505 Park Potomac, Ave., Potomac. Collaborative Divorce Process Seminar - a little less painful way to divorce. Free, but reservations required. Email jdamico.cdrp@gmail.com.

SUNDAY-TUESDAY/APRIL 27-29

Training. Jewish Social Service Agency is seeking volunteers for its Hospice and Transitions programs. The upcoming 20-hour specialized training for prospective volunteers is from 9 a.m.-4 p.m. at JSSA, 6123 Montrose Road, Rockville. Jewish Social Service Agency's Hospice and Transitions programs provide professional care and volunteer support to seriously and terminally ill individuals and their families in our community. They also provide bereavement support for 13 months following a loved one's death. Applications and interviews will be required for those interested in the volunteer training. Volunteers must be over the age of 18. Contact Amy Kaufman Goott at 301-816-2650 or agoott@jssa.org. Visit www.jssa.org for more.

MONDAY/APRIL 28

Winds for Warriors Charity Gala. 7:30 p.m. at the Music Center, 5301 Tuckerman Lane. The Capital Wind Symphony will hold a gala with proceeds benefitting the Wounded Warrior Project. Visit www.strathmore.org.

SATURDAY/MAY 3

A-RTS. 11 a.m.-6 p.m. at Rockville Town Square Plaza, 200 E. Middle Lane. Local, regional and national artists will sell original pieces, there will be music and more. Free. Visit www.a-rts.org for more.

SUNDAY/MAY 4

A-RTS. 11 a.m.-5 p.m. at Rockville Town Square Plaza, 200 E. Middle Lane. Local, regional and national artists will sell original pieces, there will be music and more. Free. Visit www.a-rts.org for more.

SUNDAY/MAY 18

Run for the Animals. 8-10 a.m. at Wheaton Regional Park, 2000 Shorefield Road, Silver Spring. Hosted by Poplar Spring Animal Sanctuary, run a 5K or enjoy a fun 1-mile walk. Proceeds benefit Poplar Spring. There will be food, prizes, raffles and more. Tickets are \$25-\$30. Visit www.animalsanctuary.org or poplarspring.kintera.org for more.

Seniors Rush to Yoga

FROM PAGE 3

attended two 90-minute yoga classes per week, and were asked to complete at least 20 minutes of directed home practice on alternate days.

The study found yoga programs tailored to elderly adults can be a cost-effective way to prevent or reduce age-related changes, specifically an increased risk for falls, dependency and other ailments.

Local yoga teachers agree, saying that while yoga classes designed for the 55 and older crowd are increasing in popularity, myths about the practice keep some seniors out of yoga studios.

“The main thing that I hear is that you have to already be flexible to do yoga,” said Sandy Pradas of Joyful Heart Yoga in Mount Vernon. “People look at pictures in magazines of people wrapping their legs around their necks or doing other advanced poses and they think, ‘If I can’t do that, then I can’t do yoga.’”

Pradas, whose students are mostly between 50 and 75 years old, said, “Everybody can do yoga, but there are a lot of types of yoga and not every type is good for everybody.”

Dawn Curtis, owner of East Meets West Yoga Center, recently completed a course at Duke Integrative Medicine and believes an increasing interest in yoga among seniors will be known as the Silver Tsunami.

“That is baby boomers going into yoga,” she said. “Yoga for seniors is going to be



Arlington seniors take a hatha yoga classes. A recent study showed yoga programs specifically designed for seniors can improve strength and flexibility.



PHOTO COURTESY OF EAST MEETS WEST YOGA CENTER

Seniors Linda Liberatucci, 67, Colette Ashley, 70+, Ann Mandelbaum, 68, Lola Wulchin, 84 and Frankie Gibson, 74, do a downward facing dog pose during gentle yoga class at East Meets West Yoga Center in Vienna.

“Everybody can do yoga, but there are a lot of types of yoga and not every type is good for everybody.”

— Sandy Pradas, Joyful Heart Yoga

the biggest target audience that yoga teachers are going to have because of the number of baby boomers who are looking for alternative ways of exercise because they are not going to be able to keep up with impact exercises like running.”

In fact, she says gentle yoga classes are among the most popular at her studio. “I have students who are as old as 84. We deal with people who can’t get on the floor,” she said. “We use chairs. We work on balance because that is a main concern among seniors. We work on coordination because that is another thing that tends to diminish as we age.”

Jennifer Collins, a countywide program specialist in the Office of Senior Adult Programs in Arlington, said that yoga classes that are specifically tailored for those 55 and

older are among her office’s most popular.

“Some of our [yoga] classes fill up within minutes of opening,” said Collins. “We have people sitting at computers at our senior centers ready to register as soon registration opens because they know the classes are going to fill.”

Sean .FM (yes, that is his name) of OneAum in Potomac, works with seniors with a wide range of abilities. He said it’s important to find a class that is a good fit.

“There are many kinds of seniors,” he said. “There are seniors that are immobile and some who are really active. We have a student who is almost 70 and I just taught him how to do a handstand. We created Yoga Rx for those with mobility issues. We work them in the chairs. We also do a lot of private sessions.”

George Lynch, fitness director at Vinson Hall Retirement Community in McLean, is planning to incorporate yoga classes into the community’s fitness program. The instruction will be tailored to meet the needs of his clients. “We have residents who are in their 80s, 90s and some in their 100s. Everything we do is designed specifically for seniors.”

Andrew J. Carle director of the Senior Housing Administration at George Mason University said an increasing number of retirement communities are offer yoga classes as part of their fitness programs. “The future of senior housing will include science-based wellness activities like yoga,” he said. “Anything that gets us beyond senior activities such as birthdays, Bibles, bingo and bridge is a step up.”

PHOTO COURTESY OF ONEAUM YOGA

A 70-year-old yoga student performs a handstand at OneAum Yoga in Potomac, Md.



Senior Calendar and Volunteer Opportunities

VOLUNTEER OPPORTUNITIES

Jewish Council for the Aging is looking for senior volunteers to **teach and coach computer classes** at on site in Rockville and Gaithersburg. Classes are designed to help seniors refresh or advance computer skills and learn to use social media. Courses being offered are beginner and intermediate Windows 7, Microsoft Excel, creating photo books and videos, iPad and more. Visit www.AccessJCA.org. If interested, contact Robin Blackman at seniortech@accessjca.org or 240-395-0916.

The Montgomery County Board of Elections is seeking **bilingual voters** to work at early voting sites and at polling places on Election Day. Voters with Spanish speaking fluency are especially needed. Bilingual voters are needed for Election Day, which is on Tuesday, June 24, and during Early Voting every day from June 12 to June 19. If interested, contact the Montgomery County Board of Elections at 240-777-8532, download an election judge questionnaire from www.777vote.org, or e-mail Dr. Gilberto Zelaya at gilberto.zelaya@montgomerycountymd.gov.

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

Parks need support from the surrounding communities for volunteers to work at many visitor centers. Volunteers are needed to help visitors, take phone calls, operate the cash register and keep small gift shop stocked, and assist with special events and programming. Hours are flexible and each volunteer will receive an orientation to the Visitor Center and visitor services. Volunteers are needed at Cumberland, Hancock, Williamsport, Ferry Hill, Brunswick, Lander Lockhouse, Great Falls, and Georgetown. For locations between Cumberland and Lander, contact Curt Gaul at 301-582-0813 or curt_gaul@nps.gov. For Great Falls or Georgetown, contact Becca Jameson at 301-767-3709 or rebecca_jameson@nps.gov.

The Bethesda Urban Partnership is looking for volunteers to help assist with various local festivals including Taste of Bethesda in Oct. E-mail info@bethesda.org. BUP is a non-profit organization that handles landscaping and maintenance as well as promotion of the downtown through innovative marketing campaigns and large-scale events to foster an environment in which downtown Bethesda can thrive and prosper. **Call 301-215-6660, or email** info@bethesda.org.

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

To become a volunteer **Bike Patrol member** on the C&O Canal, contact Norman Liebow at liebow@comcast.net or 301-714-2218.

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

Volunteers are needed to assist sexual assault victims and their families through the **Victim Assistance and Sexual Assault Program** of the Montgomery County Department of Health and Human Services. To schedule an interview visit www.montgomerycountymd.gov/vasap or 240-777-1355.

ONGOING

Find information for home care, housing, transportation, or senior lifestyle issues by calling the **Senior HelpLine** at 301-255-4200. This free service, offered by the Jewish Council for the Aging, and open to everyone, provides expert referrals to more than 4,000 resources in the greater Washington, D.C. area.

County residents can drop off **bulky rigid plastic items** such as laundry baskets, kiddie pools, chairs, trash cans and pet carriers at the Shady Grove Solid Waste Processing Facility and Transfer Station. All items should be empty, rinsed and free of loose dirt, soil, etc.

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

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

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

Beginner's Yoga Classes at Village Yoga as well as Beginner's Gentle Flow class throughout week. 10154 River Road. For more information call 301-299-1948 or visit www.villageyogayogi.com.

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

English Literacy for Adults. The Literacy Council of Montgomery County offers free literacy classes in reading, writing, listening, speaking, from beginning to advanced levels, including classes that focus on employment skills. The council also offers one-on-one tutoring. Volunteers lead the classes, tutor and act as mentors. The fall class schedule and registration dates are available online. Anyone interested in signing up for a class or volunteering should contact the Literacy Council. Email info@literacycouncilmcmd.org or 301-610-0030.



Thomas Jefferson Memorial
Washington, D.C.

Spring Sightings

Spring is in the air, it's time to shake off the winter doldrums. Enjoy the vibrant colors of spring with a walk around the pond, visit nearby historic Occoquan or experience the excitement and culture of our nation's capital. Westminster at Lake Ridge promotes an active, vibrant lifestyle, with exceptional services and amenities. *You'll discover a life in full bloom!*

Call **703-791-1100** today to learn more about Westminster at Lake Ridge!

Westminster
at Lake Ridge
Northern Virginia's Best Kept Secret in Retirement Living

www.wlrva.org • 703-791-1100 • 12191 Clipper Drive, Lake Ridge, VA 22192



Now Open in McLean

Put your trust in our top doctors*



Paymaun Lotfi, MD Cyrus Press, MD Richard Layfield III, MD

Using state-of-the-art, minimally invasive surgery and procedures, our board certified orthopedic physicians have helped thousands of patients return to a pain free, active lifestyle.

- Minimally invasive Spine Surgery
- Sports Medicine • Arthroscopic Surgery
- Joint Replacement
- Shoulder and Upper Extremity Surgery
- Fracture and Trauma Care

14605 Potomac Branch Dr.
Suite 300
Woodbridge, VA 22191
703.490.1112

NOVA
ORTHOPEDIC & SPINE CARE
a division of The Centers for Advanced Orthopaedics

1515 Chain Bridge Rd.
Suite 202
McLean, VA 22101
703.763.5473

*Voted top doctors by Washingtonian and Northern Virginia Magazines

Visit us online at www.novaorthospine.com

Keeping up with Neal Gillen

FROM PAGE 3

Even his friends thought the Alcatraz swim was too much.

“He said to me, ‘Well Tyler, I’m getting ready to swim Alcatraz,’” said Potomac resident Tyler Abell, who has known Gillen since they worked together during the 1960s in the Lyndon Johnson Administration. “I said, ‘That’s crazy. No one has ever swum from Alcatraz to the mainland.’ But he did it. I think Neal is one of the most energetic guys I know. It’s amazing the things he does.”

Gillen has completed the Alcatraz swim four times, and he plans to compete again this year, this time swimming with his daughter Donnelly.

The master swimmer for the Montgomery County Ancient Mariners club has also competed in the Brooklyn Bridge Swim, and has medaled in swimming, as well as basketball, in the Maryland Senior Olympics. He’s qualified for the National Senior Olympics and was recently named to the Maryland Senior Olympics Commission.

Such hard work to maintain his physical well-being has paid off. Dressed in a crisp orange shirt, pressed khaki pants and hiking shoes, Gillen’s fit appearance belies his 76 years.

GILLEN GREW UP in a large Irish Catholic family in Queens, New York, which he credits in part for his drive and predilection for competition.

“I grew up in a house with four Type A women. Even getting to use the bathroom first in my house took determination,” he said of his family, which included his parents, three sisters and one brother. “I get my determination and drive from my mother, who was a very strong woman.”

In addition, “there were a lot of kids” in his apartment complex, “and there was always an opportunity for competition. As kids, everyone was vying for attention, whether it was playing marbles or basketball.”

Gillen graduated with honors from New York University in 1961 and earned his law degree in 1964 from the Georgetown University Law Center. Then he worked on the White House Presidential Advance team for the Lyndon Johnson Administration and served in the U.S. Navy as a member of the Naval Security Group.

Gillen then spent 43 years representing the American Cotton Shippers Association and its federated associations, eventually retiring in 2008 as executive vice president and general counsel. He is currently in private practice and represents a major New York commodity investment firm.

Gillen has found time to write eight novels based on his experiences: “Sugar Time,” “Capitol Punishment,” “Dinner in Bordeaux,” “Kitty’s Rules,” “Slamming the Close,” “The Night Clerks,” “Altar Boy” and “Lonely No More.” He has also written a memoir, “1954 Adventures in New York.” He is currently writing a series of short stories titled “Moments of Truth.”



Although driven and ambitious, Neal Gillen has a gentle side, which he shows when he plays with his English springer spaniel, Squire.

Gillen is a member of the board of The Writer’s Center in Bethesda and its former vice chairman, and the former secretary of the American Independent Writers.

“I read a lot,” said Gillen. “When it came to writing novels, I decided that I could do it. Even though I wrote a lot on trade policy and issues as a lawyer, I grew up with in a family that liked to talk. I was always listening to storytelling. Dialogue in a novel was never a problem for me.”

Potomac resident Joram Piatigorsky knows Gillen from the Writer’s Center. “Neal definitely loves literature,” said Piatigorsky. “He writes without self-promotion.”

Piatigorsky says that Gillen is steadfast when it comes to setting and reaching goals. “He has a lot of determination. He is very sincere in what he does. He is a person who sets his sights on what he wants to do. ... When things don’t go the way he wants them to go, he has a way of keeping focused, not getting hysterical and faltering. I have a lot of respect for him.”

Gillen’s gentle nature shows when his English springer spaniel, Squire, and cocker spaniel, Brodie, race into his living room, jump on the sofa and lick his face.

“You know you shouldn’t be up here,” he tells them. Squire snuggles in his lap, taking in Gillen’s gentle stroking.

Gillen, a 42-year Potomac resident, has been active in community civic affairs. He was a member of the Western Regional Advisory Committee, President of the West Montgomery County Citizens Association, Chairman of the Avenel Equestrian Center Council, the board of the Seneca Valley Pony Club, and as a co-founder of Fairness In Taxation, which succeeded in the passage of a referendum capping Montgomery County property taxes.

GILLEN’S WIFE, MARY-MARGARET, who he affectionately refers to as Mimi, has been an unwavering supporter and one of his biggest fans.

“Neal is very driven,” said Mary-Marga-

ret, who is also an attorney. “If he has a project, he completes it before it’s due. I’m impressed with the way he commits time and effort to accomplishing what he wants to do.”

She is also one of his advisors. “I’m critical of his writing,” she said. “I will make writing suggestions, but I never look to see if he’s adopted them.”

The two met when Gillen was in law school and Mary-Margaret was in college. It was love at first sight. “I knew when I saw her that she was the person I’d marry,” he said. “It was her willowy shape and blue eyes. She is brilliant, but also kind and considerate.”

His youngest daughter, Donnelly, an attorney in Oakland, Calif., said that Gillen has always been passionately committed to his family.

“He has always been a devoted father,” said Donnelly, who has swum with her dad in the Alcatraz aquathlon. “Both my parents were. They had demanding jobs, but were still able to give us so much time driving us to practices and helping us with our homework.”

Dozens of family photos and an array of brightly colored ribbons fill the bookshelves in Gillen’s light-filled family room. Ribbons represent the family’s equestrian success, another passion for which Donnelly credits her father.

Most important, said Donnelly, are the character traits the Gillens modeled for her and her sister, also an attorney. “My dad, and my mom as well, taught us to always put our best effort forward and keep working at something,” said Donnelly. “They always stressed that honesty, integrity and loyalty are the best qualities to have.”

Gillen shows no signs of slowing down. His desk is covered with work in progress and a side table in his office is overflowing with stacks of paper. The bookshelves hold legal tomes, current historical novels and biographies.

“A lot of people his age would take a more relaxed approach towards sports and writing,” said Donnelly. “I forget how old my parents are a lot of the time because there are so active. ... He is always someone who is going to keep his brain moving.”



Neal and Mary-Margaret Gillen