

Cheers of JOY

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Bad, The Selfie'

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Leonard Proctor  
Celebrates  
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# Potomac ALMANAC

## Sidewalk Advocacy's Success

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PHOTO BY DEBORAH STEVENS/THE ALMANAC

Residents involved with the River Road sidewalk completion gather at the Village on April 25: Amy, Carol, and Clayton Embrey; Denise, Danny, and Jim Schleckser; Hermione Fthenakis; John Qiao; Jim Wyble; Swati, Keshav, Krishna, and Tulsi Gupta; Fernando and Lauren Silva-Pinto; David and Ashley Cheung; and Aruna Miller.



APRIL 29 - MAY 5, 2015

ONLINE AT POTOMACALMANAC.COM





# 2015 Contest Winners Announced

**“What can you do to improve  
your local watershed?”**



**George Washington Middle School**  
students won top honors for their project  
which aims to raise awareness on the  
harmful effects of microbead facial exfoliates.

Thank you to all the students, teachers and partners who participated this year! Hundreds of area students in grades 6-8 competed to develop solutions to watershed issues. Classroom teams presented their proposals at the School Environmental Action Showcase on April 9 at George Mason University in Fairfax.

This program empowers students to imagine, develop and create solutions in their local watersheds, as they develop research, problem-solving, budgeting, community- involvement and presentation skills.

Nearly \$20,000 was awarded in cash prizes and school awards. Agrium is also providing \$10,000 to help implement student ideas.

Turning ideas into realistic solutions is the key to improving our local watersheds.

## Alexandria/Arlington/Fairfax Finalists, Grades 6-8

Final Place	Award	Proposal Name	School
1	\$1,000	Microbeadless	George Washington Middle School
2	\$900	Ban the Bottles!	Lanier Middle School
3	\$800	Helping Grasses to Form Masses	George Washington Middle School
4	\$700	Every Drip Counts	George Washington Middle School
5	\$600	Saving Four Mile Run from FCB	Kenmore Middle School
6	\$500	Screened Storm Drains Save Streams	Kenmore Middle School
7	\$450	Helping with Rain Barrels	George Washington Middle School
8	\$400	Acorus Americanus Away!	George Washington Middle School
9	\$350	Compost Bin for Dog Waster	Kenmore Middle School
10	\$300	Rain Barrel Proposal	Kenmore Middle School



**CaringForOurWatersheds.com**



## NEIGHBORHOOD OUTLOOK

# Two Generations of Sidewalk Advocates

Completion of missing link on River Road allows for safe walking to Potomac Village.

BY KEN MOORE  
THE CONNECTION

**W**e made lives safer, said Jim Schleckser.

Keshav Gupta, 27, likes to be independent. Because of a community wide effort to build the last portion of a sidewalk on River Road around one of the most treacherous curves in the county, Gupta can now walk to the bus stop instead of having his family drive him there.

"I take the bus to go to my work at the Hebrew Home," he said.

Amy Embrey's grandchildren like to bike to their grandparents house.

Clayton and Carol Embrey like when they do.

"The other day they showed up on their bikes. It's fun when that happens," said Clayton Embrey.

Many Potomac elementary school children can now bike or walk to school.

"It's silly. This couple hundred of feet of [missing sidewalk] stopped people from walking," said Schleckser. "My heart would be pounding when I saw people walking around that corner of the road."

"There was no way to walk that; you'd be



Carol Embrey with the Potomac Almanac from December, 2000.



Amy Embrey



PHOTOS BY KEN MOORE/THE ALMANAC

Keshav Gupta and his family. Keshav Gupta can now walk to the bus stop instead of having his family drive him there. "I take the bus to go to my work at the Hebrew Home."

taking your life into your own hands," said Jim Wyble.

"You were not safe," said Hermione Fthenakis. "I did once. I almost had a heart attack."

She decided "life was too important" to walk that stretch of River Road anymore.

But on Saturday morning, she, Jim Wyble, Schleckser, and Amy Embrey walked to the village to demonstrate that walkers and bikers have a completed path they can walk from Potomac Village all the way past Swains Lock to Piney Meetinghouse Road. The missing link was along a treacherous curve between Riverwood Drive and Norton Road.

The feel good story ended with a cup of coffee, donated by Vie de France, and a history lesson in Potomac Sidewalk advocacy.

**AMY EMBREY INHERITED** the family passion of sidewalk advocacy from Carol

Embrey who envisioned a walkable Potomac Village in 1998.

"The real person we have to thank is my mother-in-law who started this effort," said Amy Embrey.

Carol Embrey, also known as the "Sidewalk Lady" for her efforts advocating in the last decade to create sidewalks around Potomac Village, gave the history.

It started when she worked at St. Francis church but couldn't safely walk from Gary Road to get there.

"Walking in all quadrants of the Village could be dangerous," she recalled. She asked the county to extend existing sidewalks throughout the Village.

In 1997, she led a walking tour of the Village with County Executive Isiah Leggett.

"It's a mess. It's an unmitigated mess. It's a hodge podge of lack of planning — side-

walks that don't connect," Leggett said, which was quoted numerous times including in an December 2000 Almanac Embrey held up Saturday morning. "It's a dangerous situation."

Sidewalks were constructed in 2001 and 2002, and Embrey's efforts persisted until 2008 when most all of the sidewalks were completed.

Eminent domain battles curbed efforts, but the community advocates persisted.

"This project came alive because of the dedication, commitment and passion of this community," said Del. Aruna Miller.

"This is a triumph," said Schleckser.

"I am so pleased," said Amy Embrey. "It's actions that seem so basic that can be so difficult to get done."

## Potomac Home Sales Slow But Steady

Appearance and pricing are keys to selling.

BY MARILYN CAMPBELL  
THE ALMANAC

**T**he residential real estate market in Potomac didn't have quite the boom this spring that some Realtors had predicted. The first four months of 2015 have brought slow, but steady sales.

"Potomac is a submarket that has faced challenges and is still recovering, but we have seen slow and steady improvement this year," said David DeSantis, Partner/Managing Broker, TTR Sotheby's International Realty. "There is about 4.5 months of inventory on the market right now, which is certainly not tight like closer in Montgomery County or the District, but anything below 6 months of inventory is a healthy market."

Proximity to downtown Washington, D.C. and public transportation is a hurdle for Potomac sellers. "The trend right now is people not wanting a long commute," said Potomac-based real estate agent Michael Matese of Long and Foster. "People want

easier living. They don't want the maintenance of a large home on a large lot."

More homes have sold so far this year compared to last year. The average home price in Potomac this year is \$1,445,307, down from \$1,615,000 during the same time last year.

"There are 44 that went to settlement in the first quarter this year, but average sale price this year is down dramatically," said real estate agent Nancy Itteilag of Long and Foster Christies International Real Estate. "I think sellers are adjusting their prices down to be more realistic."

Many of the people who are purchasing homes in Potomac are young families who looking for a quiet lifestyle. "A lot of people buying their first house," said Itteilag. "I still

**"It's the homes that are staged properly and priced accurately that are jumping. That is of paramount importance."**

— Alison Shutt,  
Washington Fine Properties

think the public schools are a draw."

Homes with a polished appearance and a realistic price tag sell faster in Potomac. "It's the homes that are staged properly and priced accurately that are jumping," said Alison Shutt of Washington Fine Properties. "That is of paramount importance."

Avenel and River Falls are two neighborhoods where this is particularly true. "Many of these homes are 25-30 old and still owned by the same owner who are now empty-nesters," said Itteilag. "The owners haven't updated the houses and

don't want to spend hundreds of thousands of dollars to get them in shape."

"People aren't willing to pay top dollar for a house in Potomac that needs work," added Matese. "Selling real estate in Potomac right now is not an easy thing."

## Little Growth In Business Environment

High cost of doing business makes for a challenge.

BY MARILYN CAMPBELL  
THE ALMANAC

**T**he state of the business environment in Potomac has changed little in recent years as the cost of doing business in the area makes it difficult for small businesses to survive, say those familiar with the area's business climate.

"Not much has changed in Potomac in the last two to three years," said Jennifer Matheson, director of opera-

SEE BIZ OUTLOOK, PAGE 10



## LET'S TALK Real Estate



by Michael Matese

### Let's get Physical: Creating the Perfect Home Gym

There are a number of features and specialty rooms in a home's floor plan that can be featured and used as selling points when a home hits the market. One such featured specialty room is the home gym, which can provide years of fitness and enjoyment while you're living in your home, and add untold dollars to your home's value when it comes time to list it for sale. The home gym is a modest upgrade that's easy to add into your floor plan than makes a modern, attractive selling point for prospective buyers to consider. Home design professionals agree that one of the key elements in designing a home gym is that the surroundings should be oriented towards fitness, focus and motivation to work out. When your house is on the market, consider whether or not the fixtures of your home gym will be included in your home's asking price—inclusion of gym equipment such as treadmills, elliptical machines or weight racks can be an attractive incentive to the buyer and allow the seller to upgrade equipment later in their new home—not to mention saving the seller stress over how to move heavy, bulky gym equipment! DVD players that allow homeowners to customize their workouts, stereo equipment wired into the gym's control panel and flat-screen televisions mounted at workout eye-level are all attractive features that will make your home gym, and thus, your home distinct in the minds of buyers who tour your home. From barbells and yoga mats to an attached bathroom or single-person steam room, there's a multitude of ways to construct the perfect home gym, providing you with years of enjoyment and making your home fetch top-dollar when it's time to sell!

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

**MICHAEL MATESE**  
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**POTOMAC  
ALMANAC**

## NEWS

**JOY Cheerleaders with Coach Meaghan Smith and assistant coaches Kathy Smith and Alleigh Smith at the Maryland State Championship Competition.**



PHOTO CONTRIBUTED

# Cheers of JOY

## Road to Special Olympics World Games

BY SUSAN BELFORD  
THE ALMANAC

**L**et me win. But, if I cannot win, let me be brave in my attempt.” Team JOY, a Special Olympics cheerleading team from Montgomery County makes this pledge of Special Olympians every time they enter into competition — and their courage and bravery have helped them to become champions. They have won the Maryland State Games for the past three years. Following their win in 2014, the JOY cheerleaders learned that they would be the first cheerleaders to go to the 2015 Special Olympics World Games in Los Angeles this summer.

More important than winning is how participation on the team makes them feel good about themselves and boosts their self-esteem. They learn to set goals and meet them, follow directions and learn what it means to be on a team. They discover the value of commitment, enthusiasm, teamwork, courage in the face of challenge or defeat, humility and joy in victory. The story is also about love, happiness, experiencing new adventures, going where they have not gone before and understanding that there is a big world out there to be explored.

Nancy Frohman, filmmaker and producer from Potomac, has been following Team JOY for more than a year since re-connecting with her eldest daughter's friend, Meaghan Smith, a former Baltimore Raven's cheerleader who has served as the JOY cheerleader's coach for the past four years.

Frohman is now in the final months of filming a documentary called “Cheers of JOY” about Team JOY. “What started as a short series for public access television morphed into a much larger and complex story

when the head coach and team manager decided to show the JOY team off at the Special Olympics World Games — and received approval to do so. Now we need to raise travel funds for our film crew to go with them to follow the cheerleaders at the Special Olympics World Games,” she said.

Team JOY and their coaches are also raising funds for the cheerleaders to travel to Los Angeles along with their coaches, team manager, volunteers and parents.

In making this documentary, Frohman has filmed the team's practices, special appearances and competitions. She has interviewed the athletes, their families and coaches — and could not help becoming emotionally attached to the stars of her film. “I've just fallen in love with the girls and their parents and the coaches. They never say no, they are always positive and will try everything that is asked of them,”

she said. “I am anxious to share their heartwarming story of hope and commitment with the public.”

The public will have an opportunity to see the JOY cheerleaders in action, to meet Frohman and her production crew, and to view a short reel from the film. On May 8, at 7:30 p.m. there will be a free fundraising event at The Universities at Shady Grove in Rockville. The evening will feature live music by The Band, a demonstration by Team JOY, a silent auction and dessert. The purpose is to raise the funds needed to finance the production team's nine-day trip to L.A. to film The Special Olympics World Games, and to cover some of the costs of post-production. The silent auction will

include a 90-minute massage, a private photo session, a private party at Yala Fitness, a Harris Teeter Gift Basket and more restaurant gift certificates. “Cheers of JOY” is sponsored by the Film Collaborative, a 501(c)(3) organization. All donations made to this project through the Film Collaborative are tax



Filmmaker Nancy Frohman

SEE CHEERS, PAGE 10

## POTOMAC ALMANAC

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# 'Social Media: The Good, The Bad, The Selfie'

Church to host seminar for parents.

BY SUSAN BELFORD  
THE ALMANAC

Instagram, FaceBook, SnapChat, YouTube and Twitter are just a few types of familiar social media. They are convenient ways of staying in touch, viewing photos, gaining information and keeping current. However, deciding how much time on digital devices is enough for children, controlling the contacts and internet safety of one's child and cyber-bullying are worries for parents.

These parents may not have grown up with social media but probably latched onto it when they were in high school or college and now, most are active users for communication and information. Many may find it difficult to stay on top of the latest technology, while even their youngest child easily adapts to all forms of technology without fear or anxiety — it just comes naturally. Children automatically know how to use and enjoy the benefits of instant approval (likes) from friends — but might often be hurt, tormented and abused by social media contacts. How does a parent keep up with the latest technology and encourage and understand its use while protecting

their child from the negatives of social media — the hurt if they don't get enough likes or have as many friends as others on Facebook, the negative self-esteem that comes from mean comments about their photos or what they are wearing? Then there is the ultimate misuse of social media — cyber-bullying that could lead to depression, anger, headache and suicide.

On May 2, from 9 a.m. – noon, Potomac Presbyterian Church, 10301 River Road, will be hosting a free seminar for adults (parents, grandparents, and anyone involved with children and teens) that will deal with the topic "Social Media: The Good, The Bad, The Selfie." The featured speaker will be Sarah Brooks, who blogs on such topics as parenting to faith to social media. Her blog is called "Life as of Late." She is also a parent who is also dealing with the difficulties of raising children in the digital age.

"My intent is to dig a little deeper into the impact these sites can have on your kids. To start thinking about how to safeguard children's hearts and minds against what appears to a 12-year-old to be concrete numerical evidence about their value and popularity," she said.

Potomac Presbyterian members Cyndy and Paul Mamalian, parents of three children, ages 7 - 13, had stumbled onto the "Life as of Late" blog that discussed social media issues they were struggling with as parents. They shared her posts with their pastor Sean Miller of Potomac Presbyterian Church, and together decided to contact Brooks to invite her to lecture to the parents in their congregation and also open her talk to the Potomac community and surrounding areas. They have reached out to Churchill, Wootton and Whitman High School parents as well as the middle school parents in the area.

"We want people from our church as well as the community to come to the presentation," said Mamalian. "Sarah Brooks is amazing. She doesn't say that social media is bad, but that it is here to stay. Parents need to understand it and get their kids to think about it — and to make good choices."

Susan Pereles is also a member of the congregation of the Potomac Presbyterian Church. She has three children — two in high school and one in college. "It's a hard line to draw," she said. "Some kids are ac-



Sarah Brooks

tive participants but others are just observers. Many are glued to their phones and computers for information and feedback about how their peers judge them. Sarah Brooks will be meeting with our youth later on Saturday — I'd like to be able to listen in while they talk about their feelings about social media."

"Sarah Brooks is so relevant to what all parents are worrying about," said Mamalian. "When I read Sarah Brook's blog, it did not take long to realize how wise, funny, and 'real' Sarah is, and how much both adults and youth can learn from her about social media. Sarah has made me think in new and different ways about how I use social media and how I relate with others on social media. And this information is even more valuable to my children."

"We are very excited to host such an engaging and thoughtful speaker in Sarah Brooks and hope to welcome many parents from throughout our community," said Miller. "We all want to know the best ways to engage social media with our children as we raise our kids in a digital age. Potomac Presbyterian wants to connect with families in our community in new ways, and we think this is a great opportunity to do so"

For more information, contact the church at 301-299-6100.

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# ENTERTAINMENT

Email community entertainment events to [almanac@connectionnewspapers.com](mailto: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/](http://www.thepuppetco.org/) for more.

**“To Kill a Mockingbird.”** Through May 3 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](http://www.rlt-online.org).

**“Edge of the Forest.”** Through May 24 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](http://www.visartsatrockville.org/galleries/gibbs-street-gallery).

**“Mirror to the World.”** Through June 1, 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](http://www.glenechophotoworks.org).

**Canal Boat Excursions.** Through mid-June. 11 a.m., 1:30 p.m. and 3 p.m. at The Great Falls Tavern Visitor Center, 11710 MacArthur Blvd. Take a historic cruise down the canal and learn about life for canal workers. Tickets are \$5-8, plus an additional \$5 to enter the park. Call 301-767-3709.

**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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.pgip.org) for more.

## Glen Echo Park's May Exhibits Feature Food, Wood, Ceramics

Glen Echo Park, 7300 MacArthur Blvd. will reveal three new exhibits in May. All exhibits are free, open to the public, and will run until May 31. For more visit [www.glenechopark.org](http://www.glenechopark.org).

❖ **“Pot” Luck: The Art of the Table.** Saturday and Sunday, 12-6 p.m. at Glen Echo Park’s Popcorn Gallery, 7300 MacArthur Blvd, Glen Echo. The Glen Echo Park Partnership is launching an exhibition of teacher and advance student ceramic work. A reception will be held on Saturday, May 2, 5-7 p.m.

❖ **“More Than Dessert.”** Monday-Saturday, 10 a.m.-6 p.m. at Glen Echo Park’s Park View Gallery, 7300 MacArthur Blvd., Glen Echo. Artist Jennifer Kahn Barlow’s oil paintings will be on display. Her work focuses on “the complexity of dessert confections.”

❖ **Elizabeth Laurel Korson.** Saturday and Sunday, 2-6 p.m. at Glen Echo Park’s Stone Tower Gallery, 7300 MacArthur Blvd., Glen Echo. Korson’s work, inspired by Maine, will be on display alongside her woodblock prints.



**From top left: the work of students and teachers of ceramics at Glen Echo Park, a woodblock print by Elizabeth Laurel Korson, and “Dipped” by Jennifer Kahn Barlow.**

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

## WEDNESDAY/APRIL 29

**Networking Event.** 4-6 p.m. at Normandie Farm Restaurant, 10710 Falls Road, Potomac. The Potomac Chamber of Commerce is hosting a networking event. \$10 for members, \$15 for nonmembers. Visit [www.potomacchamber.org](http://www.potomacchamber.org).

**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](http://www.wchart.com).

## APRIL 29-MAY 23

**“The Merry Month.”** Wednesday-Saturday 12-6 p.m. at Gallery B, 7700 Wisconsin Ave. #E, Bethesda. Find colorful artwork from Liliane Blom, Cynthia Ferrell Johnson, Donna McGee, Carol Vorosmarti, Kathryn Wiley and Patricia Zannie. Admission to the gallery is free. Visit [www.bethesda.org/bethesda/gallery-b](http://www.bethesda.org/bethesda/gallery-b) for more.

## THURSDAY/MAY 30

**The Art of Luis Bitencourt.** 6 p.m. at Zohra Salon, 11325 Seven Locks Road, Potomac. Former mathematician, Luis Bitencourt’s Brazil-inspired art will be on display. Free to attend. For more information visit [www.luisbitencourt.net](http://www.luisbitencourt.net).

## 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 <http://www.sandraperezramos.com/illustrations/>.

## FRIDAY-SUNDAY/MAY 1-3

**Spring Dance Concert.** 8 p.m., 2 p.m. on Sunday at Robert E. Parilla Performing Arts Center, 51 Mannakee St., Rockville. The Montgomery College Rockville Dance Company presents work produced by students and faculty. Tickets are \$10, \$8 for seniors, and \$5 for students. Visit [www.montgomerycollege.edu/PAC](http://www.montgomerycollege.edu/PAC).

## 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](http://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](http://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/](http://www.sandraperezramos.com/shows/).

**Spring Dance Showcase.** 7 p.m. at Dance Bethesda, 8227 Woodmont Ave., Suite 2A. Find performance, open dancing, and light fare. Tickets are \$30 in advance, \$40 at the door. Visit [www.dancebethesda.com](http://www.dancebethesda.com).

**Waltz Ball.** 8-9 p.m. at the Spanish Ballroom at Glen Echo National Park, 7300 MacArthur Blvd. The 32nd Annual “An Evening with Strauss” Waltz Ball will feature Olde Vienna with Dave Wiesler, Alexander Mitchell, Barbara Heitz, Ralph Gordon, and Elke Baker. Tickets are \$20. Visit [www.waltztimedances.org](http://www.waltztimedances.org) for more

**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](http://www.nationalphilharmonic.org) for more.

## 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](http://www.A-RTS.org).

## MAY 2-31

**“Pot” Luck: The Art of the Table.** Saturday and Sunday, 12-6 p.m. at Glen Echo Park’s Popcorn Gallery, 7300 MacArthur Blvd, Glen Echo. The Glen Echo Park Partnership is launching an exhibition of teacher and advance student ceramic work. Free. Visit [www.glenechopark.org](http://www.glenechopark.org).

**“More Than Dessert.”** Monday-Saturday, 10 a.m.-6 p.m. at Glen Echo Park’s Park View Gallery, 7300 MacArthur Blvd., Glen Echo. Artist Jennifer Kahn Barlow’s work will be on display. Free. Visit [www.glenechopark.org](http://www.glenechopark.org).

**Elizabeth Laurel Korson.** Saturday and Sunday, 2-6 p.m. at Glen Echo Park’s Stone Tower



# ENTERTAINMENT

Gallery, 7300 MacArthur Blvd., Glen Echo. Korson's work, inspired by Maine, will be on display alongside her woodblock prints. Free. Visit [www.glenechopark.org](http://www.glenechopark.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 lifelong struggle with heart disease complicated by juvenile diabetes at the age of 25. Run a 5K race for \$25 or a 1-mile fun run for \$15. Visit [www.marksrn.org](http://www.marksrn.org).

**Fiesta Asia.** 10 a.m.-6 p.m. at Ellsworth Ave., Silver Spring. The 6th annual Fiesta Asia sponsored by The Asia Heritage Foundation is a day's worth of performances, food, crafts and shopping. Free. Visit [www.asiaheritagefoundation.org](http://www.asiaheritagefoundation.org).

**Baby & Tot Fair.** 11 a.m.-3 p.m. at Congregation B'nai Tzedek, 10621 South Glen Road, Potomac. Vendors and camp representatives will be on-site. Free. Visit [www.bnaitzedek.org](http://www.bnaitzedek.org).

**Artist Talks and Receptions.** 2-4 p.m. at Visarts Rockville, 155 Gibbs St., Suite 300. The "Visions," "Accretion," and "Iterations" exhibits will celebrate their launch and the artists will be available to discuss their work. Free. Visit [www.visartscenter.org](http://www.visartscenter.org) for more.

**Pianist Christopher Taylor Performance.** 3 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](http://www.nationalphilharmonic.org).

## MAY 5-JUNE 6

**"Birds of the Deep Water."** 12-6 p.m. Tuesday-Saturday at Waverly Street Gallery, 4600 East-West Highway, Bethesda. Artist Evelyn Jacob has created digital imagery depicting waterfowl in flight and with water. Admission to the gallery is free. Visit [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com) for more.

## TUESDAY/MAY 5

**Cinco de Mayo Tea.** 1 p.m. at the Strathmore Mansion, 10701 Rockville Pike. Find Mexican food and live music by Cristian Perez. Tickets are \$28. Visit [www.strathmore.org](http://www.strathmore.org) for more.

## WEDNESDAY/MAY 6

**Ants on Parade.** 10 a.m. at Locust Grove Nature Center, 7777 Democracy Blvd. Children 2-5 may watch ants up close and learn about their habits and environments. Tickets are \$5. Visit [www.montgomeryparks.org](http://www.montgomeryparks.org).

## FRIDAY/MAY 8

**"Birds of the Deep Water"**

**Opening Reception.** 6-9 p.m. at Waverly Street Gallery, 4600 East-West Highway, Bethesda. Artist Evelyn Jacob will celebrate her new exhibit depicting waterfowl in flight and with water. Admission to the gallery is free. Visit [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com) for more.

**Opening Reception.** 6-9 p.m. at Gallery B, 7700 Wisconsin Ave. #E, Bethesda. The gallery will celebrate the launch of "The Merry Month" exhibit with artwork by Liliane Blom, Cynthia Ferrell Johnson, Donna McGee, Carol Vorosmarti, Kathryn Wiley and Patricia Zannie. Admission to the gallery is free. Visit [www.bethesda.org](http://www.bethesda.org) for more.

## SATURDAY/MAY 9

**Serbian Picnic.** 11 a.m.-7 p.m. at St. Luke Serbian Orthodox Church, 10660 River Road, Potomac. Find traditional Serbian food, entertainment, and more in honor of St. George's Day. Free. Visit [www.svluka.org](http://www.svluka.org).

**Peter Max Art Sale.** 1-3 p.m. at Wentworth Gallery at Westfield Montgomery Mall, 7101 Democracy Blvd., Bethesda. The work of Illustrator and graphic artist Peter Max will be on sale. Free to attend. Visit [www.wentworthgallery.com](http://www.wentworthgallery.com).

**Latin Dance Party.** 6-10:30 p.m. at River Road Unitarian Universalist Congregation, 6301 River Road,

Bethesda. Find a buffet dinner and live music by Music Magic Trio. Proceeds will benefit the El Salvador University Scholarship Fund. Tickets are \$35 for adults, \$15 for youth, \$100 for families and children 12 and under are free. Visit [www.rruuc.org](http://www.rruuc.org) for more.

## SATURDAY-SUNDAY/MAY 9-10

**Bethesda Fine Arts Festival.** 10 a.m.-6 p.m. on Saturday, 10 a.m.-5 p.m. on Sunday at the Bethesda Woodmont Triangle. More than 100 artists will showcase their work. Free to attend. Visit [www.bethesda.org](http://www.bethesda.org) for more.

## WEDNESDAY/MAY 13

**"Life is Sweet."** 9 a.m. at Lakewood Country Club, 13901 Glen Mill Road, Rockville. Olney Theatre Center Artistic Director Jason Loewith and Robert Tomasco will be the guest speakers at the Brandeis National Committee Greater Washington Chapter's spring luncheon and installation. Tickets are \$70 for members, \$80 for non-members. Call 301-758 2843, or email [ERdoris1@aol.com](mailto:ERdoris1@aol.com) for reservations and information.

**Over in the Meadow.** 10 a.m. at Locust Grove Nature Center, 7777 Democracy Blvd. Children 2-5 will be able to explore the meadow at Locust

Grove. Registration is \$5. Visit [www.montgomeryparks.org](http://www.montgomeryparks.org) for more.

## FRIDAY/MAY 15

**Bats are Back Mini-Fest.** 7:30 p.m. at Locust Grove Nature Center, 7777 Democracy Blvd. The bats are rising from their winter hibernation. Children 5 and older may celebrate with crafts, activities, a hike and more. Tickets are \$5. Register at [www.montgomeryparks.org](http://www.montgomeryparks.org) for more.

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# Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

## February, 2015 Sales, \$630,000~\$770,000

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**1** 2607 Oakenshield Drive — \$770,000



**2** 9416 Holbrook Lane — \$750,000



**4** 13553 Flowerfield Drive — \$705,000



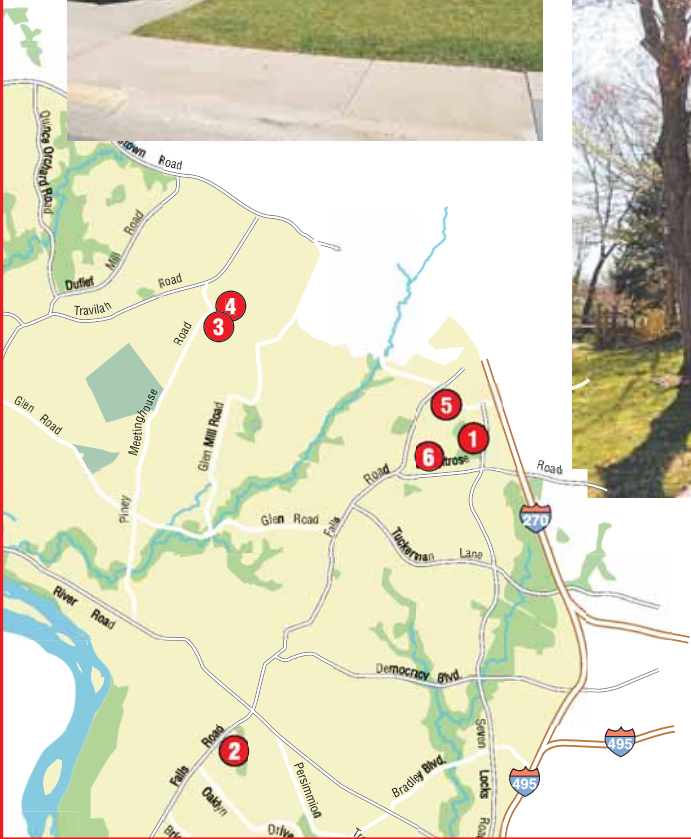
**5** 42 Orchard Way North — \$690,000



**3** 13547 Flowerfield Drive — \$710,000



**6** 11 Aqueduct Court — \$630,000



Address .....	BR	FB	HB	...	Postal	City ..	Sold Price .....	Type .....	Lot AC ..	PostalCode .....	Subdivision .....	Date Sold
<b>1</b> 2607 OAKENSHIELD DR .....	5	3	1	.....	ROCKVILLE	.....	\$770,000	..... Detached	0.25	..... 20854	POTOMAC WOODS EAST	02/09/15
<b>2</b> 9416 HOLBROOK LN .....	4	2	1	.....	POTOMAC	.....	\$750,000	..... Detached	0.37	..... 20854	TIMBERWOOD OF POTOMAC	02/27/15
<b>3</b> 13547 FLOWERFIELD DR .....	3	3	1	.....	POTOMAC	.....	\$710,000	..... Townhouse	0.06	..... 20854	POTOMAC GLEN	02/11/15
<b>4</b> 13553 FLOWERFIELD DR .....	4	2	2	.....	ROCKVILLE	.....	\$705,000	..... Townhouse	0.08	..... 20854	PINEY GLEN VILLAGE	02/27/15
<b>5</b> 42 ORCHARD WAY N .....	4	3	1	.....	POTOMAC	.....	\$690,000	..... Detached	0.53	..... 20854	FALLS ORCHARD	02/27/15
<b>6</b> 11 AQUEDUCT CT .....	4	3	1	.....	POTOMAC	.....	\$630,000	..... Detached	0.30	..... 20854	MONTGOMERY SQUARE	02/09/15

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## NEWS

# Face of America at Falls and River

About 600 riders, including approximately 130 injured veterans, rode through Potomac en route to the Civil War battlefields of Gettysburg, Pa., Saturday morning, April 25, around 9:30 a.m.

The ride is partly organized to give opportunities for the public to honor America's servicemen and women who have been wounded or injured, as they set and achieve new goals, according to its website, [www.worldteamsports.org](http://www.worldteamsports.org).

Face of America ride has brought together civilians, active duty military, first responders and adaptive veterans in an inclusive bicycle ride.

"We all ride the same road," reads their motto.

Participants from 37 states, Puerto Rico, Canada and Denmark participated and traveled along MacArthur Boulevard and Falls and River roads. Participating injured veterans include individuals who have lost vision, hearing, or limbs, veterans with post-traumatic stress disorder or traumatic brain injury, or who are paralyzed. For many of these injured veterans, riding in the Face of America is an important part of their physical fitness program, and provides an opportunity to connect with other veterans who face similar life challenges.



PHOTO BY KEN MOORE/THE ALMANAC

**Face of America ride brings together civilians, active duty military, first responders and adaptive veterans.**

Military veterans with disabilities pay no fees to participate. All other participants pay a minimal registration fee and need to meet fundraising goals.

Before they reached Potomac Saturday morning, riders had already travelled from the Pentagon and continued to Frederick where they stopped for the evening. The next morning, April 26, riders biked another 55 miles to the historic battlefields of Gettysburg, Pa.

— KEN MOORE



PHOTOS BY VIRGINIA FOWLER

## Successful Rescue

On Monday early afternoon, April 27, along the Billy Goat Trail near Great Falls in Potomac, Montgomery County Fire and Rescue executed a rescue of an injured person on the trail. Several of Montgomery County's river rescue boats and a U.S. Park Police helicopter assisted.

### BULLETIN BOARD

Email announcements to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Include date, time, location, description and contact for event: phone, email and/or website. Due Thursday, at least two weeks before event.

#### 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](http://www.leadershipmontgomerymd.org/event/pepco-watershed-tour).

#### FRIDAY/MAY 1

**"It Takes a Village" Awards Breakfast.** 7:30-9:30 a.m. at

Bethesda Marriott Pooks Hill, 5151 Pooks Hill Road, Bethesda. The Nonprofit Village is honoring Pain Connection and YMCA Youth and Family Services, for their work in the community; as well as Discovery Communications (for-profit company) and Steve Mandel (individual), board member of Crossroads Community Food Networks (Takoma Park). Tickets are \$75. Visit [www.thenonprofitvillage.org/annual-breakfast](http://www.thenonprofitvillage.org/annual-breakfast).

#### Walt Whitman High School 50th.

The Class of 1965 will celebrate, with something for everyone. Two days of activities planned, including a tour of the new campus, happy hour meet and greet, a hike and picnic, an afternoon "fireside" discussion remembering the 60s and a cocktail

reception with dinner, live music and dancing. Reservation required. Visit [www.waltwhitmanclassof1965.com](http://www.waltwhitmanclassof1965.com) or call 240-669-4996.

#### SATURDAY/MAY 2

**Bicycle Ride Benefit.** 9 a.m. at Johns Hopkins University Montgomery Campus, 9601 Medical Center Drive, Rockville. The third annual Tree House Tour de Cookie challenges bicyclists of all ages to bike 14 or 40 miles to raise money to benefit the Tree House Child Assessment Center, dedicated to victims of physical and sexual abuse. \$50 to register before April 30; \$60 after. Children 12 and under ride free with an adult. Teams receive a discount. Visit [www.treehousemd.org/tour-de-cookie/register](http://www.treehousemd.org/tour-de-cookie/register).



## St. George's Day Picnic

Saturday, May 9th 11 am - 7 pm

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**Come enjoy our Serbian heritage & culture!**

**Dobro nam došli! Welcome!**

More information at [www.svluka.org](http://www.svluka.org)

Questions: [stgeorgesdaypicnic@svluka.org](mailto:stgeorgesdaypicnic@svluka.org)

Please purchase tickets for all food & beverages; cash, check & credit cards accepted.

## YOGA CLASSES IN POTOMAC

### Kula Yoga

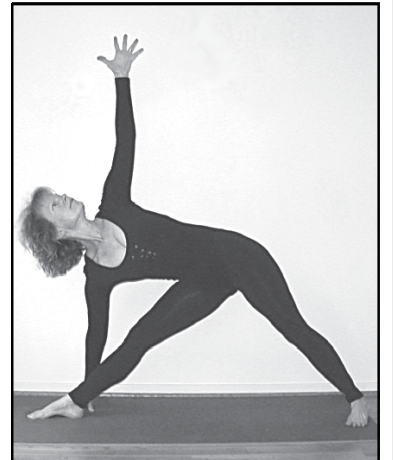
St. James Episcopal Church  
11815 Seven Locks Road

Monday - Friday: 9:30 A.M.

Wednesday: 7:30 P.M.

**For more information, please contact:**

Nancy Steinberg  
240-994-5092  
[nancy@kulayogaclass.com](mailto:nancy@kulayogaclass.com)  
[www.kulayogaclass.com](http://www.kulayogaclass.com)



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I believe the future is only the past again, entered through another gate.  
-Arthur Wing Pinero

## 21 Announcements

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## 21 Announcements

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The Fairfax Station/Clifton/Lorton Connection

**Zone 3:** The Alexandria Gazette Packet  
The Mount Vernon Gazette

**Zone 4:** Centre View North  
Centre View South

**Zone 5:** The Potomac Almanac  
**Zone 6:** The Arlington Connection  
The Vienna/Oakton Connection  
The McLean Connection  
The Great Falls Connection

# Cheers of JOY

FROM PAGE 4

deductible to the extent allowed by law.

Smith and Team Manager Darian Packard along with many volunteers, devote every Saturday to teaching the girls cheers, dance movements, formations and athletic moves such as cartwheels and tumbling. The number of cheerleaders has grown from 12 to 70 girls of all ages and different needs.

"Cheers of JOY" is an intimate portrait of Team JOY, the dedication and commitment of its head coach, the impact she has on these athletes and this sport, and consequently the impact they are having within Special Olympics as they bring the sport of cheerleading to the world stage. What began as a profile of Coach Meg and the team's preparation for the State Championship competition in June, 2014 quickly evolved into a deeper more meaningful look at Special Olympics through the experiences of this team," Frohman said. "At the heart of the story is Coach Meg, a former NFL cheerleader who embodies the spirit of Special Olympics with her 'can do' attitude, love and encouragement, and focus on athleticism. 'Cheers of JOY' chronicles her efforts and success in empowering the athletes on the team with confidence by challenging them mentally and physically, encouraging them to do more than they think they are capable of, and giving them a sense of inclusion, camaraderie, and acceptance both within the Team JOY family and outside in the world at large. Although cheerleading is relatively new to Special Olympics and not yet recognized as an official sport, this activity has quickly proven to be as athletic and challenging as any sport."

"This film is a moving story," Frohman added. "It will tug at the hearts of its audience. In becoming acquainted with the characters, the audience will see how alike people with intellectual disabilities are to those without, and how meaningful inclusion and acceptance are to the special needs community. By the end of the film, the audience will not only be cheering for the team, but also with the team. I expect the audience to come away from this film with a smile on their faces and in their hearts, and to feel inspired by the spirit at the core of this story."

For more information and to donate to this project, view the film's website at [www.cheersofjoyfilm.com](http://www.cheersofjoyfilm.com). For those wishing like to donate to help a cheerleader with her travel expenses is: [cheerforla2015.kintera.org/faf/search/searchTeamPart.asp?ievent](http://cheerforla2015.kintera.org/faf/search/searchTeamPart.asp?ievent).

# Business Outlook

FROM PAGE 3

tions for the Potomac Chamber of Commerce. "The most significant thing is the takeover of The Tavern, but other than that there's been very little. You would think in a small, bedroom community like Potomac could attract businesses, but the astronomical rent makes it difficult for people to open and maintain businesses."

The trend of members of the baby boom generation downsizing and leaving their homes in Potomac is another factor that affects local businesses.

"The people who are moving out of Potomac now might be better customers than the people who are moving in. The businesses in Potomac might find themselves with more of a struggle to make their numbers" said Potomac attorney David D. Freishtat of Shulman, Rogers, Gandal, Pordy & Ecker. He currently serves on the Montgomery County Revenue Authority. "If someone moved out of an apartment in Bethesda, then that's where they'll drive to do business. It only takes five to seven minutes longer to get to Bethesda, where they'll have more choices."

There has been a gradual shift "to a more urban thinking and acting population," said Freishtat. "In the last five years, younger wealthy people who've had success and [are] looking to move out of apartments are wanting live in more urban areas like Bethesda."

Banks and restaurants have the greatest chance of survival. The exceptions are businesses that cater to the community's rural environment. "The businesses in Potomac that will always be successful are the saddle shops," Freishtat. "There are two of them [here] and there's nowhere else to go except Frederick. But the market can only support one or two."



## Deep Space Mind

By KENNETH B. LOURIE



A few years back (OKAY, more than a few years back; I'll blame the cancer for my time lapse), there was a spin-off from the original *Star Trek: Star Trek: The Next Generation* captained by Jean-Luc Picard (a.k.a. Patrick Stewart) which itself spawned two other spin-offs: *Star Trek Voyager* and *Deep Space Nine* (commanded by Avery Brooks, a.k.a. Captain Sisko). I was reminded of this television-watching time of my life recently when I saw a former *Deep Space Nine* actor's name (the son, actually: Remy) in the credits of a recent "The Good Wife": Auberjonois.

On *Deep Space Nine*, René Auberjonois (the father) played a non-humanoid character from a race known as Changelings, shape shifters; a species able to transform/conform/reform itself into any shape. For the purpose of the show, Constable Odo, as he was known, who was the director of security on the space station, "shape shifted" himself into a humanoid form. He mostly looked, acted and spoke as any other human. However, his facial features were noticeably imperfect, and his ears were also a bit unusual. Occasionally, when Odo did not go to his quarters in a reasonable cycle of time (never really specified) and in turn did not have the opportunity to return to his natural state: described as "gelatinous goo," to reside in his bucket, his features would begin to lose their shape and he would appear to be melting (an occurrence/appearance he was determined to hide). Though this circumstance rarely manifested itself, when it did, Odo explained how stressful it was for him to maintain the shape/illusion of a humanoid (given the intricacies of the species) and how the demands of doing so (consciously, subconsciously) were nearly overwhelming. This story line was not dominant, but us regular viewers understood the ongoing strain on Odo and what might happen if he didn't have the time to regenerate in his bucket.

Now I don't have a natural state other than the obvious, or a bucket for that matter (I have a couch), but I can certainly relate to Odo's emotional/psychological fears and anxieties and the effort required to maintain what appears – to the outside world anyway, to be a "normal" existence. For a cancer survivor/patient, "normal" no longer exists. In fact, the date of your diagnosis/prognosis is the day/date when normal ceases to exist. For me, that date was February 27, 2009, the date Team Lourie first met with my oncologist and heard the unbelievable news that I had non-small cell lung cancer, stage IV, a "terminal" diagnosis. My oncologist further added that he could "treat me but he couldn't cure me." "Excuse me. What did you say?"

And just like Odo, I try to hide/minimize my situation. I don't want to, if at all possible, exhibit any of the signs or circumstances of my diagnosis. I try to live life as normally as possible and not bring attention to myself or my particular challenges. Let me assure you, maintaining this façade would be a lot easier if I too had a bucket in which I could return to some gelatinous-type goo and regain my strength. But I don't. I only have my privacy, where I can retreat in an attempt to summon up the fortitude necessary to take each day as it comes without further adieu. Some days are more difficult than others, particularly those days waiting for the results of a current CT Scan two months after a prior scan showed new tumors/growth. Odo mostly managed to endure his unique challenges, and I am striving to do the same. Seeing the actor's name on television the other week inspired me that even though I am often alone with my thoughts, I am not alone. And as one who has been there and done that, I know there is strength in our survivor numbers; hopefully in reruns too, especially when you've been given a "terminal" diagnosis.

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

## NEWS



**After many delays, renovation began last week on the abandoned roller hockey rink at Potomac Community Center, which will soon serve athletes with disabilities. The rink could also benefit Wounded Warriors, an organization supporting disabled veterans in partnership with Walter Reed National Medical Center and Disabled Sports USA, as well as other programs in the county that serve those with disabilities.**

## Long-Awaited Renovations Begin at Rink

**P**am Yerg, who works with children with disabilities in sports, began looking at the dormant roller hockey rink at the Potomac Community Center with vision in 2012. The long process of working with the county Department of Recreation and involving nearby neighbors started then.

"We believe it holds huge potential value as a multi-sport facility for use by people in our county with disabilities," she said then.

Yerg coordinates the TOPSoccer adaptive program and is the area director of Special Olympics MD-Montgomery. Some of her players use crutches and walkers and "struggle through the ruts and grass and the

mud" to be part of soccer activities and games.

The rink could also benefit Wounded Warriors, an organization supporting disabled veterans in partnership with Walter Reed National Medical Center and Disabled Sports USA, as well as other programs in the county that serve those with disabilities.

"There is a tremendous need for this type of amenity," said Gabriel I. Alborno, director of the county's Department of Recreation.

"That's what recreation is all about, providing opportunities for the entire community. I'm happy to be a part of it," said Pete

Selikowitz, executive director of the Potomac Community Center.

In early 2014, Montgomery County Council approved \$250,000 of General Obligation Bonds and community contributions to convert the dormant roller hockey rink at the Potomac Community Center into an adaptive sports court for athletes with disabilities.

"The increase is needed to meet the increased demands for therapeutic recreation services for persons with disabilities," according to County Executive Isiah Leggett. "I appreciate your prompt consideration of this action."

— KEN MOORE

## SPORTS BRIEFS



**Louis Dubick, seen earlier this season, and the Churchill boys' lacrosse team improved to 12-0 with wins over Wootton and Walter Johnson.**

PHOTO BY HARVEY LEVINE/THE ALMANAC

## Churchill Boys' Lax Beats Wootton and Walter Johnson

The Churchill boys' lacrosse team extended its winning streak to 12 games with victories over Wootton (14-8, April 23) and Walter Johnson (16-5, April 25).

Churchill lost to Wootton in last season's 4A/3A West region championship game.

The Bulldogs faced Landon on Tuesday, after The Almanac's deadline. Churchill entered the game with a 12-0 record and the No. 8 ranking in the Washington Post. Landon was 15-2 and ranked 1 in the Post.

The Bulldogs will close the regular season on the road against Quince Orchard (11-1) at 5 p.m. on Thursday, April 30.

Wootton entered Tuesday's contest with Springbrook with a 6-5 record. The Patriots will host Oakton (Vienna, Va.) at 7 p.m. on Thursday, April 30.

## Whitman Baseball Wins Fourth

The Whitman baseball team defeated Watkins Mill 10-0 in five innings on April 27, giving the Vikings four straight victories while improving their record to 9-5.

Ben Rosenblatt drove in two runs for Whitman.

Whitman faced Blair on Tuesday, after The Almanac's deadline.

The Vikings have three games remaining in the regular season, starting with a home game against Urbana at 4:30 p.m. on Friday, May 1. Whitman will host St. Albans at 2 p.m. on Saturday and will travel to face Clarksburg at 3:30 p.m. on May 5.



## GETTING AROUND

# Leonard Proctor Celebrates His 85<sup>th</sup> Birthday

**Surrounded by Potomac friends and Potomac lore.**

BY CISSY FINLEY GRANT  
THE ALMANAC

If you have lived around Potomac for more than just a few years there are several things you would think of immediately when the name Leonard Proctor is mentioned. He is a superb horseman, you'd never plan a party without first checking the date with him, he is an avid fox hunter and most important, he is an outstanding individual admired by a legion of friends.

There is small wonder, that following his 85<sup>th</sup> birthday, April 14, he was treated to no less than four parties and four cakes, including the one at the Potomac Hunt Club where a fox hunting photo of him was embedded in the icing.

The fourth, and last, of the 2015 celebrations took place at Vicki and Skip Crawford's "Hunter's Trap," Boyds, where a pastoral image is a reality. Rolling fields of freshly mown green acres, horses grazing nearby, forsythia in full bloom, a farm pond with ducks and an absolutely sun glasses, shirt sleeve wearing kind of weather were all included.

A group of women, known as "LEGS," no, not the usual connotation, but members of the "Ladies Equestrian Gourmet Society," including Stacie Benes, Devereaux Raskauskas, Beverley Bosselmann, Vicki Crawford, Kaja Farnsworth, Francie Johnson and Janelle Strazheim planned and produced the afternoon buffet served beneath two white tents with thankfully no necessity for tent sides. Stories abounded, ranging from tales of Leonard's expertise, not only with horses, but on the dance floor.



**Mike Mitchell was among many donning "shades" attending a beautiful April afternoon birthday party for Leonard Proctor. He talks with Missy Lankler, another Potomac "old timer," as were most of "the select group" in attendance. The "select" referred to longevity in Potomac.**



**Leonard Proctor, celebrated his 85<sup>th</sup> birthday with four parties and four cakes. This cake was inscribed, "To the coolest Dude."**

However, the most consistent remarks included mention of the many, many, times Leonard, and his late friend, and uncle, Johnny Jackson, would assist at Potomac parties, bartending or managing whatever was needed for a successful event.

Sara Lee Greenhalgh, one of many who related "old Leonard stories," used a much needed microphone so no one would miss a prized anecdote of at least 60 years of Potomac lore. She recalled Leonard's wealth of Potomac secrets. "He could tell many stories, but I know he never would," she said.

Others repeated Leonard's philosophy of see all and say nothing. Bob Hanson, who celebrated his 91<sup>st</sup> birthday this past Monday, agreed with Sara Lee's opinion. He told Leonard, "You and I have gotten together and talked about everything and you have always been very, very careful."

However, Susie Monahan put it most succinctly. "Leonard, please don't write the book." It's a sure bet it would be a best seller.

Another of Leonard's pet projects is sending cards to friends. Cards for every occasion. The U.S. Postal service will have no fear of going broke as long as Leonard Proctor is around. Nor will card manufacturers. He sends dozens and dozens honoring holidays and birthdays. A birthday without a card from Leonard would be very suspect, leaving one to worry if he had fallen from his horse and broken his arm.

Mike Mitchell, of Mitch and Bill's Exxon, a Potomac institution since 1949, told the assembled crowd, "He was a role model when I was growing up." Leonard worked at Mitch and Bill's for 45 years. "He taught me how to drive. When we would go on road calls he would let me sit in his lap and steer." Referring to the station's pet dog, Mike added, "Esso would sit in the front seat with us and look out the window." Mike concluded, "Leonard is a true friend."



**Knight Kiplinger, (left) and Lutie Semmes can no doubt recall many old Potomac stories. They were among the group celebrating Leonard Proctor's 85<sup>th</sup> birthday.**

Potomac Hunt huntsman Larry Pitts, his wife, Peggy, and their daughter, Laura were there. Laura is getting married in June at (where else?) the Potomac Hunt Club. Larry, who has officially retired as Potomac huntsman, and Peggy, are moving next month to Bedford, Va., where they will have plenty of room for their horses. Potomac's new huntsman, Brian Kiely, recommended by Larry, hailed from Myopia Hunt, Ma., bringing along with him a distinct Irish brogue from his native land.

Skip Crawford was among the missing at the party. His wife, Vicki, explained he had accompanied "Senior Senator," their 5 year old gelding, to "The Grand National," one of

Maryland's most prestigious steeplechase races, second only to the Maryland Hunt Cup. "He came in second, missing the win by less than a length," she reported. Perhaps the 2016 Maryland Hunt Cup will have an entry from Potomac Hunt territory. The Maryland Hunt Cup is America's answer to England's Grand National.

Orthodontist, Dr. Tom Blackwood, who has been practicing in Potomac for more than 50 years, and a Potomac Hunt member for almost as many years, was there, as



**Laura Pitts (left), Vicki Crawford, and Larry Pitts, found plenty to talk about, including Laura's forthcoming wedding in June, to be held at The Potomac Hunt Club adjacent to the Crawford farm.**



**Sara Lee Greenhalgh told the group of about 50 friends gathered to celebrate Leonard Proctor's 85<sup>th</sup> birthday, "He knows many stories." She added, "but he would not tell any." Lou Bowling Steinfort and Elie Cain wait for their turn at the mike.**



**Happy Bogley, who grew up in Potomac and now a Vermont resident, talks with Joyce Jones whom she had known since childhood.**

was Happy Bogley, who grew up on Glen Road. "I have known Leonard since I was 4 years old," she said. Visiting here from her farm in Corinth, Vt., Happy said, when she left there last week, the snow was up to her knees.

Others among the group included Elie Cain, Missy Lankler, Bubba Farnsworth, Fran Kay Magassy, and Thurlow Carey with Joyce Jones. Joyce's sister, Sue Lee, was Leonard's late wife. "He was more like a brother to me than a brother-in-law," she said. Joyce, as a teenager, worked at The Surrey, then located in Potomac. Mike Mitchell told The Surrey's Lyne Morgan, "I still have people stop by the station to ask where you are. I just tell them to go up Rt. 28," he said.

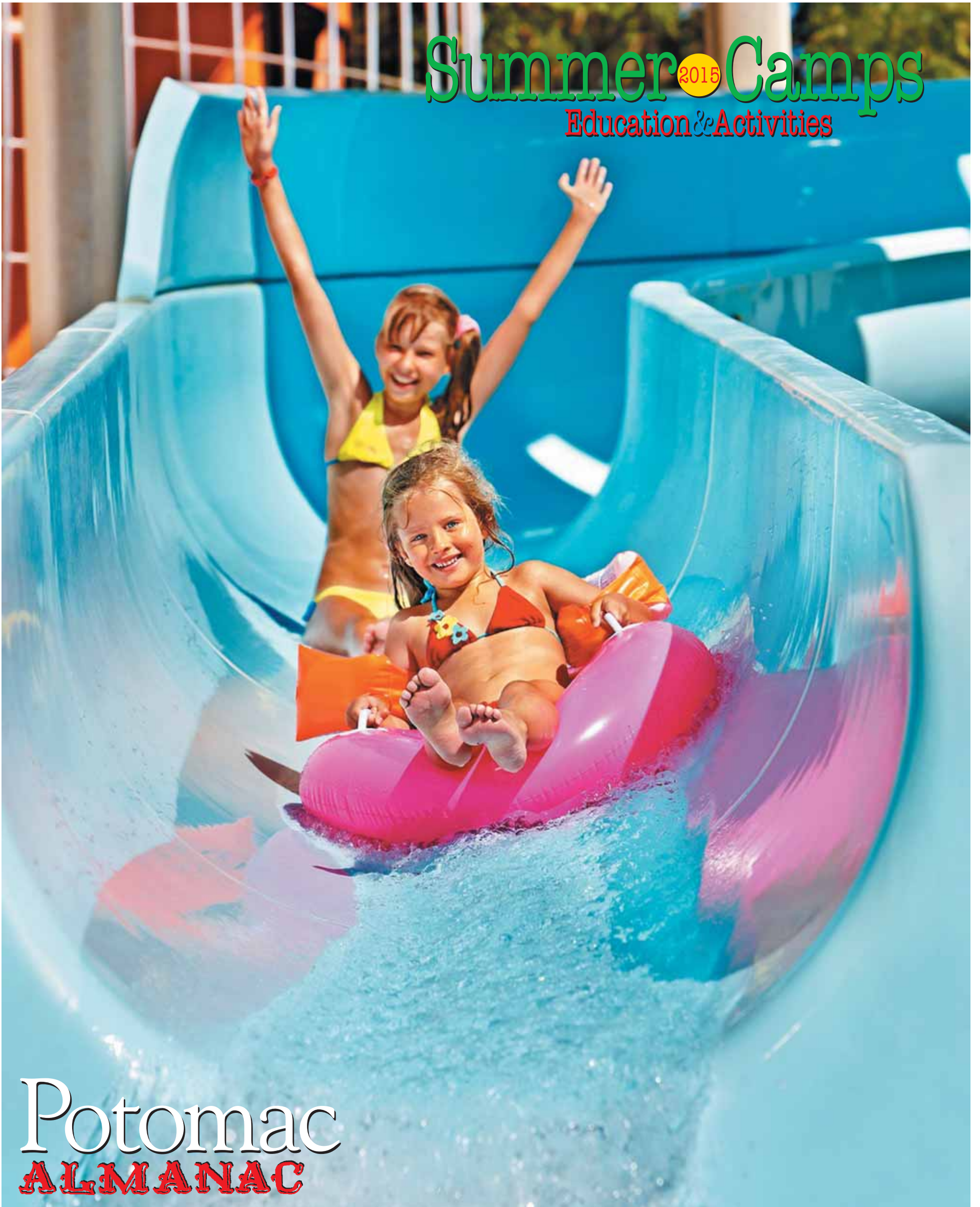
Also there were Mike and Lou Bowling Steinfort, Anne Davies, at whose barn Leonard stables his horse, Dr. Csaba Magassy, Lutie Semmes, Ruffin Maddox, Ann and Knight Kiplinger, Pat Smith, Susan Roberts and, no doubt the most important of all to Leonard, his sons, Jerome and "Junior."

It was "Junior" who took the microphone and unabashedly announced, "You're the best dad in the world." It came as no surprise.



# Summer 2015 Camps

Education & Activities



Potomac  
**ALMANAC**



## Preparing for Summer Camp Away

Many emotions arise when a child leaves for camp.

BY MARILYN CAMPBELL  
THE CONNECTION

**J**ulie Kaminski remembers the language from her desperate letters to her parents: “I love you. I want to come home now!” She recalls penning a dramatic plea to be rescued from residential summer camp more than 40 years ago. Today, Kaminski is preparing for her daughter’s first camp experience away from home this summer.

“Looking back, I can see how going away to camp helped me become more self-sufficient, self-confident, self-reliant and taught me how to get along with so many different kinds of people,” said Kaminski, a Cabin John, Md. mother of two children. “Of course I didn’t think that at the time. I was extremely homesick even though it was my idea to go to sleep away camp in the first place.”

A child’s first residential summer camp experience can be fraught with emotions that run the gamut from excitement to terror. While glee at the thought of a summer filled with sports, swimming, crafts and new-found friendships can be the dominant feeling, the thought of an extended period of time away from home can cause sadness and anxiety for both parents and their children.

An American Camp Association study showed that 96 percent of children who attend sleep away camps experience homesickness at some point during their stay.

While these emotions are normal, parents can help children tame the pre-camp jitters. The life-long lessons gained from such camps make it worth the effort.

“Becoming comfortable with your child being away at summer camp, perhaps the first extended separation you have had, is a matter of trust,” said David Kaplan, Ph.D. of the American Counseling Association in Alexandria, Va.

“Trusting your child that they can handle themselves without your supervision. Trusting that they can handle relationships with other children. Trusting that they can get up in the morning, take a shower, wash their clothes, and change their sheets without your prodding.”

**ACKNOWLEDGING THAT HOMESICK-NESS** is normal and many campers experience it, can help children accept and cope with their emotions.

“Expecting to miss home and feel somewhat anxious helps children feel less surprised and overwhelmed when it occurs,” said Barbara Meehan, Ph.D. executive director, Counseling and Psychological Services, George Mason University in Fairfax, Va.

A child’s apprehension can be eased when parents share their own camp experiences, particularly positive memories.

“Don’t let your child get caught up in your own anxiety about leaving for camp,” said Linda McKenna Guly, Ph.D., professor of psychology at Marymount University in Arlington, Va. “Kids sometimes worry about the parents they left behind. Be positive, but not sad that your child is leaving.”

Meehan says that developing a few self-soothing activities like playing outdoors or



PHOTO CONTRIBUTED

**Summer camp experiences can help children become self-confident and self-reliant.**

reading is one strategy for helping children deal with feelings of missing home. Identifying people with whom young campers can share their emotions is another means for dealing with homesickness.

“Talking to a camp counselor and even peers can help ease the difficult feelings and often they will learn they are not alone,” said Meehan.

Encouraging a child to make friends and become involved in camp activities will put the focus on the positive aspects of camp. Packing letters and stamped envelopes and developing a plan for letter exchange can help a child feel connected to their families.

“Isolating and avoiding what feels hard can often worsen anxiety and homesickness,” said Meehan. “Remind your child they are stronger than they feel in the moment and that engaging in camp activities can be helpful.”

There are times however when a child might not be ready for residential camps. The American Camp Association reports that while most cases of homesickness subside, there are cases — if a child is not eating or sleeping, for example — when it could be time to seek help. “Consult with camp professionals about resources if your child’s anxiety worsens or persists,” said Meehan.

## 57 Different Summer Camp Choices

BY SHIRLEY RUHE  
THE ALMANAC

**A** lump of brown clay sits on the potting wheel. Water is added as the wheel begins to turn, teenage hands cup around the clay to begin forming the sides, then start in the middle and work outward.

“This will be a bowl or a cylinder,” said Glen Echo summer camp pottery instructor Linda Johnson. Pottery pieces are bisque-fired in an electric kiln over a four-day period, then glazed, and finally reduction-fired at more than 2000 degrees.

“Pottery is one of those crafts you can spend your whole adult life studying,” Johnson said. She has been teaching at what is now Glen Echo Park Partnership for Art and Culture since the early ’70s when the camp began. Most of Glen Echo’s camps are one week, but pottery is an exception as a six-week course-with two three-hour morning sessions a week

Camp programs begin June 15 although not everything is offered each week. Sessions range from visual arts such as draw-



PHOTO BY SHIRLEY RUHE/THE ALMANAC

**A pottery student works with a mound of brown clay on a potting wheel in a Glen Echo pottery class.**

**Glen Echo offers wide selection of arts in wide open spaces.**

ing, sculpture, and photography to the performing arts such as magic, clown arts, puppetry, music and Irish dance. Glen Echo offers 108 camp sessions with 57 different types of camps and enrollment of close to 1,200.

Meredith Forster, Education Program Manager, says one of the most popular classes is clay animation where the class jointly invents a story line, develops clay characters, a dialogue and then creates a video.

**“WE KEEP EXPANDING** what we offer,” Forster said. “For instance, this summer is a new partnership with Under the Sea to have a Discover Nature summer camp by creating an aquarium from our former stables.” Aquariums and touch tanks will focus on the Chesapeake Bay.

Another new class this year is fused glass featuring how to cut and design glass.

SEE GLEN ECHO, PAGE 4

www.ConnectionNewspapers.com



## Summer at Massanutten

Each year, Massanutten Military Academy offers a five-week intensive summer school program, an opportunity for students to get ahead in their learning, make up for bad or failing grades, or increase their knowledge and participation in their JROTC leadership skills. Massanutten Military Academy offers the safety of a structured learning environment, as well as the fun of a summer camp through a combination of

classroom time and weekend activities. The program is offered June 27-Aug. 1, 2015. Credit for academic courses is transferable to the student's current school. JROTC leadership credit equals one high school course credit.

**STEM CAMP** Massanutten offers STEM Summer Camp, two two-week camps running from June 29-July 10 and July 20-31, open to students grades 7-12. This sum-

mer camp offers students the chance to explore the many facets of STEM education including hands-on experiences. Upon completion of the STEM Summer Camp, students will receive a certification of completion. Massanutten Military Academy offers the safety of a structured learning environment, as well as the fun of a summer camp through a combination of classroom time and activities. Visit [www.militaryschool.com/summer-school-2015.asp](http://www.militaryschool.com/summer-school-2015.asp).

## Marymount Technology Institutes for Ages 14-18

Marymount University has summer programs for teens ages 14-18 who are interested in technology. Gain technology skills and hands-on experience; create a mobile app or take part in a cyber competition in health care; meet fellow students who share your excitement about technology; network with technology professionals about career possibilities.

### Summer Technology

#### Institutes' 2015 Programs:

**GenCyber**, July 5-17, 2015. This two-week residential program is designed for students ages 16-18. Students will have hands-on experiences in cybersecurity with a focus on defending the nation's critical assets.

**Making Mobile Apps**, July 13-17, 2015. This week-long institute is for students in grades 8-12 who want to explore a possible career in the development of mobile applications, one of the most dynamic sectors in the booming technology field.

**Cybersecurity in Healthcare**, July 20-24, 2015. This week-long program is designed to provide technology-focused students in grades 9-12 with knowledge and hands-on experience in cybersecurity, and introduce them to the many career opportunities in this growing field.

Participants in each institute will work closely with Marymount University faculty and students. They will also hear from guest speakers who are IT professionals.

The daily program will include classes taught by MU faculty and many hands-on activities to apply newly acquired knowledge.

The sessions will take place at Marymount's Main Campus and Ballston Campus in suburban Arlington, with easy access by road or Metro. Free MU shuttles provide service between the Ballston Metro Station (Orange line) and Main Campus. Optional housing for high school students is avail-

able in residence halls on Main Campus, under close supervision of MU's residence life staff and students.

#### DC Institutes for High School Students

July 6-18, 2015; Students will arrive at Marymount on Sunday, July 5. Programs will begin on Monday, July 6 and run through Saturday, July 18.

**CJ 209 - The Criminal Justice System:** Gain real-life perspective on the exciting criminal justice field. Visit various museums, meet with an FBI field agent, and probe various aspects of the criminal justice system - from laws and enforcement to the courts and corrections.

**MGT 185 - The International Business Experience:** Learn to succeed in a diverse and global business environment with exposure to international marketing, finance, and economics. Take part in a business simulation and experience the decision-making that goes on in an international business enterprise.

Live in a residence hall on Marymount's Main Campus in suburban Arlington. Space is limited and priority will be given to rising high school seniors.



[www.PotomacHorse.com](http://www.PotomacHorse.com)

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# Glen Echo Offers Wide Selection

FROM PAGE 2

Photography classes have added digital classes to the traditional black and white film classes taught in the large darkroom with enlargers and film developing trays.



PHOTO BY SHIRLEY RUHE/THE ALMANAC

**A peek through the window of the Glen Echo working Denzel carousel about to open to the public. Campers in Carousel of Animals Camp session build their own carousel character, and their creations are displayed outside the carousel after their session.**

Anja Caldwell teaches fiber arts for 6-14 year olds. In three days campers can learn to make a small original doll, body first then adding clothes they have knitted. "We teach special skills for small hands." One group decided to invent a play with their doll characters.

Stocking hats are always popular, even in the spring when temperatures turn warm along with short sweaters that one camper refers to as "her cloak." Caldwell says these provide immediate reinforcement because when a student uses the sweater form she can be usually finished in several days.

A menagerie of tigers, ostriches, prancing horses circle the original 1921 Denzel working carousel at Glen Echo. In the Carousel of Animals summer class, students build their own large carousel animal out of paper maché in a week, and their creations are displayed outside the original carousel after their camp session is over.

One of the employees injects that every year two boys come from Israel to visit relatives and attend camp. Last year they made a wolf and a fox carousel animal and then had to figure out how to get them back home on the airplane. Others made a giraffe, unicorn and blue octopus.

From the parking lot, take a walk over the bridge spanning a gorge with winding creek, a path through the woods and past the carousel, candy corner, and to the stone carving yurt.

Glen Echo Summer camp is located in Glen Echo, Maryland and serves the metropolitan area and well beyond. It offers a wide-open expanse with diverse activi-



PHOTO BY SHIRLEY RUHE/THE ALMANAC

**Linda Johnson points to finished bowls and cylinders that have been bisque-fired in an electric kiln over a four-day period, glazed and fired again at 2,000 degrees. Johnson has been teaching pottery at Glen Echo summer camps since the early 1970s when the camp began.**

ties for ages 4-15. Camp runs from 9 a.m.-3 p.m. with extended camp offered until 6 p.m. Forster said, "the camp is handy for families because they can drop off their kids at the same time and one can take fine arts, one magic, and one photography." Then the next week they might move into music, calligraphy and puppetry.

Resident organizations occupy studios in

metal-roofed yurts dotted across the grounds while individual instructors share yurt space. This approach allows Glen Echo to expand their programs by adding classes like bookmaking and fiber arts. Forster said, "we have a wonderful venue and space."

All programs are produced in cooperation with the National Park Service and Montgomery County.

## Summer Sailing Camp: Outside, Hands-On, Empowering

BY SHIRLEY RUHE  
GAZETTE PACKET

**A**my Zang has just returned from a week sailing the British Virgin Isles with nine members of her extended family ranging from her 78-year-old, legally-blind father to her brother's 4- and 6-year old children.

"I was the captain of the 46-foot catamaran, but I had to get used to it. It is the biggest boat I have sailed. You use the same sailing skills but adapt the technique when the boat is this large."

Zang is the Director and Owner of the Youth Sailing Day Camp at the Washington Sailing Marina. The Washington Sailing Marina camp offers six different youth sailing classes in the summer with the Sunfish for beginners and the Flying Scot for intermediates. The advanced class uses a Hobie Cat. The racing class sails a Collegiate 420 that is a fast, maneuverable boat allowing campers the chance to work on boat balance and roll tacks.

Adventures on a Big Boat sails a Catalina 25. This group has a picnic lunch under anchor on Thursdays and they, along with the intermediate boats, sail to Old Town for lunch on Fridays. Other groups get

smoothies on Friday "so everyone gets a treat."

Sailing students must be certified before moving on to the next level. Some campers come for one week and others move up the skill level over successive weeks at camp. Windsurfing is also offered.

The camp opens June 1 and runs weekly through Aug. 22, and is already over 50 percent full. The classes run from 9:30 a.m.-4:30 p.m. and are open to rising third graders-15 years of age. She thinks children choose sailing for summer because "it is different, it is outside, it is hands on and they get immediate gratification." They walk away with a life skill that they can carry into adulthood, she says.

Sailing class is empowering, Zang says. Children don't have much in their lives that they can be fully in charge of. "I give them trust, here is a boat, and you can learn to sail it and they give trust back. They learn responsibility and it is a huge confidence builder for both male and female students. Sailing isn't about strength." She adds, "When kids come they love it and keep returning year after year." She said word of mouth is powerful and she has had a number of children for many years.

Classes are systematic, beginning with a

10-minute "chalk talk" about what they will be doing that day. Then on to a drill such as a figure eight on the water followed by docking. The routine gets instilled with a game like "stick, stick, capsize." Sailing students practice docking, sailing to the dock where an instructor awaits them. If they do a perfect docking, they get a paint stick and they sail back to a buoy not too far off, switch positions (crew moves to skippers position) and sail to the dock again. If they do a good docking they get a second paint stick, and from there they sail out into the lagoon where a safety boat is stationed. They hand in their two paint sticks and get to do a capsize, the reward for two good dockings.

She calls each day "controlled chaos" where she has to be mentally two steps ahead watching weather, keeping track of the boats at all times and supervising the instructors as well as tending to children who may need special attention. "Every single cog in the wheel has to work." Zang describes herself as a big communicator and sends group email updates to parents during the week. If there are specific things to pass along she emails the parents directly.

During the school year, Zang provides home-bound school instruction for students

with illness or special needs that keep them from attending traditional school.

At this time of year, Zang is interviewing staff, rescheduling returning staff, reviewing insurance policies and other business, organizing buses, getting boats ready for the season "putting a screwdriver to every screw, washing out boats and getting them in the water."

Zang offers bus service pickup from Bethesda. This year, a mom organized a group of 24 sailing campers from Chantilly so "I am sending a bus there to pick up the kids that week." Sailing students come from all over the metropolitan area and some are visiting relatives and attend sailing camp for a week or two. About half come with a friend although she tries to match everyone up with a buddy if they don't. "We have a lot of diplomat kids, too, a nice diverse population."

The staff includes more than 40 full-time summer counselors; many started in sailing camp themselves a number of years ago. "I have one counselor this year who started camp when he was 9." She has better than a 1-6 ratio of staff to campers.

"It's a good job for high school and college students, getting a tan, learning valuable skills and how to work with kids."