

Potomac ALMANAC

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The Potomac Village farmers market opened on Thursday, May 1. Carole Carrier of Plantmasters offers hanging flower baskets, cut flowers and plants for herb gardens.

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PHOTO BY MARY KIMM/THE ALMANAC



PHOTO BY DEBORAH STEVENS/THE ALMANAC

Potomac River (above and right) cresting after last week's heavy rains.



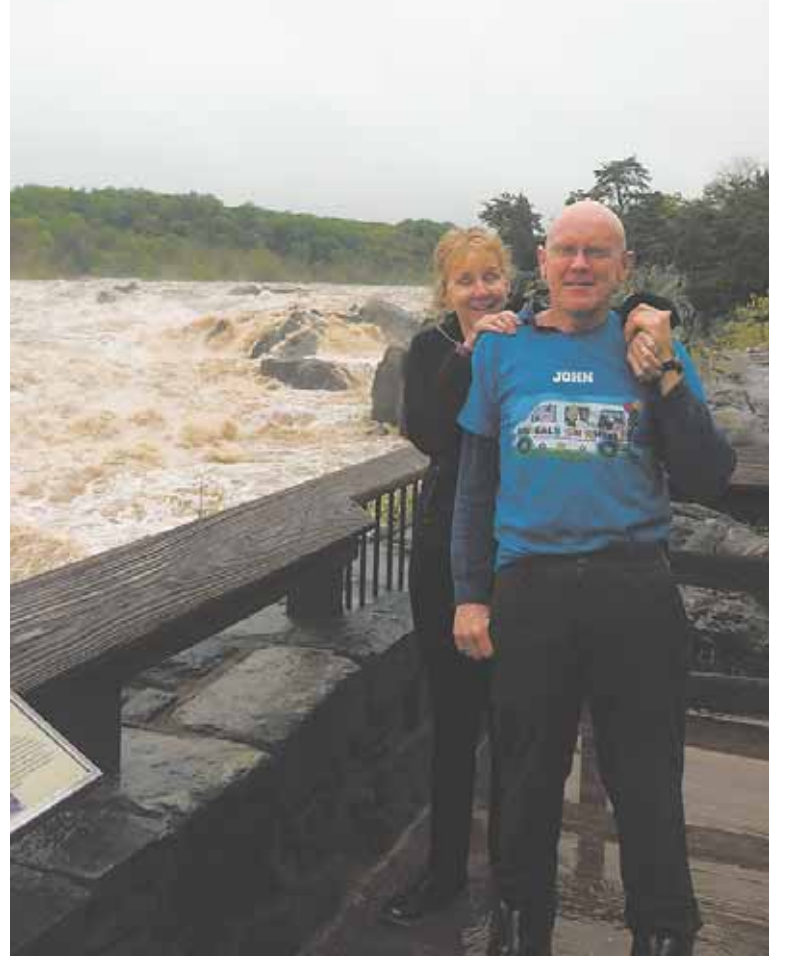
PHOTO BY DEBORAH STEVENS/THE ALMANAC



PHOTOS BY JILL PHILLIPS

The water level got so high in the canal itself, that National Park Service employees and volunteers worked to open the lock slightly to allow some water to drain.

Rainstorm's Aftermath



Jill and John Phillips, with the raging falls behind them, had ventured out to Great Falls in Potomac in the C&O Canal National Historical Park on Wednesday afternoon, April 30, as the heavy rain poured down and the river level rose.



It was great weather for geese, and here a pair of parent Canada Geese keep a close eye on their goslings before leading them to a new area to graze.



The river floated tree-sized logs that piled up on rocks under the bridges leading to the Great Falls overlook.



Market master Suzanne Hermes with Cory McCleaf of McCleaf's Orchard. McCleaf's apples are sweeter now than in the fall, and will soon be joined by dozens of kinds of fruit and vegetables, along with eggs and preserves.

Farmers Market Now Open

The Potomac Village farmers market opened on Thursday, May 1 and will be open 2 - 6:30 p.m. on Thursdays until October at Potomac United Methodist Church at the corner of Falls Road and Democracy Boulevard.

This year's vendors include McCleaf's Orchard, Hillside Meadow Farm, Simply Delicious, Salt River Lobster (the Fish Guy), Phil's Dills (the pickle guy), Designs By Bettina, All Things Olive, Plantmasters (the flower lady), Hardy's BBQ, Lars & Leslie of Green Gate Farm plus a few new additions including Linda's Luncheonette food truck, a mobile clothing and home decor boutique, and organic locally roasted coffee. Visit potomacvillagefarmersmarket.net.

PHOTOS BY
MARY KIMM
THE ALMANAC



Jason Gross of Hillside Meadow Farm. It's early in the season, Gross brings eggs and all natural Black Angus beef, soon some salad greens and spring onions and then the full assortment of spring and summer home-grown fruits and vegetables starting with strawberries in the beginning of May to a variety of produce from sweet corn, tomatoes, peppers, cantaloupes and watermelons.

Addressing Strokes

Fashion show at Old Angler's Inn to raise funds for hospital program.

BY SUSAN BELFORD
THE ALMANAC

When Sara and Mark Reges' youngest son Charles was just 9 years old, he was hit by a car in Potomac Village. He suffered a traumatic brain injury and was on life support for weeks at the Children's National Medical Center. He was in critical care and partially paralyzed for months following the accident — but today he is a normal young man with no side effects.

After the accident and his recovery, Sara Reges who is a nurse, began volunteering at the MedStar National Rehabilitation Hospital (NRH) where Charles was in rehabilitation for many months. Soon, her volunteer position turned into employment in the brain injury area; thus, she began her work with concussion, brain injury and stroke patients. She has been at MedStar NRH since 2011, working closely with both doctors and patients to support the advancement and struggles of recovery.

As the owners of Old Angler's Inn in Potomac, Sara and Mark Reges have committed to hosting events to raise public awareness and research funds for traumatic brain injuries, concussions and strokes. For the past few years, Sara Reges has served as event chairman for a fashion show luncheon to honor Stroke Awareness Month.

This year, the event will be exceptionally meaningful to Sara Reges because her mother, Sally Kerr, suffered a stroke last September, 2013. She arrived at Medstar

NRH, partially paralyzed and unable to speak or walk. Holly Flater, Sara's sister said, "It was during her recovery at NRH and through the help of a team of dedicated staff that Sally gained her spirit back and could walk and talk again. The family is especially grateful that they were able to have this precious time with their mother before she suffered her final stroke in late October." Sally Kerr died on Nov. 1, 2013.

"Last year, my mom was here at the luncheon — she never missed any of these events," said Sara Reges. "It makes me realize how important it is to understand that a stroke can happen to anyone. After she had her first stroke, with the amazing rehab we have at Medstar, she was on the road to full recovery. I was fortunate to have her in the hospital where I work, so I could see her every day. She was a mom to six girls — and we never thought she would have another stroke. We miss her every day."

Flater recognizes that her mom would have loved attending the event: "Sally is likely smiling down on all of us today as her two of her favorite things in life were fashion and champagne. She would also be so thankful for the generosity of all those attending for giving back to NRH so it can continue to offer the stellar services for others."

Old Angler's Inn will host the Spring Fashion Show and Luncheon on Tuesday, May 13, from 11:30 a.m. – 2 p.m. It will be held in memory of Sally Kerr — and to honor

SEE FUND-RAISING, PAGE 13



TPC Potomac at Avenel Farm To Host Annual 'The First Tee'

Event includes fund-raising luncheon and 18-hole golf outing.

BY SUSAN BELFORD
THE ALMANAC

During the summer, if you visit the Montgomery County golf courses at Laytonsville, Needwood, Sligo, Northwest or Olney, you will see youngsters blasting balls from sand traps, laying into drives, trying to sink a long putt, or heading off to the tee box carrying their bags on their backs. These are just some of the youths in The First Tee summer program who are learning to play and love the game

of golf but also gaining more in terms of personal growth and ethics.

The values they are taught will help in their success in school and careers as well as with adults and friends. As participant Madison Hartung said, "The First Tee teaches so many life skills that not only improve my game of golf, but also my game of life. I have been participating for seven years — and I am thankful for the support of the First Tee."

The First Tee golf instructors and volunteers teach respect, perseverance, honesty, integrity, courtesy, responsibility, sportsmanship, confidence and judgment to more than 500 Montgomery County youth each summer. Young men and women, ages 8 – 17 who normally would not have access to the

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Girls from The First Tee summer program enjoyed meeting local women golfers.

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OPINION

Involve the Communities First

Early public notice and input are critical.

BY GINNY BARNES
WMCCA PRESIDENT

One of the important functions of a citizens association like WMCCA is bringing the community in touch with decision makers early in any process that will create change. Development proposals, recently enacted legislation, and alterations to the zoning code need to be aired and discussed before rumors and misconceptions get started.

In recent years some of the most contentious issues in our Potomac Subregion have resulted from the lack of public notice and failure to engage the community in the decision making process. The most distressing and costly of these blunders was the attempt to turn Nick's Organic Farm on the Brickyard Road School site into a private soccer complex. Some years back there was a proposal for a country inn on a site across from the Water Filtration Plant on River Road that created a storm of controversy and was, like the Brickyard proposal, finally and wisely abandoned.

Just before the Brickyard struggle, the Parks Department got in trouble over an unsolicited proposal for a privately run recreation center at Rockwood Manor. It is always wise to involve communities early and often when plans are first in the wind. It saves trouble, brings valuable feedback to any proposal, and most importantly, leads to a better outcome and product in the long run.

Montgomery County has one of the nation's premier park systems and departments, with responsibility for more than 420 conservation and recreation parks on more than 35,000 acres of land, or 12 percent of Montgomery County's total landmass. When it comes to parks and/or potential parks, citizens of our county are unusually passionate and with good reason. We have a singular piece of luck to be bordered by a well loved National Historic Park running the length of the C&O Canal. We have an abundance of local conservation lands like Blockhouse Point and the Serpentine Barrens. We have an excellent Regional Park called Cabin John. Many of the area watersheds are bordered by long stretches of Stream Valley Parks.

We do not have as many small, local parks serving neighborhoods but some are in the pipeline, like Greenbriar Local Park. We love and use them all. We even take them for granted just as we do our low density zoning and limited sewer envelope. But we should not. We need to protect these givens and demand that stewardship be taken seriously. For information on our County Park system: www.montgomeryparks.org

Membership in the WMCCA is the best way of keeping up with and being part of any changes that will impact our daily lives. We need members and volunteers willing to serve our association founded here in Potomac over

Next Meeting

The public is invited to the next meeting of the West Montgomery County Citizens Association at the Potomac Community Center on Wednesday, May 14, at 7:15 p.m. If schools are closed because of inclement weather, the meeting will be cancelled.

WMCCA has invited two sets of speakers.
7:15-8 p.m. - Each year WMCCA asks the District 15 State Legislators to brief residents on the session just completed in Annapolis. Join Sen. Brian Feldman and Delegates Kathleen Dumais, Aruna Miller, and the newest delegate David Fraser-Hidalgo to hear about the work accomplished this legislative session.

8-9 p.m. - Patricia McManus, design section supervisor, Park Development Division, Montgomery County Parks - Recently, neighbors of the Rockwood Manor at 11001 MacArthur Boulevard in Potomac have been concerned about potential changes to the park. The Manor House was built in the 1920s and was the former country estate of Carolyn Gangwer Caughey. Nestled within 30 acres of woods and close to the C&O Canal, Rockwood Manor offers a secluded and natural venue with overnight accommodations. It has become a popular location for events like destination weddings, multi-day business retreats and training sessions. Issues of traffic flow, parking, and a narrow entrance flanked by large trees has led the Parks Department to take a wholistic look at the 30-acre site for possible improvements. McManus will bring staff to answer questions about this early stage and seek input from the community.

60 years ago and still going strong. We invite you to join us, memberships are only \$25 for individuals and \$50 for families. Become part of a community organization that works to protect your quality of life here in Potomac. Please consider supporting WMCCA by joining when you attend our May 14 meeting or by going to our website, www.wmcca.org and clicking "Join Us".

ENVIRONMENT - PEPSCO at it again. - If you have seen tree trimming trucks, crews, and

chippers on our local roads, it is because PEPSCO is now into a four-year cycle of vegetation management. According to Jerry Pasternak, vice president of the PEPSCO Region, this is to meet Maryland's Service Quality and Reliability Standards, known as RM43. The standards include pruning to a four-year growth beside and under most power lines. For high-voltage lines the required clearance is 15 feet below and beside the lines and "blue sky" clearance above. After witnessing denuding of steep slopes in the Glen and along many of our Rustic Roads, as well as complaints from neighbors on Lloyd Road, we seem to be facing a future of more canopy loss and increased stormwater runoff. Since PEPSCO is not required to remove stumps, it also means limited areas for any replacement plantings as well as unsightly stump-lined roads.

ELECTION OF WMCCA OFFICERS AND BOARD:

The Nominating Committee proposes the following slate of Officers and Directors to the membership for a vote at our May 14 meeting. Nominations may also be made from the floor.

President: Susanne Lee
President Elect: Barbara Brown
Vice President: Carol Van Dam Falk
Immediate Past President: Ginny Barnes
Treasurer: George Barnes (temporary)
Secretary and Bookkeeper: Barbara Hoover
Newsletter: Nancy Madden
Directors serving second year of a two-year term: Kathy Pettit, John Yassin
Nominees for a two-year term: Elie Pizarra Cain, Betsi Dahan, Alison Mrohs, Jill Phillips
Nominees for a one-year term: Shawn Justement.

Two Scouts Earn Eagle Rank

Two scouts — Brian A. Huang and Aaron M. Hwang — from Troop 773, which meets at the Potomac United Methodist Church, recently obtained the rank of Eagle Scout and were honored at a ceremonial Court of Honor. They are Troop 773's 156 and 157th Eagle Scouts, respectively.

Brian is a senior at Montgomery Blair High School. For his Eagle project, he led a team of volunteers in constructing eight raised garden beds at Button Farm Living History Center in Germantown. Button Farm depicts 19th Century slave plantation life and the heroic story of the Underground Railroad. The garden beds that Brian and his volunteers constructed have improved growing conditions for the farms. Brian will be attending MIT in the fall.

Aaron is a senior at Richard Montgomery High School who organized a 45-minute musical performance with 11 songs for Ring House, a senior independent living community. Aaron organized and led 43 perform-



Brian Huang and Aaron Hwang

ers, accompanists, photographers, and other volunteers in this production. He will attend Yale University in the fall.

Speakers Fulfill 'Inspiration Day'

MoverMoms' event offers motivational stories.

BY SUSAN BELFORD
THE ALMANAC

Three speakers shared their stories of challenges, life experiences and personal successes at the MoverMoms' third annual "Inspiration Day." The April 27 event, held at the River Falls Clubhouse was attended by about 60 women who are a combination of MoverMoms' participants along with family and friends.

"We all need to feel connected, to feel inspired, to feel a sense of community," said MoverMoms Chief Inspiration Officer Salma Hasan Ali. "Nothing does this better than sharing personal stories of vulnerability and resilience."

The first speaker, Dr. Azizah al-Hibri is a professor emerita of the University of Richmond Law School and founder and chair of Karamah: Muslim Women Lawyers for Human Rights. The Fulbright Scholar was appointed by President Obama to be a commissioner on the U.S. Commission on International Religious Freedom.

She told the story of her personal and professional challenges and how her strong family background and faith sustained her.

The second speaker, Alisa Smedley shared her story of how she rose above a difficult family history, including having had several family members incarcerated. Smedley is currently re-entry employment coordinator for the One Stop Career Center inside Montgomery County Correctional Facility in Boyds, Md. She is also the founder of Recover Your Harvest, a program for the re-entry and recovery community. Determined to rise above her family history, she won a full scholarship to Howard University and now, using her own difficulties as her motivation she is making life easier for many inmates. She also discussed the value of personal friendships and how important they are for providing support.

Author Iris Krasnow spoke about personal challenges and the power of female connections. She is from a family of Holocaust survivors — and even though they had endured unimaginable experiences, they were able to give her positive and inspiring messages. Krasnow is the author of "Surrendering to Motherhood," the New York Times bestseller "Surrendering to Marriage," "Surrendering to Yourself,"



Iris Krasnow, Rebecca Kahlenberg, Alisa Smedley, Azizah al-Hibri and Salma Hasan Ali at the MoverMom's Inspirational Luncheon.

"I Am My Mother's Daughter," "The Secret Lives of Wives" and her latest book, "Sex After ... Women Share How Intimacy Changes as Life Changes." She is also a professor and academic director of the Washington Journalism Semester at American University.

MoverMom Ann Cochran felt fortunate to be able to attend Inspiration Day. She said, "Each of the speakers was so different from the others, yet they all spoke about an issue with a parent. Hearing them tell their personal stories touched me deeply, and made their accomplishments all the more impressive."

The truth they confirmed was that everyone has a unique story, and some pain to work through. Even if we have insecurities, we can still have an impact on our world, if not the community and the greater world. This is the MoverMoms goal, for each of us to make a difference when, how and where we can, and not to fall into a bad habit of belittling our own efforts."

Ann Beuchart Massey, also a MoverMom, went with her sister to spend time with her as well as to hear about the experiences and perspectives of the three women who successfully overcame extremely challenging cultural and

familial backgrounds. "All three were inspirational to me and humbling," she said.

"The speakers were generous with sharing their life experiences. So many D.C. events have a high-power feel, but this was very warm and intimate," said Salma Hasan Ali. "People left with the important message that they are not alone and that there is light at the end of the tunnel. It gave the attendees a couple of hours to pause from their busy lives, listen to inspiring women, and feel replenished."

Whole Foods donated food for the luncheon. Krasnow participated in a book signing held by Politics and Prose and products from El Salvador, including pottery and sandals were sold.

MoverMoms was co-founded by Bethesda resident Rebecca Kahlenberg and Cabin John resident Heidi Bumpers in 2007.


The 501 (c) (3) nonprofit has grown to more than 200 members. Some of their service projects include collecting "Treats for the Troops," visiting shelters to talk with residents about current events, politics, sports, health and more, volunteering at the Montgomery County Correctional Center, as well as traveling to El Salvador for a cultural exchange and to support families and children in

need. When a crisis occurs, they provide everything from toiletries to food and more.

They aim to model the importance of service for children, and to involve children in many of their projects. And their philosophy is that if everyone works together, the impact is greater than each person makes on his or her own. As Kahlenberg said, "If you take all the drops in the bucket and add them together, you can make a wave of positive difference in the community."

To learn more about MoverMoms, to join or to donate, visit www.movermoms.com.

LET'S TALK Real Estate



by Michael Matese

The Nuts and Bolts of Professionally Staged Homes® for Sale

In professionally Staged Homes®, it's important to stay away from themes—remember, the potential buyer needs to be able to envision their furniture and home accessories in the space, not yours. By staying away from themes, you keep the focus where it needs to be: on the house, not the things inside it. The key principle to keep in mind when professionally Staging® a home is that this is house's chance to make a first impression. A theme that a potential buyer doesn't like can leave them with a negative impression of the space, whereas keeping the room design neutral and open to interpretation invites buyers to day-dream, mentally "moving into" the space and forming an emotional connection to the space. Color and art are two important considerations in staging technique—choose relaxing colors and a fresh coat of paint to evoke a feeling of peace and tranquility. After all, you want the buyers to envision your home as their place to relax and enjoy life. Pieces of art, likewise, should be neutral and picked with the intent of accenting the room—not being the room's focal point—because the art isn't what you're selling! Subtle pieces or mirrors, arranged tastefully around the rooms of your home, should draw attention to the features of the space—a painting over the fireplace, an accent piece flanking a bay window, a window dressing that highlights French doors, and so on. Likewise, sellers (and buyers!) may also want to invest in cabinetry or home design that allows the television to be concealed from view. By simply hiding the television set from view, it makes the features of any room its focal point and promotes the space as an oasis of calm. Does your house have a room that seems to be a catch-all for clutter? By engaging the services of an ASP®, you've got a competitive edge on other sellers in your area. A keen eye for detail, creative panache and problem-solving attitude can help you re-purpose that room from an unfocused area that collects "stuff" into a specialty room that adds value to your home that you didn't even know was there! Home libraries, attic closets, personal gyms, luggage rooms, rumpus rooms, butler's pantries, conservatories and porte cocheres are all stylish ideas for re-purposing space in rooms that seem to collect clutter that add both dollar value and a unique feature to your home, making it stand out to buyers and helping it sell quickly for its maximum value.

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MOTHER'S DAY

Going into Business with Mom

Mother-daughter Realtor teams say working together can work.

BY MARILYN CAMPBELL
THE ALMANAC

Allison Goodhart has a vivid childhood memory: pulling a wagon filled with pumpkins and her younger sister around her family's Del Ray neighborhood in Alexandria, helping to promote her parents' real estate business. Today Allison Goodhart works alongside her mother as part of Old Town Alexandria, Va.-based Goodhart Group of McEneaney Associates Inc., Realtors.

While mother-daughter business relationships can be difficult to navigate, especially in a competitive business like real estate, several local mother-daughter teams have figured out how to navigate the tricky waters. In light of Mother's Day this Sunday, they share their insights about what makes their relationships work, humorous stories about their roads to success and advice for others.

"During the fall, I would go up to the door and offer pumpkins with one of my parents' cards while my parents stood across the street and watched," said Allison Goodhart, who is now 28 and has held her Realtor's license since the age of 19.

After graduating from Dickinson College, Allison Goodhart went to work for her parents because they needed assistance. "This wasn't planned," said Sue Goodhart. "My husband and I had been in business for 22 years. We just really needed help the year that Allison graduated from college."

Allison Goodhart started at the bottom of her parents' business, however. "One good thing is that I started in an admin position," she said. "Having worked my way up gives me more credibility with the clients.

The Goodhart family, which also includes another daughter Amanda, 24, describes themselves as close-knit, one of the keys to their successful business relationship. "We did everything with our kids," said Sue Goodhart. "We just really enjoyed our children and wanted to be with them. We're just a very close family." They do, however, face challenges in business. "One thing that parents need to do is establish that there is a partnership. She is in on all of our decisions," Sue Goodhart said. "I have to remember that I can't make comments about the dress she's wearing that a boss or co-worker wouldn't make. I can't say, 'Did you brush your hair this morning?'"

"We have different styles," said Allison Goodhart. "We're often blunt with each other in a way that if it wasn't my mom I probably wouldn't be."

Sue Goodhart and her husband Marty decided that they wanted to grow their business and thought that Allison was the ideal choice. "I can say that Allison is phenomenal. She's got a great sense of how to run a business. She's very organized and on top of things," said Sue Goodhart. "From my point of view, the hardest part is stepping back and allowing my daughter to shine and not dominate the business."

MOTHERHOOD WAS actually one of the driving forces behind the formation of the Schuman real estate team. Marsha Schuman and her daughter Betsy Schuman Dodek began working as a real estate team in 1995. Then, four and half years later, Dodek decided to pursue a career in commercial real estate, which would allow her to meld both her sales experience and law degree.

Ten years later, Dodek decided to accept an invitation from her mother, who was now

working for Washington Fine Properties, to join her in the residential real estate business.

"After having a child, I wanted to figure out how to be a great mom and take my career to the next level at the same time," said Dodek whose daughter was 2 when she and Schuman formed Washington Fine Properties' Schuman Team, which is based in Potomac. "I wasn't sure that commercial real estate would have afforded me the kind of flexibility that residential real estate does. My mother gave me an opportunity to be the kind of mother she was to me: a full-time mother while also being a career woman. I don't have to miss any of my daughter's milestones.

"I get to hear about all the daily nuances that take place with my daughter and her husband and my granddaughter," said Schuman. "It's wonderful to be able to see my daughter spend time with her daughter the way I did with my kids. It makes me so proud."

Schuman also credits her daughter for modernizing her business. "Betsy has taken me kicking and screaming into the age of technology. Twitter, Facebook and Pinterest have now become part of my vocabulary."

Schuman and Dodek keep both their business and personal relationships healthy with mutual respect. "I try not to pull rank," said Schuman. "We look at each other as professionals. Betsy calls me 'Marsha' rather than Mom. It makes our relationship at work much more professional."

"We try to start each day fresh," added Dodek. "There are days that don't work as smoothly as the next, but we have made it a point to focus on each new day and each new task. We are very busy, so we just don't have time to not get along."

Their relationship works so well that they're often mistaken for sisters, much to the duo's amusement. "Every once in a while when we are meeting with new clients, they think we are sisters, not mother and daughter, and Marsha glows," said



PHOTO COURTESY OF BETSY SCHUMAN DODEK

Marsha Schuman, Betsy Schuman Dodek and Rebecca Dodek make up the Potomac-based Schuman team of Washington Fine Properties. "My 5-and-a-half-year-old daughter loves to say she is also a member of The Schuman Team," says Dodek.

Dodek. "And, my 5-and-a-half-year-old daughter loves to say she is also a member of the Schuman Team."

BETSY AND SUSAN LEAVITT of the McEneaney Associates Leavitt Team in Old Town Alexandria, Va., have been a real estate team for 14 years. Their partnership was formed due to Susan Leavitt's unhappiness at work. She had received a master's degree in international relations at Johns Hopkins School of Advanced International Studies and spent 14 years working on Wall Street, but something was missing.

"I thought about switching my career to the public sector. Well, after realizing that the bureaucracy was more than I wanted to deal with, my mom suggested real estate," said Susan Leavitt. "She had been an agent for over 20 years at this point and was one of McEneaney Associates, Inc.'s first agents."

The Leavitts said it takes work to keep their business relationship from damaging their personal relationship. "Just like a marriage, remember that one transaction is not worth jeopardizing the relationship," said Betsy Leavitt, explaining that in representing clients' best interests, they're often "on different sides of the table, which can get heated, but we seem to be able to resolve those ... cases."

They also try to capitalize on each other's strengths. "Mine is energy," said Susan Leavitt. "I take buyers around in Maryland, D.C. and Virginia. Betsy knows the market inside out and is familiar with all the builders, the neighborhoods, the histories of the area, so her expertise and knowledge is invaluable."

Susan Leavitt says the greatest lesson she's learned during their 14-year partnership is the complexity of the real estate business. "It is very complicated to do correctly," she said. "You must act as a consultant for the client, outlining choices and the probability of certain outcomes of making those choices. Our job is to educate clients so that they feel comfortable and in control of their real estate transition, whether it is buying or selling."



PHOTO COURTESY OF BETSY AND SUSAN LEAVITT

Mother-daughter real estate team Betsy and Susan Leavitt of the Old-Town Alexandria, Va. based McEneaney Associates' Leavitt Team have been in business together for 14 years. They strive to prevent business transactions from jeopardizing their relationship.



PHOTO COURTESY OF THE GOODHART GROUP

From left: Sue, Amanda and Allison Goodhart describe themselves as close-knit. Sue and Allison, who are part of The Goodhart Group, say a strong relationship is one of the keys to their success in business.

ME & MY MOM A gallery of photos submitted for Mother's Day.



Grandma Karen Mausner with her grandson Lucas Mars Finchen, son of Blake (Mausner) and James Finchen, in front of the aquarium in the children's department at Nordstrom in Boston on April 19.



Holly Miller Schaeffer and baby Charlotte Schaeffer



Sitting midst stuffed animals: Erin Nicholson Ortiz with sons, Alci, age 7.5 (left) and Fisher, age 6.



Emma Kimm Dixon with her mother Mary Kimm, grandmother Grace Kimm, uncle Christopher Kimm and grandfather Peter Kimm.

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Email community entertainment events to almanac@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Art Show. Through Sunday, May 18 in the Visitor's Center, Brookside Gardens, 1800 Glenallan Ave., Wheaton. The Brookside Gardens Visitors Center exhibitions showcase watercolor paintings by the Potomac Valley Watercolorists. Free. Visit www.brooksidegardens.org, or call 301-962-1400.

Children's Theater. Imagination Stage presents "Cinderella: The Remix" through May 25 at the Lerner Family Theatre, 4908 Auburn Ave., Bethesda. Best for ages 5-10. In this version, Cinderella dreams of becoming a hip-hop DJ. Tickets start at \$10. Visit www.imaginationstage.org or call 301-280-1660.

Children's Theater. Through May 25 at the Adventure Theatre at Glen Echo Park, 7300 MacArthur Blvd. Adventure Theatre MTC at Glen Echo Park presents The Jungle Book with Mowgli the man-cub, Baloo the bear, Bagheera the panther and ShereKhan the tiger. Visit www.adventuretheatre-mtc.org for showtimes.

Free Garden Tours of McCrillis Gardens. Sundays in May, 2-3 p.m. at the McCrillis House, 6910 Greentree Road, Bethesda. Visit this premier shade garden at the height of the azalea and rhododendron season as well as beautiful ornamental trees, groundcovers and other shade-loving perennials. Visit www.BrooksideGardens.org.

Weekly Blues Dance. Thursdays 8:15-11:30 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd. Capital Blues presents rotating DJs and instructors with beginner workshop 8:15-9 p.m., no partner necessary. \$8 for all. Visit <http://capitalblues.org>.

Argentine Tango with Lessons. Most Sundays, 6:30-11 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd. Tango Brillante DC offers Argentine Tango lessons followed by a Milonga most Sunday evenings. Beginner lesson 6:30-7:30 p.m. and intermediate lesson 7:30-8:30 p.m. Cost is \$15/lesson and includes the Milonga that follows. For dancers who wish to attend just the Milonga, cost is \$10 and the open dance with DJ runs 8:30-11 p.m. No partner required. Visit www.glenechopark.org or call 301-634-2222.

Contra and Square Dance. Sundays, 7-10:30 p.m. in the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. The Folklore Society of Greater Washington presents traditional

American contra dancing. Dances are taught, no partner is necessary. There is a lesson at 7 p.m., followed by the called dance with live music starting at 7:30. \$13 nonmembers, \$10 FSGW members, \$5 ages 17 and under. Visit www.glenechopark.org or call 301-634-2222.

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.

Drop in Art Activities. Every Saturday 10 a.m.-12:30 p.m. 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.

Live Music & Dancing. 7-11 p.m. in Margery's Lounge, Normandie Farm Restaurant 10710 Falls Road, Potomac. Dance to the music of Barry Gurley on Fridays and Saturdays in Call 301-983-8838 or visit popovers.com for more.

Theater Recital. With 40 students, 19 designers, and three directors spanning three performance groups, Imagination Stage's conservatories and ensemble take the term "recital" to a whole new level. This spring's productions, featuring students in grades 4-11, are all directed by practicing professional theatre artists.

- ❖ "Godspell" (Musical Theatre Conservatory) will run Friday, May 16 and Saturday, May 17 at 7:30 p.m., and Sunday, May 18 at 6 p.m.
- ❖ "Interface" (Speak Out On Stage Ensemble) will be performed on Friday-Saturday, May 30-31 at 7:30 p.m., and Sunday, June 1 at 3 p.m. Performances will be in The Christopher and Dana Reeve Studio Theatre at Imagination Stage. Tickets are \$10 per person, and may be purchased online at www.imaginationstage.org, at the Imagination Stage box office, or via phone at 301-280-1660.

THURSDAY/MAY 8

Outdoor Concert. 6-8 p.m. at Veterans Park, at the corner of Woodmont and Norfolk Avenues. Soul Crackers plays soul and blues. Free. Call 301-215-6660 or visit www.bethesda.org.

Author Event. 7:30 p.m. at the Potomac Library, 10101 Glenolden Drive. Howard Feinstein will discuss his book "Fire On the Bayou: True Tales from the Civil Rights Battlefield." Call 240-777-0690 or visit www.montgomerycountymd.gov/library.

FRIDAY/MAY 9

Art Exhibit Opening Reception.

6:30-8:30 p.m. at Stone Tower at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Photoworks Forty Years: Origins is on display April 26-June 1. Call 301-634-2274 or visit www.glenechophotoworks.org.

FRIDAY-SUNDAY/MAY 9-11

Art Exhibit and Demonstrations. At the Common Ground Gallery, 155 Gibbs St., Rockville. Two regional styles of Chinese embroidery and double-sided embroidery showcase more than 40 needleworks and 1,000 different types of threads. Opening reception 7-9 p.m. Friday, art demonstrations 1-4 p.m. Saturday and Sunday. Visit www.visartsatrockville.org.

SATURDAY/MAY 10

Annual Children's Ball. 4 p.m. at Imagination Stage, 4908 Auburn Ave., Bethesda. See the premiere of "Cinderella: the Remix" and then enjoy activities such as hip-hop dance lessons, chalk graffiti, music, crafts and more. \$80/person; family packages start at \$275. There will also be a raffle, silent auction and more. Recommended for families with children age 4-12. Visit www.imaginationstage.org.

Classical Music Concert. 8 p.m. at the Montgomery College Cultural Arts Center, 7995 Georgia Ave., Silver Spring. The Bach Sinfonia presents Mozart's Journey from Prague to Jupiter, symphonies played on period instruments. Free pre-concert discussion at 7:20 p.m. \$30 adult, \$27 seniors, \$15 students, free for ages 14 and under. Visit www.bachsinfonia.org or call 301-362-6525.

SUNDAY/MAY 11

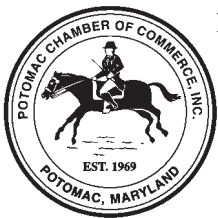
Garden Tour. 2-3 p.m. at McCrillis House, 6910 Greentree Road, Bethesda. McCrillis Gardens is a naturalistic strolling garden, offering shady woodland walks and splashes of color in spring. Course #270654. Visit www.parkpass.org or www.brooksidegardens.org, or call 301-962-1451.

MONDAY/MAY 12

Author Night. 6 p.m. at the Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Activist and author Ralph Nader reads selections from his latest book and answers audience questions. Admission \$25.99 for an autographed copy of the book, or \$10 without a book. Visit www.bethesdabluesjazz.com.

Live Music. 7:30 p.m. at Tami's Table, 12944 Travilah Road, Potomac. Connor Garvey and Jenna Lindbo, folk. \$12-15. Visit

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FOOD & DRINK

Potomac Village Farmers Market. Season starts Thursday, May 1. Thursdays, 2-6:30 p.m. at Potomac United Methodist Church, at Falls Road and Democracy Boulevard. Visit www.potomacvillagefarmersmarket.net.

Rockville Farmers Market. Season begins Saturday, May 10. Saturdays, 9 a.m.-1 p.m. in Rockville Town Center. Visit www.rockvillemd.gov/events/farmers.htm for more.

Pike Central Farmers Market. Saturdays, 9 a.m.-2 p.m., near the Shriver Aquatic Center in the bus parking lot at the intersection of Old Georgetown Road and Executive Boulevard (enter on Executive Boulevard). The move was necessitated by ongoing construction. Visit www.centralfarmmarkets.com/ for more.

Kensington Farmers Market. Year-round on Saturdays, 8 a.m.-noon. at Kensington train station parking lot on Howard Avenue. Visit <http://tok.md.gov/events/farmers-market/>.

www.focusmusic.org.

THURSDAY/MAY 15

Landscaping Class. 4-7 p.m., in the Visitors Center Adult Classroom, Brookside Gardens, 1800 Glenallan Ave., Wheaton. Learn how conservation-based landscaping techniques can beautify your yard and neighborhood, restore native habitats, help improve the environment, and save you time and money. Course #272350. \$15 FOBG: \$12. Visit www.parkpass.org or www.brooksidegardens.org, or call 301-962-1451.

Outdoor Concert. 6-8 p.m. at Veterans Park, at the corner of Woodmont and Norfolk Avenues. Gary and the Groove play rock and oldies. Free. Call 301-215-6660 or visit www.bethesda.org.

FRIDAY/MAY 16

Landscaping Class. 10 a.m.-1 p.m., in the Visitors Center Adult Classroom, Brookside Gardens, 1800 Glenallan Ave., Wheaton. Learn how

conservation-based landscaping techniques can beautify your yard and neighborhood, restore native habitats, help improve the environment, and save you time and money. Course #272351. \$15 FOBG: \$12. Visit www.parkpass.org or www.brooksidegardens.org, or call 301-962-1451.

SATURDAY/MAY 17

Strawberry Festival. 10 a.m.-4 p.m. at Potomac United Methodist Church, 9908 South Glen Road. Net proceeds support more than 20 local charities. Admission is free admission, plenty of parking. Vendor alley, silent auction, bake sale, home treasures, chic boutique, kids' game room, lunch items and famous strawberry desserts. Call 301-299-9383 or email frontdesk@potomac-umc.org.

Author Discussion. 1:30 p.m. at the Potomac Library, 10101 Glenolden Drive. Hannah Barnaby will discuss her young adult novel "Wonder Show."

Cabin John Ice Spring Show. 6:30 p.m. Cabin John Ice Rink, 10610

Westlake Drive, Rockville. Figure skaters perform at annual show. Free. Visit www.cabinjohnice.com.

SUNDAY/MAY 18

Benefit Concert. 4 p.m. at Concord-St. Andrew's United Methodist Church, 5910 Goldsboro Road, Bethesda. Lyric Tenor Jesse Holt, Jr. sings classical, operetta, and sacred music in four languages. Free, but donations toward ordination costs are requested. Visit www.csachurch.com.

Fundraiser. 6 p.m. at Bethesda North Marriott Hotel & Conference Center, 5701 Marinelli Road, Bethesda. Jewish Social Service Agency will hold its largest annual fundraiser, Gala 2014 - Family Ties. This year's Gala, co-chaired by Ellie and Michael Flyer and Laurie and David Flyer, will feature guest speaker Goldie Hawn. The evening supports the agency's broad range of services and programs for children, adults, families, seniors and individuals with disabilities of all faiths throughout metro DC. Visit www.jssa.org/gala.

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.

Garden Tour. 2-3 p.m. at McCrillis House, 6910 Greentree Road, Bethesda. McCrillis Gardens is a naturalistic strolling garden, offering shady woodland walks and splashes of color in spring. Course #270655. Visit www.parkpass.org or call 301-962-1451.

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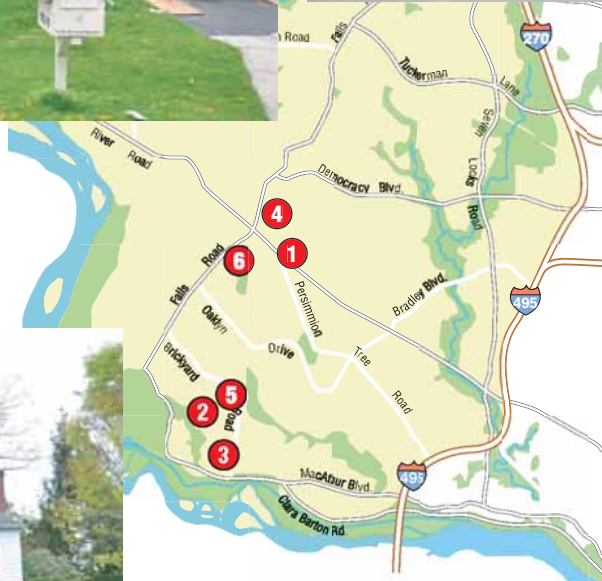
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6 10308 CROWN POINT CT	5	.2	.1		POTOMAC		\$900,000	Detached	0.39	20854	HERITAGE FARM	03/12/14

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Addressing Hearing Loss

“What?” May is Better Hearing and Speech Month.

BY MARILYN CAMPBELL
THE ALMANAC

On any given workday, you might find Erin Weiner sitting in a family-friendly restaurant causally coloring or playing games with a young child. At first glance, she might be mistaken for any young mother entertaining her offspring while they wait for a meal. In actuality, Weiner, who is a speech-language pathologist, is employing what she describes as an innovative approach to therapy that involves working with a child in his or her natural environment.

“Real-time therapeutic sessions help children develop skills that they can effectively apply to day-to-day life,” said Weiner, of Erin’s Place for Therapy in North Potomac, Md.

Hearing loss affects more than 36 million Americans. During the month of May, Better Hearing & Speech Month, Weiner and other speech and hearing professionals are working to raise awareness about communication disorders and the treatments that are available.

“Most people don’t realize how the loss of hearing is interfering with their lives,” said Michael V. Massa, AuD., of Massa and Associates, Doctors of Audiology, with offices in Springfield and Mount Vernon. “Hearing loss is usually gradual and a spouse or family member will notice it first.”

Massa says that while hearing loss is most common in people aged 50 and older, it can affect patients from newborns to the elderly.

EARLY DETECTION IS CRITICAL. “Hearing loss can affect one’s ability to communicate with and engage others in the community,” said Jeffrey Edge, rehabilitation services manager for the Fairfax County Health Department. “The earlier you detect a hearing loss, the sooner you can take steps to hopefully decrease the impact of the loss on communication. Early detection of hearing loss is most important with infants and children as hearing is critical to developing speech and language skills and learning.”

Edge points to research from the National Institute of Health, National Institute on Deafness and Other Communication Disorders, which shows that speech and language development begins in the first



COURTESY OF ERIN WEINER

Speech-language pathologist Erin Weiner holds a therapy session with a young patient in a natural environment.

six months of life and children who get treatment early develop better language skills than those who don’t.

There are certain signs that tell parents their children might be experiencing hearing loss. “Is the child responding to their name when the child isn’t looking at you?” asks Weiner. “Are they speaking as much as their peers? Are they saying ‘What?’ a lot? Do they seem to be reading your lips? If a fire truck with its sirens on goes by does the child look up? Are they having problems speaking at the right volume?”

Weiner, who provides oral, motor articulation, language therapy and auditory processing treatments, said problems with audio processing can often be difficult to diagnose. “You have to determine if the issue is auditory processing or hearing loss. This can be difficult to distinguish. With auditory processing, someone might keep saying ‘What?’ and they probably heard you, but the message is not getting to their brain.”

Hearing loss in newborns can be hereditary or congenital, said Massa, but it is often caught early because of state laws that require newborn hearing screenings. “At birth we can tell if a child’s hearing is normal or not and this is critical because they have to develop speech,” said Massa.

MASSA SAID THAT the number of Americans with hearing loss has doubled within the past 30 years. “Some of that is due to the fact that we have so many baby boomers,” he said. “Inner ear hearing loss is the most common type of loss.”

“Hearing devices have gotten really good with digital technology. How well a person is going to do with a hearing device is dependent on the type of hearing loss,” said Massa, who has been practicing for more than 30 years. “Fortunately most people can be helped by hearing devices. It is extremely important for those people to be seen by a doctor of audiology.”

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Paintings at One Aum Yoga Center Encourage Tranquility

Local artists' works are featured.

BY SUSAN BELFORD
THE ALMANAC

Both paintings and yoga promote a sense of calm and tranquility. The mood and the subject matter of a painting is a reflection on meditation while participating in yoga brings a sense of serenity and relaxation to the participant. When one enters Potomac's One Aum Yoga Center, he or she can feel the calm vibe and experiences the peacefulness — a change from the hustle and bustle that pulls many into a world of commotion and activity. The space says relax — and the yoga and paintings provide the medium.

One Aum Yoga Center will be featuring the artwork of Potomac artists from The Art Gallery of Potomac for the next two months. The show, entitled "Let's Breathe in Tranquility" displays paintings that reflect a sense of calmness and serenity, to enhance the feelings that yoga promotes as one stretches and meditates while performing yoga poses. Participating artists in the show



Art Levine and yoga therapist Shannon Von Burns.

are Veronika Herman Bromberg, T.H. Cunningham, Carol Dyer, Felisa Federman, Habib Hastaie, Yolanda Prinsloo, Dot Procter and Millie Shott.

Yoga instructor and yoga therapist Shannon von Burns and her co-yogi Sean FM opened OneAum Yoga Center a year ago in a house located at 10008 Falls Road in Potomac Village. Von Burns is a "teachers-teacher," yoga therapist and practitioner.

She and Sean FM teach individual and group classes, private yoga sessions and provide individual yoga therapy. Von Burns, previously an avid runner, now holds clinics for runners. Patient Art Levine has been seeing her for his back, hip and gait problems. He said, "Shannon understands the body. Her twists, pulls and turns are always therapeutic — she knows exactly how to stretch me. She has given me greater flexibility than I have ever had before." Levine sees von Burns three times a week.

Both Sean FM and von Burns are pleased to host the art show. "It's a great partnership," she said. "Yoga is a creative artistic experience. Everyone is their own painter — their own work of the heart. Inspiration comes from everyone and everywhere. My brother Sean is artistic. He is an artist and a musician. We believe that yoga and art are a common experience."

Bromberg is displaying her painting and photography. Her work is the juxtaposition of old and new — the contrast between architecture and nature. "I enjoy taking pictures as an observer of nature and landscape," she said. She also likes to create mixed-media collages. She has worked at both the Metropolitan Museum of Art and the Guggenheim Museum, but now loves teaching art to elementary school children.

Prinsloo describes her art as "Images that transport me to another time in life — and the viewer to another state of mind." She likes to bring serenity through her art. Her "Red Canoe" painting takes her back to her



Habib Hastaie stands before his water lily painting on display at One Aum Yoga Center.

childhood when she lived 20 minutes from the ocean. "I like to return to a time of freedom and beauty — that's what childhood is," she said. Prinsloo shows her art nationally and internationally. Her highest honor through art came when she met President Nelson Mandela and presented him with a portrait commissioned by the South African Embassy in Washington D.C.

Federman is presenting her mixed-media artwork which combines fabric, acrylic and layers of paper. Her art is realistic, but it is mixed with abstract landscapes. She said, "The mood of my paintings gives the viewer a feeling of peace and a place to escape to from a busy, hectic life." Federman is from Buenos Aires, Argentina where she won distinction at the National Fiber Art Competition.

Hastaie is displaying his paintings of peaceful nature settings and landscapes. The Iranian artist studied sculpture, painting and design at Tehran University and received a master of fine arts from the University of Kansas. His paintings reflect his enjoyment and love of nature and the beauty of the earth surrounding him. His sculpture will be on display at the Masterworks 2014 Art Show at Glen Echo through June 1.

To contact von Burns or Sean FM, call 240-444-0102. The office can be reached at 301-299-1013 or email them at Shannon@oneaum.com or sean@oneaum.com. They also have a website: www.oneaum.com.



PHOTOS BY SUSAN BELFORD/THE ALMANAC

Artist Felisa Federman, yoga instructor/therapist Shannon Von Burns and Yolanda Prinsloo practice a yoga pose in front of paintings by Potomac artists.

SCHOOL NOTES

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

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

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

engineering.

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

Colleen Krizan has been named to the dean's list at Frostburg State Univer-

sity.

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

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

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

The following students are recipients of the dean's award from Colgate University: **Christopher Neumann**, a graduate of Landon School, is a member of the Colgate class of 2014; **Katherine Sotos**, a graduate of The Madeira

School, is a member of the Colgate class of 2015; **Stacey Stein**, a graduate of Winston Churchill High School, is a member of the Colgate class of 2017; **Avery Albert**, a graduate of Winston Churchill High School, is a member of the Colgate class of 2014; **Rebecca Murphy**, a graduate of Winston Churchill High School, is a member of the Colgate class of 2014; and **Natalie Abrams**, a graduate of Winston Churchill High School, is a member of the Colgate class of 2016.

Amanda N. Corwin, a sophomore at Colby College, was named to the dean's list. She is the daughter of Erik and Manal Corwin of Potomac, and at-

tended Potomac School.

Gregory Isaacs earned a bachelor of science degree in mass communication from Frostburg State University.

Caroline Chiamonte, a member of the class of 2017 at Loyola University Maryland, was named to the dean's list.

The following Potomac residents graduated from the Georgia Institute of Technology: **Stephen McRae** received a master's degree in city and regional planning and **Vikrum Sheorey** received a bachelor of science degree in electrical engineering.

SEE SCHOOL NOTES, PAGE 15
WWW.CONNECTIONNEWSPAPERS.COM



Golfers in The First Tee outing at TPC Avenel enjoying a day on the links along with fresh cupcakes.

Supporting 'The First Tee'

FROM PAGE 3

game and its opportunities are introduced to the fundamentals of golf, provided with equipment, clothing, lessons and the chance to play Montgomery County courses. Besides the nine core values, they learn nine healthy habits — energy, safety, play, vision, mind, family, friends, school and community — and are taught The First Tee Code of Conduct. Another goal is to encourage girls to become involved in the world of sports.

To raise funds for its mission, The First Tee of Montgomery County will host its “Changing Lives Through Golf” Luncheon and 18-Hole Golf Outing on June 2 at TPC Potomac at Avenel Farm. PGA Professional golfer, Suzy Whaley will be the keynote speaker. Whaley was the first woman in 58 years to qualify for a PGA Tour event, following the legendary Babe Zaharias, the only other woman to have ever achieved the rare golf feat. She was also the first woman to win a PGA individual professional tournament.

Whaley earned her LPGA Tour status immediately after completing college at the University of North Carolina, Chapel Hill. She played on the LPGA Tour for two years before starting a family. She currently teaches the game at TPC River Highlands in Cromwell, Conn., as the director of instruction of Suzy Whaley Golf. She is recognized by “Golf for

Women” as a top 50 female instructor, by “Golf Digest,” as a Top 50 teacher, and was two-time PGA Teacher of the Year honoree for the Connecticut PGA Section. She recently finished her term on the National PGA of America Board.

Laura Sildon, executive director of The First Tee, Montgomery County said, “This ladies event not only is a fun day of food and golf but an opportunity to network and learn about the many accomplishments of other women on and off the golf course.”

The honorary chairwoman of the event will be Christine Brennan and Leon Harris of ABC 7/WJLA will emcee. The luncheon and raffle and silent/live auctions will begin at 11:30 a.m. with the golf outing beginning at 2 p.m. Lunch is \$100 and lunch and golf are \$250. Prizes will be awarded and raffle and silent/live auction items will be featured.

“Forty-two percent of our participants are girls so this event is a chance to encourage women to get involved as volunteers, mentors and philanthropists. The more women involved with the organization, the more the girls can benefit,” Sildon said.

Residents can support the program by donating slightly used golf equipment and clothing, by volunteering, by signing up to attend the luncheon — or by attending the luncheon and playing in the 18-hole golf outing. To register, go to www.thefirstteemcmd.org or call 240-447-4646.

Fund-Raising Fashion Show

FROM PAGE 3

and celebrate Stroke Awareness Month. Besides featuring the latest in fashion from Bloomingdale’s and a display of gifts for purchase by Barbie B and Whimzi, the event will focus on women’s stroke awareness and will present local women who are currently recovering from strokes as well as Dr. Rachna Malhotra, Attending physiatrist in the stroke recovery program at MedStar NRH. All proceeds from the luncheon as well as a percentage of funds from the shopping event will be donated in support of the MedStar NRH.

One of the women who will discuss her stroke is Allison O’Reilly. When she suffered a stroke in 2010 at age 49, she had no idea what was happening to her. She went from being an active woman with a career as a marketing director of a Fortune 100 company to struggling to regain her life and her independence. She had experienced a brain stem stroke that left her “locked in.” Several months later, she

struggled to regain her physical strength and movement but she couldn’t speak a word. She was told she would never be the same person again. Allison and her husband Kevin responded with two simple words of determination that they would carry with them throughout her rehab: “Not acceptable.” O’Reilly has written a book, “Out of the Darkness” which chronicles the challenges, the task of relearning everything and the lessons she learned about herself when facing adversity.

“You know what it going on, but you can’t communicate,” said O’Reilly. “You can just blink your eyes. NRH gave me a fighting chance. They are the most wonderful people and I’m so fortunate to have been able to go there.”

Individual tickets for the luncheon and fashion show are available for purchase in advance at MedStarNRH.org/FashionShow. RSVP by May 6 to latiesha.m.omonijo@medstar.net or call 202-877-1774.

BULLETIN BOARD

Email announcements to almanac@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

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 4 years old by Sept. 1, 2014, for the 2014-2015 school year. Call 301-230-0676 or visit www.montgomeryschoolsmd.org.

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. Parents can call their home school or the Division of Early Childhood Programs and Services at 301-230-0691. Visit www.montgomeryschoolsmd.org.

THURSDAY/MAY 8

Community Meeting. 7-9 p.m. at Winston Churchill High School, 11300 Gainsborough Road, Potomac. Input is sought on Policy CNE: Facility Improvements That Are Not Funded with Montgomery County Revenues. A committee is scheduled to review the policy during the 2014-2015 school year and public input will help determine what changes will be considered. Visit www.montgomeryschoolsmd.org/departments/policy/pdf/cne.pdf to review policy. Email comments to Mr. Bruce Crispell at bruce_crispell@mcpsmd.org.

FRIDAY/MAY 9

Conference. 8 p.m. at the Silver Spring Civic Building, 1 Veterans Place, Silver Spring. Following the success of the original Makeover Montgomery conference in 2011, the National Center for Smart Growth Research and Education, the Montgomery County Planning Department and the Urban Studies and Planning Program at the University of Maryland have joined forces again to host “Makeover Montgomery 2 | Moving Forward Montgomery.” \$35. Visit www.montgomeryplanning.org.

SATURDAY/MAY 10

Conference. 8 p.m., at the Silver Spring Civic Building, 1 Veterans Place, Silver Spring. Following the success of the original Makeover Montgomery conference in 2011, the National Center for Smart Growth Research and Education, the Montgomery County Planning Department and the Urban Studies and Planning Program at the University of Maryland have joined forces again to host “Makeover Montgomery 2 | Moving Forward Montgomery.” \$35. Visit www.montgomeryplanning.org.

MONDAY/MAY 12

The Achievement Gap in Montgomery County. 7:45-10 p.m. at the County Council Office

Building, 100 Maryland Ave., Rockville. Civic Federation meeting with presentation on overcoming the achievement gap in Montgomery County high schools, Q&A and updates on other local issues. Visit www.montgomerycivic.org.

TUESDAY/MAY 13

Afternoon Grief Support Group. 1-2:30 p.m. at North Bethesda Methodist Church, 10100 Old Georgetown Road, Bethesda. For anyone grieving the death of a loved one, the group is led by Montgomery Hospice professional counselors. Tuesdays, May 13-June 17. Registration required, call 301-921-4400.

WEDNESDAY/MAY 14

Spring Luncheon and Installation. 10:15 a.m. at Gaithersburg Hilton, 620 Perry Parkway. Brandeis National Committee Greater Washington Chapter’s Spring Luncheon and Installation with guest speakers Randi Weingarten, president of the American Federation of Teachers, and Bill Schneider, political analyst and George Mason University professor. 9 a.m. registration and boutique, 10:15 program begins. \$70 members, \$80 non-members. Contact Gail Rubinson at 301-340-1337 or gzrubinson@verizon.net.

THURSDAY/MAY 15

Vote by Mail. Voting by mail for Montgomery County’s primary elections begins. Call 240-777-VOTE or visit www.777vote.org.

Potomac Community Village Meeting. 7:15 p.m. at the Potomac Community Center, 11315 Falls Road. Dan Kulund, orthopedic surgeon, will present “Robust Walking: Making the Best Exercise Even Better.” More at www.potomaccommunityvillage.org, info@potomaccommunityvillage.org or 240-221-1370.

FRIDAY/MAY 16

Business Workshop. 6-9 p.m. at the Maryland Women’s Business Center office, 95 Monroe St., Rockville. Business plan fundamentals for childcare center directors. \$10. Contact the center at 301-315-8096, info@marylandwbc.org, or www.marylandwbc.org/rwbc-workshops-seminars.

SUNDAY/MAY 18

Language School Fair. 11 a.m.-3 p.m. at the Somerset Elementary School cafeteria, 5811 Warwick Place, Somerset. European Union Language Fair with 12 languages taught in Saturday Schools in the area. Visit www.saturday-schools.org/eu-language-fair.

TUESDAY/MAY 20

Chamber of Commerce Networking. 4-6:30 p.m. at the Old Angler’s Inn, 10801 MacArthur Blvd., Potomac. Networking with the Potomac Chamber of Commerce, bring business cards. \$10 for members, \$15 nonmembers. Refreshments provided, cash bar available. RSVP by May 16 to Jennifer@potomacpizza.com or 301-299-2170.

Parent Loss Support Group. 6:30-8 p.m. at Bethesda United Church of Christ, 10010 Fernwood Road, Bethesda. For adults who have experienced the death of one or both parents, a six-week group (May 20-June 24) led by Montgomery Hospice professional counselors. Registration required, call 301-921-4400.

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A Tale of Two Seasons



By KENNETH B. LOURIE

It is not the best of times, nor is it the worst of times; it is, simply put: the time between the end of winter and the beginning of summer. It is the season known as spring, but more to the point of this column, it is the time when, if the weather cooperates/accommodates, I won't need to turn the heat or the air conditioning on in my house. I will instead be able to ride the wave, so to speak, and not incur any post-winter/pre-summer utility bills. Possibly, I might even be able to pay off my oil-heating budget bill balance for the 2013/2014 season – before the 2014/2015 budget cycle begins, and hopefully not have to cool down the house at the same time – due to an early summer – so that on the day my oil-heating bill is due, it won't be competing for cash with my upstart electric/air conditioning bill for money not well spent and for money hardly in abundance.

As difficult and challenging as our most recent winter has been, and as hot and humid as our summers typically are, I (like many others I'm sure), would certainly appreciate a break/brake in my cash flowing out and instead enjoy its staying power – in my bank. Not that it earns any interest idling as it does there; nevertheless, its presence in my checking account without immediately being in demand would create a sense of solvency, false though it may be (and a temporary sensation at that), and likely make a positive contribution to my seasonal situation. I don't mind being thrown a bone once in a while.

Moreover, given the circumstances and reality of living in the never-having-enough-resources world, any discount, reduction or delay, real or imagined, in the ongoing and recurring utility bills, would be a most welcome improvement. If the heat and air conditioning indeed stayed off, and I didn't need to be warm any more than I needed to be cool, I'm sure I could make the adjustment. Paying less probably wouldn't be a hardship. I'm not too proud to admit it, though I'm not begging.

I'm not asking for a multi-month sojourn from my utility bill reality. I'm just asking for a month. One month where I could stop the bleeding and possibly pay forward to get ahead rather than pay backward to not be in arrears. I don't believe I'm asking for a lot. And neither do I think I'm being greedy. However, I agree it may be wishful thinking. Nevertheless, it's a request worth making. And as unpredictable – respectfully speaking, not criticizing – as the weather can be, a little help would go a long way; in dollars and in sense. Otherwise, I might have a dickens of a time paying for heat AND air conditioning in the same month. Then it would be the worst of times.

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

MPSSAA Lacrosse Playoff Brackets Announced

The Churchill and Wootton boys' lacrosse teams earned top seeds in the recently released MPSSAA playoff brackets.

Churchill is the No. 1 seed in Section I of the 4A-3A West bracket and received a first-round bye. The Bulldogs will face the winner of Einstein and Whitman, which play Wednesday.

Wootton is the top seed in Section II of the 4A-3A West region and will play the winner of Clarksburg and Gaithersburg.

SPORTS BRIEFS

Wootton defeated Churchill 14-6 during the regular season on April 26.

Churchill is the two-time defending region champion.

In girls' action, Whitman earned the top seed in Section I of the 4A-3A West region and will face the winner of Northwood and Richard Montgomery, which play Wednesday night.

Churchill is the No. 2 seed in the section and will host Bethesda-Chevy Chase at 6 p.m. on Wednesday. If the Bulldogs advance, they will face the winner of Walter Johnson and Einstein.

Wootton is the No. 5 seed in Section II and will travel to face Magruder at 7 p.m. on Wednesday.

Whitman, Churchill Softball Match Up in Playoffs

The Whitman and Churchill softball teams will face one another in the opening round of the 4A playoffs on Thursday. Whitman is the No. 4 seed in Section I of the 4A West bracket, and Churchill is No. 5.

Wootton is the No. 6 seed in Section II and will travel to face Gaithersburg on Thursday.

Wootton, Whitman Baseball Hot as Postseason Approaches

The Wootton baseball team has won 10 of its last 11 games and Whitman has won nine of 11 as the postseason approaches.

Wootton's lone loss during the streak was a 4-3 defeat against Whitman on April 22. Whitman lost to St. Albans 2-1 on May 3.

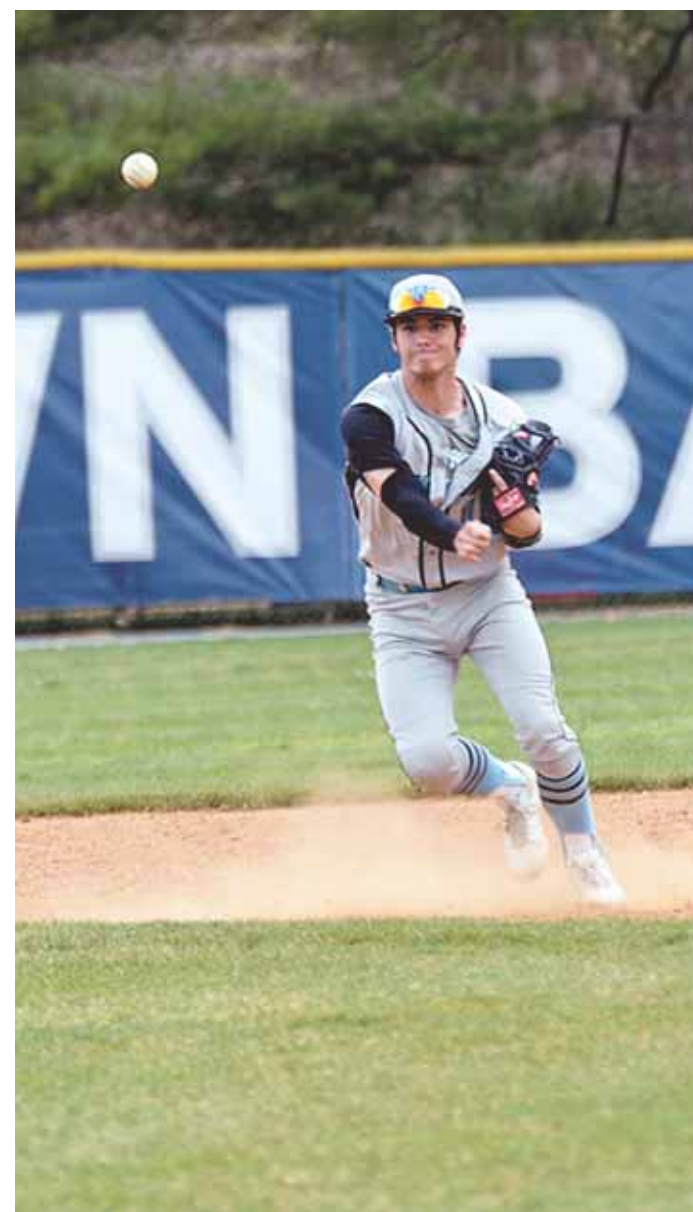


PHOTO BY HARVEY LEVINE/THE ALMANAC

The Whitman baseball team has won nine of its last 11 with the playoffs approaching.

SCHOOL NOTES

FROM PAGE 12

Mary Katherine Virostek was named to the dean's list at Miami University.

Andrew P. Held, Zoe M. Kabelac and **Deanna M. Myer** were named to the dean's list at Boston University.

The Board of Trustees of **Washington Episcopal School** have announced the appointment of Nancy Wright, the school's middle school director, as the interim head of school for the 2014-15 school year. Wright has taught at the school since 1995 and has been the middle school director since 2005. Wright has a BA in mathematics from the University of North Carolina-Chapel Hill and an MBA in finance and investments from George Washington University where she was a member of the Beta Gamma Sigma honor society. She has completed additional graduate work in mathematics education at University of Maryland-College Park.

Patrick Slawta was named Empire 8 men's lacrosse player of the week. Slawta is a Walt Whitman High School graduate and Bethesda native. Slawta posted 10 goals and two assists in a 1-1 week for the 13th-ranked Bombers. He had a game-high four goals and added two assists to lead Ithaca to a 18-7 season-opening victory over Oswego Tuesday. Slawta went on to net a career-high six goals Saturday against RIT. Shooting 71.4 percent on the week, and with a 92.9 percent on-goal percentage, he added six ground balls for the Bombers.

Roy Zhou and **Alice Xu** were named to the merit list of Oxford College, the two-year liberal arts division of Emory University located in Oxford,

Ga., for the 2013 fall semester.

Antonios Anagnostopoulos and **Gabrielle Siegel** were named to the dean's list of Emory College, the undergraduate, liberal arts college of Emory University in Atlanta, Ga., for fall 2013.

The following students were named to Bucknell University's dean's list: **Alexa Goldman**, the daughter of Leonard Goldman and Lisa DeMarco and a 2012 graduate of Holton Arms School; **Katherine Lunceford**, the daughter of Paul and Katherine Lunceford and a 2013 graduate of Winston Churchill High School; **Crispin Muessle**, the son of Venance Msigala and Mary Muessle and a 2013 graduate of Winston Churchill High School; **Kimberley Nidah**, the daughter of Pauline and Frank McDonald and a 2012 graduate of Winston Churchill High School; and **Caroline Slowinski**, the daughter of Richard and Ann Slowinski and a 2012 graduate of Stone Ridge School Sacred Heart.

Caroline Perry was named to the fall 2013 dean's list at The University of Findlay.

The Yale field hockey team has been recognized by the National Field Hockey Coaches Association with the NFHCA National Academic Team Award for the 2013 season. Freshman **Alyssa Weiss**, a graduate of Winston Churchill High School, was one of 13 Bulldogs named to the NFHCA National Academic Squad. The award is presented to all NCAA field hockey teams that had a GPA of 3.0 or higher for the fall of 2013.

Max Reinhardt has been selected to play Spartan Ambassador/Constable for the University of Mary Washington production of "Lysistrata." Reinhardt is the son of John Reinhardt, of Potomac, and Heather Reinhardt of Ft. Lauderdale, Fla. He

is a graduate of Winston Churchill High School.

Zainab Wurie, of Potomac, is one of approximately 800 outstanding Black American high school seniors who have won Achievement Scholarship awards through the National Achievement Scholarship Program. Wurie attends Holton-Arms School in Bethesda and plans to study medicine.

The following students made the dean's list for fall 2013 at Washington University in St. Louis: **Tarek Mohamad Elhage** is enrolled in the university's College of Arts & Sciences; **Jessica Emma Greenberg** is enrolled in the university's College of Arts & Sciences; **Nicholas Carroll Kovacs** is enrolled in the university's College of Arts & Sciences; **William Chase Kovacs** is enrolled in the university's College of Arts & Sciences; **Amy Michelle Lieberman** is enrolled in the university's College of Arts & Sciences; **Kimberly Michelle Plumer** is enrolled in the university's College of Arts & Sciences; **Robert Walter Shorr** is enrolled in the university's College of Arts & Sciences; **Jamie Ann Youngentob** is enrolled in the university's College of Arts & Sciences; **Andy Lu Lee** is enrolled in the university's College of Architecture in the Sam Fox School of Design & Visual Arts; **Emma Bailey Benjamin** is enrolled in the university's John M. Olin School of Business; **Christopher Scott Campbell** is enrolled in the university's John M. Olin School of Business; **Seiya Arnold Eguchi** is enrolled in the university's School of Engineering and Applied Science; **Victor Z. Irony** is enrolled in the university's School of Engineering and Applied Science; **Alexandra Hope Michaels** is enrolled in the university's School of Engineering and Applied Science; and **Sarah Mae Ettinger** is enrolled in the university's College of Art in the Sam Fox School of Design & Visual Arts.

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