

Potomac ALMANAC



Churchill senior Louis Dubick set the Maryland state record for career points during a game against Damascus on March 26.

Record Breaking

SPORTS, PAGE 8

Un-breaking Hearts

NEWS, PAGE 3

Finally, Spring

OUT & ABOUT, PAGE 6

Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

January, 2015 Sales,
\$330,000~\$635,000

IN JANUARY 2015, 27 POTOMAC HOMES
SOLD BETWEEN \$5,500,000-\$330,000.



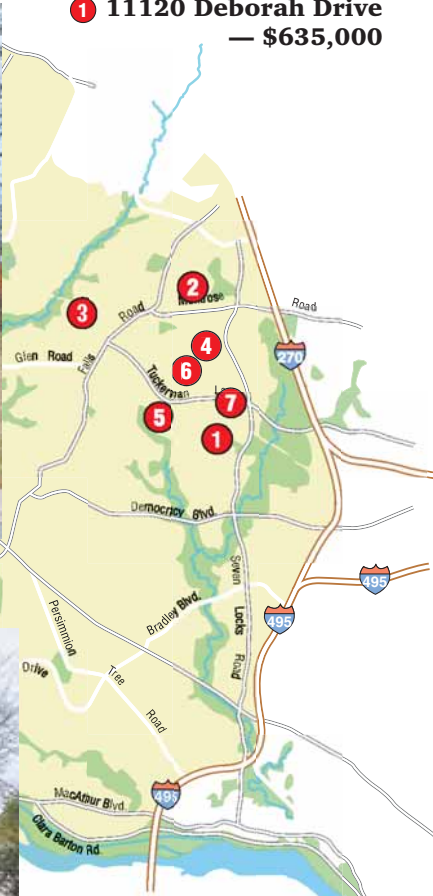
3 9412 Bentrige Avenue — \$604,000



1 11120 Deborah Drive — \$635,000



4 11808 Devilwood Drive — \$575,000



5 8614 Tuckerman Lane — \$550,000



6 11822 Enid Drive — \$550,000



7 7905 Foxcrest Court — \$330,000

Address	BR	FB	HB	...	Postal	City	..	Sold Price	Type	Lot AC	..	PostalCode	Subdivision	Date Sold
1 11120 DEBORAH DR	4	..	2	.	1	POTOMAC	\$635,000	Detached	0.26	20854	INVERNESS FOREST	01/20/15
2 1293 BARTONSHIRE WAY	4	..	2	.	1	POTOMAC	\$615,000	Detached	0.23	20854	POTOMAC WOODS	01/16/15
3 9412 BENTRIDGE AVE	3	..	3	.	1	POTOMAC	\$604,000	Ath/Row Hse	0.04	20854	FALLSREACH	01/30/15
4 11808 DEVILWOOD DR	4	..	2	.	1	POTOMAC	\$575,000	Detached	0.22	20854	REGENT PARK	01/05/15
5 8614 TUCKERMAN LN	4	..	3	.	1	ROCKVILLE	\$550,000	Detached	0.24	20854	WILLOWBROOK	01/09/15
6 11822 ENID DR	4	..	2	.	0	POTOMAC	\$550,000	Detached	0.25	20854	REGENCY ESTATES	01/07/15
7 7905 FOXCREST CT	2	..	1	.	1	POTOMAC	\$330,000	Townhouse	20854	POTOMAC CREST CODM	...	01/30/15

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Potomac Doctor Fixes Broken Hearts

“Heart healer” Craig Sable saves lives of Ugandan children.

BY SUSAN BELFORD
THE ALMANAC

“I am staring at a list of the names of over 100 Ugandan children with holes, blockages and leaks in their heart, knowing that for some, in a few short weeks, the dream that they and their families have been praying for will finally come true. These children will be selected to receive open heart surgery on our upcoming mission to Uganda in March, says Dr. Craig Sable, Director of Echocardiography and Telemedicine at Children’s National Health System and Professor of Pediatrics at George Washington University School of Medicine.



Sable

“This will be my 17th visit to Uganda, and the 9th time we have done open heart surgery there,” said Sable, a Potomac resident, who also serves as President of Heart Healers International.

Heart Healers, an organization of medical colleagues from institutions throughout the world, collaborate with the medical team at the Uganda Heart Institute at Mulago Hospital (the largest teaching hospital in Uganda) to facilitate the care of children with heart disease in Uganda. The mission of Heart Healers International is that “no child with treatable heart disease should be left behind.”

Congenital heart defects occur in 1 percent of all children — but only 7 percent of the world’s population has access to corrective heart treatment. There are nearly

6,000 children in Uganda in need of cardiac interventions. Previously, the only option for these Ugandan children was to go abroad for surgery, in most cases not an option because of the expense.

Open-heart surgeries the teams have performed have saved the lives of 500 children since 2007. Sable said, “One of the greatest joys in my life is to witness the transition of a child whose lips are dark blue from

lack of oxygen and can’t walk across a room who then sends me a picture looking like all the other children playing soccer just a few short months after surgery.

“I stay up at night seeing the faces of these beautiful children and their scared, sad, but always kind and hopeful parents who look to me and our team to change everything. The cold hard truth is that many of their children will not live normal lives simply because they were born somewhere that does not have access to the type of care we take granted in the U.S. This inequity is the single most important driving force in motivating our team — it is why we do what we do in underdeveloped nations.”

“Going through the process of selecting is beyond humbling,” said Sable. “Everyone always asks me, ‘how do you pick which children should receive this precious gift?’ I can’t give a single answer. We look at urgency, likelihood of success, teaching value for the Ugandan team (critical for sustainability), how long a child has been on our waiting list...but we have to say no to more families than we say yes to. Every



Dr. Sable with Victoria and Christian. Victoria had open heart surgery to repair Tetralogy of Fallot in February 2014. Sable says, “She is a completely different child, playing normally with no limitations. Her oxygen level has gone from 60 percent to 100 percent. Christian had relief of a blockage in his pulmonary valve by surgery last February by our team. He is now doing great and has so much more energy.”

time we say no it makes us work harder, longer, and hope for strength to do more. We also try to focus on this: we are proud of what we can do. In total, about half of the kids on the list will get treated this year.”

HEART HEALERS INTERNATIONAL also supports the work of cardiologist Dr. Andrea Beaton, also from the Children’s National Medical System. With the help of Sable and their colleagues, she is performing ground-breaking research for the treatment of rheumatic heart disease (RHD) in

Uganda. More than 250,000 children and young adults die from rheumatic heart disease each year — a strep-throat disease that is treatable and curable.

Beaton said, “This treatment is one of the most cost-effective ways that thousands of lives can be saved.”

Rheumatic heart disease was prevalent in the United States before the 1950s, but due to screening, treatment and prevention, the disease has been virtually eliminated from

SEE HEALING HEARTS, PAGE 7

‘Girls’ Night Out’ Features Author Iris Krasnow

Women gather for a night of learning and laughter.

BY SUSAN BELFORD
THE ALMANAC

“The Healing Power of Women’s Friendships” — a timely topic for a “Girls’ Night Out” evening — set the tone and spirit for an evening featuring the wisdom of journalist and New York Times best-selling author Iris Krasnow.

The evening provided more than 80 women with a setting for sharing conversations, renewing friendships and making

new ones, and enjoying an evening women-only event. The client-appreciation affair, sponsored by Long and Foster realtor Yasmin Abadian and her team, Amy Michaels and Kelly Standen was held at the TPC Potomac at Avenel Clubhouse on March 19, 2015.

Abadian has been a realtor since 1983. She has resided in the Potomac area since 1966 when she moved to this area with her parents. She attended Carderock Springs Elementary School, Cabin John and Churchill — and then UCLA. She and her husband, James McWhorter, recently purchased The Market at River Falls.

Abadian met Krasnow, who is a Professor of Women’s Studies at American University



PHOTO CONTRIBUTED

Kelly Standen, Iris Krasnow and Barbara Guterman

SEE GIRLS, PAGE 9

OPINION

Emerging from the Polar Vortex

Spring is here; time to dig in and preserve the local environment.

BY SUSANNE LEE
WMCCA PRESIDENT

It seems like such a short time ago that the words “polar” and “climate change” prompted only images of iconic polar bears searching for the last melting Arctic ice floes. Few of us had even heard of “polar vortexes” and their impacts on the Potomac Subregion, but we have all learned rapidly about this other, more local, effect of climate change. Now, finally, the daffodils are budding up and it appears the long winter is over.

Spring in the Washington area. What amazing natural treasures and beauty surround us — multiple kaleidoscopes of colors, textures, sounds and smells. Time to get outside and enjoy every minute we can before the heat and humidity of summer arrive. Also, time for all of us to dig in — literally — to do what we can to preserve and expand this priceless environmental base whether in our own yards or the wider community. Artificial turf, hazardous to human health and the environment, clearly should not be on any “to do” list. But there are so many other individual actions that, taken together, can have a dramatic impact. Here are just a few of our suggestions:

❖ Angry and dismayed about Pepco’s tree slaughter, watered down forest conservation measures, and the new, largely ineffectual, tree canopy statute? Plant more, bigger, diverse canopy trees. Protect areas from deer browse to promote forest regeneration.

❖ Appalled at the degradation of local streams necessitating WSSC’s massive Mid-River Intake Project? Have concerns about the effectiveness of the pesticide legislation currently pending before the County Council? Ensure that nothing detrimental, including chemicals and sediment, ever runs off your property. Participate in storm water management, water quality monitoring, and stream clean up and restoration projects. Call the County when you see activities that are causing run off from any property.

❖ Dismayed about tropical rain forest destruction and declining bird and amphibian populations? Replace your manicured/high-maintenance lawn with wildlife friendly plants and water features and make it a net gain, not a loss, for biological diversity.

WMCCA Meeting

The next meeting of the West Montgomery County Citizens Association will be held Wednesday, April 8, 7:15 p.m. at the Potomac Community Center. Speakers will be Gail Dalferes and Bailey Condrey of Safe Healthy Playing Fields Coalition. Awareness of the hazards to human health and the environment caused by artificial turf (AT) playing fields continues to grow.

The Safe Healthy Playing Fields Coalition was formed by citizens right here in Montgomery County, including WMCCA, who were alarmed by the installation of AT playing fields throughout the County. They have undertaken a series of very effective actions to ensure that sound science is employed in identifying and eliminating health and environmental risks related

❖ Appalled at climate deniers? Reduce your own carbon footprint. Compost your yard waste in the back of the property instead of having it hauled away. Use your own leaves and wood chips for mulch, not plastic bags of chips from trees cut and shipped from hundreds of miles away. Walk and chat with your neighbors...and enjoy knowing we all appreciate and benefit from your efforts.

“...and the soil under the grass is dreaming of a young forest, and under the pavement the soil is dreaming of grass.”

— Wendell Berry, “Given”

ARTIFICIAL TURF (AT) PLAYING FIELDS

BY CAROL VAN DAM FALK:

The Chairman of the Maryland General Assembly’s Health and Government Operations (HGO) Committee is scheduled to meet with Dr. Clifford Mitchell, Director of the Dept. of Health and Mental Hygiene, as this newsletter goes to print. They will be discussing the idea of installing warning signs at all artificial turf playing fields and/or another proposal to test the fields for lead. During recent testimony before the Maryland General Assembly on House Bill (HB) 897, it was revealed by the synthetic turf industry that tire crumb contains lead. HB897 would require posting warning signs at AT fields.

It is important to remember that if they do test for lead and do not find it, that does not mean the fields are safe. There are many toxic compounds known to be an integral part of

to AT. They have become leaders in efforts not just in Maryland, but nationwide, to limit or ban the use of AT for playing fields.

Gail Dalferes and Bailey Condrey, along with WMCCA Board Member Carol Van Dam Falk and others, founded the Coalition.

They will speak on the health, environmental, and financial risks of installing AT on Montgomery County playing fields. They will also talk about recent efforts made in the battle to stop the trend toward replacing natural fields with AT.

As always, the public is most welcome to attend our meetings. If schools are closed because of inclement weather, the meeting will be cancelled.

tire crumb and a smaller number of toxic compounds in the plastic carpet underneath the tire crumb, which sometimes include lead but not always. It is unclear how this testing would be carried out, since there is no standardization, regulation, or monitoring of harmful compounds in tire crumb, a main ingredient in artificial turf. The Safe Healthy Playing Fields Coalition helped draft the proposed legislation and is working with HB897 co-sponsor District 15 State Delegate Aruna Miller to locate experts and facilities which could properly carry out those tests.

As for the status of HB897, members of the HGO Committee have yet to schedule a vote on it, and there is a good chance it will not be voted out of committee for action by the full Maryland House or Senate this year, but we consider it progress that the HGO Committee is pursuing testing of different aged AT fields for lead.

The EPA has said that more testing needs to be done on AT, but has not conducted those tests.

House Bill 897 Summary:

The required sign must state the following:

The Department of Health and Mental Hygiene encourages all those using synthetic infill turf fields to observe the following recommendations:

1. Wash hands and exposed body parts aggressively after playing on field.
2. Turn clothes inside out as soon as possible after using the field to avoid tracking dust and infill to other locations.
3. Keep beverages closed and in bags or coolers when not drinking to minimize contamination from field dust and fibers.
4. Be aware of signs of heat-related illness and dehydration. Fields can get excessively hot on warm, sunny days. Take all necessary precautions.” The current law does not require the posting of any safety recommendations specific to synthetic infill turf fields.

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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.

WEDNESDAYS THROUGH APRIL

Wireless Wednesdays. 11:30 a.m.-12:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Get help with a new tablet, smartphone or e-reader. Bring wireless devices to Wireless Wednesdays at Potomac Library and learn to download digital

SEE BULLETIN BOARD, PAGE 5

POTOMAC ALMANAC

www.PotomacAlmanac.com

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Mother's Day Photos

Mother's Day is May 10, 2015, and every year at this time, The Connection calls for submissions to our Mother's Day photo gallery. Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. (We will not print your full address or contact information.) You can upload photos and information directly to our website at www.connectionnewspapers.com/mothersday/ or email to editors@connectionnewspapers.com.

BULLETIN BOARD

FROM PAGE 4
content provided free by the library,
including e-books, audiobooks,
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Corber, 240-777-0690 for more.

WEDNESDAY/APRIL 1

Seeking Submissions. The 34th annual Congressional Art Competition is seeking submissions from high school students who live or attend school in the Eighth Congressional District. Visit vanhollen.house.gov/ and click "For Constituents" for more.

THURSDAY/APRIL 2

Great Decisions: Sectarianism in the Middle East. 12:30-2 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Great Decisions, a national program of the non-partisan Foreign Policy Association is sponsored by Friends of the Library, Potomac Chapter. Most months there is a guest speaker. The program is free and open to the public; bring a brown bag lunch. A copy of the 2015 Briefing Book is available at the Information Desk. The book cannot be checked out; it takes about an hour to read the relevant article. Books can be ordered at fpa.org.

SATURDAY/APRIL 11

Volunteers Needed. The Ferguson Foundation is looking for volunteers to help with the 27th Annual Potomac River Watershed Cleanup. Visit fergusonfoundation.org.

MONDAY/APRIL 13

"Future of Transportation." 7:45-10 p.m. at County Council Office

Building, 100 Maryland Ave., Rockville. A panel of speakers will address transportation options in the County. Visit www.montgomerycivic.org.

TUESDAY/APRIL 14

Leadership Montgomery Meeting. 1-3 p.m. at Twinbrook Community Center, 12920 Twinbrook Parkway, Rockville. Experts will discuss the implications of a new administration and budget on senior services. Free for members, \$15 for nonmembers. Visit www.leadershipmontgomerymd.org.

THURSDAY/APRIL 16

"Out and About" Clubs for Teens. 5 p.m. at JSSA, 200 Wood Hill Road, Rockville. This club is for teens (14-17) diagnosed with a Level 1 Autism Spectrum Disorder (formerly Asperger's syndrome and PDD-NOS). Participants will be encouraged to engage with their peers in a fun and stimulating environment. \$30 per session. Pre-registration is required to attend. For more information or to register, call 301-610-8321.

SATURDAY/APRIL 18

Spring Open House. 9 a.m.-1:30 p.m. at Agricultural History Farm Park, 18410 Muncaster Road, Derwood. Get a taste of all the park has to offer including classes on vegetable gardening and beekeeping. Find a plant sale and a "Seed Swap." Call 301-590-9638 or email mc.growit@gmail.com.

TUESDAY/APRIL 21

Young Adult Support Group. 7 p.m.

at JSSA, 200 Wood Hill Road, Rockville. This co-ed support group for young adults, 18 and older, with learning disabilities will address the emotional and social changes and challenges that occur as a natural sequence of growth and development. Focus will also be given to the increased freedom and responsibilities that accompany each stage of a person's journey through life. Free. Pre-registration is required to attend. Call 301-610-8382.

WEDNESDAY/APRIL 22

Forum on Poverty. 6-9 p.m. at East County Regional Services Center, 3300 Briggs Chaney Road, Silver Spring. The "Raise Your Voice EAST" forum will bring attention to low-income community members with a resource fair and panel discussion. Free. Register at raiseyourvoiceeast.eventbrite.com.

THURSDAY/APRIL 23

Public Forum. 7-9:30 p.m. at Montgomery Regional Office Auditorium, 8787 Georgia Ave., Silver Spring. Montgomery Parks will host public forum on future capital improvement projects for parks and recreation facilities. Visit www.montgomeryparks.org.

THURSDAY/APRIL 30

Tour the Pepco Watershed. 5:30-7:30 p.m. at WaterShed, 201 West Gude Drive, Rockville. Tour the solar-powered home that interacts with the environment. The tour is free for Leadership Montgomery members, \$15 for nonmembers. Visit www.leadershipmontgomerymd.org/event/pepco-watershed-tour.



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Questions? E-mail sales@connectionnewspapers.com or call 703-778-9431

POTOMAC ALMANAC

FREE REMODELING & DESIGN SEMINARS!



Thursday, April 9th, 2015
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LET'S TALK *Real Estate*



by Michael Matese

Using the Social Media

Back in the day, Social Media consisted of word of mouth, newspaper, and sign in the yard. Today, there are so many other options. The communication revolution is taking over, with everyone hopping on the bandwagon. There are still some hold outs of course, but understand this. Being a part of any social media outlet brings untold numbers of 'hits' to a listing.

It's a form of advertising and what better to serve a client? Social media has enabled new ways to initiate conversations, respond to feedback and communicate with a potential home buyer or seller in a shorter amount of time. And best of all, it's a good way to keep a closer eye on what's happening in the industry.

A buyer or a seller working with a Realtor who knows how to best utilize these assets can count on an immediacy to new listings, contract changes, etc. It's not always easy to maintain, and social connections don't just pop up on their own, but the effort put in will pay off. Your Realtor knows that consistency and a commitment to the effort will pay off in the long and the short run, so let a Realtor show you the way to make the most of marketing your home.

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

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OUT & ABOUT

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POTOMAC
ALMANAC



A crowded waiting room

Healing Hearts

FROM PAGE 3

our country.

Sable's grandmother had rheumatic heart disease and died a premature death because of related heart problems. He said, "Ironically, I am working to prevent the same problem in Uganda that my grandmother had."

"We are also creating a sustainable cardiovascular program in Uganda," said Sable. "We are teaching Ugandan medical personnel to make diagnoses, perform catheterizations and giving them the skills to perform procedures on their own. The transfer of skills and knowledge that occurs on our missions has resulted in the Ugandan heart surgery teams being able to operate on some kids by themselves. This is a far cry from the less than 5 percent that would get the care they needed when I first started going to Uganda in 2003, before we started building our program," said Sable.

Last week while visiting Uganda, Sable met with the Rt. Hon. Dr. Ruhakana Rugunda, Prime Minister of the Republic of

Uganda, and a delegation from the Uganda Heart Institute and Rotary International, to discuss support for congenital heart surgery and catheterization programs, as well as funding for rheumatic heart disease research. Other sources of funding for research, sending cardiovascular teams to underdeveloped countries, open-heart surgery, education and medicines include the Children's National Research System, Rotary International, Gift of Life International, Larry King Cardiac Foundation, Samaritan's Purse Children's Heart Foundation, Zachary Blumenfeld Fund, Wolfson Children's Hospital, Uganda Heart Institute, Cisco, Verizon, Medtronic — and many others.

Every \$5000 that is donated provides life-saving surgery for a child. Penicillin is available for 25 cents a dose and an echocardiogram is \$1. Heart Healers International needs funds from both public and private donors in order to eradicate rheumatic heart disease and to perform open-heart surgeries. Learn more at www.hearthealersinternational.com.



Dr. Sable with Noel and Lordrick (right), one year after tetralogy surgery.

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Churchill's Dubick Breaks Maryland Record

Senior attackman surpasses previous record of 380 points.

BY JON ROETMAN
THE ALMANAC

Louis Dubick's lacrosse skills were evident when the attackman was a freshman on the Churchill varsity team in 2012. His ability to not only score goals, but see the field and distribute to others made him one of

Montgomery County's most potent offensive weapons.

"We knew right away [Dubick] was a special player. When he was a freshman, his vision was unreal."

— Jeff Fritz, Churchill boys' lacrosse coach

final appearances and a pair of region titles. While Dubick's impact on the Churchill lacrosse program can be measured in part by the championships he helped bring to the Bulldogs, his place in Maryland high school lacrosse history was cemented by a goal

on March 26.

Dubick broke the state record for career points during a 16-3 victory over Damascus on Thursday. Dubick caught the ball at the top left side of the box and, after a split dodge, deposited the ball in the cage over the goalie's left shoulder, giving him 381 points for his career.

The previous record of 380 points was held by Mikey Wynne, a 2014 graduate of St. Paul's, a private school in Brooklandville, according to laxrecords.com. Wynne is now a freshman attackman at the University of Notre Dame.

Dubick, who signed to play with the University of Maryland, said breaking the points record was a product of his desire to be successful.

"It wasn't like, 'I'm going to break the points record,' it was more like, 'I'm going to come in here and try to be as successful as I can and do as well as I can and put as many points on the board as I can — but, obviously, win at the same time,'" Dubick said. "It's something that just added up over my career and I've been lucky enough to play with guys who helped me get there and guys that made me a better player and hopefully I've done the same for them."

Dubick finished with four goals and seven assists against Damascus. On Monday night, No. 32 added one goal and six assists during a 19-2 victory at Einstein, giving Dubick 393 points for his career.

Wynne holds the state record for career goals with 241. Dubick had 198 after Monday's game and is fourth on the all-time list, one spot ahead of 2013 Churchill graduate and former teammate Matt Leonard.

Patrick Mull, a 2009 Fallston graduate, holds the career assist record with 232. Dubick was third after Monday's game with 195.

"We knew right away he was a special



PHOTOS BY HARVEY LEVINE/THE ALMANAC

Senior midfielder Derek Altobello and the Churchill boys' lacrosse team defeated Einstein 19-2 on Monday.

player," Churchill head coach Jeff Fritz said. "When he was a freshman, his vision was unreal. He had as many goals as he did assists. ... Sophomore year, he became a captain and has really matured into being a leader off the field, as well as on. He helps lead offseason practices, offseason workouts, offseason weight-training sessions, he's a second coach on the field ... [and] he's the type of player that makes everyone around him better."

Dubick and the Bulldogs started 3-0 in 2015, with lopsided victories over Kennedy, Damascus and Einstein.

After winning back-to-back region titles in 2012 and 2013, Churchill lost to rival Wootton, 14-12, in the 2014 4A/3A West region final.

"Last year was frustrating because we felt like we had [Wootton] in the regional final," Dubick said. "... They were more disciplined, they had some more seniors, some

more leadership and it motivates us because we know we were better than that last year and we know that we're better than that this year and we have a good shot at winning the region. Anything short of that ... would be a disappointment, especially for me and especially for the rest of the seniors."

Along with Dubick, midfielders Derek Altobello, Marshall Rhodes and Nick Muscarella are key senior contributors. Junior Markus Hurd is the team's starting goalkeeper.

"We're deep right now," Fritz said. "It's a great time to be a Bulldog."

Churchill faced Northwest on Tuesday, after The Almanac's deadline. The Bulldogs will host Bethesda-Chevy Chase at 7 p.m. on Thursday, April 2.

"I really want to see Montgomery County win a state championship," Fritz said. "I would love for us to be the team to do it."



Churchill senior attackman Louis Dubick, right, is a four-year starter for the Bulldogs and signed to play with the University of Maryland.



PHOTOS
CONTRIBUTED

**Yasmin
Abadian,
author Iris
Krasnow and
Carola Weis**

‘Girls’ Night Out’ Features Laughter and Learning

FROM PAGE 3

when she decided to take a class called “Voices of Women” taught by Krasnow. Abadian not only took the class once — she took it three times because she gained so much. She asked Krasnow to speak at this event because she knew women would appreciate her knowledge and perspective on women’s relationships with their mothers, friends, spouses and children.

Krasnow was formerly a national feature writer for United Press International; she specialized in celebrity profiles, including Yoko Ono, Elie Wiesel, Ted Kennedy, Barbara Bush, Norman Mailer and Queen Noor of Jordan. She has written for many national publications, including Parade, The Wall Street Journal, The Washington Post, AARP The Magazine, and The Huffington Post. She has been a guest on numerous national television and radio programs including Oprah, The Today Show, and All Things Considered, and she has been featured on CNN several times.

IN 1993, KRASNOW GAVE BIRTH to twins, making her the mother of four sons under the age of 3. She decided to leave her daily journalism job and authored her first book, “Surrendering to Motherhood: Losing Your Mind, Finding Your Soul,” which examines the balance between work and motherhood for women. Subsequently, she has written five books which deal with personal relationships: “Surrendering to Yourself,” “Surrendering to Marriage,” “I Am My Mother’s Daughter,” “The Secret Lives of Wives,” and “Sex-After. . . Women Share How Intimacy Changes as Life Changes.”

After telling the audience about her life with five men and two male cats, Krasnow said, “I am so happy to be able to spend an evening with women. The power of female friendships is unifying and brings much joy and happiness. Spending an evening with girlfriends is both fulfilling and meaningful.”

She discussed motherhood and how “No one loves you like your mother. A mother is one of the ‘steady rudders’ in your life — and her voice resonates all the time.” After she once appeared on the Oprah



Iris Krasnow speaking to the women in attendance.

Winfrey show, Krasnow called her mother, a Polish-born Holocaust survivor, to see what she thought of the interview. Her mother’s comment (with a Polish accent) was a familiar one for Krasnow. No comment about the substance of the interview but only, “Couldn’t you just have put some lipstick on?”

Krasnow continued her talk by discussing focus points: “How do we balance work, family and responsibilities — and remain the same? How do we stay blissfully married? (No one is blissfully married!) and the real secret to life — never expect anyone else to make you happy.”

One of the attendees, Margo Devine said, “I thoroughly enjoyed the speaker and the evening and found her to have wonderful insights into our relationships.”

Sydnee Alenier said, “It was really a nice opportunity to spend an evening with women, learning about women’s issues and also about some new books that I plan to read.”

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Manifest Destiny



By KENNETH B. LOURIE

I wouldn't say I have symptoms (why would I say that? If I said that, I'd have to admit that cancer is having an effect on me. And I wouldn't want to admit that; admitting that would acknowledge my destiny and perhaps even hasten my decline); no, more like manifestations. Yeah, "manifestations," I think I can live (no pun intended) with that admission. At least I hope so.

The manifestations to which I refer – in the abstract, are not exactly new or out of my ordinary (again, if I said they were in fact new and out of my ordinary, I might have to believe that my underlying problem/diagnosis: stage IV, non-small cell lung cancer, is manifesting itself in a potentially life-altering way), but they are something. The question is: is my body telling me something I already know, or am I looking for trouble in all the familiar places?

I'd rather not be looking for trouble, given that trouble has already found me. I'd rather be minding my own business and not introspecting so much. But the day I received a cancer diagnosis is the day I lost the ability to turn the introspection switch off (if only it were that simple). I can dim it, though, except when I experience some of my manifestations. Then I'm reminded that I'm not in Kansas anymore, especially every third Friday (lab results allowing) when I'm at The Infusion Center receiving my 10 minutes of Alimta intravenously. On those days, I am indeed a victim of my circumstances, and regardless of what I tell myself – repeatedly, in an attempt to blur my reality – when my oncology nurse, Ron, inserts a needle into a vein in my arm and the i.v. starts dripping, the truth does not exactly set me free.

Still, I'm happy to be there (heck, I'm happy to be anywhere, symptoms-I'm-unwilling-to-admit-I-may-have notwithstanding). It's more the inevitability of my diagnosis that wears on me. I wasn't given a "terminal" diagnosis because I was treated at an airport. I was given it because I have malignant tumors that apparently have moved/metastasized from one lung to the other and are inoperable. (Nor was I/am I a candidate for radiation. The tumors are too spread out, I was told, and thus the treatment would prove ineffective.) This diagnosis and related prognosis is hardly for the weak of heart (fortunately I've never been treated for a weak heart; a weak back, maybe). But diseases are sort of like your family: you can't pick them. Hopefully you can live with them, because living without them would likely make an incredibly difficult situation worse. And if there's one thing a diagnosed-as-terminal patient doesn't need is external complications; we already have enough internal complications.

My internal complications are mostly "manifestations," as I've described them, symptoms that occasionally go bump in the night and often cause me to grind during the day ("grind" is an emotional reference). I want to think, I'm desperate to think, that the things I feel are not cancer-related but instead are being-sixty-years-old-related. But since I've never been 60 before with or without cancer, (and neither have I ever experienced six years of non-stop chemotherapy), I don't know whether my cancer is manifesting itself and my predicted future is finally present, or whether I'm destined for an unexpected long life with all the associated symptoms. Certainly I hope for the latter, but it's the former that seems to be driving this bus. And though the bus may need some paint and a bit of an overhaul, the wheels have yet to come off.

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

ENTERTAINMENT

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

“My Little Town.” Through April 12, Saturdays, 1-4 p.m.; Sundays and Mondays, 1-8 p.m. at the Photoworks Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Glen Echo Park Partnership presents 2015’s juried show, “My Little Town: A Juried Photography Exhibition About Washington, D.C.” Juried by photographer Peter Garfield, this exhibition showcases the neighborhoods and local areas of Washington, D.C., providing a glimpse into the more intimate and personal side of the nation’s capital. Featuring a wide-ranging group of local photographers. Visit www.glenechopark.org or call 301-634-2222.

“Jack and the Beanstalk.” Through May 3, at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The Puppet Co. presents “Jack and the Beanstalk,” the classic children’s tale about the boy that doesn’t know beans about trading, but still manages to climb his way to the top. Jack finds that happiness lies in helping others rather than mere personal gain. Told with rod puppets and some surprising twists, Jack has long been a favorite of The Puppet Co. audiences. Visit www.thepuppetco.org/ for more.

VisArts Cocktails and Canvas Class. at VisArts in the Painting & Drawing Studio, 155 Gibbs St., Rockville. Price \$40. Visit www.visartsatrockville.org/cocktails-and-canvas for more.

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 capitalblues.org for more.

Weekly Swing Dance. Saturdays, 8 p.m.-midnight. The DC Lindy Exchange presents a swing dance with live music in the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Beginner swing dance lesson at 8 p.m., followed by dancing until midnight. Admission \$16-\$18, age 17 and under \$12. Visit www.glenechopark.org for more.

Argentine Tango with Lessons. Most Sundays, 6:30-11 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. 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. For 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 for more.

Contra and Square Dance. Fridays and Sundays 7-10:30 p.m. in the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. The evening can include square dances, mixers, waltzes and other couple dances. All Contra and Square dances are taught, no partner necessary. Lessons at 7 p.m., followed by the called dance with live music at 7:30. \$13 for nonmembers, \$10 for FSGW members, \$5 ages 17 and under. Visit www.glenechopark.org or call 301-634-2222 for more.

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.

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.

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

Glen Echo Park Films. Saturdays and Sundays. Arcade Building, 7300 MacArthur Blvd., Glen Echo. Films about the Park’s history are shown on rotation in the lobby. Free. Visit www.glenechopark.org for more.

SilverWorks Studio & Gallery. Wednesdays, Thursdays, Saturdays and Sundays, 10 a.m.-6 p.m. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. SilverWorks Studio & Gallery is a working silversmith studio and includes an ongoing exhibition, as well as sales of the work of artist-in-residence Blair Anderson. Free. Visit www.silverworksglenechopark.com.

Art Glass Center at Glen Echo. All day Wednesdays; Fridays, 10 a.m.-2 p.m.; Saturdays, 10 a.m.-4 p.m.; Sundays, noon-4 p.m. Art Glass Center, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Ongoing exhibitions feature work of Resident Artists Christine Hekimian, Sue Hill, Michele Rubin, Sherry Selevan, Bev and Zayde Sleph and Janet Wittenberg. Sculpture, vessels, functional art and jewelry are for sale. Classes are taught year-round for beginner, intermediate and advanced students. Visit www.artglasscenteratglenecho.org for more.

Glen Echo Pottery. Through December, Saturdays and Sundays, 12-5 p.m. Glen Echo Pottery, 7300 MacArthur Blvd., Glen Echo. The Gallery shows the work of 29 individual potters and instructors at Glen Echo Pottery. Wheel-throwing demonstrations are offered most Saturdays and Sundays, noon-2 p.m. Children are welcome. Visit www.glenechopottery.com/gallery for more.

Yellow Barn Studio & Gallery. Saturdays and Sundays, 12-5 p.m. The Yellow Barn Studio & Gallery presents free exhibitions of emerging artists’ work. Each weekend features the work of a different artist. Most artwork is also for sale. Visit www.yellowbarnstudio.com for more.

Acoustic Open Mic. Wednesdays, 7-11 p.m. at Benny’s Bar & Grill, 7747 Tuckerman Lane. Everyone welcome to perform. Wine bottles are 50 percent off. Visit www.bennysbargrill.com.

CAMPS, CLASSES & WORKSHOPS

Registration Open. The spring issue of the Montgomery County Guide for Recreation and Parks Programs features a variety of classes and programs designed to help participants stay active and have fun, including aquatics, sports, therapeutic recreation services and active adult senior programming.

Registration is available online, by mail or in person at the Montgomery County Recreation Administrative Offices at 4010 Randolph Road, Silver Spring, or by fax at 240-777-6818. Visit www.montgomerycountymd.gov/rec or call 240-777-6840 for more.

VisArts, 155 Gibbs St., Rockville, offers a variety of camp sessions for spring and summer. Visit www.visartscenter.org or call 301-315-8200.

♦ Spring Camps

Kids Create. April 3-10. Enjoy a full day of spring theme crafts (ages 6-12).

Lola’s Lab. April 6-10. A performance art camp where imagination flows through interactive stories, expressive arts, and fantasy (ages 5-10).

♦ Summer Camps

One-week and two-week sessions offered June 15-Aug. 21, 8:30 a.m.-3 p.m. Before care and extended care is available.

Young Artists. One-week sessions that nurture the budding talents of students with age-appropriate visual art projects in an assortment of media (ages 5-6).

Artistic Adventures. Two-week sessions that promote creativity as children experience an assortment of visual art media and are exposed to gallery exhibitions (ages 7-12).

Art Quest. One-week sessions that promote creativity as children experience an assortment of visual art media and are exposed to gallery exhibitions (ages 7-12).

Lola’s Lab. June 29-July 2 or Aug. 17-21. A performance art camp where imagination flows through interactive stories, expressive arts, and fantasy (ages 5-10).

♦ Teen Camps

One-week half-day sessions offered July 6-31, 8:30-11:30 a.m.; 12:15-3:15 p.m.

Teen Art Institute. Teens explore fused glass, painting and drawing. Camp will be held at VisArts (ages 13-18).

Teen Art Institute. This ceramic class gives teens the opportunity to explore clay in depth with handbuilding and the wheel. Camp will be held in the art ceramic at Richard Montgomery High School (ages 13-18).

2015 Musical Theatre Intensive Summer Camp. For actors, dancers and singers ages 13-18. The program will run for two weeks from July 12-25 at the Sandy Spring Friends School in Sandy Spring, Md. Campers can participate in daytime or overnight camp. The daytime camp will feature students in a final showcase the last Friday of camp. Students who participate in the overnight intensive camp will take part in a full production of the musical “Once on this Island!” Visit www.youngartistsamerica.org for more.

Art Explorers Open Studio. Every Saturday, 10 a.m.-12:30 p.m. at The Candy Corner Studio, 7300 MacArthur Blvd., Glen Echo. Art activities for parents and children. Activities change weekly and there is no pre-registration; \$10 per child. Visit www.glenechopark.org/saturday-art-explorers for more.

Ceramic Classes. Various dates and times. VisArts, 155 Gibbs St., Rockville. An opportunity to try the new ceramic workshops. Visit www.visartsatrockville.org/ceramics for a list of class dates, times.

WEDNESDAY/APRIL 1

Painting Class. 7-9 p.m. at Visarts Rockville, 155 Gibbs St., Rockville. This beginner to intermediate class

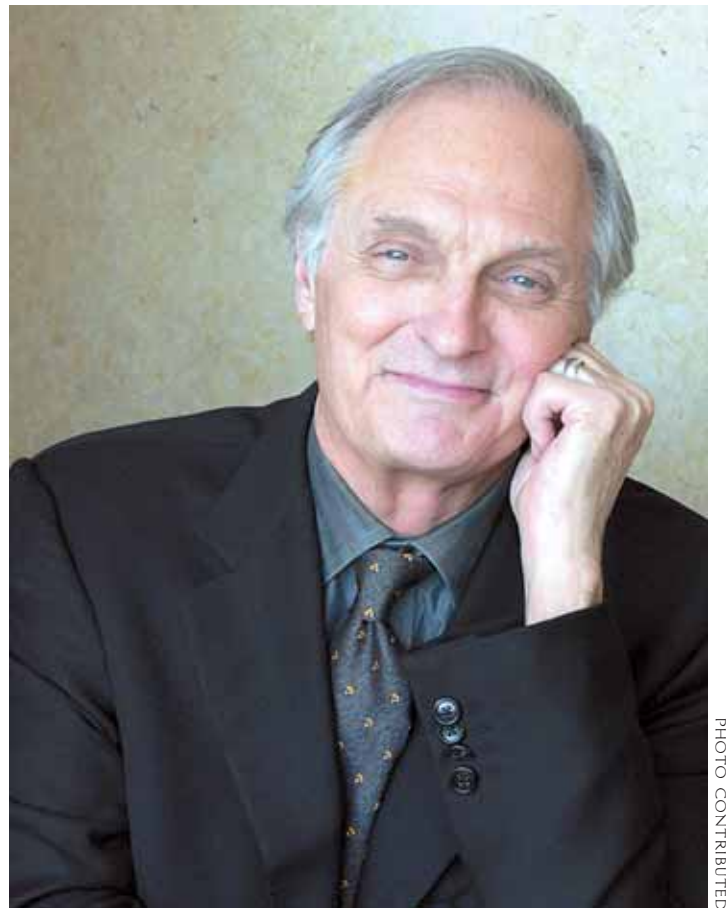


PHOTO CONTRIBUTED

Alan and Arlene Alda will be honored by The Jewish Council for the Aging on April 26.

Alan Alda to be Honored in Bethesda

At the 22nd Annual Sylvia Blajwas Productive Aging Award Dinner, the Jewish Council for the Aging (JCA) will honor actor Alan Alda and his wife Arlene as icons of productive aging and present its 2015 Humanitarian Award to Sylvia Kay Greenberg. On April 26 at 5:30 p.m., during the cocktail hour Arlene Alda’s newest book, “Just Kids from the Bronx,” will be available and Ms. Alda will be signing books. Dinner will follow. Reservations are required. The event will be held at Bethesda North Marriott Hotel & Conference Center, 5701 Marinelli Road. Tickets start at \$300. Visit www.accessjca.org/2015dinner.

will focus on basic watercolor techniques. Participants will work from a pre-sketch image of a beach scene. Tuition is \$75. Supplies are not included. Visit www.visartsrockville.org for more information.

Sylvia Blajwas Productive Aging Award. Alan and Arlene Alda will be honored by the Jewish Council for the Aging. Sylvia Greenberg will also be honored. Tickets start at \$300 per individual. Visit www.accessjca.org for more.

APRIL 27-29

Festival of the Arts. 12 p.m. on April 27; 6-8 p.m. on weekdays, Winston Churchill High School, 11300 Gainsborough Road. Winston Churchill High School presents their annual festival of the arts. Find live music, a fashion show, silent auction, sidewalk chalk competition, and food. Free. Visit www.wchart.com for more.

WEDNESDAY/APRIL 29

Artist’s Reception. 6-8 p.m. at Winston Churchill High School, 11300 Gainsborough Road, Potomac. The best in show at the school’s “The Festival of the Arts” will be announced. Free. Visit www.wchart.com for more.

SATURDAY/MAY 2

Fountain Season Opening Party. 3-6 p.m. at Downtown Silver Spring. Celebrate the reopening of the

interactive fountain with games and live music. Free. Visit www.downtownsilverspring.com for more information.

SUNDAY/MAY 3

Jewelry Workshop. 5 p.m. at VisArts at Rockville, 155 Gibbs St., Rockville. Participants will be introduced to a non-acid technique to create textures on copper. Tuition is \$90. Visit www.visartsatrockville.org for more information.

FRIDAY/JUNE 5

Washington Conservatory 2014-15 Piano Plus! Concerts. 7:30 p.m. Westmoreland Congregational United Church of Christ, 1 Westmoreland Circle, Bethesda. Concert series features members of the Washington Conservatory faculty and guest artists. Free (pay-as-you-can, donations welcome). Visit www.washingtonconservatory.org or call 301-320-2770 for more information.

SATURDAY/JUNE 6

House Concert Series. 7:30 p.m. in Bethesda. Arlington-based IBIS Chamber Music presents concerts in private homes, followed by a reception. Proceeds fund community concerts. \$25, limited space. Email susan@ibischambermusic.org or call 703-755-0960 for reservations. Visit ibischambermusic.org for more information.

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Senior Living

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Senior Living 'Your Life Is Today and Tomorrow'

Residents of local senior living communities share their experiences.

BY ANDREA WORKER
THE ALMANAC

“I didn’t want to come here,” said Bill Woessner, referring to Brightview Assisted Living Community in Great Falls.

“That’s right,” agreed Sheila, his wife of more than 50 years, with plenty of her native Scottish brogue to be heard in her voice. “He really didn’t. We have a lovely house here in Great Falls and I don’t think he was ready to budge. But how long after we got here did that change?” she turned to her husband and asked.

“At least a day,” he laughingly replied. “Seriously,” said Bill Woessner, “it probably wasn’t more than the first 48 hours.”

What changed his mind, especially after

what many would call a major life-up-heaval?

“The food!” was his answer. “We have gourmet food at every meal, served by the nicest people in the most beautiful surroundings, and we never have to cook it or clean up afterwards.”

According to Sheila, while the food really is that good, what probably impacted her husband’s initial attitude was “the amazing staff, the friendly and interesting residents, and the freedom. Of course, we’re retired, so we’re not bound to the responsibilities of work.” But neither are the Woessners bound to home maintenance concerns, housekeeping, cooking and cleaning.

Or “shoveling snow, like we would have been doing last month if we weren’t right

here,” gloated Bill. “We have the time to do what we like, to try new things and meet new people, without that worry.”

Bill and Sheila Woessner chatted about their experiences as residents in a senior living community with friends and fellow residents Porta Nickles and Sophia Couloupoulos, over lunch in the Brightview dining room.

Porta Nickles, who is 99, admitted to a bit of a sweet tooth. “My father owned a candy and ice cream shop in upstate New York,” she said, recommending the homemade coffee ice cream for dessert.

The ice cream is made using the recipe of the area’s beloved Thelma Feighery. Brightview is built on the site of Thelma’s Ice Cream, once the hotspot for local gathering in Great Falls. Thelma and her husband Frank started with a gas station on the site in 1950. Thelma took over and served her own recipe ice creams and other goodies after Frank’s death in 1988, until her own in 2001.

Porta Nickles came to Brightview after living the last 70 years in Middletown, N.Y., where she helped run the family’s Coney Island hot dog franchise, and later went on to enjoy a career in education with the local school district. Having lived somewhere that long, it’s understandable that the move took some adjusting to, but Nickles found herself comfortable and more than content in short order. “I was lonely there,” she said. “And I didn’t even know how lonely until I got here, starting making new friends, find-



PHOTOS BY ANDREA WORKER/THE ALMANAC

Always ready for a few hijinks around Brightview Assisted Living Community in Great Falls are L-R: Sheila Woessner, Porta Nickles, Sophia Couloupoulos, Bill Woessner, and director of Community Sales, Joanna Banks.

ing out there were so many things I could still do and learn and enjoy. And now I get to see my kids, grandkids and great-grand kids.”

Having family nearby, the visits, and having opportunities designed to promote interaction with different age groups, all help make Brightview a home environment in the estima-

tion of this group of residents.

The Brightview Great Falls location has only been open since September of last year. Sophia Couloupoulos, who had lived for several years in the Maryland suburbs around the District, actually came here from another area community, where she lived with

her ill husband until his death. Speaking of him caused a quick smile, but also brought a hint of tears. Porta on her one side and Brightview Community Sales Director Joanna Banks seated on her other side, were immediately offering hugs, pats and encouragement.

Sheila Woessner has always been a game player “and she knows the words to every song going,” Porta Nickles said in admiration. During her days with the British Information Services in New York City with Bill, Sheila Woessner took home some hefty prize money by playing on the televised “Name that Tune” game show, money that she used to finance their wedding. The couple even appeared on Johnny Carson’s “Who Do You Trust?” game show. Nowadays, Sheila uses her ability to help out at the community’s sing-a-longs.

Many activities are organized and facilitated by Brightview’s Vibrant Living Director, Josh Graf. Bingo is Sophia’s favorite. She’s been pretty lucky, winning often enough to splurge with her earned Brightview “bucks” at the monthly “gift shop” where you never know what interesting items might be on offer.

Brightview Great Falls is part of Baltimore-based Brightview Senior Living, LLC. Brightview Great Falls offers independent living, assisted living, and accommodations for residents with Alzheimer’s and memory impairment. The community also offers outdoor space with unspoiled views and a Natural Wildlife Habitat accreditation.



With Dale Jarrett on the piano performing some of the residents’ favorites, Garrey Stinson, owner of Dancing With Garrey, Therapeutic Ballroom Dancing for Seniors, brings a smile to Sophia Couloupoulos.

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Senior Living



Women of the Nova United, part of the National Senior Women's Basketball Association get exercise with a team sport. They are part of a new fitness trend.



Fit for the Golden Years

Fitness programs for seniors are part of a trend.

BY MARILYN CAMPBELL
THE ALMANAC

One night each week, Sue Thompson can be found dribbling a basketball down the court, leading her team, the Nova United, to victory. Thompson, who is in her 60s, is one of the youngest players in her league, the National Senior Women's Basketball Association.

"There are women who play with me who are 80 and living out their dream to play basketball. We were way before Title IX," said Thompson, who is also a professor of physical education at Northern Virginia Community College in Annandale and Alexandria, Va. "The women are fit, but with seniors, the social part is really important. Some of the ladies have been widowed or have spouses with health issues. They've really been a support group for each other."

According to the American College of Sports Medicine, Thompson is part of a national fitness trend: fitness programs for older adults, including strength training and team sports. Fitness programs for the now-retired and retiring baby boom generation are increasing in popularity.

New research continues to show the benefits of exercise, aerobic and strength training, range from delayed cognitive decline and a boost in social functioning to an ability to manage chronic diseases and even turn back time.

"There are a lot of benefits for the aging population," said Lisa M.K. Chin, an assistant research professor at George Mason University's Department of Rehabilitation Science in Fairfax, Virginia. Exercise "slows physiological changes that come with aging. ... The other thing that exercise manages is chronic diseases that come with aging, such as cardiovascular problems or diabetes."

Mark Brasler, a 69-year-old who lives in Springfield, Va., has been active for most of the past 20 years. He moved into a retire-

ment community four months ago and got a fitness assessment in the property's gym. The results led him to up his fitness game.

"I still walk every morning and do weights and resistance machines every other day," said Brasler. "I was also told that I needed to take balance class. We focus on agility, how to stand up straight and how to get up when you fall. We also do stretching, yoga and Pilates. I feel more confident about myself."

Those who offer fitness classes to seniors have noticed a spike in interest. "Our Tai Chi classes have doubled and our bone builder classes have tripled," said Peter Selikowitz, Director of the Potomac Community Center in Potomac, Maryland. "We've seen the number of people who are active 55-plus [year-olds] and come into our fitness center increase."

Such fitness classes can help preserve mobility and cognitive function, say researchers. "It helps in terms of preserving bone mass and maintaining mobility longer," said Chin. "If you're using your muscles, especially during weight-bearing exercises, ultimately it reduces the risk of falling and improves balance."

An exercise class that includes both aerobic, strength and balance exercises can help preserve freedom and independence for seniors. "The key components of staying physically active are having



PHOTO COURTESY OF GREENSPRING

Mark Brasler performs balance exercises with wellness coordinator Juanita Kuntz. Exercises that include strength training, aerobic exercise and improves or preserves mobility.

strong muscles, reasonable flexibility and endurance, such as the ability to keep walking or doing an activity and not getting tired and fatigued right away," said Rita Wong, professor of physical therapy

and associate dean of graduate and professional studies at Marymount University in Arlington. "It's essential to keep oneself mobile and active."

It's almost never too late to increase fitness levels, Wong said. "Often with older adults, people think that they can't improve anymore so why bother. But research has shown time and time again that older adults have an ability to improve that is as similar as young adults'."

"The women are fit, but with seniors, the social part is really important."

— Sue Thompson, Ph.D.

One fitness class that is multi-generational and incorporates aerobic exercise, balance and strength training is the newly formed TRUE Fit in Arlington, Va. The goal of the all-outdoor class sessions is to marry effective exercise with camaraderie, much like Brasler's experience.

"People need community [and are] finding it in a holistic approach to exercise at their own comfort level," said Nina Elliot, founder of the TRUE Fit program and co-owner of TRUE Health and Wholeness. "People work out to the best of their ability and everybody gets a workout that's right for their body. They're given modifications and the focus is to do your best, have fun and enjoy exercise."

Elliot believes exercising in groups has an accountability factor. "The number one thing that can keep you from aging is exercise," she said. "Aging can be very isolating for some people. The more people can get out and be around people, the better."