

# Potomac ALMANAC

WELLBEING

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Holy Gebremariam  
shares a hug with  
Llama Llama at the  
Potomac Library on  
Saturday, Feb. 27.

## Llama Llama Shares Stories

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Following Fatal Collision

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Legally Fun

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MARCH 2-8, 2016

ONLINE AT POTOMACALMANAC.COM





Bullis students Sophie Glassman, Will Evans, Adam Schwager and Sabrina Hosmer.



Bullis students give Manor Care Potomac residents a surprise performance of their show, "Legally Blonde: the Musical."



Sophie Glassman played the part of Elle Woods. Will Evans played the part of Emmett.

## Legally Blonde: Legally Fun

Bullis students take their show on the road.

**B**ullis' Theatre Department gave residents at Manor Care Potomac a surprise performance of songs for "Legally Blonde: the Musical,"

on Feb. 10 at Manor Care on Potomac Tennis Lane.

Bullis' Theatre Department performed "Legally Blonde: the Musical" on Feb. 5-6

at the Blair Family Center for the Arts.

Bullis student Sophie Glassman played the part of Elle Woods, a Harvard Law student who turns her life around after she thinks her life is turned upside down when "dumped" by her boyfriend Warner, played by Adam Schwager.

In addition to Schwager, Bullis seniors who performed or took part in the pit or tech crew in the show, included Matthew Berman, Nicolas Cala, Justin Chapin, Andrew Goldberg, Ben Goldberg, Doris Lu, Aria Michael Naeshi, Brandt Alexander Sunter and Eric Wang.

**Bullis Theatre Department performed "Legally Blonde: the Musical" at the beginning of February at the Blair Family Center for the Arts. They took a trip across Falls Road to see neighbors at Manor Care Potomac on Feb. 10 to give residents a glimpse of their show.**

**Siena McKnight, Emma Bookoff and Maddie Mancuso delight the audience.**

PHOTOS CONTRIBUTED



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**ALMANAC**



## Thousands Seek Traffic Light Following Fatal Collision

### Police investigating accident.

Following the fatal collision at River Road and Pyle Road on Saturday night, Feb. 27, an online petition attracting more than 3,000 signatures is calling for a traffic light at that intersection.

On [www.change.org](http://www.change.org), the petition states: "For years, the Bannockburn and Whitman communities have asked the Maryland State Highway Administration to install traffic signals at this dangerous intersection. Many students must cross or turn into this intersection in order to enter Walt Whitman High School's parking lots. Installing traffic signals would make the intersection safer for nearby residents, students, teachers, and drivers alike. Not only will traffic signals help protect drivers, they will also help ensure the safety of pedestrians crossing River Road."

On Tuesday, March 1, the County Council, County Executive Ike Leggett, U.S. Rep. Chris Van Hollen (D-8) and four members of the General Assembly — state Sen. Susan Lee and state Delegates William (Bill) Frick, Arianna Kelly and Mark Korman — sent a letter to the administrator of the Maryland State Highway Administration asking for a review of safety issues at the intersection of River Road (Maryland 190) and Pyle Road/Braeburn Parkway in Bethesda.

In the letter, the elected officials wrote: "As representatives of the area at the state and county levels, we believe that traffic

### Petition for Traffic Light

See [https://www.change.org/p/maryland-state-highway-administration-install-traffic-signal-at-intersection-of-river-rd-braeburn-pkwy-pyle-rd-near-whitman-hs?recruiter=477055694&utm\\_campaign=signature\\_receipt\\_fb\\_dialog&utm\\_medium=facebook&utm\\_source=share\\_petition](https://www.change.org/p/maryland-state-highway-administration-install-traffic-signal-at-intersection-of-river-rd-braeburn-pkwy-pyle-rd-near-whitman-hs?recruiter=477055694&utm_campaign=signature_receipt_fb_dialog&utm_medium=facebook&utm_source=share_petition)

and pedestrian safety issues at this intersection must be more comprehensively addressed. ... Residents and members of the Whitman High School community are again calling for a traffic light at this intersection via a petition that already has over 2,000 signatures. We ask that you conduct a traffic safety study that examines all potential options — including a traffic light — that could make that intersection safer for all users. We ask that you conduct this study as quickly as possible."

Detectives with the Montgomery County Police Collision Reconstruction Unit are encouraging anyone with information about the fatal collision to contact them at 240-773-6620.

At approximately 6:56 p.m., Feb. 27, 2nd District officers and Fire and Rescue per-

sonnel responded to the intersection, near Walt Whitman High School, for a report of a serious collision.

Investigation determined that a blue, 2016 BMW M235, operated by Ogulcan Atakoglu was traveling west (outbound) on River Road. At the same time, a gray, 2016 Chevrolet Volt, operated by Michael Buarque De Macedo, was traveling east (inbound) on River Road. As the Volt was attempting to turn left onto Pyle Road the two vehicles collided.

The three of the four occupants in the Volt, a family of two parents and two children, died on the scene. They were identi-

fied as Michael Buarque De Macedo, 52 years old, driving; Alessandra M. Buarque De Macedo, 52 years old, a rear seat passenger; and Thomas Michael Buarque De Macedo, 18 years old, the front seat passenger. Helena Buarque De Macedo, 15 years old, a rear seat passenger, was transported to a local trauma center with life-threatening injuries. Mr. and Mrs. Buarque DeMacedo lived with their son Thomas and daughter Helena in the 7000 block of Loch Lomond Drive in Bethesda.

Ogulcan Atakoglu, 20 years old, was transported to a local trauma center with non-life-threatening injuries.



GOOGLE MAP



### Sharing Stories

On Saturday, Feb. 27, the Potomac Library closed out its activities for Library Lover's Month with a visit by story-book character Llama Llama. Above are Holy Gebremariam, Llama Llama, and Maria Velez.



Approximately 60 children and adults listened to some of Llama Llama's adventures.



Terence and Hackett Rascher with Llama Llama, the hero of "Llama Llama Red Pajama" and 12 other books.

PHOTOS BY DEBORAH STEVENS/THE ALMANAC



# OPINION

## A Big Shout Out: Many Thanks

BY SUSANNE LEE  
WMCCA PRESIDENT

**W**MCCA tries to stay abreast of the environmental and land issues impacting the Potomac Subregion, but we cannot begin to cover all aspects of those in play at any one time. Collaboration with other organizations and affected neighbors is essential as it expands available resources and increases our collective effectiveness.

So as we provide this update on current issues we are following, we take this opportunity to thank the organizations and individuals who have provided their outstanding subject matter expertise, advice on strategy, and firsthand knowledge of site conditions. Final outcomes may not be known for some time, perhaps years, but we believe the quality of the decision-making process has been improved enormously because of these efforts.

❖ **Glen Hills Sewer Text Amendment** pending before the Montgomery County Council. WMCCA supported the County Executive's original text amendment providing for additional limited expansion of sewer into Glen Hills. However, as discussed in the February Newsletter, last minute additional text was adopted by the Transportation and Environment Committee that, among other things, erroneously and arbitrarily results in labeling almost all of Glen Hills as an area of "septic concern" increasing the potential for its designation as a public health area of concern.

Many thanks to the Glen Hills residents who have spent years on these issues and to the Montgomery Countryside Alliance and the Audubon Naturalist Society, all of whom have joined WMCCA's recent efforts to convince the Montgomery County Department of Environmental Protection, the County Executive, and the full Council to delete the new language and adopt the original text. The tentative dates

### WMCCA To Meet

The next meeting of the West Montgomery County Citizens Association will be held Wednesday, March 9, 7:15 p.m. at the Potomac Community Center.

The speaker will be Laura Miller, Forest Conservation coordinator, Montgomery County Department of Environmental Protection. She will discuss the Tree Canopy Law and a new program "Tree Montgomery," a program that plants and cares for shade trees on private property.

The meeting is open to the public. If schools are closed because of inclement weather, the meeting will be cancelled.

of the full Council vote are March 1 and March 8.

❖ **Brandywine Senior Living** application for conditional use for a 140-bed assisted living facility in an RE-2 (two acre residential) zone on the current site of the Potomac Tennis Club next to the Falls Road Golf Course. After four days of hearings over a three-month period before Montgomery County Hearing Examiner Martin Grossman, the record was closed on Feb. 19 and the parties await his decision.

WMCCA appeared in opposition focusing primarily on the fact that its location is inconsistent with the Potomac Subregion Master Plan requirements for the location of senior housing. The more detailed opposition arguments were made by Ronald and Toni Paul, abutting property owners, their attorney William Chen, and Curt Uhre with the Brickyard Coalition. Many thanks for their work on multiple complex site plan issues.

❖ **Artis Senior Living** application for conditional use for a 72-room residential care facility at 8301 River Road, 1200 feet west of the Stoneyhurst Quarry in an RE-2 zone. The application was approved by County Hearing Examiner Lynn Robeson and residents from neighboring Carderock Springs appealed to the Board of Appeals (BOA). The BOA remanded the case to the Hearing Examiner for further fact finding regarding the traffic safety along

River Road and at the intersection of River Road and Carderock Springs Drive.

The hearing on remand was Feb. 11 and the parties are awaiting the Hearing Examiner's decision. We thank the Carderock Springs residents for their outstanding work opposing the application and in particular raising the traffic safety issues that make this a terrible location for this type of commercial use. They also raised the Potomac Subregion Master Plan provisions directing that senior housing be located at the Stoneyhurst Quarry location, not in this surrounding RE-2 neighborhood. Because of timing issues, WMCCA did not participate as a party, but I did testify in opposition as an individual at the remand hearing.

❖ **Old Angler's Inn:** At the request of the applicant Maryland Catering Co., Inc., the hearing on the request for a conditional use to construct a wedding/meeting venue and overnight units behind Old Angler's Inn on MacArthur Boulevard was rescheduled to Sept. 9, 2016. Over the past year, WMCCA has been part of a collective of civic groups and homeowners associations (HOAs) working to oppose the request. The Potomac Subregion Master plan does not envision such a project and traffic in and around the Old Angler's Inn access point to the C&O Canal National Historical Park is already too dangerous to support another use in the area. We thank the Civic Association of River Falls, the Brickyard Coalition, the River Falls HOA, and the Woodrock HOA who along with WMCCA have been monitoring the application.

### WMCCA NOMINATING COMMITTEE

The following individuals are proposed to serve on the Nominating Committee and will be voted upon at the March 9 General Meeting. They in turn will nominate officers and directors to be voted upon at the May 11 Annual Meeting: Chairperson – Ginny Barnes  
Members: Mark Israel, George Barnes, John Yassin, and Carol Van Dam Falk.

### 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. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

### VOLUNTEERS NEEDED

**Work with Victims of Sexual Assault.** Volunteers are needed to assist sexual assault victims and their families through the Victim Assistance and Sexual Assault Program (VASAP) of the Montgomery County Department of Health and Human Services. Interviews are currently being conducted for a spring 2016 training session. Volunteers provide 24-hour crisis counseling and companion services at Montgomery County hospitals and police stations for victims of rape, sexual assault, and domestic violence. Bi-lingual volunteers are encouraged to apply. All potential volunteers must attend a training program. Call the Montgomery County Victim Assistance and Sexual Assault Program at 240-777-1355 or

go to [www.montgomerycountymd.gov/vasap](http://www.montgomerycountymd.gov/vasap).

### REGISTRATION NOW OPEN

The spring issue of the **Montgomery County Guide for Recreation and Parks Programs** is now available to the public. The Spring Guide features a wide variety of classes and programs designed to help participants stay active and have fun. There are offerings in aquatics, sports, therapeutic recreation services and active adult senior programming. For online registration and to view the guide online, go to [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec). For additional information, call 240-777-6840.

### COUNTY-WIDE EXERCISE PROGRAM

**100 Mile Challenge.** A new County Recreation Dept program, with prizes that rewards exercise, asks only that you exercise for 20 minutes a day. Called the "100 Mile Challenge," it started on Jan. 21 and will end 100 days later, with a party, the Move

More Montgomery Festival, on April 30. Open to people of all ages (and their dogs), the program is self-reporting, with a goal of completing 100 miles (or more) in 100 days, with 20 minutes of continuous physical exercise (such as a yoga or aerobics class, or playing golf or going bike riding) counting as one mile, or just walk or run one mile or more. Visit [www.montgomerycountymd.gov/rec/Resources/Files/thingstodo/events/100\\_mile\\_challenge\\_info.pdf](http://www.montgomerycountymd.gov/rec/Resources/Files/thingstodo/events/100_mile_challenge_info.pdf).

### THROUGH APRIL 18

**Tax Preparation Assistance.** The Montgomery County Volunteer Center's RSVP/AARP Tax-Aide Program is providing free tax preparation assistance. This service is available to low-to-moderate income taxpayers who live or work in Montgomery County. Special attention is given to those 60 years or older. Taxes are prepared at more than 20 different locations across Montgomery County and an appointment is required. Schedule an appointment at

[www.montgomeryserves.org/tax-aide/overview](http://www.montgomeryserves.org/tax-aide/overview) or call 240-777-2577.

### FRIDAY/MARCH 4

**Nomination Deadline.** The County's Community Action Board is seeking nominations for several awards which recognize individuals and organizations that have made a difference in reducing poverty, or for advocating on behalf of Montgomery County's low-income residents. Awards will be presented at the Board's annual Community Action Month Celebration and Volunteer Event on Tuesday, May 24. Nomination forms are available at [www.surveymonkey.com/r/Award-Nomination-Form-2016](http://www.surveymonkey.com/r/Award-Nomination-Form-2016). For more information or for a paper copy of the nomination form, call the Community Action Agency at 240-777-1697. TTY users, please call MD Relay (711).

**New Volunteer Training.** 9:30 a.m.-12:30 p.m. at Senior Connection in the Holiday Park Senior Center, 3950 Ferrara Drive, Silver Spring. The Senior Connection's Money Monitors

## POTOMAC ALMANAC

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# NEWS

## Law To Combat Human Trafficking Now in Effect

A bill to combat human trafficking by implementing civil fines for buyers of sex became law in Montgomery County this week. Bill 39-15 was introduced by Montgomery County Councilmembers Tom Hucker and Craig Rice and was unanimously approved by the council.

The new county law makes the act of soliciting sex or agreeing to purchase sex a Class A violation under the County Code. While there is already a state law criminalizing the solicitation of prostitution, Bill 39-15 aims to further deter this behavior by giving County Police the authority to issue civil or criminal citations to sex buyers.

Bill 39-15 received support from local law enforcement and organizations including the National Organization for Women (NOW), the Montgomery County Commission for Women, the Justice and Advocacy Council for Catholic Charities, the Jewish Community Relations Council, the Polaris Project and Safe Silver Spring.

## Report Addresses School-to-Prison Pipeline

The Montgomery County Council received the Office of Legislative Oversight (OLO) report on "The School-to-Prison Pipeline in Montgomery County" on March 1.

The report describes the increased risk of juvenile delinquency and criminal justice system involvement among children who have been suspended or expelled from school in Montgomery County.

The council's Education Committee will hold a worksession on the OLO report on Monday, March 7.

OLO found that the School-to-Prison Pipeline within the county mirrors national trends in disproportionality by race, ethnicity, gender, and special education status, but the Pipeline in the county is shrinking.

OLO also found that while many local agency practices align with best practices for stemming for the Pipeline, opportunities ex-

ist for improvement.

Montgomery County Public Schools' (MCPS) out-of-school removal rate for out-of-school suspensions and expulsions has declined by half since 2011 and is the lowest rate in the state. Juvenile arrests in Montgomery County have also decreased, as have intakes at the Department of Juvenile Services (DJS), referrals to the County's juvenile justice diversion programs, and the number of juvenile delinquency cases adjudicated by the Circuit Court.

Ninety percent of out-of-school removals and arrests within MCPS schools occur for three sets of offenses: fighting/threats/attacks, disrespect/insubordination/disruption and dangerous substances. Few children are charged with the most serious offenses that include sex offenses, arson or aggravated assault. Similarly, three in four cases referred to DJS are for misdemeanors and status offenses.

Similar to national trends, data show that the local School-to-Prison Pipeline disproportionately impacts boys, Black students, and students receiving special education services, and to a lesser extent, Latino students. Boys comprise half of school enrollment but account for three in four students removed from school and referred to DJS. Students with disabilities account for one in 10 MCPS students but account for three in 10 out-of-school removals. And Latinos' share of students removed from schools exceeds their share of MCPS enrollment.

OLO included four recommendations in the report:

- ❖ The council should task MCPS and MCPD to formally include parent and community groups in their annual reviews of the MCPS Code of Conduct and MPCS' Student Resource Officer Program.

- ❖ The council should task relevant county government agencies to work together to collect, disseminate, and monitor key data points related to the School-to-Prison pipeline and to share key data with community stakeholders.

- ❖ The council should task MCPD, the SAO, and DHHS with expanding local diversion opportunities that enhance the participation of low-income and Black youth in diversion programs, particularly expanding the eligible offenses to include simple assault.

- ❖ The council should task the Collaboration Council's Disproportionate Minority Contact (DMC) Committee with undertak-

ing a review of local policies, programs, and data to further describe the dimensions of the School-to-Prison Pipeline in Montgomery County and developing recommendations for the Council for reducing the Pipeline.

The report is available at the OLO web site at: <http://www.montgomerycountymd.gov/olo/reports/>

## High School Juniors/Seniors Sought as Election Judges

The Montgomery County Board of Elections "Future Vote" Program is seeking high school juniors/seniors to serve as paid election judges at polling places for the Presidential Primary Election to be held on Tuesday, April 26.

In accordance with the Maryland Election Code, individuals serving as election judges must be registered to vote in the State of Maryland. Students who will be 18 years old by or on November 8, 2016, are eligible to register and vote. The Maryland Election law also allows minors who are 17 years old to register and be appointed to serve as an election judge if the minor demonstrates, to the satisfaction of the State Board, that he or she meets all qualifications for registration in the State. Because of the population diversity within Montgomery County, students with bilingual language skills, particularly in Spanish, Chinese, Korean, Vietnamese, Amharic and French, are encouraged to participate.

The application process requires both an online quiz and completion of hands-on training. All applicants who are selected for these positions will be compensated at rates that vary based on the position, as advertised at [www.777vote.org](http://www.777vote.org). Individuals may earn 25 Student Service Learning (SSL) credits in lieu of a stipend, if they prefer.

### BULLETIN BOARD

#### GUIDE DOG FOSTERS NEEDED

**Guiding Eyes for the Blind** – Montgomery Region is looking for volunteers to foster and train future guide dogs. Volunteers will foster a specially bred guide dog for 14 months, attend bi-monthly training classes, and teach the pup house manners, people skills and socialization within the community. Dog crates, training equipment and monthly medications are provided. Contact Margie Coccodrilli at 301-869-2216 or [gebraiser@comcast.net](mailto:gebraiser@comcast.net) or visit [www.guidingeyes-md.org](http://www.guidingeyes-md.org).

## LET'S TALK Real Estate



by Michael Matese

### Virtual Tours–Smile, You're on TV!

Virtual tours are a great tool for today's home owner to use, especially in a competitive market. Photos are good, but to allow a buyer to sit in the comfort of their own home and view yours, staged at its best, will give a seller the edge that can be necessary. You can sit down and discuss with your REALTOR® how you would like to present your home, the specific things that will make it stand out among the others.

Is your fireplace a special marble? Do your French doors span floor to ceiling? Can you see local landmarks from the back deck? What about the kitchen? What makes your home unique? What could make a buyer say "That's it! That's the one I want!"? A 360 degree tour of the rooms of your house can bring the buyer to you and is well worth the effort, making your home stand out in the crowd. Show off your house and bring it to the forefront of the luxury home market.

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## Thinking about aging in place in your own home?

Come have coffee, talk with others about how they plan to make it happen

**Wednesday, March 2, 10 - 11:30 a.m.**

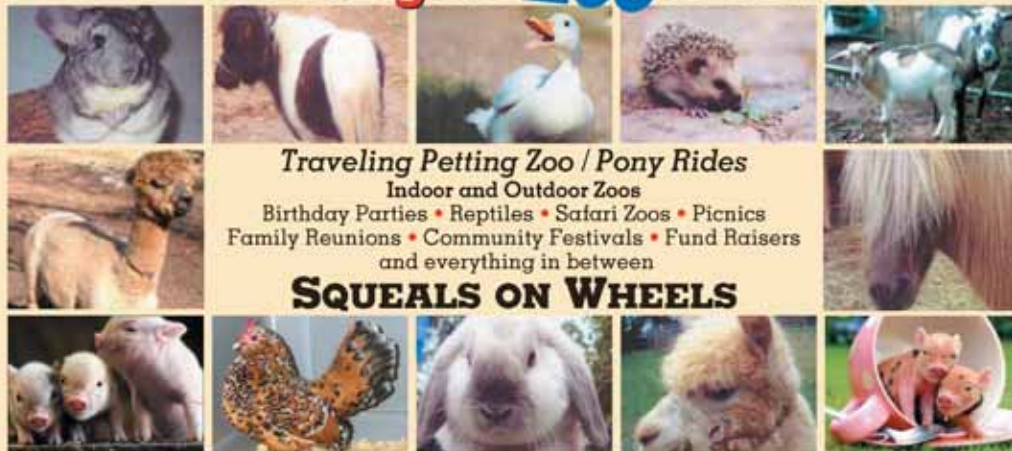
**Corner Bakery on Westlake Dr., near the Mall**

See our website for details on our March 17 meeting on "The History of Chocolate"

[www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org)

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# ENTERTAINMENT

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## ONGOING

**Victorian Lyric Opera: “Robin Hood.”** Through March 6, various times at F. Scott Fitzgerald Theatre—Rockville Civic Center Park, 603 Edmonston Drive, Rockville. Watch a performance following the folkloric outlaw as he robs the rich and gives to the poor. Tickets are \$28, \$24 for seniors, and \$20 for students. Visit [www.vloc.org](http://www.vloc.org) for more.

**“Jack and Phil, Giant Slayers.”** Through March 13, 1:30-6 p.m. at Imagination Stage, 4908 Auburn Ave., Bethesda. In this contemporary adaptation of the classic fairy tale, Jack is a sporty, popular kid whose mother is facing foreclosure on their house. Jack enlists Phil, his smart yet nerdy neighbor, to accompany him to a pawnbroker to trade in his grandfather's gold watch for quick cash. Tickets start at \$10. Visit [www.imaginationstage.org](http://www.imaginationstage.org) for more.

**Student Art Show.** Through March 13, gallery hours at VisArts, 155 Gibbs St. Students 14 and older may submit work to be considered for participation in a student art show. \$5 application fee. Apply by Thursday, Feb. 4. Visit [visarts.submittable.com](http://visarts.submittable.com).

**Photo Exhibit: “The Shadow Knows.”** Through March 14, Saturday 1-4 p.m., Sunday 1-8 p.m. at Glen Echo Photoworks, 7300 MacArthur Blvd., Glen Echo. Find silver gelatin master prints from Photoworks' Advanced Master Darkroom Class. Free. Visit [www.glenechphotoworks.org](http://www.glenechphotoworks.org) for more.

**Rachel Hamel: “Necessarily Invisible.”** Through March 20, gallery hours at VisArts at Rockville, 155 Gibbs St. Rachel Hamel's small sculptural paintings encourage visual and tactile encounters with distance, home, place, displacement, and landscape. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) for more.

**Art Exhibit: “Fields of Inquiry.”** Through March 27, 12-6 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. “Fields of Inquiry” brings together the work of three artists working the space of imagination: Mei Mei Chang, Pat Goslee, and Kathryn McDonnell. Free. Call 301-634-2222.

**Art Exhibit: You and Me, You and I.”** Through April 10, gallery hours at VisArts at Rockville, 155 Gibbs St., Rockville. Artist Calla Thompson examines culture through visual art. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) for more.

**Art Exhibit: “Cranes in Motion.”** Through April 24, gallery hours at VisArts at Rockville, 155 Gibbs St., Rockville. As an artist and filmmaker, Cathy Cook is inspired by nature. “Cranes in Motion” aims to promote public interest, awareness, and appreciation of crane culture through a multifaceted portrayal of the natural history of this species. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) for more.

**Children's Storytime.** Wednesdays and Saturdays, 10 a.m. at Barnes & Noble Booksellers, 4801 Bethesda Ave., Bethesda. Listen to employees read children's stories. Free. Visit [www.store-locator.barnesandnoble.com/event/4824850-21](http://www.store-locator.barnesandnoble.com/event/4824850-21).

**Adult Single Night.** Saturdays, 9 p.m. at Benny's Bar & Grill, 7747 Tuckerman Lane, Potomac. Find a DJ, open dance floor, and other singles. No cover charge. Visit



PHOTO BY MARYLINA PHOTOGRAPHY

**The Israeli Dance Festival showcases more than 140 dancers on Sunday, March 6 at The Bullis School, 10601 Falls Road, Potomac. Advance tickets are \$15 for adults, \$10 for students, \$5 more dollars at the door. Visit [www.israelidancefestivaldc.com](http://www.israelidancefestivaldc.com) for more.**

[www.bennysbargrill.com](http://www.bennysbargrill.com).  
**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.

**Thang Ta.** Wednesdays, 6-7 p.m. at Sutradhar Institute of Dance and Related Arts, 1525 Forest Glen Road, Silver Spring. Learn the ancient art of the sword and spear. \$25. Visit [www.dancesidra.org](http://www.dancesidra.org).

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

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

**Chocolate Factory Tours.** Fridays and Saturdays, 2-5:45 p.m. at SPAGNVOLA Chocolatier, 360 Main St., Gaithersburg. Take a short tour of The Truffle Factory facilities. Free. Visit [www.spagnvola.com](http://www.spagnvola.com).

**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.silverworksglencheopark.com](http://www.silverworksglencheopark.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. Sculpture, vessels, functional art and jewelry for sale. Classes are taught year-round for beginner, intermediate and advanced students. Visit [www.artglasscenteratglenecho.org](http://www.artglasscenteratglenecho.org) 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](http://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](http://www.bennysbargrill.com).

## CAMPS, CLASSES & WORKSHOPS

**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](http://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](http://www.visartsatrockville.org/ceramics) for a list of class dates, times.

## FRIDAY/MARCH 4

**Bernard/Ebb Songwriting Awards Concert.** 8 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Featuring live performances by the competition's finalists. One will be named the winner and receive \$10,000. Three songwriters from the Young

Songwriter category (applicants who are under 18 years of age) will also perform live and compete for \$2,500. Tickets are \$10 and \$15. Visit [www.bethesda.org](http://www.bethesda.org).

**Flamenco Vivo: “Poema de Andalucía.”** 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. There are four elements of flamenco: Cante—Voice, Baile—Dance, Toque—Guitar, and Jaleo—audience participation. Tickets are \$28-72. Visit [www.strathmore.org](http://www.strathmore.org) for more.

**Potomac After Hours.** 9:15-11 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. Middle schoolers (6-8th graders) are invited to attend “live band night.” Find arts and crafts including tie dye and a live band. Admission is \$5. Visit [www.activemontgomery.org](http://www.activemontgomery.org) and use code #11952 to register.

## SATURDAY/MARCH 5

**Rescheduled: Boy Scout Troop 773 Spaghetti Dinner** for tonight has been postponed until April 9. Email Diane Berinstein at [dhberinstein@me.com](mailto:dhberinstein@me.com).

## SATURDAY-SUNDAY/MARCH 5-6

**Israeli Dance Festival.** 3-5 p.m. at the Bullis School, 10601 Falls Road, Potomac. Attend performance and community Harkada (dance party). Tickets are \$15-25. Visit [www.israelidancefestivaldc.com](http://www.israelidancefestivaldc.com) for more.

## TUESDAY/MARCH 8

**“Mindfulness Meditation.”** 1-2:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Workshop leader Mitchell Ratner, founder of the Still Water Mindfulness Practice Center, will present “Touching Life Deeply: An Introduction to Mindfulness Meditation.” He will focus on increasing the capacity to be fully present in one's own life, through conscious breathing, sitting and walking meditation, and mindfulness as a daily practice. Free.

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# ENTERTAINMENT

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## MARCH 8-APRIL 2

**“City Scapes.”** Gallery hours at Waverly Street Gallery, 4600 East-West Highway, Bethesda. “City Scapes” explores the beauty and fragility of urban life through the lenses of members of The North Bethesda Camera Club. Free. Visit [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com) for more.

## THURSDAY/MARCH 10

**Ladies Night Out.** 6-8 p.m. at Pike & Rose, 11580 Old Georgetown Road, North Bethesda. Find complimentary food and drinks, plus discounts at participating retailers. Free. Visit [www.pikeandrose.com](http://www.pikeandrose.com) for more.

## FRIDAY-SUNDAY/MARCH 11-13

**Round House Teen Company: “Good Kids.”** 8 p.m. on Friday and Saturday, 2 p.m. on Saturday and Sunday at 4545 East-West Highway, Bethesda. The Round House Teen Performance Company presents “Good Kids” by playwright Naomi Iizuka. “Good Kids” explores a casual sexual encounter gone wrong, and its public aftermath. Tickets are \$26 plus a service fee. Visit [www.roudhousetheatre.org](http://www.roudhousetheatre.org) for more.

## SATURDAY/MARCH 12

**Swing Dance: Rockabilly Round-Up.** 8-9 p.m. drop-in beginner swing lesson, 9 p.m.-12 a.m. dance at Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo.

The Rock-a-Sonics and Rockin’ Bones perform. Tickets are \$18. Visit [www.gottaswing.com](http://www.gottaswing.com) for more.

## SATURDAY-SUNDAY/MARCH 12-13

**Maryland Youth Ballet: “Graduation Ball.”** 1 p.m., with an additional 5 p.m. performance on Sunday at Robert E. Parilla Performing Arts Center, 51 Mannakee St., Rockville. Maryland Youth Ballet celebrates 45 years with a about a girl’s school hosting a dance with visiting cadets set to the music of Strauss. Tickets are \$20 for adults and \$15 for children if bought in advance. Tickets are \$25, for adults and \$20 for children at the door. Visit [www.marlandyouthballet.org](http://www.marlandyouthballet.org) for more.

## SUNDAY/MARCH 13

**Artist Talk and Movie Screening.** 2 p.m. at VisArts at Rockville, 155 Gibbs St., Rockville. Cathy C. Cook’s new project takes her to the largest migration locations for Sandhill Cranes and Whooping Cranes to create the “Cranes in Motion” project. She will be on hand to discuss this project, and her film “Immortal Cupboard: In Search of Lorine Niedecker” will be screened. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) for more.

**Scrabble Scramble.** 6-9 p.m. at The William F. Bolger Center, 9600 Newbridge Drive, Potomac. Play scrabble to benefit The Literacy Council of Montgomery County. Tickets are \$75 for individuals, \$150 per pair, and \$300 for a table of four. Visit [www.literacycouncilmcmd.org](http://www.literacycouncilmcmd.org)

for more.

## THURSDAY/MARCH 17

**“The History of Chocolate.”** 7-9 p.m. at Bolger Center, Franklin Building, Room F-1, 9600 Newbridge Drive, Potomac. Potomac Community Village is having Cookbook author Sheilah Kaufman speak about her book “The History of Chocolate.” Free. Visit [www.potomaccommuniyuvillage.org](http://www.potomaccommuniyuvillage.org) for more.

## FRIDAY-SATURDAY/MARCH 18-19

**Bethesda Film Festival.** 7 p.m. and 9 p.m. on Friday and 8 p.m. on Saturday at Imagination Stage, 4908 Auburn Ave., Bethesda. The fourth annual Bethesda Film Fest will feature five short documentaries made by local filmmakers. Tickets are \$10. Visit [www.bethesda.org](http://www.bethesda.org) for more.

## SATURDAY/MARCH 19

**Pianist Haskell Small.** 8 p.m. at Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. Haskell Small, a pianist and composer, will perform Bach’s c minor partita coupled with John Tavener’s “Pratirupa” as well his own “Small Improvisations.” Tickets are free, \$20 suggested donation. Visit [www.washingtonconservatory.org](http://www.washingtonconservatory.org) for more.

## SATURDAY/ MARCH 26

**Loston Harris Concert.** 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. A jazz pianist performs. Tickets are \$35-45.

Visit [www.ampbystrathmore.com](http://www.ampbystrathmore.com).

## MARCH 31-APRIL 9

**“Idle Playthings” and “Crimes of Fashion.”** Various times at Gunston Theatre One, 2700 S. Lang St., Arlington. First, in “Crimes of Fashion,” superheroes fight fashion designers bent on world domination. Then, a group of toys come to life and team up to save a family-owned toy store in “Idle Playthings.” Silver Spring-based Inclusive Theatre Companies are directed by trained theatre professionals and feature actors who have intellectual disabilities or learning disabilities, or are on the autism spectrum. Tickets are \$12.50 in advance, \$15 at the door, and \$5 for ArtStream students. Visit [www.art-stream.org](http://www.art-stream.org) for more.

## FRIDAY-SATURDAY/APRIL 1-2

**St. Francis Thrift Sale.** 8 a.m. -4 p.m. on Friday, 9 a.m.-1 p.m. on Saturday at 10033 River Road, Potomac. Call Church office- 301-365-2055 or Carol Jarvis- 301-299-4296.

## SUNDAY/APRIL 3

**Panel Talk with Artists, Scientists, and Conservationists.** 2 p.m. at VisArts at Rockville, 155 Gibbs St. Discussion of artist Cathy Cook’s “Cranes in Motions”. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) for more.

## APRIL 5-MAY 7

**Art Exhibit: “Intimate Landscapes.”** Tuesday-Saturday 12-6 p.m. at Waverly Street Gallery, 4600 East-West Highway, Bethesda. Artist Loriann Signori paints

landscapes based on Maryland’s hills and waters. Free. Visit [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com) for more.

## FRIDAY/APRIL 8

**Art Reception: “Intimate Landscapes.”** 6-9 p.m. at Waverly Street Gallery, 4600 East-West Highway, Bethesda. Artist Loriann Signori paints landscapes based on Maryland’s hills and waters. Free. Visit [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com) for more.


**An Evening With Molly Ringwald.** 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Teen idol-turned-jazz-singer Molly Ringwald perform with her quartet. Tickets are \$35-45. Visit [www.ampbystrathmore.org](http://www.ampbystrathmore.org) for more.

**Potomac After Hours.** 9:15-11 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. Middle schoolers (6-8th graders) are invited to attend “mystery night” and participate in a scavenger hunt. Admission is \$5. Visit [www.activemontgomery.org](http://www.activemontgomery.org) and use code #11953 to register.

## SATURDAY/APRIL 16

**Discussion: “The Language of Flowers.”** 11:30 a.m. at St. Francis Episcopal Church, 10033 River Road, Potomac. Free. Call 301-299-4296.

**Art Demonstration: “Intimate Landscapes.”** 6-9 p.m. at Waverly Street Gallery, 4600 East-West Highway, Bethesda. Artist Loriann Signori paints landscapes based on Maryland’s hills and waters. Free. Visit [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com) for more.



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<b>2</b> 9813 GLYNESHIRE WAY .....	5	..	4	.	1	POTOMAC	\$1,100,000	Detached	0.34	.....	20854	CLAGETT FARM	11/20/15
<b>3</b> 12820 TRAVILAH RD .....	5	..	5	.	0	POTOMAC	\$1,080,000	Detached	2.03	.....	20854	TRAVILAH MEADOWS	11/17/15
<b>4</b> 8509 SCARBORO CT .....	4	..	4	.	1	POTOMAC	\$1,060,000	Detached	0.36	.....	20854	WINDSOR HILLS	11/10/15
<b>5</b> 9404 SUNNYFIELD CT .....	5	..	4	.	1	POTOMAC	\$1,050,000	Detached	0.22	.....	20854	BEDFORDSHIRE	11/06/15
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<b>7</b> 8500 SCARBORO CT .....	4	..	3	.	2	POTOMAC	\$1,020,000	Detached	0.35	.....	20854	WINDSOR HILLS	11/20/15
<b>8</b> 11101 WILLOWBROOK DR ...	5	..	4	.	1	POTOMAC	\$1,000,000	Detached	0.28	.....	20854	NORMANDY HILLS	11/02/15
<b>9</b> 8807 DAIMLER CT .....	4	..	3	.	0	POTOMAC	\$990,000	Detached	0.54	.....	20854	OLDFIELD	11/06/15
<b>10</b> 10823 ADMIRALS WAY .....	4	..	3	.	2	POTOMAC	\$965,000	Detached	1.20	.....	20854	DARNESTOWN OUTSIDE	11/30/15

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# Managing Medication

**“Let’s Talk about RxSM” helps seniors avoid prescription drug mishaps.**

BY MARILYN CAMPBELL  
THE ALMANAC

It was around 2 a.m. on a frigid winter night when Janet Russell was awakened from her sleep by the sound of woman calling for help. The cries were coming from the front lawn of her Arlington, Va., home. She ventured out into the cold to find her 84-year-old neighbor lying on the ground, believing that dozens of bugs were crawling on her skin.

“She was having bad hallucinations, and it turns out that she’d taken the wrong combination of medicines,” said Russell. “She was on about 11 different medications, some for her blood pressure, and she was administering them to herself.”

**MEDICATION ERRORS** are not uncommon, according to a recent survey by Home Instead Senior Care. Their survey showed that 20 percent of seniors who take more than five medications had problems taking them as prescribed. Unintentional medication

**“... their medication is something that people generally like to have control over.”**

— Ian Lovejoy, Home Instead Senior Care

misuse, such as forgetting to take a dose or taking more or less than the required dose, can have devastating results. Home Instead is encouraging families to talk with their loved ones about medication management and are offering suggestions on how to approach such conversations.

“If you notice a change in personality or thinking, or if they’re having a mobility issue or if they seem sluggish, those are signs of medication mismanagement,” said Ian Lovejoy, director of operations of Home Instead Senior Care in Fairfax County.

Home Instead has created a program called “Let’s Talk about RxSM” (prescription self medication). This program is designed to inform seniors’ families about the dangers of medication mismanagement as well as offer tips for minimizing the risks and suggestions for starting a dialogue about taking medication as prescribed.

“Our goal is to keep seniors at home and safe,” said Lovejoy. “We want the daughter and the son not have to focus on the pill bottle.”

Discovering that an elderly patient is taking more than five medications could be a warning sign that they may lose track or get confused about the timing and dosage for each prescription.

“If an adult child sees that their parent is on many medications, I would suggest what I call brown bagging: putting all of the medications in a brown paper bag and taking them with you to the next doctor visit,” said Omobola Oyeleye, an assistant professor of nursing at Northern Virginia Community College who teaches a class in drug dosage calculations.

## For More Information

<http://www.caregiverstress.com/senior-safety/lets-talk-about-rx/risk-solutions-guide/>

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PHOTO COURTESY OF HOME INSTEAD SENIOR CARE

**A new study shows that that 20 percent of seniors who take more than five medications had problems taking their prescription drugs as directed by their doctor.**

“They can go through each medication with the doctor and find out what it’s for. Sometimes, for example, someone might be taking a medication that was prescribed six months ago for a condition that has already cleared up.”

Oyeleye suggests a conducting what she calls a medication reconciliation in order to determine whether someone is taking multiple medications for the same condition. “What you might find is that one medication exacerbates or even negates the other,” she said.

Trisha Brechling Miller, 57 of McLean, Va., has managed the medications for both her 85-year old husband, Larry, and her 84-year old mother. After Larry fell, broke his hip and became immobile, Muller began using a calendar to keep his medication schedule in order. “I have a calendar that helps keep me organized as to what he needs to take and when,” she said. “If it changes, I update it.” Miller, a Home Instead Senior Care client, is also assisting her mother in creating a medications calendar.

**CONVERSATION ABOUT MEDICATION** can be fraught with tension. A perceived loss of freedom is one factor that can make getting involved in managing family members’ medication complicated, says Lovejoy.

“It’s just one more thing that they’re losing control over,” he said. “Along with the car and their mobility, their medication is something that people generally like to have control over.”

Clear lines of communication are necessary, as families often play a critical role in intervening and preventing a possible negative outcomes.

“My husband is on 10 different medications, and we’re able to manage his medications, but there are people who can’t do that. Those people tend to rely on family,” said Sheila Moldover of the Potomac Community Village in Potomac. “They need children or close friends who handle it for them.” The Potomac Community Village offers programs and services designed to help seniors lead healthy lives and remain in their homes as long as possible.

Gaining empathy from a parent and making it about the child’s feelings is one way to open communication, so Lovejoy suggests that caregivers start by finding a common ground. “It’s important to communicate the emotional stress that potential medication mistakes can cause for a loved one,” he said. “Let your parent know that you are concerned. Your parents don’t want you to be upset.”

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### APRIL

4/6/2016.....Wellbeing – Senior Living Pullout  
Easter Sunday is March 27  
4/13/2016.....Real Estate Pullout – New Homes  
4/20/2016.....A+ Camps & Schools  
4/27/2016.....A+ Camps & Schools Pullout  
4/27/2016.....Mother’s Day Celebrations,  
Dining & Gifts I  
4/27/2016.....Spring Outlook 2016

### MAY

5/4/2016.....McLean Day Pullout  
5/4/2016.....Mother’s Day Dining & Gifts II  
5/4/2016.....Wellbeing  
Mother’s Day is May 8  
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**Zone 6:** The Arlington Connection  
The Vienna/Oakton Connection  
The McLean Connection  
The Great Falls Connection

## It Just So Happens...



By KENNETH B. LOURIE

That as I sit and attempt to write next week's column, I am doing so on the exact date, February 27th, seven years ago when I met the oncologist who delivered to me, my wife, Dina and my brother, Richard (a.k.a. "Team Lourie") the devastating news that would change my life/life expectancy forever. A phone call from my internal medicine doctor the previous week had confirmed that the biopsy indicated a malignancy in my lungs and an appointment with an oncologist to discuss the details was recommended. A week later, "Team Lourie" met the oncologist who advised us that the tumors were in fact non-small cell lung cancer (NSCLC), stage IV; "inoperable, incurable," and with a "13-month to two-year" prognosis. After reviewing the recent medical history that led up to this appointment, and then discussing with the doctor the various alternatives/treatment protocols – and likely outcomes, we all agreed that I should begin every-three-week chemotherapy as soon as possible. And so, six days later, on the following Wednesday, it began. The rest, as you regular readers know, is history, and "history" which I'm proud to say is still being made.

However, as much as this date is about me – and as a cancer patient, you're often told: "it's all about you" – I can't appreciate my life (and amazing good fortune) without expressing my condolences generally to all the newfound friends, acquaintances, a few relatives and the miscellaneous names; some famous and noteworthy, many not, whom I have heard about and read about, who have succumbed to this terrible disease. A disease which, at least when I was originally diagnosed, offered patients very little hope of surviving even beyond two years; I'm living into my eighth year now. My oncologist refers to me as his "third miracle," a moniker I am happy to embrace and incredibly fortunate to have earned with a disproportionate amount of luck, perseverance and a positive, self-effacing, find-humor/make-humor, take-the-good-with-bad and the-bad-with-the-good approach that if I believe any of what I've been told by numerous medical professionals, has likely contributed to my overall good health. And though there are no guarantees offered or given in oncology, I am at least one example of a grim tale that turned out not to be a fairy tale.

Let me be clear: I am not in remission. I am still under the regular and recurring care of my oncologist. I still receive chemotherapy infusions every four weeks. I still go for diagnostic scans every three months, and a follow-up appointment with my oncologist a week or so later for evaluation and assessment. I still live every day knowing there remains no cure for what ails me. And as written about in last week's column, "A Further Explanation," the experience has changed me forever, no doubt reflecting the ongoing demands of being diagnosed with a terminal form of cancer, a diagnosis which is all it's cracked up to be.

But dwelling on this reality serves no purpose. And living as if today is my last day doesn't resonate with me either. I prefer to live my life as much as possible, anyway, as how I would otherwise live it: no bucket lists to fill or must-haves or must-dos. Instead, I'd rather do what I must and live as I have: consistent with who I am and who I've become: a seven-plus year cancer survivor amazed to still be alive and appreciative of all the help and encouragement I've received along the way.

One might think being diagnosed with cancer/living with cancer is a solitary pursuit, and in many ways, I suppose it is; but in my sharing, I've found caring, and I believe there's strength in those numbers. Happy Anniversary to me and to all my fellow cancer patients who claim this date as a significant milestone; be it one day, one week, one month, one year or multiple years. Congratulations to us all. We deserve it!

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



## SPORTS

# Whitman's Oppenheim Beats Buzzer, B-CC

## Vikings will host Blair Wednesday in section final.

BY JON ROETMAN  
THE ALMANAC

**B**ethesda-Chevy Chase led by four and the Barons were about to attempt two free throws with 25.4 seconds remaining when Whitman standout Shaq Diboti-Lobe started to assume the worst. "Honestly, when it was 47-43, I thought we were done," he said. "I was like, my season is over."

Things looked bad for Whitman late in Monday's 4A West section semifinal matchup against rival B-CC. But when the Barons missed a pair of foul shots, they provided the Vikings with an opportunity for a comeback.

After Diboti-Lobe knocked down a 3-pointer and B-CC missed two more free throws, the Viking senior guard — along with all Whitman players, coaches and fans — would soon experience a dramatic emotional swing.

Six-foot-7 junior Max Oppenheim beat the buzzer with a putback in front of the rim, giving the Whitman boys' basketball team a season-extending 48-47 victory at Bethesda-Chevy Chase High School.

Whitman players, coaches and fans rushed onto their rival's home court to celebrate an improbable victory that sends the Vikings to the section final. Whitman will host Blair at 6:15 p.m. on Wednesday, March 2 after the Blazers upset top seed Richard Montgomery in the other Section I semifinal.

"I was real proud; our guys hung in," Whitman head coach Chris Lun said. "They push it to four with under a minute left, Shaq hits a 3 that probably shouldn't have went in and then they miss four straight free throws [and] left the door open."

Whitman trailed 47-46 with 6 seconds remaining in regulation. Oppenheim received the inbound pass near the 3-point line and worked his way into the paint against 6-foot-10 B-CC center Thyjai Byers.

After Oppenheim's initial shot attempt missed off the glass, teammate George Wilson attempted to tip the ball in but missed. Oppenheim rebounded the ball in front of the rim and his putback bounced off the back of the iron and in.

"I was able to kind of wedge my way in while [Wilson] was shooting," Oppenheim said, "and I was just right in front of the rim and fortunate to put it right back up."

Oppenheim described the moment as "Definitely the biggest adrenaline rush of my life."

"A burst of happiness," is what Diboti-Lobe said he felt after Oppenheim's bucket. "I've never been that happy before."

Diboti-Lobe finished with a game-high 27 points, accounting for more than half of Whitman's offensive production.

"I thought Shaq carried us in the first half," Lun said. "He hit a couple big shots in the second half, a couple big 3s."



VIDEO SCREENSHOT BY JON ROETMAN/THE ALMANAC

**Whitman players and fans celebrate after the Vikings defeated B-CC on a buzzer-beating putback by Max Oppenheim in the 4A West section semifinal on Monday.**

Oppenheim scored eight points for the Vikings, and Wilson and junior guard Jack McClelland each had six.

Senior guard Kevin Holston led B-CC with 11 points and Byers added 10.

Whitman improved its record to 15-9 and has won 10 of its last 12 games.

"I can't even think right now," Lun said. "These are the games you live to coach for."

## BULLETIN BOARD

### FROM PAGE 4

Program is looking for volunteers to help low-income seniors and adults with developmental disabilities organize mail, create budgets, pay bills on time, balance checkbooks, and look for money-saving resources. Volunteers also help clients stay alert to possible scams and fraud. The time commitment is one year of service with an average of 3-5 hours per month. Volunteers should have a solid knowledge of household finances, and be patient, friendly and organized. Volunteer training and liability coverage is provided. Contact [volunteer@seniorconnectionmc.org](mailto:volunteer@seniorconnectionmc.org), call 301-962-0820 or visit [www.seniorconnectionmc.org](http://www.seniorconnectionmc.org) for more.

### SUNDAY/MARCH 6

**Lenten Vespers and "The Prodigal Son."** 5:30-6:45 p.m. at St. James' Episcopal Church, 11815 Seven Locks Road, Potomac. A brief service of vespers followed by an exploration of reconciliation through scripture, art, and discussion. Gather for a time of prayer, reflection, and conversation led by St. James' seminarian, Catharine Gibson. Visit <http://stjamespotomac.org> for more.

**Passover Presentation and Potluck Dinner.** 7-9 p.m. at Concord-St. Andrew's United Methodist Church, Social Hall, 5910 Goldsboro Road, Bethesda. Messiah in the Passover Presentation and Potluck Dinner, featuring: Rev. David Sedaca of Chosen People Ministries ([www.chosenpeople.org](http://www.chosenpeople.org)). The program is designed to provide a deeper understanding of both Passover and the Communion table. Offering will be requested; bring a dish to pass for the potluck dinner. Contact the church office at 301-229-3383 or [csaumc@gmail.com](mailto:csaumc@gmail.com) for more.

### WEDNESDAY/MARCH 9

**Volunteer Training.** 10 a.m. at the Holiday Park Senior Center at 3950 Ferrara Drive, Silver Spring. Consider volunteering with the Senior Connection to drive seniors to medical and other appointments. Training and liability coverage are provided, and volunteers create a schedule. Email [volunteer@seniorconnectionmc.org](mailto:volunteer@seniorconnectionmc.org), call 301-962-0820 or visit [www.seniorconnectionmc.org](http://www.seniorconnectionmc.org) for more.

**Child, Adolescent and Teen Grief Support Group.** 6-7:30 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. For children (4 years old) through teens who have experienced the death of a parent or sibling. Parent/guardian group meets at the same time. A six-week group led by Montgomery Hospice professional counselors. Registration required: 301-921-4400.

### SATURDAY/MARCH 12

**Volunteers Training for Trails & Rails Program.** 9 a.m.-5 p.m. at 10 Howard St., Cumberland. The Chesapeake & Ohio Canal National Historical Park (C&O Canal NHP) is seeking additional volunteers to join the park's "Trails & Rails" program. Volunteers work in teams of two, boarding an inbound train in Cumberland at 9 a.m. and returning on an outbound train at 7:30 p.m. Volunteers must be at least 18 years of age. Visit <https://www.volunteer.gov> to fill out an application.

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