

Ken Hurdle with Hopkins & Porter and Shahnaz Tabibi with Monument Bank participate in the Potomac Chamber of Commerce's networking event on April 29 at Normandie Farms.

Potomac ALMANAC

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PHOTO BY DEBORAH STEVENS/THE ALMANAC

MAY 6-12, 2015

ONLINE AT POTOMACALMANAC.COM

ME & MY MOM



Colleen Healy, Sean Healy, 12, and Declan Healy, 9, enjoy a magical day at Disney World in Orlando.



Elizabeth Egger and Brian Kimm with their mom Virginia Fowler.



Anne Bolen and son Cliff Browne tailgating for Ohio State game. Cliff lives in Columbus, Ohio.



John Bolen with his mother, Anne, and father, Dr. George Bolen, at Old Anglers Inn. John now lives in Manhattan.



Parents Ashley Otremba and Matthew Razak with grandma Andrea Razak holding Asher Hudson Razak.



Four Generations of Kimms: Emma Kimm Dixon, Mary Kimm, Declan Dixon, Anna Rogers Dixon, Grace Kimm and Colin Kimm Dixon.



Potomac Mother's Day, four generations: Emily O. Kimm, grandma, holding Chloe Renee Kimm, Great-grandma Grace Kimm (she likes to be called Grandma Grace), Jasmine Abigail Kimm Knight, Chloe's mom, with Christopher Kimm, Chloe's grandfather and Jasmine's Dad.

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Fashion Show Benefits Stroke Rehabilitation

Event to raise symptom awareness and treatment.

BY SUSAN BELFORD
THE ALMANAC

Sara and Mark Reges, proprietors of the historic Old Angler's Inn, are once again pleased to be hosting the annual Spring Fashion Show to Honor American Stroke Month. Sara Reges is an RN at MedStar National Rehabilitation Network (NRH) as well as a brain injury nurse navigator. However, her passion for holding the event at their restaurant is based on her own personal experiences — losing her mother in 2013 to a stroke, and nursing her son Charles back to health and a normal life after he suffered a traumatic brain injury in a bicycle accident 8 years ago. She understands the difficulties that are placed on the patient as well as the families of stroke victims — and wants to share this knowledge with women. “We know that when someone has a stroke, everyone has a stroke,” she said.

The patio of Old Angler's Inn in Potomac will be the setting for the luncheon and latest fashions presented by stylist Effie Elkorek of Bloomingdale's on Wednesday, May 13, from 11:30-2 p.m. Guests will not only have to opportunity to view and order the latest fashions from Bloomingdale's, but can also shop for trendy handbags, jewelry, beachwear and gift items from barbie b.

The event is sponsored by MedStar Na-



Last year's fashion show at Old Angler's Inn.

tional Rehabilitation Network (NRH) and Washington Hospital Center. Alexander W. Dromerick, M.D. and Amie W. Hsia, M.D. will be the featured speakers. Dromerick is vice president of research at NRH and Hsia is the medical director of the Stroke Center at NRH. They will be speaking about the importance of stroke rehabilitation and also explaining the latest research on stroke prevention and recovery.

This program will include information for the women attending the event. Emily Riffle, vice president of philanthropy at NRH said, “Stroke is the number one service line at Medstar NRH.

With an aging population, stroke and

brain injury are increasing. Strokes affect women more than men and because women usually take the lead on health issues in a family, it is vital to educate women about strokes, the causes, prevention and treatment options. Stoke and brain injuries are the focus of much of our work now and in the future.”

According to data from The Stroke Center, strokes are the third leading cause of death in the U.S. behind heart disease and cancer. Someone dies every 3.3 seconds from a stroke. Seven hundred thousand in-

dividuals of all ages (including children) are affected each year by strokes.

MedStar National Rehabilitation Network is a regional system of rehabilitation care that offers inpatient, day treatment and outpatient services in Washington, D.C., Maryland, Northern Virginia and Delaware. The Network provides programs specifically designed to aid in the rehabilitation of adults and children recovering from neurologic and orthopedic conditions such as amputation, arthritis, back and neck pain, brain injury, cancer, cardiac conditions, concussion, fibromyalgia, foot and ankle disorders, hand and upper extremity problems, post-polio syndrome,

stroke, spinal cord injury and disease, and sports and work-related injuries.

Riffle and Reges explained that MedStar has 40 outpatient sites in Maryland, D.C. and Virginia and also in Milford, Del.

“Once a patient is released from our hospital, where do they go to receive the therapy that is so vital for recovery? Patients can return to their home environment, but receive their therapy from a near-by site; for example, if one lives in Bethesda or Potomac, they only have to go to the medical complex on Fernwood Road to our facility. We are conveniently located to everyone in the metropolitan area,” Riffle said.

Funds from the fashion show and luncheon as well as donations from Bloomingdale's, barbie b and guests will

SEE RAISING STROKE. PAGE 11

County Council Honors Local Small Businesses

Montgomery County Council member Roger Berliner recognized small businesses in Montgomery County earlier this week. Berliner, surrounded by representatives from area chambers of commerce including Potomac and Bethesda-based businesses owners, Cari Shane of sasse agency and Debbie Mintz Brodsky of DMB Pictures, read a proclamation during a County Council meeting on Tuesday. Berliner called small businesses the “backbone of our economy.” “Our small businesses are in many ways the backbone of our economy here in Montgomery County,” said Berliner. “We are so grateful to all the small business owners who have chosen to make Montgomery County their home and this week are happy to recognize them in honor of National Small Business Week and for all their contributions to our community.”

DMB Pictures is a boutique video

WWW.CONNECTIONNEWSPAPERS.COM

Small Business Week Initiative

Local event on media relations for small businesses.

Panelists include Potomac resident Elizabeth Chang, articles editor for The Washington Post and representatives from NBC4/WRC and WBAL-TV.

Bethesda—Chevy Chase Conference Room

7301 Waverly Avenue

Bethesda, Maryland 20814

Thursday, May 7

7:30 – 9:30 a.m.

More information and registration: <http://tinyurl.com/mxtftda>

production company specializing in producing broadcast-quality personal stories for families, nonprofits and small businesses. While sasse agency is a boutique public relations, marketing and social media firm. National Small Business Week, an effort to recognizes the contributions of America's and small business owners, runs from May 4 through May 8.

— MARILYN CAMPBELL



Montgomery County Council Member Roger Berliner (center) reads a proclamation saluting small business owners during a County Council meeting

PHOTO CONTRIBUTED

OPINION

Two New Development Proposals

Weighing effect on neighborhoods.

BY SUSANNE LEE
WMCCA PRESIDENT

Old Angler's Inn on MacArthur Boulevard and the Potomac Tennis Club on Falls Road are the subjects of two new substantial development proposals. The Old Angler's Inn proposal, in particular, presents potential enormous problems. Initial indications are that the proposal is for the development of a 5.83 acre site to include construction of a two-story (38 ft. high) 9,000 sq. ft. wedding pavilion and rental condominiums, a new access road from MacArthur Boulevard, and a new 100-car lighted parking lot. All of this construction will take place on the steep slope behind the existing restaurant and its parking lot. On the weekends that location is also already the most congested and unsafe area in the Potomac Subregion due to car, bicycle, and pedestrian traffic and parking issues associated with the C&O canal and Potomac River access across the street.

On March 24, the owners of the Old Angler's Inn property filed an application for a Conditional Use under the Montgomery County Zoning Ordinance in order to operate the property as a "Country Inn with 8 overnight guest suites." The site is currently zoned R-200 Residential (minimum lot size 20,000 sq. ft.). A public hearing on the application has been set by the Montgomery County Office of Zoning and Administrative Hearings for July 20.

Such an intensive development on this site poses a wide range of adverse impacts. In addition, use of the Country Inn Zone raises a variety of unique zoning issues. WMCCA has worked on such issues in the past regarding several other potential Country Inn sites in the Potomac Subregion. Neighbors living near the property have already begun to organize their efforts. We will be working with them and others on the substantial issues the proposal raises.

We encourage all of you with an interest in that site to become involved.

In addition, the owner of the property on which the Potomac Tennis Club operates on Falls Road (near the Falls Road Golf Course and adjacent to the existing ManorCare-Potomac facility) is proposing the construction of a new senior living residence on the site. The four-acre property is currently zoned RE-2 Residential (minimum lot size 2 acres). Although a formal application has not yet been filed, Brandywine Senior Living, an organization operating a large number of such facilities on the East Coast, will propose what it terms a senior residence, including a unit for those with memory issues. It will include 110-120 suites and will be three stories in the front and two stories in the back. The building will be constructed to LEED green building standards and include substantial storm water management on site and extensive landscaping.

Representatives of the owner of the property have indicated that the tennis club will probably be able to operate through at least one more indoor season, but the long term plans are that the tennis club will no longer exist at this site. For a variety of reasons, this proposal appears to have fewer adverse impacts than the Old Angler's Inn proposal. However, WMCCA will follow the application process closely and focus on those aspects that are of special concern. We encourage you to participate and join in our efforts to minimize or eliminate the negative impacts of both proposals on our communities.

Reports and Updates

BY GINNY BARNES

PROPOSED SPECIAL SIGNS FOR RUSTIC ROADS

The County budget included \$25,000 for signs to distinguish roads in the Rustic Roads Program. The Potomac Subregion has a number of such roads and the Master Plan process included designating and protecting them.

WMCCA Meeting

The next meeting of the West Montgomery County Citizens Association will be held Wednesday, May 13, 7:15 p.m., at the Potomac Community Center. Speakers will be Senator Brian Feldman and District 15 Delegates Kathleen Dumais, David Fraser-Hildago and Aruna Miller.

Each year we ask our District 15 Legislators to brief us on the session just completed in Annapolis. Join WMCCA to hear about the work accomplished during the Maryland General Assembly's 90 day session concluded on April 13. The legislators had their first session working with new Gov. Larry Hogan. One of the best aspects about the representatives is the passion and pleasure they bring to representing District 15.

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

Doing so helped Potomac in the effort to retain our two-lane road system. Many residents do not know which of our roads are considered Rustic or Exceptional Rustic and the proposed brown signs would further the education of their significance to Potomac history. However, provision of funds is at stake in the final budget decision coming mid-May. Please contact the County Council to support special signing for County Rustic Roads: county.council@montgomerycountymd.gov

PENNYFIELD LOCK ROAD BRIDGE REPLACEMENT

The County Council has approved funds for the Department of Transportation (DOT) preferred alternative. However, since the Council expressed concern that DOT failed to notify key organizations and few members of the public, WMCCA and the Montgomery Countryside Alliance (MCA) have been offered a meeting to discuss concerns and suggestions for the project. DOT cites several improvements inherent in the alignment they prefer, including: improved road alignment and visibility leading to the bridge, improved stream functioning and stability, reduced construction time and environmental impacts compared to constructing a temporary bridge while restoring or rebuilding the bridge in the existing location, and reduced long-term maintenance. WMCCA and MCA remain concerned by the process DOT used to obtain their choice for replacement.

ROCKWOOD PARK FEASIBILITY STUDY

Rockwood is an Enterprise Division park so it must generate income. It is currently being used extensively for a wedding, conference, and events venue. The Feasibility Study identifies a number of proposals to alter the park, including a one-way entrance off MacArthur Boulevard, exiting via Belfast Road. Results of the study are anticipated to go before the Planning Board this summer. WMCCA continues to be concerned about funneling traffic onto Belfast Road, causing increased disruptions to the adjacent neighborhood. With Old Angler's Inn seeking to build a wedding venue on the hill above their existing restaurant, concerns about traffic safety are a major issue. For additional information about the study go to: <http://www.montgomeryparks.org/pdd/>

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Networking

The Potomac Chamber of Commerce hosted a networking event at Normandie Farms on Wednesday, April 29. From left are Cassie Harwood and Jonathan Neal with Metropolitan Moving & Storage; Jill Phillips with Squeals on Wheels; Adam Greenberg with Potomac Pizza; and Steve Lorberbaum with Assisting Hands Home Care.

POTOMAC ALMANAC

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OPINION

A Personal Connection to the Holocaust

Taglit-Birthright Israel provides trip to Israel.

By DAVID SCHONFELD

This past winter, I was fortunate enough to go on a trip to Israel with Taglit-Birthright Israel. I had been to Israel a few times before, with my family and with my high school, but it was still amazing to come to Israel again and live there for a few days as an adult. As Jews, we are extremely fortunate that Israel exists as a country for all Jews. It is incredible to come to Israel and feel connected. The majority of Israel is Jewish so the culture and media are immersed with Jewish culture. Even most of the restaurants are kosher! So many people are Jewish, it feels so comfortable to be there and belong. When I think about Israel, I think about how my life would have been different if Israel had been established before the Holocaust. Israel could have opened its doors wide to all of the Eastern European Jews as a temporary or permanent refuge and many of the Jews would have been saved. My grandfather and only part of his family survived the Holocaust. What would have happened if the rest of my family had lived?

My grandfather and his family grew up in a small town called Munkacs in Czechoslovakia. In March of 1944, the Germans entered Munkacs, the town my grandfather and his family lived in, and forced the Jews to live only in a concentrated part of the city, called a ghetto. Luckily for my grandfather, his immediate family and he were brought to a nearby village Barkaszo so his father could practice as a physician.

After a couple months, my grandfather and his family were forced back with the other Munkacs Jews and all were forced into cattle cars to be herded to Auschwitz-Birkenau. Once they arrived, Dr. Mengele separated them into two lines based on who would or would not be able to work. My great-grandfather had ran ahead and heard that he should do the following and so he did: He lied and told the Nazis that my grandfather, who was tall for his age, was 16, not 9. He told them that his wife was a nurse. And he also gave baby Solomon to his mother-in-law to hold. The Nazis told her and the baby to move to the line on the right, while



other members of his family were to stay on the left side. Later, they learned that those who were sent to the right were murdered in the gas chambers.

My grandfather spent two weeks in

Auschwitz. The Nazis split up the men and the women in the family. My grandfather, his father, uncles and his cousin Eugen always stayed together. Germans starved the Jews and the other prisoners and forced them to dig up holes and then fill them with dirt over and over again.

After Auschwitz, my grandfather and his family were sent to a new German concentration camp at the Warsaw ghetto. This was after the Warsaw ghetto uprising, the Jews' stand against the Nazis, had failed. The purpose of this camp was to retrieve all of the useful material from the ghetto's remains. In August 1944, since the Russian army was approaching Warsaw, the Nazis forced the prisoners of the Warsaw camp into a death march. They forced them to march for three days with minimal food and no water.

Eventually, they reached cattle cars that brought them to Dachau, another concentration camp. Here, they were allowed to shower and given new clothes. My grandfather believed that the Nazis did this because they wanted the prisoners to give beneficial testimonies about the Nazis if the allies won the war. After only a few days, my grandfather and his family were sent to another concentration camp. This one was called Waldager Muhldorf and was much smaller. This is where most prisoners were forced to help the Germans create an underground airplane factory. I remember

COMMENTARY

hearing over the years from my family that if the Germans had finished building this factory, perhaps they could have won the war. My grandfather was first given the job of a potato peeler, which he could use to sneak some food back to his family. His father was working as a doctor in the camp hospital and in a few weeks, he was able to get my grandfather to work for him as his assistant so he could always keep a careful watch on him to protect him.

On May 2, 1944, all of the Nazi guards had evacuated the camp and the American army had arrived. My family was freed. After a year of living in Prague after the Holocaust, my family decided to move to the United States, to St. Louis.

Thinking of the Holocaust terrifies me. There were so many chances for my family to have died, and yet they survived. If my family had not lived, I would not have even existed. I am so lucky that my family survived one of the most thought-out genocides in history.

It was a strange feeling walking through Yad Vashem, Israel's Holocaust museum, with my Taglit-Birthright Israel trip members. It was sad, yet important to hear about the history and stories of the Holocaust in Yad Vashem. As the tour guide told us stories and the history of the Holocaust, everything felt more real because my family lived through it.

Taglit-Birthright Israel did a great job showing my fellow travelers and I around Israel. We hiked in the Golan, explored the streets of Tel Aviv, and visited the ancient city of Jerusalem and the Western Wall. It was amazing to experience so many different places in Israel and it made me realize even more how much as Jews, we are so privileged to have Israel.

The writer is a Potomac resident.

WMCCA

FROM PAGE 4

cip/rockwood_manor_special_park.shtm

ELECTION OF WMCCA OFFICERS AND BOARD

The Nominating Committee proposes the following slate of officers and directors to the membership for a vote at our May 13 meeting. Nominations may also be made

from the floor.

President (and Immediate past President): Susanne Lee; **Treasurer**: Kathy Pettit; **President Elect**: Carol Van Dam Falk; **Secretary**: Barbara Brown; **Vice President**: Ginny Barnes; **Newsletter**: Nancy Madden; **Directors** serving second year of a two-year term: Betsi Dahan, Alison Mrohs, Jill Phillips, Elie Pisaara Cain; **Nominees** for a two-year term: Mark Israel, George Barnes; **Nominees** for a one-year term: John Yassin.

LET'S TALK Real Estate



by Michael Matese

What's New in Luxury Bathroom Trends

The luxury home market is one that is energetic and always changing at a quick pace to meet the unique needs of its clients. Over the past decade, the trend of defining what makes luxury has shifted dramatically—once, an abundance of square footage was the primary aspect of defining a property as a luxury home. Today, the market and clientele have adjusted their needs, wants and long-term goals when purchasing luxury real estate. The new definition of luxury home places more emphasis on the ease, comfort, convenience and magnificence of the home's details, features and amenities, rather than the space that they take up. One such paradigm shift happens in the bathrooms of luxury homes, with a trend towards the creation of a spa-like atmosphere in the comfort of one's own home on the rise in popularity. Instead of adding more square footage to a home to provide a sense of escape, luxury and indulgence, the current market trend is in maximizing the efficiency, luxury, and sumptuousness of the home's square footage: essentially, why build extra rooms when you could be making the most of the ones you already have? For the coming year, simple upgrades that are hot commodities are standing spas, heated tile flooring, towel warming drawers and stone countertops. These improvements can take any luxury home's bathroom to the next level, entice prospective owners, indulge the current residents of the home and add to the home's long-term value over time.

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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.

“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.

“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.

“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.

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 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-a-longs, 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 Slepsh and Janet Wittenberg. Sculpture, vessels, functional art and jewelry are for sale. Classes are taught year-round for beginner, intermediate and advanced students. Visit www.artglasscenteratglenecho.org for more.

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

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

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

Downtown Bethesda Concert Series. Thursdays, 6-8 p.m. at Veterans Park. The Bethesda Urban Partnership produces concerts each summer with a diverse offering of music. Free. Visit www.bethesda.org.

Silver Spring Summer Concert Series. Thursdays, 7 p.m., June 18-August 6 at Veterans Plaza. Find R&B, Funk, Zydeco and more. Free. Visit www.montgomerycountymd.gov.

CAMPS, CLASSES & WORKSHOPS

Registration Open. The spring issue of the Montgomery County Guide for Recreation and Parks Programs features a variety of classes and programs designed to help participants stay active and have fun, including aquatics, sports, therapeutic recreation services and active adult senior programming. Registration is available online, by mail or in person at the Montgomery County Recreation Administrative Offices at 4010 Randolph Road, Silver Spring, or by fax at 240-777-6818. Visit www.montgomerycountymd.gov/rec or call 240-777-6840 for more.

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

❖ **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).



Bethesda Fine Arts Festival

May 9-10, Bethesda’s Woodmont Triangle will become the Bethesda Fine Arts Festival. More than 100 artists are expected at the festival along with local restaurants and musicians. The festival will run 10 a.m.-6 p.m. on Saturday and 10 a.m.-5 p.m. on Sunday. Admission is free. Visit www.bethesda.org.



Kirk Miller is a glass artist from North Palm Beach, Florida.

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.

Summer Fun Centers. June 22-July 31. 8 a.m.-6 p.m. at various locations. Summer Fun Centers are for children 5-12. Children will participate in crafts, sports, drama and more. Call 240-777-6811 or Visit www.montgomerycountymd.gov/rec.

THROUGH 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.

THROUGH 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/>.

THROUGH MAY 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.

“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.

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. Free. Visit www.glenechopark.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.

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.

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.

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

ENTERTAINMENT

Bethesda Cinema Arts Hosts Screening, Talk

Bethesda Cinema Arts will close its 2014-2015 season with "On My Way," a french film about a woman, her grandson, and their trek across rural France. The film will be shown in French with English subtitles. Stan Levin, a lecturer on contemporary films and film history will lead a post-screening discussion. The screening is Sunday, May 17 at 10 a.m. Tickets are \$15. Visit www.cinemaartbethesda.org.



PHOTO COURTESY OF COHEN MEDIA GROUP

Ferrell Johnson, Donna McGee, Carol Vorosmarti, Kathryn Wiley and Patricia Zannie. Admission to the gallery is free. Visit www.bethesda.org/bethesda/gallery-b.

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.

Mime Performance. 12 p.m. at Davis Library, 6400 Democracy Blvd., Bethesda. Mark Jaster will teach children and adults about clowning and miming. The program will integrate music into the lesson. Free. Call 240-777-0492.

Wine Tasting Event. 12-5 p.m. at Balducci's, 10323 Old Georgetown Road Bethesda. In honor of Mother's Day, Balducci's will be serving special wine and food pairings. Free. Visit www.balduccis.com.

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.

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.ruuuc.org.

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.

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.

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.

Pups & Pints. 6-9 p.m. at Irish Inn at Glen Echo, 6119 Tulane Ave., Glen

Echo. Bring your well-behaved dog to an outdoor party with live music and food. Tickets are \$15 per person or \$25 per couple. Visit www.mchumane.org.

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.

Geneva Day School Annual Art Exhibition. 5:30-7:30 p.m. at Geneva Day School, 11931 Seven Locks Road, Potomac. Students of Geneva Day School, who are 2-years old up to kindergarten, will have at least two original works of art on display. Free. Call 301-340-7704.

SATURDAY/MAY 16

Jewelry Making Workshop. 10 a.m.-5 p.m. at VisArts at Rockville, 155 Gibbs St., Rockville. Learn to make hammered and etched cuff bracelets in a single day from instructor Gina Copanzzi. \$90. Visit www.visartsatrockville.org.

Writing Workshops. 10 a.m.-6 p.m. at City Hall, 31 S Summit Ave., Gaithersburg. Gaithersburg Book Festival, The Writer's Center, and National Novel Writing Month have partnered for a day of adult writing workshop dealing with a variety of writing genres. Free. Visit www.gaithersburgbookfestival.org.

"Coming Home to Montgomery County." 12-4 p.m. at 13025 Riley's Lock Road, Poolesville. Learn what life was like in Montgomery County as soldiers returned from the Civil War. Free. Visit www.heritagemontgomery.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, donations welcome. Visit www.washingtonconservatory.org

Pianist/Composer Haskell Small. 8 p.m. at Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. Pianist/Composer Haskell Small will perform his own work along with Bach compositions. Tickets are free, but there is a suggested \$20 donation. Call 301-320-2770.

SUNDAY/MAY 17

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.

"On My Way" Screening. 10 a.m. at Landmark Bethesda Row Cinema, 7235 Woodmont Ave., Bethesda. Cinema Art Bethesda will present a French film detailing the fictional journey of a grandmother and her young grandson across rural France. A discussion and light fare will follow the screening. Tickets are \$15. Visit www.cinemaartbethesda.org.

SATURDAY-MONDAY/MAY 23-25

Hometown Holidays Music Fest. Various times at Rockville Town Center. Hometown Holidays is a weekend of entertainment in honor of Memorial Day. Find a parade, live music and the event runs in conjunction with the Taste of Rockville festival. Most events are free. Visit www.rockvillemd.gov.

FRIDAY/MAY 29

Celebration of Leadership. 6 p.m. at Marriott Bethesda North Hotel & Conference Center, 5701 Marinelli Road, Bethesda. Retiring Leadership Montgomery CEO and Founder Esther B. Newman, will be honored with an "Outstanding Leader Award." Tickets are \$150. Visit www.leadershipmontgomerymd.org.

SATURDAY/MAY 30

MoCo's Got Talent. 5-9 p.m. at the Filmore, 8656 Colesville Road, Silver Spring. Montgomery County middle school and high school students will perform. Free. Visit www.montgomerycountymd.gov.

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.

"Fauré's Requiem." 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Soprano Julie Keim and baritone Andrew McLaughlin will perform alongside the National Philharmonic. Tickets are \$28, children 7-17 are admitted for free. Visit www.nationalphilharmonic.org.

Benny Goodman Tribute. 9 p.m. at Glen Echo Park, 7300 MacArthur Blvd. Halley Shoenberg with the Tom Cunningham Orchestra and YazooZazz vocal trio pay tribute to the swing musician on his 106th birthday. Tickets are \$18. Email tom@tomcunningham.com.

SATURDAY-SUNDAY/MAY 30-31

Washington Folk Festival. 12-7 p.m. at Glen Echo Park, at 7300 MacArthur Blvd. Seven stages will host cultural performances, vendors will sell traditional crafts and food. Free. Visit www.washingtonfolkfestival.org.



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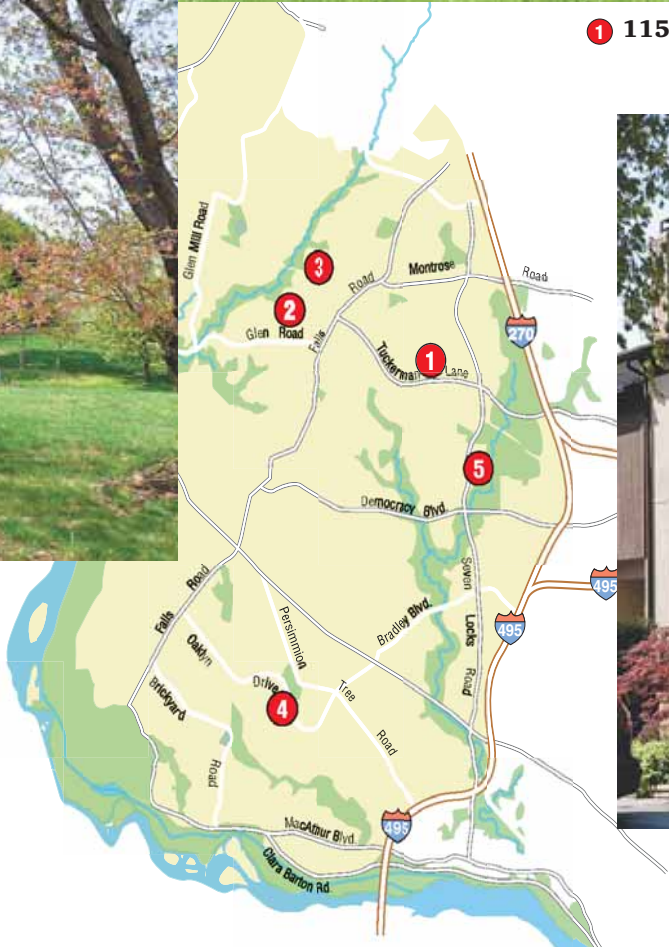
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WELLBEING

Healthy Relationships for Life

Researchers say meaningful friendships help preserve health.

BY MARILYN CAMPBELL
THE ALMANAC

Bill and Betty Kenealy, of Springfield, make it a point to socialize regularly with their long-time friends, many of whom are other couples they met through work and through the activities of their five children. They've watched their children become adults, worked, retired and even survived cancer. Now they're living together in a retirement community in Springfield. Bill is 85 and Betty is 81. "We enjoy meeting for dinner on a regular basis or playing cards or dominoes and Bingo," said Bill.

One of those couples is George and Peggy White, both 80. They met when Bill and George were stationed together in the military. Both couples speak fondly of the strength they get from friendship.

"All of us have different stories and have different backgrounds," said Peggy White, 80. "It's been an interesting and rewarding."

Healthy friendships and strong social connections provide more than interest, say researchers. They are vital to one's mental, physical and emotional wellbeing. A study by the National Institutes of Health show that people who are socially isolated are more likely to die of heart disease than those who have close relationships. While it might be more challenging to make friends, the benefits are worth the effort say researchers.

"Research shows that social connections are more important for health, longevity and cognitive functioning than any other variable," said Linda Guly, professor of psychology at Marymount University in Arlington. "Social support ... increased likelihood of getting proper health care, compliance with health treatments, diet, activity [and] mental health."

A HEALTHY SOCIAL NETWORK is credited with longevity. "Social support at all stages of the lifespan reduces people's stress levels, and this in turn promotes physical health," said Linda Cote-Reilly, Ph.D., associate professor of psychology at Marymount

University. Seniors who have active social connections are better able to fight disease, they experience greater psychological well-being and reduced incidence of depression, Cote-Reilly said.

Social isolation can lead to depression and physical health issues.

"One of the things that research has shown is that social isolation is a killer," said Dominique S. Hubbard, professor of psychology who studies social exclusion and ostracism at Northern Virginia Community College. "One of the most fundamental things that we need is meaningful social connections and a sense of belonging."

Donating one's time offers an opportunity for staying connected.

"Volunteering at a local school or animal shelter or even getting a part time job is a great way to meet people and stay engaged and current," said Joyce Schwartz, a geriatric social worker who lives in Potomac, Md. "Pursuing a hobby, working out a gym or attending lectures are good too, especially if they're free or discounted activities for seniors."

In fact, researchers point to multiple studies linking health and longevity with fulfilling relationships.

"There is this really amazing study done in Alameda County, Calif., that followed almost 5,000 residents for nine years, and found that the best predictor of mortality rates were people who indicated they had few meaningful relationships, meaning that people who answered

they had many meaningful relationships were more likely to be alive than those with few," said Georgeana Stratton, Ph.D., associate professor of psychology at Northern Virginia Community College in Sterling.

Seniors are more susceptible to the harmful effects of a dearth of companions. "Isolation is potentially very damaging to all of us, but most especially to seniors," said Pamela Stewart, assistant dean of psychology, Northern Virginia Community College, Annandale campus. "Friendships keep us balanced and generally more positive. They help to keep us busy, can give us a focus and keep us more happily engaged in the world around us."

Retiring and relocating creates challenges when attempting to maintain existing friendships. "Unfortunately, for many the pool of friends becomes smaller as one ages," said Stewart. "We lose touch with our former work mates and a fair percentage of our friends may have moved away or passed away."

"One of the most fundamental things that we need is meaningful social connections and a sense of belonging."

— Dominique S. Hubbard, professor of psychology

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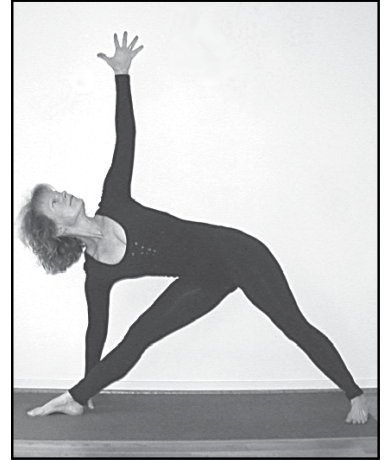
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"CT Looked Good"



By KENNETH B. LOURIE

Cryptic? Hardly. Words I can live with the for the next three months until my next CT Scan? Absolutely. I'm going to stop now before I make this initial paragraph a priceless MasterCard moment. What this column is about, however, is an update about the good-make-that-great news I received electronically from my oncologist late Friday afternoon, two days after I had completed my most recent CT Scan, and a full week before our next face-to-face appointment, when the scan results both good and bad are typically shared and discussed. And though my oncologist understands and appreciates – per last week's column – that waiting is excruciating for the patient/survivor; his fear of providing misinformation and/or misinterpreting the radiologist's report, and in turn my overreacting to one or the other, accounts for the timeline that probably doesn't suit either one of us.

Nevertheless, it is what it is, it's what it has been and I doubt, living into the future, it will be any different. Writing a column or two about its drag on my coefficient is healthy enough, I suppose (better to get it out than to keep it in, the mental health professional might say). But I'm guessing the correlating/paralleling universe might be that obsessing/"compulsing" over something I can't change is likely not good for this soul or psyche either. And if there's any substance to the anecdotal claim that cancer patients/survivors who can eliminate some stress from their lives will have a better outcome/longer life, then the sooner I understand and accept control and/or lack thereof, with respect to my treatment/process/overall cancer experience (maybe a few other areas, too), the more rewarding my future will be. As Clint Eastwood said near the end of *Magnum Force*: "a man got to know his limitations," so too must a patient know and accept this.

I likely can't change how and when my doctor communicates to/with me, though. He has procedures; I have mine. He has rules, preferences, timelines, etc. As the patient, I would say mine are probably different. As to the oncologist who has kept me alive six-years-going-on-seven after originally giving me a "13-month to two-year" prognosis, my reply to his e-mail was more wordy: "Thank God and thank you! Now we can relax a little bit until we see you at our next appointment on the 24th." To say we're looking forward to that next appointment would be a bit naïve. Still, we're not in fear for our lives, as sometimes has been the case.

Once in-office, we'll look at the computer and compare the two previous scans, and likely evaluate and discuss the past, present and future. These meetings are as much about strategy as anything else. I certainly don't expect any guarantees, nor do I expect any warm and fuzzies. I'm sure he'll be smiling as will we, and be grateful as well, for our amazing good fortune. Nevertheless, this is an extremely serious business with an unpredictable outcome. Moreover, as much as I appreciate MasterCard's "Stand Up To Cancer" campaign; being a cancer patient is hardly priceless. In fact, it's all it's cracked up to be. That being said, when the three words typed in your e-mail subject box are the title of this column, for the moment, all is right in your world – until the next scan of course, three months hence. It's a cycle of loom for sure, but it sure beats the gloom it could have otherwise been.

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

China Gourmet Bistro Offers Traditional Dishes

Located in Cabin John Shopping Center.

BY SUSAN BELFORD
THE ALMANAC

In the mood for traditional Chinese cuisine, Japanese noodles, Vietnamese dishes, sushi, red or green curry, Mongolian lamb or Asian vegetarian dishes? The newest restaurant in the Cabin John Shopping Center, the China Gourmet Bistro, was launched four months ago.

The bistro is located on the site of the Jade Billows Restaurant, a long-time Chinese restaurant in the Cabin John Shopping Center. It was sold several years ago when the name was changed to the Jade Garden.

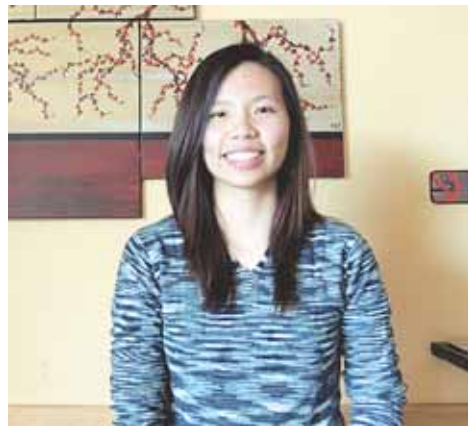
Ken and Evi He, who have owned the China Village Restaurant in Ellicott City for more than 10 years, purchased the restaurant and are pleased with the location.

Their daughter, Vivian He, is managing their Potomac restaurant.

The family owned restaurants in the Canton province of their native China.

"Many of the items on our menu are traditional Chinese dishes. We have three very skilled chefs and a sushi chef — and we also offer a wide variety of Asian Fusion menu items" said Vivian He. "Our biggest challenge has been letting residents know that we are a new and different restaurant than the other Chinese restaurants formerly in this space. We are trying hard to accommodate and take suggestions. If someone wants a special dish that we don't offer, we will certainly try to make it for them."

The restaurant has been renovated; it has been freshly painted and decorated in yellows and oranges. There is a full-service bar, complete with a wide-screen television; they



Vivian He, manager of China Gourmet Bistro.

may soon be offering Happy Hour. There is a full take-out menu for lunch and dinner and the restaurant offers free delivery within five miles. They can accommodate private parties because the restaurant has divided sections. They also have a catering menu.

"Chefs Specials are on the menu daily," said Vivian He. "We also feature Egg Foo



The new China Gourmet Bistro located in Cabin John Shopping Center.

Young, hand-shredded cabbage, King oyster mushrooms, three cup chicken, whole rockfish, and excellent Peking duck and Yuling duck.

"We had many of these items on our Chinese New Year Celebration menu. Many Asians who came in said this was the most authentic Chinese food in this area."

China Gourmet Bistro, 7945 Tuckerman

Lane, Potomac (located in the Cabin John Shopping Center next to the Grilled Oyster) is open Monday – Thursday from 11 a.m.-10 p.m., Friday and Saturday from 11 a.m. – 10:30 p.m. and on Sunday from noon-10 p.m. The telephone number is 301-299-1699. For take-out, menu items can be ordered on-line at www.china-gourmetbistro.com.

Fashion Show To Raise Stroke Awareness

FROM PAGE 3

support the capital campaign of MedStar NRH, which is currently raising \$25 million to expand its brain injury and stroke rehabilitation units and update facilities by adding 60,000 square feet to the hospital. The new addition will feature private patient rooms, rehabilitation gyms and state-of-the-art technology research labs.

"I am excited that we will also have stroke survivors among our guests," Reges said. "As a nurse, I was there when they arrived at NRH with sudden paralysis and no or limited ability to communicate. After months

of rehabilitation, excellent care and the love of their families, they are able to talk, walk and drive.

Even though they still have difficulties with some daily functions, they are making progress every week. They are amazing examples of courage, determination and attribute their success to our encouraging staff as well as to their families.

"This luncheon is about raising awareness of stroke and brain injuries and what one should do if their face droops, if they cannot raise their arm or speak clearly. Immediately call 911 because these are the primary symptoms of a stroke. FAST is the ac-

ronym to remember: It stands for: Face drooping, Arm weakness, Speech Difficulty, Time to call 911." Reges said that the luncheon and fashion show will accommodate 175 people.

"We are pleased with the turn-out and support.

Tickets are selling quickly." Register online at for the event at www.MedStarNRH.org/fashionshow. Individual tickets are \$75 and VIP Tables with champagne are available for purchase.

For more information about MedStar NRH, see its website at www.MedStarNRH.org.

SPORTS BRIEFS

Churchill Girls' Track Places Third at T.C. Williams Invite

The Churchill girls' track team finished third on May 2 at the T.C. Williams Invitational in Alexandria, Va.

The Bulldogs posted a score of 45. T.C. Williams won the meet with a score of 81 and Madison (Vienna, Va.) placed second (58).

Churchill senior Julia McDermott won the long jump with a mark of 17 feet, 5 1/2 inches. She placed third in the triple jump (36-3 1/2).

Senior Lucy Srour placed second in the 1600 (5:07.46) and fourth in the 800 (2:20.46).

Freshman Lucy Lee finished fifth in the 300 hurdles (48.89).

The Churchill boys finished in a three-way tie for 11th with 18 points. T.C. Williams won the meet with 83 points.

Churchill senior Jabari Butler placed third in the 100 (10.97). Arturo Woodward-Montes finished fourth in the 3200 (9:57.43).

The boys' 3200 relay team (Joshua Freilich, Michael Hughes, Thomas Winkert, Matthew Goldsmith) finished runner-up (8:31.22).

Postseason Lacrosse Seedings

The MPSSAA lacrosse playoff brackets have been released and Churchill is the No. 1 seed in Section I of the boys' 4A/3A West region tournament.

The Bulldogs received a bye and on May 8 will face the winner of Northwood and Richard Montgomery.

Wootton is the No. 2 seed in Section II and received a first-round bye. The Patriots on May 8 will face the winner of Clarksburg and Gaithersburg.

Whitman is the No. 3 seed in Section I and will host Einstein at 6 p.m. on Wednesday,

May 6.

In the girls' bracket, Whitman is the No. 1 seed in Section I and received a first-round bye. The Vikings on May 8 will host the winner or Richard Montgomery and Walter Johnson.

Churchill is the No. 2 seed in Section I. The Bulldogs will host Northwood at 5:30 p.m. on Wednesday, May 6.

Wootton is the No. 3 seed in Section II and will host Magruder at 7 p.m. on May 6.

Postseason Softball Seedings

The MPSSAA softball playoff seedings have been released. Churchill is the No. 4 seed in Section I of the 4A West bracket and will host Walter Johnson on May 7. Whitman is the No. 3 seed in Section I and will host Bethesda-Chevy Chase on May 7.

Wootton is the No. 5 seed in Section II and will travel to face Quince Orchard on May 7.



Churchill senior Lucy Srour finished second in the 1600 and fourth in the 800 during the T.C. Williams Invitational on May 2 in Alexandria, Va.

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