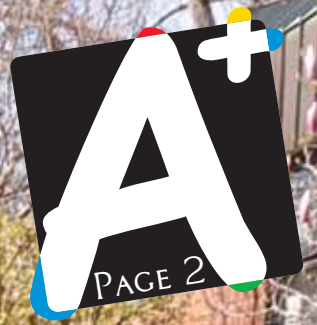


Potomac ALMANAC

Members of the the Potomac Garden Club sell plants and donate a portion of the proceeds to the Potomac Library on Saturday, April 11. Dianne Gregg, Julie Perlman, Betsy Brunner, Margaret Vogel with Ann McHugh, a customer at the library's used book sale, buying a plant.



Flowers And Books

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Tiger Trot Celebrates
5th Year of Fun Run/Walk

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Pain Connection
To Be Honored

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Moving for Academic Excellence

Researchers say frequent physical activity can lead to success in school.

BY MARILYN CAMPBELL
THE ALMANAC

Inside an elementary school classroom in Bethesda, Md., a class of third-grade students is divided into small groups and given a task: to cross a desert using a limited supply of tools that often include a jump rope, a foam noodle or a scooter. Their mission is to devise a plan to cross the desert without touching the sand.

This classroom exercise at Norwood School requires cohesive collaboration, quick analytical skills and, most of all, creative physical movement.

"This type of activity is so much more than who has the most points on the scoreboard or how to kick a football," said Jane Martens, physical education coordinator at Norwood School. "It shows the direct

relationship between movement and academic success, particularly when it comes to focus. Twenty minutes is long enough for little ones to sit and focus on academics. After that they need movement to refocus their attention."

Martens and other educators and researchers cite substantial evidence that physical activity can boost academic performance, including grades and test scores. In fact, many say the recent trend of sacrificing physical education for the sake of academics is counterproductive.

"Unfortunately, with an increased focus on academic standards of learning and budget dilemmas, physical education and outdoor play have often been among the first things to be cut," said Ivy

Beringer, Ph.D, assistant dean, early childhood education and substance abuse, Northern Virginia Community College in

"The more active we can get students within a day, the better prepared they will be to concentrate on these math problems or that text they need to read, or that essay they need to write."

— Dominique Banville, Ph.D.,
George Mason University



PHOTO COURTESY OF NORWOOD SCHOOL

Students at Norwood School engage in a movement exercise during the school day. Researchers say physical activity can boost academic performance.

Alexandria. "Based on research findings this appears to be counterproductive to the development of the whole child. Even when there is limited time in the daily schedule for physical activity and outdoor play, teachers can engage children in classroom activities designed to get them moving."

Experts say aerobic exercise has the greatest effect on academic performance, and elementary school students benefit most from being physically active.

"Some of the largest cognitive benefits were linked, in order of importance, with mathematical achievement, IQ and reading achievement, all critical components of the standardized testing movement," said Dominique Banville, Ph.D., director, division of health and human performance at George Mason University in Fairfax. "Physical education is the only subject in school specifically dedicated to

not only make students move during class time, but also to provide them with knowledge that will allow them to be active outside of school.

"Based on the most recent research, the more active we can get students within a day, the better prepared they will be to concentrate on these math problems or that text they need to read or that essay they need to write."

The effect is physiological as exercise increases one's energy level, increasing one's capacity for cognitive activity. "Exercise increases blood flow to the brain and has been shown to increase one's ability to focus," said Beringer.

The lessons that students learn from physical education are life-long and extend beyond an elementary school spelling test or a middle school science project.

"In addition to promoting concentration in the classroom, it gives children an opportunity to develop competence in using their growing bodies," said Christine Pegoraro Schull, Ph.D., professor, early

childhood education, Northern Virginia Community College in Alexandria. "Everyone needs to learn how to run, stretch, climb, be agile and use rules in a group. In a fundamental way, it teaches children to not be sedentary."

ONE SOLUTION for a lack of time or space for activity is melding it with academic subjects.

"Teachers and school leaders need to see movement and play more through an interdisciplinary lens," said Glenn Whitman, director, Center for Transformative Teaching and Learning and girls' varsity soccer coach at St. Andrew's Episcopal School in Potomac, Md. "Teachers need to recognize that regardless of the length of a class period, students need to move."

"Simple solutions are to have students move among different workstations in class or to collaborate with their peers while standing up," Whitman added. "Students can recreate the movements of historical battles. Before an assessment, students can do some jumping jacks or stretches, which elevate dopamine levels in the brain and have

been shown to lead to increased academic performance. Building movement into class is only limited by the level of a teacher's willingness to be creative."

Parental involvement is critical, say educators, particularly in schools where physical education is limited. For example, parents can suggest ideas for brief movement activities that are interspersed with academics, volunteer to lead such activities or form focus groups to brainstorm ideas to increase movement.

"Movement is so important that parents need to be more vocal about it," said Martens. "Parents need to be informed about what they're losing when they take away physical activity and movement."

Resources for Movement Activities

Recessitate, a box of cards that have movement activities can be used quickly during breaks and transition times. Visit <http://oranda.org/products/recessitate>.

"10 Simple Ways to Encourage Physical Activity in the Classroom." These suggestions do not require equipment and are easy to incorporate throughout the day. Visit www.yourtherapysource.com/10simple.html.

COMPILED BY IVY BERINGER, PH.D.
NORTHERN VIRGINIA COMMUNITY COLLEGE

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Tiger Trot Celebrates 5th Year of Fun Run/Walk

Annual event benefits school's wellness program and Cabin John fire department.

BY SUSAN BELFORD
THE ALMANAC

At 8:30 a.m. on Sunday, April 19, runners will take their places, listen for the starting gun — and then sprint down the scenic route through the hills and valleys of Potomac.

The race — the Tiger Trot sponsored by the Connelly School of the Holy Child — begins on the Holy Child campus, turns onto Persimmon Tree Drive, takes in the neighborhood of Bronson Drive and ends back at the Bradley Boulevard school grounds. Those participants who prefer to walk will enjoy the stroll through the picturesque neighborhoods of Potomac.

This is the 5th year for the Tiger Trot run/walk — a road race that has attracted more and more runners each year. Last year, the field numbered close to 500 runners and walkers — including everyone from elite runners to moms with strollers. The students, families and staff of Holy Child will be turning out in force, along with many members of the Cabin John Park Volunteer Fire Department located on River Road.

What makes this race special is that all proceeds remain in Potomac — to benefit the Connelly School of the Holy Child Health and Wellness Programs as well as the Cabin John Park Volunteer Fire Department. The fire department provides fire prevention, education and suppression activities and is the primary care provider of emergency medical services, river rescue services and heavy rescue in this area. When

SEE TIGER TROT, PAGE 4



Runners take to the course at last year's Tiger Trot.



Members of the Cabin John Volunteer Fire Department who participated at last year's Tiger Trot.

PHOTOS
CONTRIBUTED

Chronic Pain Outreach Center To Be Honored

Pain Connection's founder Gwenn Herman launched support group in 1999.

BY SUSAN BELFORD
THE ALMANAC

Twenty years ago, Potomac resident Gwenn Herman's life changed. A car accident left her requiring surgeries, medications and in chronic pain. Tasks she had previously performed effortlessly — taking care of her two young children, exercising, attending functions and enjoying a care-free life were no longer options for her because she was in constant pain — with no cure in sight and medications that did little for her.

However, instead of giving up and giving in, Herman, a licensed social worker, took action and

launched a support group in 1999 for others in chronic pain. She wanted to help people who live with chronic pain as well as their families. This first meeting developed into an organization that is a lifeline for those who live with pain. It has expanded into the Pain Connection - Chronic Pain Outreach Center, a not-for-profit, all volunteer agency which served 24,465 people in 2014 through a variety of programs.

"After living for more than four years with my pain, I understood the importance of support and access to alternative treatments for serious pain," Herman said. "More than 100 million Americans live with chronic pain." The organization is dedicated to "empowering those with chronic pain to improve their quality of life, to decrease their sense of isolation and to take a more active role in their treatment."

Her dedication to chronic pain patients in Montgomery County as well as nationwide led to the rec-

SEE PAIN CONNECTION, PAGE 5



Gwenn Herman of the Pain Connection - Chronic Pain Outreach Center.

PHOTO CONTRIBUTED

Tiger Trot Celebrates 5th Year of Fun Run/Walk

FROM PAGE 3

a resident requires an ambulance, has a fire in their home or another emergency, the CJPVFD is usually the first on the scene. Sport and Health is a new sponsor this year for the event. Nancy Terry, senior vice president of Sport & Health Clubs, said, "We are excited to be a part of this great event. We will be leading a fun, interactive warm-up before the race and will provide all sorts of raffle prizes for membership, training, Pilates, Barre and more. The grand prize will be a one-year fitness membership to Sport and Health Clubs." Every race participant will receive one raffle ticket. More may be purchased for \$10 each.

Runners and walkers can sign up in a range of age divisions; cash prizes will go to the top three male and female overall winners. More than \$900 in prizes will be given out. Additionally, prizes from local restaurants, gyms and sporting goods stores will be awarded to the top runner in all age divisions. All participants who register online will receive a high-tech shirt.



Holy Child tigers were joined last year by then freshman Kendall Soistman and then junior Tahana Augustin, who also sang the national anthem at this 2014 Tiger Trot 5K.

A post-race party will feature family activities, free food, vendors and raffle prizes. Local entrepreneur Molly Hamilton will be serving samples of Molly's Bakeovers, an all-natural, gluten-free cookie and the Java

Cruiser coffee truck will be selling specialty drinks and smoothies.

Tiger Trot co-chair Cindy Anastasi said, "This race is an important way to bring our community together as many local busi-

nesses are involved by donating food, beverages and prizes. For the school, its families and community, it's a positive way to give back — and help keep our community safe. Chairing the race is always so rewarding because it incorporates all the students — and is full of energy. My co-chair Christine Drummond and I are pleased that the race is such a success — and so much fun for everyone.

It's a great event to come to — everyone that participates loves the camaraderie."

A list of sponsors, along with many parents and businesses, has contributed money, food and prizes. Savantage Solutions is the presenting sponsor and Charles Schwab and Coakley-Williams are water station sponsors.

On-line registration will be open until 10 p.m. on Friday, April 17. On-site registration will be at packet pick-up on Saturday, April 18 and also on race day, April 19 from 7 – 8 a.m. Registration fees are \$35 for adults 20 and over and \$30 for students 19 and younger. To register, go to www.holychild.org.

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editors@connectionnewspapers.com

Or to mail photo prints, send to:

The Potomac Almanac,
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Alexandria, VA 22314

Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don't send us anything irreplaceable.

Pain Connection To Be Honored

FROM PAGE 3

ognition of Pain Connection's achievements. Non-Profit Village selected Pain Connection as its "Small Nonprofit Making a Difference of 2015." An awards breakfast will be held at the Pooks Hill Marriott on May 1 to recognize the many services that Pain Connection provides for people in chronic pain as well as for their families and health care providers.

Programs offered by Pain Connection include: Free support groups run by mental health professionals who help people with chronic pain develop coping skills through assertiveness training, guided imagery, meditation and relaxation techniques; specialized classes which include gentle movement, bio-feedback, mindfulness meditation and herbal remedies; peer-to-peer support which matches those who are newly diagnosed with chronic pain with others more experienced in coping with their situation; a speaker series on treatment modalities, information and resources; a newsletter and professional training to mental health professionals and other providers. It also hosts afternoon and evening live conference calls and 8-week class sessions in "Mindfulness-Based Stress Reduction," "Filling the Gaps in Pain Care" and "Filling the Gaps in Pain Care Part 2." In May, a group of Pain Connection members will be meeting with first-year medical students to teach them best practices for dealing with chronic pain patients.

Many chapters of the organization have been formed — including those in Howard, Prince Georges and Anne Arundel counties, in both D.C. and Virginia — and in many other states. The Montgomery County chapter has also branched out to include a Pain Warriors Program for wounded warriors and webinars for people living with pain. Pain Connection is also joining 17 organizations that have come together to raise awareness in Congress and to push policy through. They are forming the Consumer Pain Advocacy Task Force.

Herman volunteers to lead this organization while she continues to suffer from chronic pain herself and can work only when her disability permits. "Acupuncture, guided imagery, living in the present, reiki, massage — all of these help the chronic pain patient," said Herman. "We get calls from all over the country — and even from other countries in the world."

Herman collaborated with Mary French, a mindfulness meditation specialist, RN and



LCSW to write a training manual for health providers, "Making the Invisible Visible – Chronic Pain Manual for Health Care Providers."

Pain Connection is staffed by volunteers. Funding comes from private foundations,

fundraisers, classes, the United Way and donations. September is Pain Awareness Month, and in September 2014, Herman and other professionals founded the National Coalition of Chronic Pain Providers and Professionals. Their goal is to work more efficiently and effectively with people with chronic pain and to create awareness about the under-treatment of chronic pain and to promote evidence based practices while expanding knowledge of new and innovative approaches in managing chronic pain.

They also support the rights of chronic pain patients and facilitate the advancement of the

field of pain management — and hope to fund further research. The group will offer education, discussion, networking, collaborations, referrals to colleagues and other resources.

The National Pain Strategy draft report, announced last week, is a comprehensive population health level strategy for pain prevention, treatment, management, education, reimbursement, and research that includes specific goals, actions, time frames, and resources. The National Pain Strategy draft is now open for public comment through May 20. HHS invites input from a broad range of individuals and organizations that have interests in advancing the fundamental understanding of pain and improving pain-related treatment strategies. The Federal Register Notice for Public Comment: <https://www.federalregister.gov/articles/2015/04/02/2015-07626/draft-national-pain-strategy>.

Pain Connection Chronic Pain Outreach Center, Inc. is located at 12320 Parklawn Drive, Rockville.

Its telephone is 301-231-0008 and website is www.painconnection.org. See the website for dates of support groups and classes and to donate.



PHOTO BY DEBORAH STEVENS/THE ALMANAC

'Clara Barton: Red Cross Angel'

Actress Mary Ann Jung tells the story of the life of Clara Barton at Glen Echo Park on Saturday, April 11, as part of a National Park Service program.

LET'S TALK Real Estate



by Michael Matese

Tips to Go Green

Going "green" is one of the hottest trends in real estate today, with constructions from multi-unit housing, condos and apartments to single-family dwellings and luxury homes eager to embrace the new change in ideology, values and architecture! Sustainable living, ecological consciousness and budget savvy are all contributing factors in the trend to go green everywhere from building materials and renovations to incorporating energy efficient fixtures and heating/cooling systems into the home's blueprint. Here are some tips to get you started on reducing your carbon footprint and adding a lovely shade of "green" to your house from the inside out!

• Energy Efficient Insulation

The addition of energy efficient insulation into your home is not only environmentally responsible; it is also cost-efficient for the homeowner. As the home becomes more energy efficient, it requires less energy to heat or cool, resulting in a lower utility bill for the homeowners, often significant enough to cover the cost of installation in the first month! Older homes, which are usually poorly or inefficiently insulated, are prime candidates for this type of green remodeling. Attics, ceilings and walls are the best bets for installation.

• Solar Energy Roofing Panels

These will produce electrical power for your home and solar panels can be considered trendy as well. This type of roofing panel gives a more modern look to every house that has them. Plus, you might be able to get a rebate when you purchase them. Some states encourage the use of solar panels by giving homeowners who use solar panels a rebate, deduction or tax exemption, so make sure to check out your state's regulations on rewarding your wise choice! You can also save money on your electric bill monthly by incorporating solar panels into your home's energy profile. Aside from solar panels, you can also check out solar roofing shingles, a solar panel that is attached to the main metal roof.

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

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Photo by Ed Knepley

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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

“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

FOOD & DRINK

Potomac Village Farmers Market. Starting May, Thursdays, 2-6:30 p.m. at Potomac United Methodist Church, at Falls Road and Democracy Blvd. Visit www.potomacvillagefarmersmarket.net for more.

Bethesda Farm Women’s Market. Year-round, every Wednesday, Friday and Saturday, 7 a.m.-4 p.m., at 7155 Wisconsin Ave. Visit www.farmwomensmarket.com for more.

Pike Central Farmers Market. Starting April 25, Saturdays, 9 a.m.-1:30 p.m., near the Shriver Aquatic Center in the bus parking lot at the intersection of Old Georgetown Road and Executive Blvd. 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 tok.md.gov/events/farmers-market for more.

Winery and Market. 11 a.m.-5 p.m. on Saturdays, 12-6 p.m. on Sundays at Rockland Farm Winery and Market, 14525 Montevideo Road, Poolesville. Offers fruit, veggies, pasture-raised meats, wine tasting and tours. Visit www.rocklandsfarmmd.com or call 301-825-8075.

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



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ENTERTAINMENT

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.

❖ 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.

FRIDAY/APRIL 17

Historic Home Tour. 11 a.m. at The Mansion at Strathmore, 10701 Rockville Pike, Rockville. Guided tour of the Mansion at Strathmore. Admission is free with registration. Visit www.strathmore.org for more information.

Opening Reception and Artists' Talk

6-8 p.m. at Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Photoworks Gallery celebrates the launch of the 7th annual "Mirror to the World" exhibit. Free. Visit www.glenechophotoworks.org for more.

Lawrence Craig. 6:30 p.m. at Benny's Bar & Grill, 7747 Tuckerman Lane, Potomac. Classic Rock musician Lawrence Craig will perform. Admission is free. Make reservations are www.bennysbargrill.com.

Wine Tasting. 7 p.m. at Glenview

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ENTERTAINMENT

Mansion, 603 Edmonston Drive, Rockville. Support the Rockville Sister City Corporation by attending a wine tasting. RSCC works to promote cultural exchanges in Europe and Asia. Tickets are \$25 in advance and \$30 at the door. Visit www.rockvillesistercities.org.

Tito Puente Jr. 8 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Tito Puente Jr. plays Latin and Tropical Jazz just like his father. A live orchestra joins him. Tickets are \$25-55. Visit www.bethesdabluesjazz.com.

Roseanne Cash. 10 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Daughter of Johnny Cash, Roseanne carries on the bluegrass tradition. Tickets start at \$25. Visit www.strathmore.org.

FRIDAY-SUNDAY/APRIL 17-19

Countryside Artisans Studio Tours. 10 a.m.-5 p.m. at The Countryside Artisan Trail. Take a self-guided tour through The Reserve and visit skilled artists who work in everything from yarn, metal work, blown glass, paintings and pottery. Free. Visit www.countrysideartisans.com.

Sugarloaf Crafts Festival. 10 a.m-6 p.m., Friday and Saturday; 10 a.m.-5 p.m., Sunday at The Montgomery County Fairgrounds, 16 Chestnut St., Gaithersburg. More than 250 artists will present their crafts for purchase. Visit www.sugarloafcrafs.com.

Bethesda Literary Festival. Various times throughout downtown Bethesda. Writers and literature-appreciators of all ages will gather to celebrate literature in downtown Bethesda with workshops, lectures and discussion. Free. Visit www.bethesda.org for a full schedule.

APRIL 17-JUNE 1

“Mirror to the World.” 1-4 p.m. on Saturdays; 1-8 p.m. on Sundays at Photoworks Gallery, 7300 MacArthur Blvd, Glen Echo. Find five picture stories highlighting people from all over the world. Admission is free. Visit www.glenechophotoworks.org.

SATURDAY/APRIL 18

Copper Jewelry Workshop. 10 a.m.-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.

Artist Talk. 2-4 p.m. at Glen Echo Park Ballroom Annex, 7300 MacArthur Blvd., Glen Echo. Dr. Mick Moloney will discuss Irish and Jewish Musical Links and Influences on Vaudeville and Early Tin Pan Alley. Tickets are \$10. Visit www.glenechopark.org.

Washington Conservatory 2014-15 Piano Plus Concerts. 8 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.

“Bach’s Early Voice.” 8 p.m. at Cultural Arts Center in Silver Spring, Montgomery College, 7995 Georgia Ave., Silver Spring. The Bach Sinfonia presents “Bach’s Early Voice: The Weimar Cantatas.” \$15-\$35. Visit www.bachsinfonia.com for more information.

Irish Pianist John O’Conor. 8 p.m. at Westmoreland Congregational Church, 1 Westmoreland Circle, Bethesda. Irish Pianist John O’Conor’s performance will be followed by a wine reception. Free, \$20 suggested donation. Visit www.washingtonconservatory.org.

Tom Cunningham Orchestra. 9 p.m. at the Spanish Ballroom in Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The Tom Cunningham Orchestra will be performing a three-hour set of Duke Ellington’s music, with special focus on the “Blanton-Webster years.” Tickets are \$18. Call 571-572-3356 to learn more.

SUNDAY/APRIL 19

Tiger Trot. 8:30 a.m. at Connelly School of the Holy Child, 9029 Bradley Blvd., Potomac. This 5K Run/Walk throught the streets of Potomac will benefit the Holy Child Health and Wellness Programs and The Cabin John Park Volunteer Fire Department. Registration fees are \$35 for adults, \$30 for 19 and younger. Online registrations before April 10 will receive a \$5 per registrant discount. Visit www.holychild.org/support/tiger-trot/

[index.aspx/](#).

Chain Maille Workshop. 10 a.m.-5 p.m. at VisArts at Rockville, 155 Gibbs St., Rockville. In this introductory Chain Maille Jewelry Workshop you will learn two different classic weaves that can be applied to a variety of jewelry. Tuition is \$95. Visit www.visartsatrockville.org.

Sunday at the Movies. 2-5 p.m. at Temple Emanuel, 10101 Connecticut Ave, Kensington. A wine and cheese reception will precede a screening of “Chasing Ice” and a panel discussion at this fundraiser benefitting the League of Women Voters of Montgomery County. Tickets are \$35 for members, \$40 for non-members. Visit www.lwvmc.eventbrite.com.

Best of Bethesda. 6-9:30 p.m. at Pike & Rose, 11580 Old Georgetown Road, North Bethesda. The annual “Best in Bethesda” party bring together 13 local restaurants. Tickets are \$70. Visit www.bethesdamagazine.com.

APRIL 22-MAY 24

“Edge of the Forest.” Various times at Gibbs Street Gallery, 155 Gibbs St., Rockville. Artist Stephanie Garmey has crafted an exhibit of paper, wood, and glass to explore the solitude of travel and memory of natural environments. Free. Visit www.visartsatrockville.org/galleries/gibbs-street-gallery.

THURSDAY/APRIL 23

Freda Payne. 7:30 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Jazz Singer Freda Payne, who came to fame in the ’70s for her song “Band of Gold,” will perform. Tickets are \$30-40. Visit www.bethesdabluesjazz.com.

FRIDAY/APRIL 24

Rummage Sale. 9 a.m-8 p.m. at St. James’ Episcopal Church, 11815 Seven Locks Road, Potomac. Visit <http://www.stjamespotomac.org>.
#SoCozyKid Styling Event. 2 p.m. at Make Meaning, 4809 Bethesda Ave, Bethesda. Children’s hair product company So Cozy is looking for their next “So Cozy Kid.” Children may have their hair styled, be photographed professionally and participate in other activities. Free. RSVP with SoCozyMD@hs-pr.com.

Opening Reception. 7-9 p.m. at Gibbs Street Gallery, 155 Gibbs St., Rockville. Artist Stephanie Garmey will discuss her new exhibition, “Edge of the Forest,” an exploration of travel and memory. Free. Visit www.visartsatrockville.org/galleries/gibbs-street-gallery.

“Roaring ’20s Speakeasy.” 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Jazz vocalist Michael Mwenso will be joined “The Shakes.” Tickets are \$10-14. Visit www.ampbystrathmore.com.

APRIL 24-MAY 3

“To Kill a Mockingbird.” Various times at F. Scott Fitzgerald Theatre, 603 Edmonston Drive, Rockville. The classic play set in Alabama during the great depression dealing with race and politics will close the Rockville Little Theatre’s 67th season. Tickets are \$22 for adults, \$20 for seniors and students. Visit www.rlt-online.org for more information.

SATURDAY/APRIL 25

Rummage Sale. 9 a.m-8 p.m. at St. James’ Episcopal Church, 11815 Seven Locks Road, Potomac. Visit <http://www.stjamespotomac.org>.

Amazing Amphibians. 12-4 p.m. at Locust Grove Nature Center, 7777 Democracy Blvd., Bethesda. Children are invited to visit the wetlands, meet tadpoles, and engage in frog-themed arts and crafts. Tickets are \$5. www.montgomeryparks.org.

Bug Bonanza. 1-4 p.m. at Brookside Nature Center, 1400 Glenallan Avenue, Silver Spring. Visit the nature center’s insect “hotel” and get an up-close look at a honeybee hive. Free. Visit www.montgomeryparks.org for more information.

An Evening with Julie Andrews. 5:30 p.m. at The Strathmore, 10701 Rockville Pike, Rockville. “The Sound of Music” actress Julie Andrews will attend the Strathmore’s 10th anniversary Spring Gala. The evening will include a Q&A and discussion. Gala ticket packages can be purchased by contacting The Sorelle Group at 202-248-1930 or

Churchill Students Showcase at Festival of the Arts

The Winston Churchill Festival of the Arts is an opportunity for students to showcase their work. The group art show will feature more than 100 pieces with varied subject matter and media. At the Artist’s Reception on Wednesday, April 29 from 6-8 p.m, students and the public will gather for the announcement of “Best in Show.” Also being a celebration of the visual and performing arts, guests will find live music, a fashion show, and a sidewalk chalk contest. Admission to the Festival is free and open April 27-30 from 6-8 p.m. at Winston Churchill High School, 11300 Gainsborough Road. For more information, call 240-426-6057.



Winston Churchill Senior Nina Min’s sculpture, “Birth,” is an interpretation of the relationship between mother and daughter.

Strathmore@sorellegroup.com. Call 301-581-5100 or visit www.strathmore.org to learn more and purchase tickets.

SATURDAY-SUNDAY/APRIL 25-26

VisArts Family Workshop. 2 p.m. at VisArts Rockville, 155 Gibbs Street, Rockville. Use under-glaze to decorate a ceramic 6 x 6 plate. Tuition is \$15. Visit www.visartsatrockville.org for more information.

SUNDAY/APRIL 26

Paws in the Park. 12-4 p.m. at Bohrer Park at Summit Hall Farm, 506 S. Frederick Ave., Gaithersburg. The 17th annual Paws in the Park event will feature a one-mile dog walk, pet contests, vendors, micro-chipping, rabies shots, food, music, and more. Tickets purchased online are \$20 for individuals and \$45 for families (3 or more related people). Onsite tickets are \$25 and \$55. Visit www.mchumane.org/paws15.shtml.

Author Reading. 2 p.m. at The Writer’s Center, 4508 Walsh St., Bethesda. Barbara Klein Moss reads from “The Language of Paradise,” and Judith Bowles will read from “The Gatherer.” Reception and book signing to follow. Free. Visit www.writer.org.

Book Talk. 3 p.m. at Barnes & Noble, 12089 Rockville Pike. Anthony Pitch will discuss his book, “Our Only Crime was Being Jewish.” Free. Email anthonypitch39@gmail.com.

Productive Aging Award Dinner. 5:30 p.m. at Bethesda North Marriott Hotel & Conference Center, 5701 Marinelli Road, Rockville. Actor and director Alan Alda and his wife, photographer and write Arlene Alda are scheduled to be honored with the Sylvia Blajwas Productive Aging Award by the Jewish Council for the Aging. Sylvia Greenberg will also be honored. Tickets start at \$300 per individual. Visit www.accessjca.org.

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. Call 240-426-6057.

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. Call 240-426-6057.

MAY 1-JUNE 1

“Rare Plants and Lunatics.” Library hours at Bethesda Library, 7400 Arlington Road, Bethesda. Artist Sandra Perez works with neo-primitive ink to create images of folk tales and magic. Free. Visit www.sandraperezramos.com/illustrations to learn more.

SATURDAY/MAY 2

Kentlands Day Festival. 10 a.m.-3 p.m. at the Potomac Pizza parking lot, 625 Center Point Way, Gaithersburg. The 7th annual Kentlands Day festival will feature a parade, car show, games, and food. Free. Visit www.kentlandsday.com.

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.

Opening Reception. 4-6 p.m. at Bethesda Library, 7400 Arlington Road, Bethesda. Sandra Perez fetes the launch of her new exhibit “Rare Plants and Lunatics.” Free. Visit www.sandraperezramos.com/shows/.

Pianist Christopher Taylor Performance. 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Pianist Christopher Taylor will perform Mozart’s Piano Concerto No. 21. Tickets are \$28-84, ages 7-17 are free. Visit www.nationalphilharmonic.org for more information.

SATURDAY-SUNDAY/MAY 2-3

A-RTS Festival. 11 a.m.-6 p.m. on Saturday and 11 a.m.-5 p.m. on Sunday. Rockville Town Square. Rockville’s Town Square will act as an outdoor art gallery. Find the work of more than 175 artists, and a lineup of food trucks. Free. Visit www.A-RTS.org.

SUNDAY/MAY 3

Mark’s Run. 7:15 a.m. at The Landon School, 6101 Wilson Lane. Mark’s Run is held in honor of Mark Ferris (Landon ’94), who lost his

SPORTS

Churchill Boys' Lax Improves to 8-0

The Churchill boys' lacrosse team defeated Whitman 12-3 on Monday, improving the Bulldogs' record to 8-0.

SPORTS BRIEFS Churchill faced its toughest test to date on April 11, when the Bulldogs edged Franklin (Reisterstown), 8-7.

Churchill will host Sherwood at 7 p.m. on Thursday, April 16.

Wootton Boys' Lax To Face Tough Tests

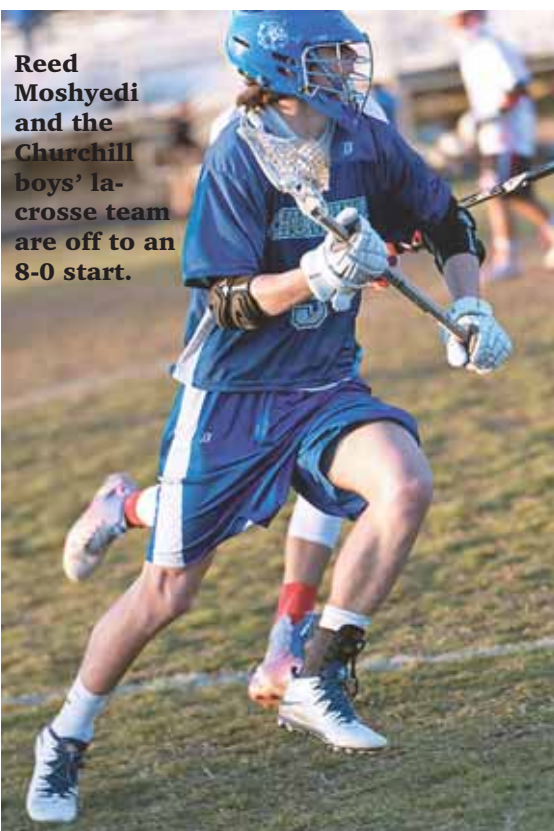
The Wootton boys' lacrosse team entered spring break with a 4-0 record, including an 8-7 win over Glenelg on March 27.

The Patriots have a pair of tough tests approaching during a one-week stretch. Wootton will travel to face Walter Johnson at 7 p.m. on April 17. WJ entered Tuesday's action with a 6-1 record.

Wootton will travel to face rival Churchill at 7 p.m. on April 23. The Bulldogs enter Tuesday with an undefeated record. The two teams met in last year's 4A/3A West region championship game, with Wootton coming out on top.

Whitman Baseball Starts 3-4

After dropping three of its first four games, the Whitman baseball team earned back-to-back wins to even its record.



Reed Moshyedi and the Churchill boys' lacrosse team are off to an 8-0 start.


The Vikings beat Northwood 10-0 on April 1 and Richard Montgomery 11-1 on April 2.

On April 11, Whitman lost to Paint Branch 4-1, dropping its record to 3-4.

Andrew Cashmere leads the Vikings in batting average (.444), runs (6) and RBIs (5).

Sam Berson and Sean Cook have been the Vikings' top pitchers. Berson is 1-2 with a 2.47 ERA, allowing seven hits in 11.1 innings. Cook is 1-1 with a 1.40 ERA, surrendering four hits in 10 innings.

Whitman will host Churchill at 7 p.m. on Thursday, April 16.

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Up and Down and All Around



By KENNETH B. LOURIE

No. That's not my stomach talking. Nor is it the recurring effects of the six-plus years of chemotherapy. Fortunately, nausea has rarely been a part of that experience. However, like so many others, I have endured my share of side effects: I've lost my hair, lost weight, lost interest in food/lost taste, lost energy, lost sleep and a few other things I can't remember I've lost ("chemo brain"), but amazingly, I've not lost my life. Neither have I lost my will to live. Still, living with cancer is hardly the stuff of which dreams are made; more likely, they're nightmares. And though living is its own reward, for a cancer patient/survivor, it's not a given; you sort of have to take it.

To say that "living with cancer" – meaning you're the one afflicted – is like being on a roller coaster, would be unkind to all roller coasters. I can't really see that there are any thrills to being on board for this emotional/physical ride. Aside from there not being a safety bar, there are no guarantees that you'll survive the trip/ordeal; and unlike the ride at the amusement park, it's unlikely you'll want to go on again. For cancer patients, being diagnosed once is more than enough. And if your diagnosis is the terminal kind, once really is all there needs to be. Because if there's one thing that cancer has proved to be beyond a reasonable doubt, is an indiscriminate killer with reach beyond many a grasp.

Ergo; assimilating, integrating, processing this fact into your daily existence is hardly the pause that refreshes. It's more of the premature finish that you worry about. Immediately, your outlook on life changes. Whatever plans/expectations you may have had for a long life may have to be modified. I had a modest plan, more like a presumption: that I would live into my mid eighties, as both my parents had. Learning at age 54 and a half that my presumption turns out to be an assumption I shouldn't have made, is unsettling to say the least, and extremely disappointing to soften the most. Finding a level, a mechanism, a rationalization, a sense of purpose in the midst of such a devastating change of plans is the axis on which your life – with its cancer-related fits and starts – twists and turns.

As difficult as this challenge is, it is particularly difficult during the weeks leading up to your CT Scan and the days following, until your appointment with your oncologist when the results are finally discussed. Then you'll know where you stand or whether you should be sitting; whether your life hangs in the balance or whether the balance is completely out of whack. It's rare that you'll be pardoned; realistically speaking, all you can hope for is lighter duty. But that's the problem, there's nothing light about it. It's all heavy and often very unpredictable. And there's very little that's amusing about it. And unlike a roller coaster which has a beginning and an end with a middle to die for, cancer's beginning, middle and end is all to die for.

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

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OPINION



Kathleen and Jianhua Li at the Potomac Library used book sale on Saturday, April 11.



Inside and Outside

At the Potomac Library's regular book sale on Saturday, April 11, book buyers check the book sale inside the library as well as a special section on gardening books outside to benefit the landscaping project of the Potomac Village Garden Club. The club landscapes and plants the garden around the library.



PHOTO BY MARY KIMM/THE ALMANAC

Spring's Arrival

More signs of spring in Potomac. One of the few things that are safe from being consumed by the deer: daffodils. They do love tulips however.

EDITORIAL

Mother's Day Photos

Mother's Day is May 10 and, every year at this time, The Potomac Almanac 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 www.connectionnewspapers.com/mothersday/ or email to almanac@connectionnewspapers.com.



PHOTO COURTESY OF PETE PRINCER VIA TWITTER. @MCFRSP10

Accident on Parkway

One person was seriously injured and two others others hurt on Sunday evening, April 12, when a car went down an embankment off the Clara Barton Parkway near Glen Echo. The driver was ejected from the vehicle and had to be extracted from the embankment by Montgomery County Fire and Rescue workers. While the injuries were serious, they were not life threatening, according to fire and rescue. The northbound Clara Barton Parkway was closed for more than an hour.

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Join us for a Community Event

ELECTRONICS RECYCLING & PAPER SHREDDING

WHEN: Saturday, April 18th, 1:00 pm – 3:30 pm

**WHERE: Ten Thousand Falls Road
Washington Fine Properties - Potomac Office**

*Hosted by Washington Fine Properties, Metropolitan Moving & Storage, LLC,
Wells Fargo & the following agents:*

Annabel Burch-Murton 202-285-7166	Alexa Kempel 240-678-4561	Delia McCormick 301-977-7273	Betsy Schuman 301-996-8700	Lynne Tucker 301-404-0464
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123Junk and Patriot Shredding will be on site

Bring your electronics such as computer equipment (*wiped of personal information*), printers, and smaller TVs and appliances to recycle and your documents (*free of binders, boxes and clipboards*) to shred.



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