

# Festival Of Colors

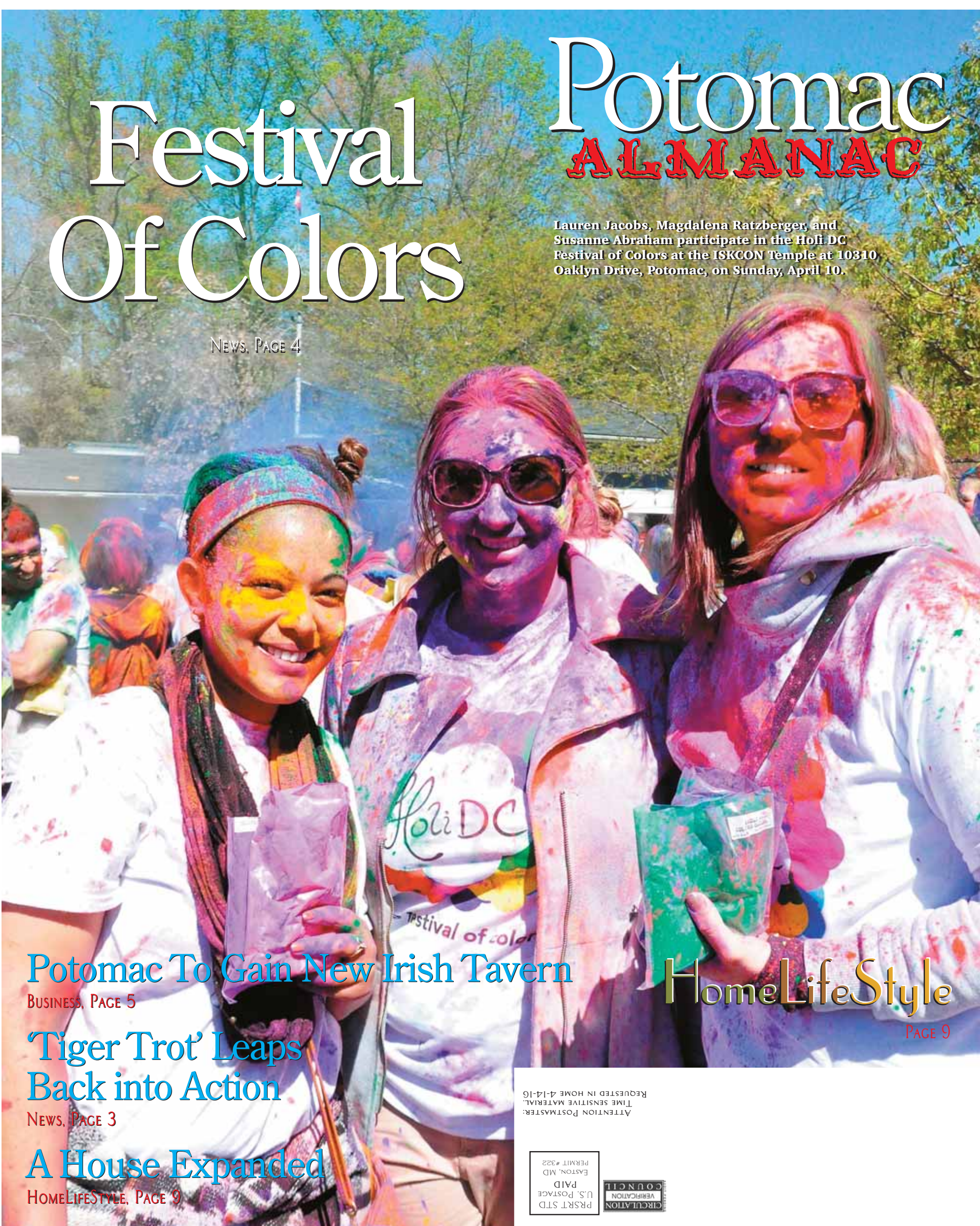
# Potomac ALMANAC

Lauren Jacobs, Magdalena Ratzberger, and  
Susanne Abraham participate in the Holi DC  
Festival of Colors at the ISKCON Temple at 10310  
Oaklyn Drive, Potomac, on Sunday, April 10.

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PHOTO DEBORAH STEVENS/THE ALMANAC



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## HomeLifeStyle

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## 'Tiger Trot' Leaps into Action

6th annual 5K run/walk returns April 17.

BY SUSAN BELFORD  
THE ALMANAC

Potomac will come alive on Sunday, April 17 as more than 400 runners and walkers await the starting gun and then leap forward to sprint or stroll in the 6<sup>th</sup> Annual "Tiger Trot." The 5K run/walk, sponsored by the Connelly School of the Holy Child, benefits the Cabin John Park Volunteer Fire Department as well as the wellness and fitness programs at the school.

The 2016 event will span the hills of Avenel and then circle onto Persimmon Tree Drive and end back at the Bradley Boulevard school grounds. This community race draws both elite runners from the area as well as family, friends, neighbors, firefighters and the school's faculty. All are welcome to participate in the picturesque run and walk through the neighborhoods of Potomac.

Maria Welsh and Rosina Aguilar are co-chairing the 2016 "Tiger Trot."

"We are so proud that our Holy Child community offers this event that not only benefits the awareness of our emergency response teams at the Cabin John Volunteer Fire Department but it does it in a way that inspires community building between the local businesses and our young adults in a very fun and active way," Welsh said. "Walking and running offers not only the obvious health benefits of being physically fit, but it increases ones mental well being and can also provide a bonding experience for

friends, families, neighbors or even pets when done as a social activity."

The 5K run/walk will begin at 8:30 a.m. Registration fees are \$35 for adults (19 and older), \$25 for students (11-18) and \$20 for children (10 and under). Packet pickup and in-person registration is on Saturday, April 16, from 12-4 p.m. at the Connelly School of the Holy Child, 9029 Bradley Blvd, Potomac. Race Day packet pickup and registration will be held from 7:-8 a.m. at Holy Child.

All proceeds from the "Tiger Trot" remain in the Potomac neighborhood — to benefit the Connelly School of the Holy Child Health and Wellness Programs as well as the Cabin John Park Volunteer Fire Department. The fire department provides fire prevention, education and suppression activities and is the primary care provider of emergency medical services, river rescue services and heavy rescue in the area. When a resident requires an ambulance, has a fire in their home or another emergency, the CJPVFD is usually the first on the scene. A team of firefighters will be participating in the run.

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

SunDun is a Mile Marker Gold Sponsor and Criswell Auto.Com is a Pace Car Sponsor.

Following the run/walk, there will be activities for the entire family. Co-chair Aguilar said, "Our participants won't want to miss the post-race party. It'll include a rock climbing wall, an obstacle course, moon bounce, food and a DJ."

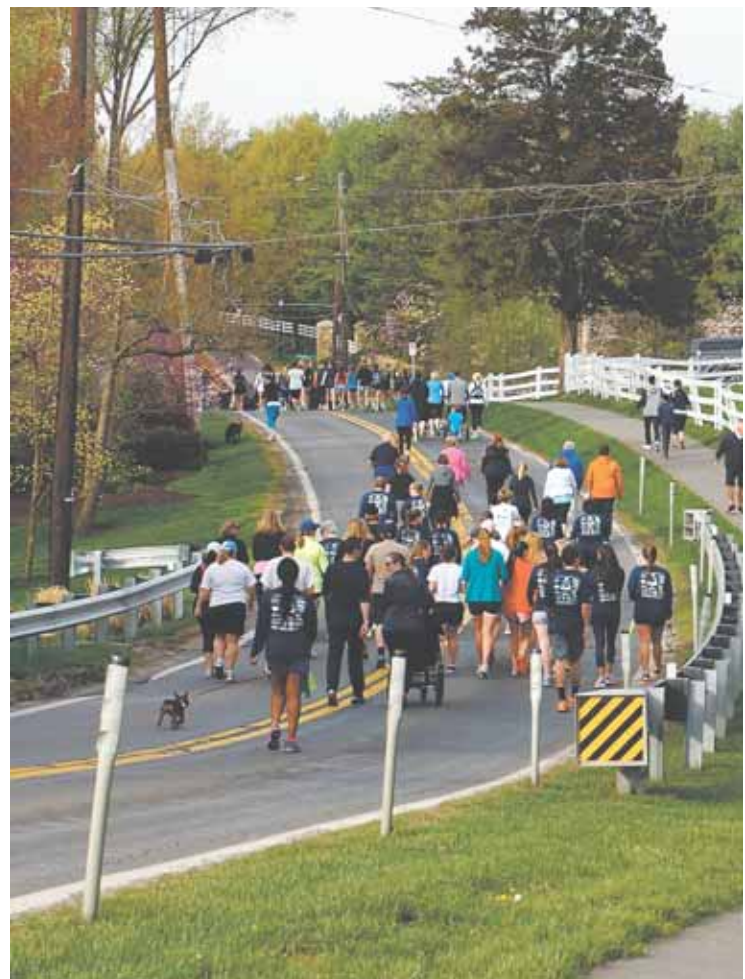


PHOTO CONTRIBUTED

Hundreds of runners and walkers participated in previous "Tiger Trot" events.

## Local Artist To Participate in Sugarloaf Art Festival

Sasha Berman to display fused glass.

BY SUSAN BELFORD  
THE ALMANAC

"Glass is interesting because it moves between liquid and solid stage and can be manipulated into beautiful pieces of art," said Potomac's Sasha Berman. Three years ago, she attended a class at Seattle's Chihuly Museum in glass-blowing and became fascinated with the unique properties and malleability of glass. She spent a year experimenting with an array of methods for working with glass, choosing fused glass as the medium for her bowls and plates.

Berman will exhibit her pieces this coming weekend — April 15, 16 and 17 — at the Sugarloaf Craft Festival in Gaithersburg.

Berman explains how she creates her



decorative plates and bowls: "Each piece is individually designed and constructed in a multi-

step process. The piece starts on the drawing board, after which each piece of glass is cut to the correct size and shape. Many of my larger works have over 200 pieces of glass, all individually hand cut. The glass is then arranged according to the design and placed in the kiln for fusing. For thicker pieces, a third layer of glass is added and the piece is fused again. After the fusing process is complete, the edges are ground and polished and the work is placed back in the kiln for shaping."

Berman recently moved from Princeton,

N.J. to the Potomac area with her husband and two children. She is pleased to have been

accepted into the juried Sugarloaf Craft Festival where 250 artisans will display their pottery, sculpture, glass, jewelry, fashion, home décor, furniture, home accessories, photography and fine art.

To view Sasha Berman's intricate bowls and plates, go to her website [www.sashabermanglassworks.com](http://www.sashabermanglassworks.com). The show will run from 10 a.m.-6 p.m. Friday and Saturday and 10 a.m.-5 p.m. on Sunday. Discounts for entrance to the show are available at [www.sugarloafcrafts.com](http://www.sugarloafcrafts.com).



PHOTOS CONTRIBUTED

Sasha Berman creates fused glass art in her Potomac studio.

# OPINION

## 'I Love My Library Because ...'

To mark Library Lover's Month, Montgomery County patrons were asked to complete a sentence that starts "I love my library because ...". The postcards were then sent to county officials.

To increase participation, the Potomac Friends of the Library offered a drawing. The winner would be able to fill a Friends of the Library book bag at one of the monthly book sales. Because more than 300 postcards were completed, the Friends held two drawings: one for children and one for adults. The adult winners, Byron and Naomi Bloch, were able to come to the April book sale before it officially opened and filled their bag with an assortment of books that included fiction and non-fiction, a coffee table type book on Chicago, and several books for their 3-year-old grandson.

The drawings were random. According to library officials, it would have been difficult to have selected winners based on the comments on the post cards. A sampling of the comments:

- ❖ Nice books, good environment, a lot of activities — kids love this place
- ❖ Great books, great personnel, great used book sales
- ❖ Library and its books are the backbone of democracy
- ❖ It is someplace my daughter and I enjoy coming to together.
- ❖ The personnel is always graciously helpful, pleasant and courteous. Because the build-

ing is sunny and well laid out. Parking is easy, the atmosphere is friendly and cheerful.

- ❖ When my Verizon internet went out for a couple of days, the library was a life line.
- ❖ The fishes
- ❖ My library has every book I could ever dream of. (Child included a drawing of a child sleeping and of a child at the library)
- ❖ It helps you become a great person. Also it takes you places no plane, car or train can take you.
- ❖ I love books and playing in the toy room with the scary fish. (age 3)
- ❖ The library has all my favorite books, the people are very kind, it's nice and cozy, and the library has toys. (age 8)
- ❖ I read my first book here.
- ❖ 1. free books 2. friendly 3. place for the whole family
- ❖ I read many books. I could not afford to buy them all.
- ❖ It offers interesting programs such as Great Decisions for Foreign Policy discussions.
- ❖ It is: A place for reading. A place for meetings. A place to learn much and teach others.
- ❖ I love audio books but they are so expensive to purchase. I especially love the Teaching Co. college lecturers on audio. I visit the library at least twice a week & the staff are really great!
- ❖ It is a place where young and old and in-between can cross paths. It makes a community come together. Yay libraries!



Byron and Naomi Bloch at the Potomac Library's April book sale.

- ❖ When my son, daughter-in-law & 2 children visit for 6 weeks in the summer from China they appreciate the Chinese section of the Potomac library.
- ❖ I love seeing children browsing the shelves, playing with the puppets & seeing adults who read!
- ❖ Love that it is local so that I don't have to go to big cold impersonal Rockville with no parking.

PHOTO BY DEBORAH STEVENS/THE ALMANAC

## Festival Of Colors

Crowds participate in the Holi DC Festival of Colors at the ISKCON (International Society for Krishna Consciousness) Temple at 10310 Oaklyn Drive, Potomac, on Sunday, April 10. The spring festival brings people together to douse friends, family and strangers alike with powdered rainbow colors and to feast on vegetarian food while dancing to the beat of kirtan (yoga music).

PHOTOS BY  
DEBORAH STEVENS  
THE ALMANAC



Irene Ferreira, Andrea Oyarvide, Quique Ferreira, and Curtis Fox enjoy the Holi DC Festival of Colors.



A band performs during the festival.

## POTOMAC ALMANAC

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# Potomac To Gain New Irish Tavern

Lahinch to open  
April 20.

BY COLLEEN HEALY  
THE ALMANAC

Potomac residents will soon find a pot of dining gold at the end of the rainbow with the opening of the new Irish tavern, Lahinch.

Owner Christy Hughes, who also owns The Irish Inn at Glen Echo, decided to open a new restaurant at Cabin John shopping center because “it is a great area and there is no tavern in the complex. I want to bring really good Irish food to Potomac. We will offer lunch, dinner and brunch on Saturday and Sunday. I’ll be joined by my brother Frank Hughes and general manager Barry Nolan and Chef Ted Hughes.”

The tavern is named after a town in County Longford known for its golf course and as the best place in Ireland to surf. The tavern is built with reclaimed wood from barns in the Amish country in Pennsylvania and will be decorated with antiques from area shops.

The menu will feature traditional Irish dishes sourced with local food such as corned beef and cabbage, rack of lamb, shepherd’s pie and fish and chips. On the weekends there will be Irish music.



Back row, from left, are Christy Hughes, Libby Hughes, and Frank Hughes. Front row, from left, are Chef Ted Hughes and Barry Nolan.

Hughes hopes “we will have great clientele that will visit us two or three times a week and that they will know each other and stop by the tables to say hello. I want to have happy customers, a happy staff and a happy place to dine.”

Lahinch will have its grand opening April 20. The tavern is located at 7747 Tuckerman Lane, Potomac in the Cabin John shopping center. For more information go to [www.lahinchtavernandgrill.com](http://www.lahinchtavernandgrill.com) or call 240-499-8922.

## LET'S TALK Real Estate



by Michael Matese

### Selling Your Home in a Slow Market

In today's market, Realtors® and sellers are paying more attention to the importance of “thinking outside the box”. The real estate market of the 21st century is challenging and changing at the pace of technology—in other words, at warp speed! Gone are the days of simply popping a “For Sale” sign in the yard, creating an MLS listing and placing an advertisement in the Sunday papers. Though that’s tradition—and those methods of home sale are certainly still necessary and vital—they’re simply not enough to make your home distinct in the real estate market of today. Savvy Realtors® and sellers know that it takes more—much more—to successfully close on a home and maximize on the home’s worth. Today’s buyer is looking for more than just a place to hang their hat—they’re looking for a property that reflects their lives, their values and their lifestyle. It’s as much about where your grill will be during the summer months and what kind of garden you’ll put in come springtime as it is about having four walls four walls and a roof. Home staging is a perfect jumping-off point. Most buyers can’t imagine themselves in a space while it’s full of the things that make your house a home—so step one in selling, especially in a slow market, is de-cluttering all the spaces and storing all the home decorations that make it look like “yours”. Likewise, keeping the counters clear and the spaces clean and tidy make a world of difference. Next, have a Kodak moment with your house—glossy print magazines, social media and virtual tours are where most home buyers start looking. If they fall in love with a picture of your house, you’ve got a better chance of them making an offer once they see it in person. There’s a number of ways to make the most of a slow market and sell your home for its maximum value—sit down with your Realtor® and start drawing up your plan for success!

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

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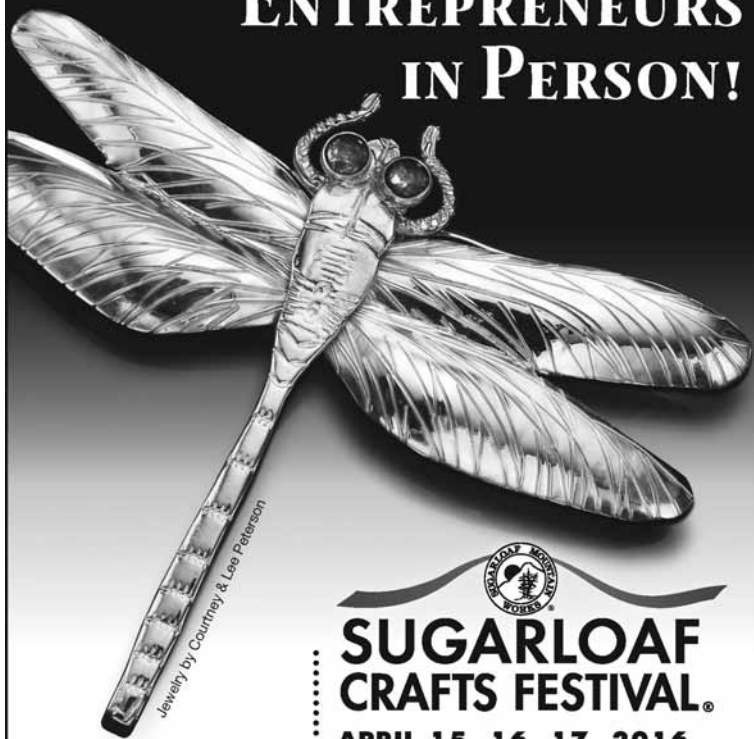
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## ENTERTAINMENT



**Above: "Adjusted," Kathy Byrnes, left: "Across the Canal," Marybeth Paterson**

### 'Broad Strokes' Exhibit Opens April 30

Nancy Arons, Kathy Byrnes, Jennifer Howard, and Marybeth Paterson exhibit work inspired by their adventures painting together, filtered through their individual perspectives. An artists' reception will be held May 1 from 4-7 p.m. at Yellow Barn Studio at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Free. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com) for more.

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### ONGOING

#### 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).

#### Marcella Marsella: "Mosaic Modernities."

Through April 24, gallery hours at VisArts at Rockville, 155 Gibbs St., Rockville. This solo exhibition presents Marcella Marsella's upcycled art and fashion made from snippets of contemporary culture including credit cards, currency, bullets, and discarded objects. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) for more.

#### National Capital Art Glass Guild Exhibit: "See the Light."

Through May 1, gallery hours at VisArts at Rockville, 155 Gibbs St., Rockville. The National Capital Area Glass Guild is comprised of approximately 200 artists who share ideas, learn from each other and educate the community about the glass arts. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) for more.

#### Art Exhibit: "Intimate Landscapes."

Through May 7, 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). **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).

**VisArts Cocktails and Canvas Class.** at VisArts in the Painting & Drawing Studio, 155 Gibbs St., Rockville. Price \$40. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org).

**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. 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.

**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.

### WEDNESDAY/APRIL 13

**Book Talk: Neil Currie.** 7 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Neil Currie, a longtime Potomac resident will discuss his thriller "The Stanstead Incident." Free. Call 240-777-0690.

### THURSDAY/APRIL 14

**Book Talk.** 1 p.m. at Davis Library, 6400 Democracy Blvd., Bethesda.

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

# ENTERTAINMENT

Linda Maria Frank, author of the Lily Kovner Jewish history mysteries, will speak about her latest novel, "The Lost Torah of Shanghai." Frank will frame her talk in the context of the diaspora experience that incorporates the various streams of Jewish life in China – the so-called "real" Chinese Jews of Kaifeng, the Sephardim originally from Iraq, the Russians escaping pogroms and the refugees from Nazi controlled Europe. Free. Call 240-777-0922.

**Program: "How to Stay in Your Home as You Age."** 7-9 p.m. at The Bolger Center's Franklin Building, 9800 Newbridge Drive, Potomac. Real estate broker Eric Stewart offers advice on how to stay in yours home as you age and what to do if you can't. Free, donations accepted. Visit [www.potomaccommunityvillage.org](http://www.potomaccommunityvillage.org) for more.

**Tech N9ne Independent Powerhouse Tour.** 8 p.m. at the Fillmore Silver Spring, 8656 Colesville Road, Silver Spring. The tour features six acts from Strange Music, an independent hip-hop label: Ces Cru, Stevie Stone, iMayday!, Ritz, Krizz Kaliko and Tech N9ne. Tickets are \$25. Visit [www.fillmoresilverpring.com](http://www.fillmoresilverpring.com).

## FRIDAY-SUNDAY/APRIL 15-17

**Sugarloaf Crafts Festival.** 10 a.m.-6 p.m. Friday-Saturday, 10 a.m.-5 p.m. Sunday at Montgomery County Fairgrounds, 16 Chestnut St., Gaithersburg. In addition to shopping, guests may also visit with craftspeople who will explain their processes and show onlookers how they spin copper, throw pottery, and carve wood. Admission is \$8 for adults when purchased online, \$10 at the door, and free for children under 12. Admission is good for all three days. Visit [www.sugarloafcrafter.com](http://www.sugarloafcrafter.com).

**Bethesda Literary Festival.** Various times and locations throughout downtown Bethesda. The 17th annual Bethesda Literary Festival will host an array of local and national authors, journalists and poets, as well as writing contests and poetry contests. Free. Visit [www.bethesda.org](http://www.bethesda.org) for more.

## 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.

**Advice for Adopters.** 11:45 a.m.-1:45 p.m. at Your Dog's Friend Training Center, 12221 Parklawn Drive, Rockville. Learn how to make life with your adopted dog easier. Hear a professional trainer discuss canine training and behavior, helpful pet products, and the many common issues that adopters face. Free. Visit [www.yourdogfriend.org](http://www.yourdogfriend.org) or call 301-983-5913.

**Family Day: Family Trees.** 1-3 p.m. at VisArts at Rockville, 155 Gibbs St. Each family will get a 24 x 36 canvas with a pre-sketched tree. Your family will paint the background and tree, then decorate the branches with leaves, buttons, and family photos. \$50 fee. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) for more.

**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.

## SUNDAY/APRIL 17

**Tiger Trot 5K Run/Walk.** 8:30 a.m. at Connelly School of the Holy Child, 9029 Bradley Blvd. Potomac. Pre-race warm-up by Potomac resident and fitness expert, Christa Aiken and a post-race party for children. Registration is \$35 for ages 11 and older, \$20 for 10 and under. Visit [www.holychild.org](http://www.holychild.org) for more.

**Family Day: Family Trees.** 1-3 p.m. at VisArts at Rockville, 155 Gibbs St. Each family will get a 24 x 36 canvas with a pre-sketched tree. Your family will paint the background and tree, then decorate the branches with leaves, buttons, and family photos. \$50 fee. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) for more.

**Waltz Dance.** 2:45-3:30 p.m. lesson, 3:30-6 p.m. dance at Spanish Ballroom, 7300 MacArthur Blvd., Glen Echo. The ensemble Rosinace plays a mix of folk waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polka. Tickets are \$10. Visit [www.waltztimesdances.org](http://www.waltztimesdances.org) for more.

## MONDAY/APRIL 18

**Lecture: "Sit Down, You're Rockin' the Boat."** 7:30 p.m. at St. James' Episcopal

Church, 11815 Seven Locks Road, Potomac. St. James' Episcopal Church presents Interim Rector Bill Doggett, who had a career in the theater before ordination. Doggett will offer a talk with live music in which he will discuss the interaction between popular culture and religion through the lens of the Broadway Musical. \$10 suggested donation. Call 301-762-8040.

## APRIL 18-24

**Bethesda Row Restaurant Week.** At 4950 Elm St., Bethesda. Bethesda row restaurants offer lunch and dinner specials. Visit [www.bethesdarow.com/events](http://www.bethesdarow.com/events) for more.

## THURSDAY/APRIL 21

**Zero: 2016 Gala.** 6 p.m.-9:30 p.m. at Bethesda North Marriott Hotel & Convention Center, 5701 Marinelli Road, North Bethesda. The Montgomery County Coalition for the Homeless honors Father John Enzler of Catholic Charities for his work with the homeless. Tickets are \$150. Visit [www.mchc.net](http://www.mchc.net) for more.

## APRIL 22-MAY 30

**"The Emperor's Nightingale."** Various times at Adventure Theatre MTC, 7300 MacArthur Blvd., Glen Echo. Adventure Theatre MTC presents The Emperor's Nightingale, a world premiere play directed by Natsu Onoda Power. This project is funded in part by The National Endowment for the Arts and features an all-Asian-American cast, playwright, director, choreographer, lighting designer, costume designer, and Princess Grace Award recipient scenic designer, Hana Sooyeon Kim. Tickets are \$19.50. Visit [www.adventuretheatre-mtc.org](http://www.adventuretheatre-mtc.org) for more.

## SATURDAY/APRIL 23

**Flute and Piano Concert.** 8 p.m. at Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. Washington, D.C. native and principal flutist of the St. Paul Chamber Orchestra, Julia Bogorad-Kogan, returns to the D.C. area to perform with internationally acclaimed pianist Lydia Artymiw, as part of the Washington Conservatory Piano Plus! Concert Series. Free, \$20 suggested donation. Visit [www.washingtonconservatory.org](http://www.washingtonconservatory.org) for more.

## SUNDAY/APRIL 24

**March for Babies.** 9:30 a.m. at Mattie Stepanek Park, 1800 Piccard Drive, Rockville. Walk three miles to benefit community children. Registration is free. Visit [www.marchofdimes.org/marylandmetrodc](http://www.marchofdimes.org/marylandmetrodc).

**Paws in the Park.** 12-4 p.m. at Bohrer Park at Summit Hill Farm, 506 S. Frederick Ave., Gaithersburg. Raise funds for the Montgomery County Humane Society by participating in contests for dogs and people, a 1K walk, and more. Registration is \$20-45 in advance, \$25-\$55 at the event. Visit [www.mchumane.org](http://www.mchumane.org).

**National Capital Art Glass Guild Artist Talk and Demonstrate: "See the Light."** 2 p.m. at VisArts at Rockville, 155 Gibbs St., Rockville. The National Capital Area Glass Guild is comprised of approximately 200 artists primarily from the Washington, D.C. metropolitan region who share ideas, learn from each other and educate the community about the glass arts. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) for more.

## FRIDAY/APRIL 29

**Heartsongs Luncheon.** 11 a.m.-1:15 p.m. at Bethesda Marriott Conference Center, 5701 Marinelli Road, North Bethesda. Children's National Health System honors and recognizes nurses and survivors. Tickets are \$100. Visit [www.heartsongsfund.org](http://www.heartsongsfund.org) for more.



**Movie Screening: "The Martian."** 7-9 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. Watch the film starring Matt Damon. Tickets are \$5, adults only. Register in person at the center or at [ActiveMontgomery.org](http://ActiveMontgomery.org) under course #17744.

## SATURDAY/APRIL 30

**Gardening Expo.** 10 a.m.-2 p.m. at the Silver Spring Civic Building, 1 Veterans Plaza, Silver Spring. Find information on how to make the most of gardening. Also find activities for children. Free. Visit [www.extension.umd.edu/mg/locations/montgomerycounty-master-gardeners](http://www.extension.umd.edu/mg/locations/montgomerycounty-master-gardeners).

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## NEWS BRIEFS

### Early Primary Voting

Early voting begins this week in the Republican and Democratic primary elections to choose each party's candidates who will appear on the ballot in April. Voters who are not affiliated with one of the major political parties may only cast a ballot in some nonpartisan contests.

Montgomery County's Election Director, Margaret Jurgensen, encourages all registered voters to cast a ballot and has some suggestions for steps that to take to help the voting process go smoothly and protect one's right to vote.

Whether choosing to vote during Early Voting that begins April 14 and ends on, April 21, or at the polls on Tuesday, April 26, Jurgensen provides six suggestions for voters:

- ❖ Bring a sample ballot to the polling place.
- ❖ Be on time and avoid peak hours if possible. Early voting hours are 10 a.m. to 8 p.m. and voting hours on Election Day are 7 a.m. to 8 p.m.
- ❖ If voting on Election Day, know one's assigned polling place.
- ❖ If voting early, check the wait time before leaving home or the office. Wait times at each of the ten Early Voting Centers in Montgomery County are updated in real time at [www.montgomerycountymd.gov/elections/index2.html](http://www.montgomerycountymd.gov/elections/index2.html).
- ❖ ID may be required. First-time voters in Montgomery County may be required to show proper identification such as a Maryland driver's license or official document including name and address.
- ❖ If need help, ask. Election officials are trained to answer questions about the voting process and assist voters with physical disabilities. The ballot is available in both English and Spanish. Voters may

also bring their own interpreter to the polling place to help with the voting process.

For more information, call 240-777-VOTE, visit [www.777vote.org](http://www.777vote.org).

### Potomac Community Village Hosts Gathering

Potomac Community Village (PCV), with a mission of empowering older Potomac residents to age in place in their existing homes, strengthen existing social connections and build new ones, is hosting a New and Prospective Member Get-Together Monday, May 9, 3 p.m., at a private home on Chapel Road, Potomac.

The event will offer an opportunity for those who want to know more about PCV, have been thinking about joining or for members who want to introduce friends to the local non-profit to chat over coffee, tea and other goodies. For questions, directions, and to RSVP by Thursday, May 5 call 240-221-1370 or [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org).

See [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org) or [www.facebook.com/PotomacCommunityVillage](https://www.facebook.com/PotomacCommunityVillage).

### Chat with Leggett

Montgomery County Executive Ike Leggett will hold a "virtual" town hall meeting Wednesday, April 20, 2-3 p.m. County residents may submit questions to the County Executive before and during the chat at [www6.montgomerycountymd.gov/apps/News/Discussion/PIOQuestion.asp?schedID=66&type=2](http://www6.montgomerycountymd.gov/apps/News/Discussion/PIOQuestion.asp?schedID=66&type=2).

Questions and answers will be posted both during and after the chat.

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# A House Expanded A cramped, dated home is transformed into a spacious, modern abode.

**W**hen the owners of a Bethesda home realized that they'd outgrown their one-story, mid-20th century abode, they decided to remodel and expand rather than relocate. A family-friendly neighborhood and high-performing schools were two of the reasons they wanted to stay.

"Their main wish was to have as much storage as possible," said Justin Wigfield, project manager, Glickman Design Build in North Potomac.

The remodeling project included a renovation of the entire basement and first floor as well as a redesign of the home's exterior. The first floor is now an open, free-flowing space that includes a kitchen with a walk-in pantry and breakfast area. The main floor also holds a guest suite, mudroom and screened-in porch.

Adding a second floor gave the family an additional 2,000 square feet of space and includes the master suite, children's bedrooms and a laundry room. The remodeled basement now holds a gym, a game room, a bathroom and ample storage.



The kitchen of this newly remodeled Bethesda home includes a walk-in pantry, breakfast area, Caesarstone counter tops and a Kohler vault apron front sink.

— MARILYN CAMPBELL

## 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. Deadline is Thursday at noon, at least two weeks before event.

### JACKETS WANTED

**Fleeces or Hoodies.** Spring is here, but nights are still cold. If you have clean, gently used fleeces or hoodies suitable for men, especially in large sizes, Bethesda Cares requests that you bring them by its office at 7728 Woodmont Avenue (adjacent to the entrance of the Woodmont parking garage). Tax receipts given for donations. Visit [bethesdacares.org](http://bethesdacares.org) or call 301-907-9244.

### 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.

### STARTING APRIL 18

#### Residential Street Sweeping.

Montgomery County's residential roadways will get a spring cleaning with the launch of the annual street sweeping program on about 4,000 of the County's more than 5,000 curb miles of roads. Brightly colored signs

are posted in neighborhoods a few days before street sweeping begins. Residents are urged to find alternative parking while their streets are cleaned. Information about the street sweeping program is available on MC311's website or by calling the Customer Service Line from 7 a.m. to 7 p.m. by dialing 311 from within the County.

### MONDAY/MAY 9

#### Prospective Member Get-Together.

3 p.m. at a private home on Chapel Road, Potomac. Potomac Community Village, with a mission of empowering older Potomac residents to age in place, offers prospective members opportunity to chat over coffee, tea, other goodies. Directions, location with RSVP, by Thursday, May 5. Free. Email [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org), call 240-221-1370 or visit

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

### THROUGH MAY 27

**Kindergarten orientation** sessions will take place through May 27 for children entering kindergarten in the 2016-2017 school year. During orientation, parents and students will meet the school principal, kindergarten teachers and other staff members. Parents will have an opportunity to ask questions about the school's procedures and programs; enroll students for next school year and complete important forms. Children who will be 5 years old on or before Sept. 1, 2016, can be enrolled in kindergarten. For more information about the kindergarten program and orientation sessions, parents can call their home school or 301-230-0676. Visit [www.montgomeryschoolsmd.org](http://www.montgomeryschoolsmd.org) for more.

## Creating a Lifelong Home



Many of us love the idea of staying in our homes as we age. But what does this really mean? A few simple updates can make a big difference in the comfort and safety of our homes as we get older. And they can often be great for resale purposes as well.

**First Floor Master Suite.** A first floor master suite provides single floor living with a bedroom, bathroom, living room and kitchen all on one floor.

**Elevator Rough-In.** If you are planning on adding space to your home now, think about incorporating a rough-in for an elevator. It's much easier to do as you are building than to add later.

**Bathroom and Kitchen Features.** Incorporating a curbless shower or grab bars in the bathroom or roll out drawers in the kitchen are great features to consider. Not only will they potentially be helpful down the road, but are nice to have at any age.




Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications. Visit [GlickmanDesignBuild.com](http://GlickmanDesignBuild.com) or call 301.444.4663 to learn more.

PHOTO BY JOHN COLE

**Planning for what to do as you grow older?**

Join us on Thursday, April 14, 7 p.m. for  
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FREE. Bolger Center, 9600 Newbridge Drive, Potomac

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## Wading is the Hardest Part



By KENNETH B. LOURIE

And so it begins, the storm after the calm. Ten weeks or so of relative peace – and some quiet, since my last diagnostic scan. But now, five days ahead of my next scan, scheduled for April 13, I am emotionally behind. Why (aside from the obvious)? Because even though the scan will occur this Wednesday, I/we won't know the results until the following Thursday, April 21, eight days later, when we see the oncologist for a face-to-face appointment. Eight days of waiting, eight days of talking yourself in and out scenarios both good and bad, eight days of dealing with the devil – and hopefully not coming to any agreement; and finally, eight days of rationalizing your prior behavior, justifying your current behavior and wondering whether any future behavior will reflect the past, present or territory as yet uncharted.

And of course, it's the "territory as yet uncharted" (I don't have to explain what I mean, do I?) that worries and scares me the most. Not having been down this road before makes anticipating one's behavior-to-be/reaction challenging. Oh, I suppose if I thought about it long enough I could develop some sort of action plan. But it's thinking about such a negative eventuality that seems and feels counterproductive. It's almost as if my thinking about such realities can somehow contribute to their actual occurrence, so, if I don't think about it, it won't happen. How's that for intelligent thinking? If I don't then it won't. If only it were that simple.

As the old saying goes: "Denial is more than just a river in Egypt." For a person originally characterized as "terminal" – in February, 2009, with stage IV, non-small cell lung cancer, now living into my eighth year post-diagnosis, life is a bit of a double-edged sword – that cuts both ways: it's a miracle that I'm still alive and given the amazing set of totally unexpected circumstances, it's equally perplexing why I've survived this long. Moreover, how is it possible that I've beaten my original life-expectancy odds so soundly? I mean: am I further from the beginning or closer to the end? Presumably, I was given a "13-month to two-year" prognosis for a reason. Do I simply ignore the underlying facts which led my oncologist to make that statement/prediction? I can't, and that's always my problem during the final few weeks leading up to my quarterly scan and the subsequent follow-up appointment with my oncologist. This can't go on forever, can it?

As much as I'd like to blur my reality, my nature prevents me from doing so. And though I may not dwell on it or allow it to dominate my conversation or become depressed or morose about any of it, I do acknowledge its affect; mostly with humor and off-putting redirection. Figuratively speaking, how does one live with both the weight of the world on your shoulders and the sword of Damocles hanging over your head without ignoring certain facts and figures and making light somehow of an extremely heavy burden?

Generally, I can manage, as you regular readers know. And as friends and family will attest, when there are fissures in my emotional underpinnings, it is during this two-week period – which occurs every 13 weeks, leading up to and then waiting for scan results when I am the most uncomfortable. And though it is all very familiar to me – after seven-plus years, it still doesn't totally minimize my reaction. Let's be honest: my life is at stake here, so how can I possibly act normally? Soon I'll know, but not soon enough. Unfortunately, there's nothing I can do about it in the interim. I just have to wait. Hopefully, the results will be worth the wait.

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

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

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# From Potomac to the Frozen Four

## Sam Anas named to AHCA/CCM Hockey Men's Division I All-American First Team.

BY WARREN KOZIRESKI  
FOR THE ALMANAC

**A**s the top-seed in this year's Division I college hockey's Frozen Four being held in Tampa, Quinnipiac University is using the home team Lightning's expansive locker room. It made quite an impression on Potomac native Sam Anas.

"It's definitely one of the nicest locker rooms I've ever been in," Anas said. "Just to be in the locker room, have your gear in there and see your nameplate above the stall and just think about the players who are usually in there on a daily basis is pretty cool."

Anas played a major part in Quinnipiac's success during their Cleary Cup Championship season and national number one ranking in 2015-16. He was a First Team All-League selection in the ECAC and entered the Frozen Four championship game leading the team with 24 goals and points with 50.

Just this week he was named to the AHCA/CCM Hockey Men's Division I All-American First Team as one of three forwards in the East.

The junior graduated from Landon Prep in Bethesda where he was an All-Metro Player of the Year after leading them to the Mid-Atlantic Prep Hockey League title. From there he spent two years playing junior hockey for the Youngstown Phantoms where he totaled 54 goals and 43 assists for 97 points in 115 career games.

He stands fifth among ECAC active career leaders in total points, second in goals and first in power play goals.

And he is more than proud to be one of the few hockey players who have come from the Potomac region.

"There are lot of rinks in the area, so it's just getting people to play. The toughest part is people from the area tend to leave and go to prep school or leave early to go to juniors. I was fortunate enough to stay and graduate from my high school.

"That really meant a lot to me — my uncle went there and I was there from third to



Sam Anas plays for Quinnipiac University.

12th grade, so it's really a special place for me and those are still my best friends back home. And it was awesome that I was able to also play travel hockey there.

"I was actually a late-bloomer and Quinnipiac was actually the first Division I school that I talked to and the only one, so it was obviously a good fit for me and I'm glad it's worked out the way it has.

"It's been the perfect fit for me and I couldn't have asked for anything more.

"It's cool to see a pathway (from the region) being carved by a couple of guys including myself, so it feels good that maybe some more guys can make it in the future."

Anas has been invited in each of the last three seasons to the NHL summer Prospect camp for Montreal, the New York Islanders and Washington Capitals.

"Sam is from a small town in Maryland and it's cool to see that," teammate and classmate K.J. Tiefenwerth said. "He's slowly made an impact on college hockey and I'm sure he's an inspiration to everybody in the state and I'm sure he's a hero at Landon and he deserves to be.

"It's cool when you go to a rink and kids in the area know who you are, they message you on social media or you go to help out at a hockey camp locally. They're looking up to you because I remember when I

was that age when a Division I player came you looked at him like he was the next-best thing.

"To follow in those footsteps and leave a little trail behind is cool."

Anas suffered an injury last season in the NCAA West Regional loss to North Dakota and history has repeated itself this year.

During the ECAC playoffs he suffered an undisclosed injury after being hit from behind by Harvard's Luke Esposito and he was an extra forward in the NCAA Regionals round the following weekend.

In the Frozen Four semi-finals, Anas saw only 3-5 shifts per period as the Bobcats coaching staff limited his ice-time.

"For me personally I tried to do everything on the ice that I could. I knew that if I was going to be out there I couldn't have any excuses. If I need to make a play I make a play and if something hurts I push through it.

"For the team I think the biggest thing was to keep my voice on the bench. We're always talking and, if you're not playing, you can find yourself a little less into the game so I did my best to keep the boys going."

Now Quinnipiac is one step from the national championship they so covet with North Dakota again standing in their way.

"I think we've had a belief the whole year and obviously we had a great (unbeaten in their first 17 games) start," Anas said. "And the thing that I think was most important for us, we didn't focus on the big picture. We just focused on what was right ahead of us. We focused on playing the best we can play and playing Quinnipiac hockey. We knew if we did that each game, that good results would come our way."

## SPORTS BRIEFS



PHOTO BY HARVEY LEVINE

Spencer Knife, seen last season, and the Churchill boys' lacrosse team are off to a 6-0 start.

## Churchill Boys' Lax To Face WJ, Whitman

The Churchill boys' lacrosse team will travel to face Walter Johnson at 7:15 p.m. on Wednesday, April 13 and will host Whitman at 7:15 p.m. on Friday, April 15.

The Bulldogs improved to 6-0 on Monday with an 18-2 win over Bethesda-Chevy Chase. Churchill has outscored its Montgomery County competition 54-7 in three games.

The Bulldogs' toughest in-county public school competition will likely come on April 21, when Churchill hosts rival Wootton.

## Wootton Boys' Lax Wins Third Straight

The Wootton boys' lacrosse team defeated Walter Johnson 12-8 on Saturday, improving its record to 4-2 and extending its win streak to three games.

The Patriots are 3-0 against Montgomery County competition, outscoring opponents 46-11.

Wootton will travel to face Whitman at 7:15 p.m. on Wednesday, April 13.

## Whitman Baseball Suffers First Loss

The Whitman baseball team lost at Walter Johnson, 5-4, in eight innings on April 7, dropping the Vikings' record to 4-1.

Whitman scored a run in the top of the seventh to force extra innings, but lost in the following frame.

Starting pitcher Max Palermo went five innings. He allowed three runs — two earned — and five hits while walking one and striking out three. Reliever Tyler Hwang suffered the loss, allowing one earned run and one hit in 1 1/3 innings.

Eric Wayman, Danny Mills, Tyler Demartino and Hwang each had two hits for the Vikings. Noah Clement went 1-for-4 with a double and two RBIs.

Mills and Demartino each had one RBI.

Whitman is scheduled to host Paint Branch at 7 p.m. on Thursday, April 14. The Vikings will play two games at home on Saturday, April 16. Whitman will face Churchill at 1:30 p.m. and Northwood at 6:30 p.m.

POTOMAC ALMANAC ♦ APRIL 13-19, 2016 ♦ 11



Sam Anas



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