

# Potomac ALMANAC

At the ribbon-cutting ceremony for the Potomac Adaptive Sports Court are Montgomery County Recreation Director Gabe Albornoz, Chairman of Friends of Potomac Community Center Henry Leung, Xaiver Smalls, Mary Cassell, and County Council President Nancy Floreen.

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PHOTO BY DEBORAH STEVENS/THE ALMANAC

APRIL 27 - MAY 3, 2016

ONLINE AT POTOMACALMANAC.COM

# Potomac Village Deli Opens in the Kentlands

**Authentic Jewish-style deli returns but in new site.**

BY SUSAN BELFORD  
THE ALMANAC

“We’re back,” said Potomac Village Deli owner Adam Greenberg. The much loved, sorely-missed deli is not returning to the village of Potomac — but one can drive just 10 miles north to the Kentland’s Market Square to dine on homemade bagels, breakfasts (served all day), deli sandwiches, New York Cheesecake — and all of the other food the Potomac Village Deli has served since 1975.

“The new Potomac Village Deli is an authentic Jewish-style deli, unlike any in our area. No one opens up a real deli anymore because it is so incredibly work intensive,” Greenberg said. “Everything is made from scratch — the bagels, brisket, corned beef, cheesecakes; only the fish and pickles come from New York City. There used to be 1,500 delis across the country and there are now only 150 true delis. Even New York City has lost most of their famous delis. But Sam Lerner (known as the “Deli-Man”) and I are bringing a piece of Times Square to Kentland’s Square.”

Potomac Village Deli closed its longtime Potomac location in 2006 leaving Potomac Village without a

restaurant to satisfy cravings for traditional Jewish-style fare such as matzo-ball soup, knishes, hot pas-trami, thinly-sliced corned beef, roast beef and turkey sandwiches served with a kosher pickle, slaw or potato salad.

Greenberg said the deli also bakes fresh bagels daily, using specially filtered water from one of Greenberg’s other businesses — Bagels ‘N Grinds — a bagel shop in Hanover, Md. The bagel shop uses a \$50,000 filtration system designed to emulate New York City water by purifying water then adding certain minerals that aid in the baking process. “My belief is that one of the reasons New York bagels are so good is because of the mineral content in the water that comes down through the Catskills. And we have a variety of cream cheese selections,” said Greenberg.

The “new” Potomac Village Deli will seat 70. The restaurant is open 365 days a year and will soon feature an outdoor patio for even more guests. The restaurant also runs an extensive catering business.

The deli also will feature pizza and calzones after 4 p.m. and the Traville Potomac Pizza location will continue to deliver to homes in the area. Its catering business will continue.

Potomac Village Deli is located at 625 Center Point Way, Gaithersburg. Call 301-299-5770. For more information, go to [www.potomacvillagedeli.com](http://www.potomacvillagedeli.com).

**At the newly opened Potomac Village Deli in the Kentlands are owner Adam Greenberg (right) and his partner Sam Lerner.**



PHOTO BY DEBORAH STEVENS/THE ALMANAC

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At the ribbon-cutting ceremony are Allen Cohen, Potomac Community Center Advisory Board; Henry Leung, chairman of Friends of Potomac Community Center, Nancy Floreen, County Council president; Sidney Katz, Councilmember, District 3; and Gabe Alborno, director of Montgomery County Recreation Department.



Mary Cassell (left) with Pam Yerg, area director for Special Olympics, state representative for MSI Top Soccer, and on the board of Friends of Potomac Recreation Center, Inc.

PHOTOS BY DEBORAH STEVENS/THE ALMANAC

## Play for All Community gathers to dedicate Potomac Adaptive Sports Court.

The transformation was officially recognized on Sunday, April 24. A former unused roller hockey rink at the Potomac Community Center has become the Potomac Adaptive Sports Court.

Montgomery County Recreation Director Gabe Alborno joined Council President Nancy Floreen and Vice President Roger Berliner at the dedication and ribbon-cutting ceremony for the Potomac Adaptive Sports Court at 11315 Falls Road.

“Adaptive sports programs help individuals to gain confidence, have fun, and make an impact on their lives,” said Alborno in a statement. “We are proud of the addition of an adaptive sports court to serve individuals with disabilities in the county.”

Construction on the Sports Court — a former unused roller hockey rink — was completed in late 2015 and cost approximately \$250,000. The 75-by-180 foot rink is now a multipurpose court that can support recreational services for individuals

with disabilities. A variety of sports activities, most adapted for the population, will be offered at this location. Other provider groups such as Special Olympics, Wounded Warriors, Potomac Community Resources and Kids Enjoy Exercise Now (KEEN) may apply for a permit to use the facility for their adapted programs.

“This adaptive sports court is a terrific example of what we can do when residents and government come together in a collaborative and inclusive way,” said Floreen.

“What a great addition to our county.”

The Department of Recreation was approached in 2014 to undertake this project by the community-based Friends of Potomac Recreation Center, Inc., along with representatives from a variety of groups supporting individuals with disabilities, among them Special Olympics, Potomac Community Resources and Wounded Warriors. Friends of Potomac Recreation Center, Inc. contributed \$25,000 towards the cost of the project.

## ‘Sam’s Backyard Carnival’ Benefits Colon Cancer Alliance

### Joining in a mom’s cancer battle.

BY SUSAN BELFORD  
THE ALMANAC

Seventh-grader Sam Benaim didn’t know a lot about colon cancer until his mom, Michelle was diagnosed with Stage 4 colon cancer. Life as the family had previously known it totally changed to focus on supporting Michelle Benaim in her fight.

“The good news is that after surgery, a long hospitalization and 12 rounds of chemo, I am on the road to recovery,” Michelle Benaim said.

After pondering how he could truly help his mom, Sam came up with the idea of holding an Afterschool Carnival at their Potomac home to raise funds for The Colon Cancer Alliance (CCA). “My mom was diagnosed with colon cancer in August. It has been hard since my mom has been in chemo — mainly because she does everything for

me and my brother and sister. I have seen my mom chair carnivals and festivals all my life and I wanted to be able to do something that is fun for my Bar Mitzvah charity project,” Sam said. “I am lucky my uncle Bob Sickels owns Kids After Hours and is

SEE SAM’S BACKYARD, PAGE 5

**From left are Regan Honeycutt of Colon Cancer Alliance, Nicole Sheehan of Colon Cancer Alliance, Tammy Sickels (Sam’s aunt), Michelle Benaim (Sam’s mom), Sam Benaim, Michael Sapienza (CEO, Colon Cancer Alliance), Avi Benaim (Sam’s dad). In front is Pamela Sorensen, founder of Pamela’s Punch and Colon Cancer Alliance board member) with her dog Frasier Simone.**



PHOTO CONTRIBUTED

## BULLETIN BOARD

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Rsvp please by Thursday, May 5

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www.PotomacCommunityVillage.org

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.

#### SOBER-RIDE FOR CINCO DE MAYO

**Free Cab Rides.** Thursday, May 5, 4 p.m. through Friday, May 6, 4 a.m. Area residents, 21 and older, celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI (8294) and receive a free (up to a \$30 fare) safe way home. AT&T wireless customers can dial #WRAP for the same service. Visit [www.soberride.com](http://www.soberride.com).

#### MEMBERSHIP DEAL

**Potomac Community Village** offers a new membership policy. Anyone who joins after April 14 will have their new membership carry over to PCV's next membership year, which starts July 1, and ends June 20, 2017. Thus the 12-month membership period becomes one of 14-plus months, at no additional cost. Anyone wishing to learn more or to join PCV using this special program may submit a membership form at [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org), or contact PCV at 240-221-1370 or [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org).

#### THURSDAY/APRIL 28

**Divorce Seminar for Women.** 7-9 p.m. at the Rockville Memorial Library, 21 Maryland Ave., Rockville. The Montgomery County Commission for Women is holding a seminar, led by local attorneys, on the legal ins and outs of separation and divorce in Maryland. \$10. To register or for more information, see [www.montgomerycountymd.gov/cfw/calendar.html](http://www.montgomerycountymd.gov/cfw/calendar.html).

#### FRIDAY/APRIL 29

**Lunch-and-Learn.** Noon-1 p.m. at the

SEE BULLETIN BOARD, PAGE 5

## LET'S TALK Real Estate



by Michael Matese

### Seven Tips to Buying a House

#### • Choose the Right Realtor®

As a buyer, typically you don't pay the real estate commission, the seller does. But a Realtor® with experience and knowledge will cost you less than someone who's just starting out in the business. A top producer's business is built on repeat clientele, people who've worked with them before and knows that the Realtor® knows what they're doing. Your Realtor® is your financial advisor for what will most likely be the largest transaction of your life. Make sure you choose wisely.

#### • Location

Location, location, location! The saying holds true and always will. You can re-model, re-design and landscape, but you can't change the location. Where you buy a home is just as important as the home itself, if you've got appreciation of value in mind.

#### • Home Inspections

A home inspection is the best investment you can make because it can save you, quite literally, thousands of dollars! A licensed home inspector will check structural, mechanical, electrical, plumbing and heating as well as a/c systems to check for defects the home owner may not be aware of and can help you make a decision on whether to close or not.

#### • Your Lender and Your Loan

Choose your lender wisely; make sure the loan program you apply for is appropriate for your needs and long-term goals. For example, if you know you're going to be in the home for less than five years before you move, why pay closing fees up front? Often, you can save money by raising the interest rate you pay by half a percent. Your monthly payment may be higher, but over time, this choice is more financially sound. A good lender will take the time to find the loan that's best for you.

#### • Your Own Agent

Always have your own agent in a transaction. New constructions are no exception. It costs you nothing and a good agent will save you money on loan fees and represent your interests.

#### • Buy a Home You Can Afford

Using a lender's guidelines, decide how much house you can afford. You want to get the most house for your money, but don't want to overextend yourself either. Be careful: a forced sale almost always guarantees a loss.

#### • Buy a Home You Like

You'll be living in your home—not your relatives! No matter how well intentioned friends and family members are, no one but you should be deciding on which home you choose to buy. You're the final word.

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MONTGOMERY COUNTY **Recreation** POTOMAC **ALMANAC**

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA). Please contact a Therapeutic Recreation Specialist at 240-777-6870 or [rec.mainstream@montgomerycountymd.gov](mailto:rec.mainstream@montgomerycountymd.gov) to request accommodations.

# 'Sam's Backyard Carnival'

FROM PAGE 3

an expert at carnivals. I decided that something simple in our yard would be fun and Colon Cancer was an obvious choice for my charity."

Sam enlisted the help of his brother and sister, Alex and Sophia, and the three went into action, inviting their friends from Bullis, Hoover, Churchill and Potomac Elementary, putting up posters at Bullis and Potomac Elementary, sending out flyers, and posting on Facebook, Snapchat and Instagram — inviting all their friends and neighbors to the event.

Almost 300 neighbors, friends, teachers, school staff and even some of Michelle Benaim's friends from her high school years at Churchill High School came together on April 15 to volunteer and support the cause. "Through the donations of very generous friends, the sale of food and a raffle — we raised more than \$15,000 for research to cure colon cancer," Michelle Benaim said.

## BULLETIN BOARD

FROM PAGE 4

offices of Lerch, Early and Brewer, 3 Bethesda Metro, Suite 460, Bethesda. Montgomery Housing Partnership (MHP) is holding a lunch-and-learn in Bethesda. During this free event, attendees will learn how MHP helps low- and moderate-income families in Montgomery County. RSVP to jaimee@mhpartners.org.

Michael Sapienza CEO of CCA; Regan Honeycutt, CCA director of Individual Giving; Nicole Sheehan, CCA vice president of Development and Pamela Sorensen, founder of Pamela's Punch and CCA board member also attended.

Kids After Hours filled the yard with a multitude of inflatable activities including moon bounces, a giant slide, a jostling ring and an obstacle course. One of the most popular activities was the high climbing wall.

Adam Greenberg of Potomac Pizza donated pizza for the event and Sophia made cupcakes. Michelle Benaim's husband's company ABE Network donated a 50-inch television for a raffle prize.

"My friends all helped with food sales and raffle ticket sales. I am lucky to have such great friends who signed up right away when I asked," Michelle Benaim said.

The Benaim family also collected child-safe art supplies and art projects for The Children's Inn at NIH.

## SATURDAY-SUNDAY/APRIL 30-MAY 1

**Multi-family Yard Sale.** 8 a.m.-2 p.m. near Falls Road and W. Kersey, in Potomac. Furniture, housewares, children's items, clothing, and more.

SEE BULLETIN BOARD, PAGE 11



Judy and Tim Cole were on their way to vote on Tuesday morning, April 26.



Margaret Cotter and Bob Kanchuger just voted at the River Falls Clubhouse.



## Primary Elections

Signs line the way to the polls for the Republican and Democratic primary elections at the River Falls Clubhouse.

PHOTOS BY  
DEBORAH STEVENS  
THE ALMANNAC

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PHOTOS BY DONALD M. SWEIG/THE ALMANAC

**Bright orange, male Baltimore orioles nest in and are often easy to see in both National Parks at Great Falls.**

**Bright blue Indigo buntings can be seen in both National Parks at Great Falls.**

# Colorful Spring Birds at Great Falls

**How to get out and enjoy spring beauties.**

BY DONALD M. SWEIG  
THE ALMANAC

**T**he wooded areas in both of the two national parks at the Great Falls of the Potomac provide ample and often easy opportunities to see and enjoy the colorful plumage and exuberant songs of the returning Spring migrant birds. Many species of birds breed in the lush woodlands along the Potomac. In addition to the local breeders such as cardinals, titmice, chickadees, and woodpeckers, the woods at Great Falls host returning orioles, tanagers, cuckoos, warblers, flycatchers, robins and more.

On the Maryland side, the Chesapeake and Ohio Canal National Historical Park, and in Virginia the Great Falls National Park offer easy access to seeing and enjoying these avian nesters. (There is an entrance fee for both parks.) If you have binoculars, be sure to take them along when looking for the birds.

In both parks there are numerous, colorful, nesting Baltimore orioles. Look for the male's bright-orange bodies, with black heads and wings. Listen for their lyrical song particularly in the sycamores along the river. On the Maryland side, they often nest in the sycamores in front of the restroom area, and in the trees between the towpath and the river. A good time to see them there is to go in the late afternoon, when the sun is shining from the west, cross the little foot-bridge to the canal towpath, turn right and walk about 50-75 feet, and look back at the trees on the other side of the canal. One may also see them frequently flying back and forth across the canal.

**ON THE VIRGINIA SIDE**, drive to the end of the second large parking lot in the park. The Baltimore orioles often nest in the trees around the parking lots and fly back and forth. Also, try taking the little entrance



**Orchard orioles, slightly smaller and less bright than the Baltimore orioles, are common nesters in both Great Falls National Parks.**

trail over to the River Trail, and walk left upriver; orioles nest in those trees. On both sides of the river, you will also find the slightly smaller Orchard Oriole with his rufous/chestnut colored body, black wings and hood, nesting in the same areas. Listen for his brighter, more rapid song.

On both sides, and in the same areas, one may also hear the louder and somewhat longer song of the warbling Vireo. These light-brownish little birds, with a white stripe above the eye, are often hard to see, especially when there are leaves on the trees. There are also nesting red-eyed Vireos, yellow-throated Vireos, and, occasionally, white-eyed Vireos nesting in both parks.

If you are lucky, you might also see a stunningly bright red bird with black wings, usually high in the trees. This is a male scarlet Tanager. Scarlet Tanagers have a call much like a robin's, but with a kind of raspy, hoarse tone, like it has sore throat. On the Virginia side, Tanagers often nest and sing/call along the Carriage Trail. On the Maryland side, you might see them in the trees around the parking lot or in front of the

restrooms.

Look also for the colorful, bright-blue indigo buntings. On the Virginia side they are easiest seen at the upriver end of the River Trail, just before the dam, or at the other end of the park, in the old quarry.

In Maryland, you can look for them in the trees in and around the parking lot in front of the rest rooms, and up and down the canal towpath. (A special treat on the Maryland side, in late May and early June, look for both orioles and for indigo buntings eating the berries of the serviceberry plants in the public area. Don't get too close, you'll scare them off.)

An additional treat, although much harder to find, are the numerous yellow-billed cuckoos, that nest in both parks. Cuckoos have white fronts, brown heads and backs, and long tails with spots on the bottom side. They tend to sit upright in the trees. Their call is a subdued, dry, sort of "cluck cluck." On the Virginia side look for them in the trees and flying back-and-forth across the final parking lot, and along the River Trail, in that area. On the Maryland side, look for them in the parking lot area

## Sunday Morning Bird Walk

If you want some help, or companionship, finding the birds, there is a free bird walk at 8 a.m. every Sunday morning in the Great Falls National Park on the Virginia side. Meet in the very front part of the first parking lot or by the visitor center.

and anywhere up and down the canal towpath.

The public areas of both parks also feature numerous great-crowned flycatchers in the trees. Look for their yellow bellies, dark brown heads, and lighter brown tails. They have a noisy and distinctive call.

Several species of returning wood warblers nest in one or both parks: Louisiana Waterthrushes nest in both parks; you might also find Prothonotary warbler, worm-eating warbler, or yellow-throated warbler. During migration (late April to late May), many more species of colorful warblers pass through enroute to the north.

Conn Island, in the middle of the river just above the dam, has a large colony of nesting great-blue herons, and double-crested cormorants. You will see both birds flying in and out of the nesting areas there. If you walk up the River Trail on the Maryland side, you can get a good look at these nesting birds, and, as always at Great Falls, keep your eye in the sky because you're likely to see a bald eagle or two.

**THE NESTING SONGBIRDS** are best seen in May and very early June, and as always, early in the morning or in the very late afternoon. If you want some help, or companionship, finding the birds, there is a free bird walk at 8 a.m. every Sunday morning in the Great Falls National Park on the Virginia side. It meets in the very front part of the first parking lot or by the visitor center.

For a quick reference as to what birds look and sound like, go to <https://www.allaboutbirds.org/guide/search> (it's The Cornell University department of ornithology.) Put the name of the bird that you're looking for in the little search window at the top and that you should get a picture of that bird, and also a way to listen to the bird's call.

Spring is always a wonderful time of year and it's even more fun looking at, and the listening to, the nesting songbirds in the two wonderful national parks at Great Falls. Go have a look! You'll be glad you did.

## CAMPS & SCHOOLS



Students will attend a program at Norwood School designed to halt the “summer slide.”



Norwood School will partner with Horizons Greater Washington this summer to offer a program to low-income students. In addition to reading and math, enrichment activities will include robotics, art and music.

PHOTOS BY HUGO HENTOFF

# Broadening Horizons During the Summer

## Local enrichment program keeps disadvantaged children on track when school is out.

BY MARILYN CAMPBELL  
THE ALMANAC

A local school will join an effort to help prevent the “summer slide” for some of Montgomery County’s neediest students. Norwood School will partner with Horizons Greater Washington to offer a summer camp program aimed at halting the academic achievement decline that some students face when school is not in session.

Norwood School’s Leanne Gill describes the experience as giving students, “academic and cultural enrichment,” and says that this coming summer will be the school’s sixth time participating in the program. “In June we will welcome more than 100 children from Rock Creek Forest Elementary School.”

Students are identified for Horizons through local public school partners, and enter the program during the summer before first grade and stay through ninth grade. To be eligible to attend Horizons, students must qualify for the free or reduced school lunch program.

“We look for students who need our services and need assistance in academics,” said Amy Seago, Horizon’s Development and Communications director. “They benefit from both academic and recreational experiences.”

Horizon students are offered not only opportunities for learning, but help with needs that can go unmet during the summer such as adult supervision and healthy meals.

Students receive transportation to Norwood or one of Horizons’ partners and are given breakfast, lunch and snacks. Mornings are spent on a curriculum that reinforces the students’ public school’s academic goals.

“There is a heavy academic focus on reading and math. For example, they may work one on one with a reading specialist,” said Steve Ehrman, Horizons’ director of programs. “But students go to Calleva [Camp] for outdoor experiences too. They hike and cook outdoors.”

### For More Information

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

In the afternoon, students have opportunities for other enrichment activities such as field trips, art and dance. STEAM (Science, technology, engineering, arts and math) activities like robotics are also available. Students are also offered resources that might not be readily available to them at home or in their school, from iPads to 3D printers.

“Everything is project-based learning,” said Seago. “Activities tie into the concepts they’re learning, so the concepts get applied throughout their day.”

Swimming lessons are among the most important lessons that Horizons students receive, says Ehrman. He points to statistics from the Centers for Disease Control and Prevention which show a disparity in the drowning rates along income and racial lines. Nearly 70 percent of African American children and 58 percent of Hispanic children have low or no swimming ability, putting them at a higher risk of drowning.

“We provide swim instruction and by the time they leave our program, every single child can swim,” he said. “A low income child is 10 times more likely to drown than an affluent child. We pride ourselves in having a direct impact on that statistic.”

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## PHOTO GALLERY!

### “Me and My Mom”

To honor Mom on Mother’s Day, send us your favorite snapshots of you with your Mom and The Potomac Almanac will publish them in our Mother’s Day issue. Be sure to include some information about what’s going on in the photo, plus your name and phone number and town of residence. To e-mail digital photos, send to:

[www.connectionnewspapers.com/mothersday](http://www.connectionnewspapers.com/mothersday)

Or to mail photo prints, send to:

The Potomac Almanac,  
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# ENTERTAINMENT

Email community entertainment events to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

## ONGOING

**Kit Trowbridge: "Stills."** Through May 1, gallery hours at VisArts at Rockville, 155 Gibbs St., Rockville. Trowbridge's work reflects an inclusive mash up of images, celebrity, desire, craving, film, love, decoration, and body. Working from a collected image bank plucked from print, internet sources, and storybooks, she builds layered paintings. 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 Lorian Signori paints landscapes based on Maryland's hills and waters. Free. Visit [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com) for more.

**"Looking for Roberto Clemente."** Through May 22, 1:30 p.m. and 4:30 p.m. at Imagination Stage, 4908 Auburn Ave., Bethesda. A fly ball transforms Sam into a Little League pitching star. His friend Charlie is rejected from the team because she's a girl, so she forms her own team. As their baseball season winds down, the friends learn about heroism through the off-the-field actions of their baseball hero, Roberto Clemente. Tickets are \$12-35. Visit [www.imaginationstage.org](http://www.imaginationstage.org) for more.

**Mirror to the World Documentary Exhibit.** Through May 29, 1-4 p.m. Saturdays, 1-8 p.m. Sundays at Glen Echo Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Glen Echo Photoworks' eighth annual "Mirror to the World" exhibition of documentary photography features work by five area photographers who have traveled the world to capture stories of people and their environments. Free. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org) for more.

**"Sleeping Beauty."** Through May 29, 10:30 a.m. Thursday-Friday, 11:30 a.m. and 1 p.m. Saturday-Sunday at

The Puppet Co., Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Told with rod puppets and special effects. Tickets are \$12. Visit [www.thepuppetco.org](http://www.thepuppetco.org).

**"The Emperor's Nightingale."** Through May 30, 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 Hana Sooyeon Kim. Tickets are \$19.50. Visit [www.adventuretheatre-mtc.org](http://www.adventuretheatre-mtc.org) for more.

**Kaleidoscopes: 200 Years.** Through June 4 at The Mansion at Strathmore, 10701 Rockville Pike, Rockville. The Brewster Kaleidoscope Society (BKS) returns to Strathmore. The BKS's juried exhibition celebrates 200 years since the tube's invention and features kaleidoscope designers. Admission is free. Visit [www.strathmore.org](http://www.strathmore.org) for more.

**Thursday Evening Concerts.** May-July, Thursdays, 6-8 p.m. at Veterans Park, 7800 Woodmont Ave., Bethesda. The concerts offer a diverse range of music including rock, funk, jazz, swing, and reggae. Free. Visit [www.bethesda.org](http://www.bethesda.org) for more.

**Canal Boat Excursions.** April-Oct., Saturday and Sunday, 11 a.m., 1:30 p.m., and 3 p.m. at Great Falls Tavern Visitor Center of the Chesapeake and Ohio Canal National Historical Park, 11710 MacArthur Blvd., Potomac. Go on a 19th-century mule-drawn canal boat excursion. Hear tales of what life was like for the families who lived and worked on the canal. Tickets are \$8 for adults (ages 16-61), \$6 for seniors (ages 62+), and \$5 for children (ages 4-15). Call 301-767-3714 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.storelocator.barnesandnoble.com/event/4824850-21](http://www.storelocator.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/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. 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.

**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.

## THURSDAY/APRIL 28

**Reception: "Kaleidoscopes: 200 Years."** 7 p.m. at The Mansion at Strathmore, 10701 Rockville Pike, Rockville. The Brewster Kaleidoscope Society returns to Strathmore. The society's juried exhibition celebrates 200 years since the tube's invention and features kaleidoscope designers. Admission is free. Visit [www.strathmore.org](http://www.strathmore.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.

**Workshop: "Kaleidoscopes: 200 Years."** 1-4 p.m. at The Mansion at Strathmore, 10701 Rockville Pike, Rockville. Create and build a small

## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### MAY

Mother's Day is May 8

5/11/2016.....HomeLifeStyle

5/18/2016.....A+ Camps & Schools, Proms, Summer Planning

Memorial Day is May 30

5/25/2016..Summer Fun, Food, Arts & Entertainment

### JUNE

6/1/2016.....Wellbeing

6/8/2016.....Father's Day Dining & Gifts

6/8/2016.....HomeLifeStyle

6/15/2016.....A+ Graduations & Summer Learning

6/15/2016.....Father's Day Dining & Gifts

Father's Day is June 19

6/22/2016.....Independence Day Preview

6/29/2016.....A+ Adult & Continuing Education

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floret dichroic brass kaleidoscope boasting a six-point, three-mirror system with two interchangeable and independently turning wheels. Admission is \$150. Visit [www.strathmore.org](http://www.strathmore.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.

## APRIL 29-MAY 29

**"A Lesson From Aloes."** Various times at Quotidian Theatre-The Writer's Center, 4508 Walsh St., Bethesda. Set in 1963 in a white district of Port Elizabeth, South Africa, this play portrays like in a police state. A liberal Afrikaner involved in anti-apartheid activity, his wife recovering from a nervous breakdown, and their black friend just released from prison, must all consider the few alternatives society allows them. Tickets are \$15-30. Visit [www.aloes.bpt.me](http://www.aloes.bpt.me).

## SATURDAY/APRIL 30

**PIKEKids.** 10 a.m.-12 p.m. Sport & Health, 11594 Old Georgetown Road, North Bethesda. Children 5 and up are invited to "Kids Yoga" and "Tough Kids." Free. Visit [www.pikeandrose.com](http://www.pikeandrose.com) for more.

**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).

**Montgomery County GreenFest.** 11 a.m.-4 p.m. at Takoma Park Community Center, 7500 Maple Ave., Takoma Park. The 2nd annual Montgomery County GreenFest is a family-friendly festival with music, films, speakers, exhibitors and workshops all focused on building community and educating on our environment. Free. Visit [www.montgomerycountygreenfest.org](http://www.montgomerycountygreenfest.org) for more.

**Move More Montgomery Festival.** 12-4 p.m. at Bauer Drive Community Center, 14625 Bauer Drive, Rockville. Find a wide variety of fitness activities and evaluations. Free. Visit [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec) for more.

**An Evening with Strauss Waltz Ball.** 8-9 p.m. lesson, 9 p.m.-12 a.m. dance at Spanish Ballroom, 7300 MacArthur Blvd., Glen Echo. Waltz Time presents the 33rd Annual Evening with Strauss Waltz Ball. This benefit dance for Glen Echo Park includes a Viennese Waltz lesson. Tickets are \$20. Visit [www.waltztimesdances.org](http://www.waltztimesdances.org) for more.

## SATURDAY-SUNDAY/APRIL 30-MAY 1

**Art Exhibit: "Broad Strokes."** 12-5 p.m. at Yellow Barn Studio Gallery-Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Meet Nancy Arons, Kathy Byrnes, Jennifer Howard, and Marybeth Paterson and see work inspired by their adventures painting together, filtered through their individual perspectives. Free. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com).

## SUNDAY/MAY 1

**RESCUE 1 8K Road Race.** 8 a.m. at 5020 Battery Lane. The Bethesda-Chevy Chase Rescue Squad will host its 3<sup>rd</sup> annual RESCUE 1 Run 8K road race. Runners will race the rolling USATF certified 8K course, which begins and ends near the squad's station at 5020 Battery Lane and

takes runners up Old Georgetown Road, onto Beech Avenue, Linden Avenue, and Pooks Hill Road, then down Rockville Pike to finish on Battery Lane. In addition to the 8K, there will be a Kids' Ambulance Chase fun run. Race day festivities include food, music, a rescue squad open house, a moon-bounce, and a performance by premier DC-area children's entertainer the Great Zucchini. Registration is \$10-\$50. Visit [www.resuelrun.com](http://www.resuelrun.com) for more.

**Holocaust Observance.** 10 a.m.-3:30 p.m. at B'nai Israel Congregation, 6101 Montrose Road, Rockville. With over 40 art and artifact exhibits; interactive teen programs; survivor testimony; a seminar and keynote address; and an interfaith commemoration with original readings, dance, music and the intergenerational candle lighting and Pledge of Remembrance. Free. Visit [www.jcouncil.org/YomHaShoahMD](http://www.jcouncil.org/YomHaShoahMD).

**Potomac Horse Center Open House.** 11 a.m.-4 p.m. at Potomac Horse Center, 14211 Quince Orchard Road, North Potomac. Tractor drawn hayrides, free horse and pony rides for children, barn tours, horseback riding demonstrations, a moon bounce and more. Free. Visit [www.potomachorse.com](http://www.potomachorse.com) for more.

**Fox Hill Spring Open House.** 2-4:30 p.m. at Fox Hill Retirement Community, Fox Hill Retirement Community, 8300 Burdette Road, Bethesda. Fox Hill retirement community is hosting a "Spring Open House," featuring live jazz, hors d'oeuvres and refreshments. Free. Call 888-719-9643 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 Cabaret Sauvignon 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.

**Reception: "Broad Strokes."** 4-7 p.m. at Yellow Barn Studio Gallery-Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Meet Nancy Arons, Kathy Byrnes, Jennifer Howard, and Marybeth Paterson and see work inspired by their adventures painting together, filtered through their individual perspectives. Free. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com).

## MONDAY/MAY 2

**Montgomery Serves Awards.** 6:30-8:30 p.m. at Imagination Stage, 4908 Auburn Ave., Bethesda. Montgomery County will be hosting its annual Montgomery Serves Awards. This event honors some of the county's most outstanding community leaders and dedicated volunteers. The awards include the Neal Potter Path of Achievement Awards honoring recipients 60 years of age or better whose accomplishments and lifelong commitment to volunteer service. Free. Visit [www.montgomeryserves.org](http://www.montgomeryserves.org).

## TUESDAY/MAY 3

**May Book Club Meeting.** 11:30 a.m. at St. Francis Episcopal Library, 10033 River Road, Potomac. All are welcome to discuss "The Girl on the Train" by Paula Hawkins. Free. Call 301-365-2055.

## WEDNESDAY/MAY 4

**Party at the Perry.** 6-8 p.m. at The Perry, 12430 Park Potomac Ave., Potomac. There will be beer samplings by Gordon Biersch, and light appetizers from Gordon Biersch, Founding Farmers, and Sugo Osteria. In addition, Phil Kominski from the Lloyd Dobbler Effect will be playing live. Free. Visit [www.partyatperry.com](http://www.partyatperry.com).



PHOTO COURTESY OF SERBFEST DC

**Pictured above: Serbian Krofne (Deep Fried Donuts), Sugar Cookies and Palacinka (Crepes), right: folk dancers**

## SerbFest

May 13-15, SerbFest/DC's Spring 2016 festival brings authentic Serbian food, culture, crafts, dance and entertainment to the greater Washington, D.C. area. Free. Visit [www.serbfestdc.com](http://www.serbfestdc.com) for more.



PHOTO BY ALEKSANDRA RADIC

## SATURDAY/MAY 7

**Tree House Tour de Cookie.** 8 a.m. at Johns Hopkins University Montgomery County Campus, 9601 Medical Center Drive, Rockville. Take a 12, 26 or 42-mile bicycle ride between cookie stands hosted by local clubs and organizations, collecting and enjoying cookies along the way. Registration is \$60 plus a service fee, free for one child 12 and under riding with an adult. \$20 for each additional child. Visit [www.treehouseemd.org/tour-de-cookie](http://www.treehouseemd.org/tour-de-cookie).

**Spring Pottery Sale.** 9 a.m.-3 p.m. at Colesville Presbyterian Church, 12800 New Hampshire Ave., Silver Spring. Montgomery Potters offer stoneware, porcelain, and raku. Free to attend. Visit [www.montgomerypotters.org](http://www.montgomerypotters.org).

**National Philharmonic Singers.** 8 p.m. at Christ Episcopal Church, 107 S. Washington St., Rockville. The concert will feature music from composers such as J.S. Bach, William Byrd and Claude Debussy in addition to new compositions by Eriks Esenvalds, Daniel Elder and Jake Runestad. The National Philharmonic Singers is a chamber choir and one of several performing groups in residence at the Music Center at Strathmore. Free. Visit [www.nationaphilharmonic.org](http://www.nationaphilharmonic.org).

## SATURDAY-SUNDAY/MAY 7-8

**A-RTS.** 11 a.m.-6 p.m. Saturday, 11 a.m.-5 p.m. Sunday at Rockville Town Square, 200 E. Middle Lane, Rockville. Find 160 artists that work in glass, ceramics, jewelry, painting, photography, sculpture, woodwork and more. Free. Visit [www.a-arts.org](http://www.a-arts.org)

## MAY 10-JUNE 4

**Photo Exhibit: "Solitudes."** Gallery hours at Waverly Street Gallery, 4600 East-West Highway. "Solitudes" is an exhibition about urban isolation. Sarah Hood Salomon utilizes camera motion and slow shutter speeds to add a layer of anonymity to the subjects. Free. Visit [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com) for more.

## FRIDAY/MAY 13

**Reception: "Solitudes."** 6-9 p.m. at Waverly Street Gallery, 4600 East-West Highway. "Solitudes" is an exhibition about urban isolation. Sarah Hood Salomon utilizes camera motion and slow shutter speeds to add a layer of anonymity to the subjects. Free. Visit [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com) for more.

**Encore Chorale Spring Concert.** 7:30 p.m. at Montgomery College Cultural Arts Center, 7995 Georgia Avenue, Silver Spring. With 140 singers on stage, the chorale will present a program that includes a medley of romantic Rodgers and Hart pieces, blues favorites by Hoagy Carmichael, and a medley from "Guys and Dolls." Free. Visit [www.encorecreativity.org](http://www.encorecreativity.org).

## FRIDAY-SUNDAY/MAY 13-15

**SerbFest.** 5-9 p.m. Friday, 11 a.m.-9 p.m. Saturday, 12-6 p.m. Sunday at Saint Luke Serbian Orthodox Church, Saint Luke Serbian Orthodox Church, Potomac. SerbFest/DC's Spring 2016 festival brings authentic Serbian food, culture, crafts, dance and entertainment to the greater Washington, D.C. area. Free. Visit [www.serbfestdc.com](http://www.serbfestdc.com) for more.

## SATURDAY/MAY 14

**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.yourdogsfriend.org](http://www.yourdogsfriend.org) or call 301-983-5913.

**Annual Children's Ball.** 3:30 p.m. at Imagination Stage, 4908 Auburn Ave., Bethesda. As Imagination Stage's signature spring fundraiser, the Ball brings in children and families from all over the D.C. region to celebrate the power of theatre and arts education. This year's event will include a special performance of "Looking for Roberto Clemente," a buffet reception, silent auction, and creative activities for children (and adults) of all ages. Early-bird tickets are \$90. Visit [www.imaginationstage.org](http://www.imaginationstage.org) for more.

## SATURDAY-SUNDAY/MAY 14-15

**Bethesda Fine Arts Festival.** 10 a.m.-6 p.m. Saturday, 10 a.m.-5 p.m. Sunday at Bethesda's Woodmont Triangle. 130 artists convene in a festival. Free. Visit [www.bethesda.org](http://www.bethesda.org) for more.

## SUNDAY/MAY 15

**Waltz Dance.** 2:45-3:30 p.m. lesson, 3:30-6 p.m. dance at Spanish Ballroom, 7300 MacArthur Blvd., Glen Echo. Dance to 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.

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# Weight For It, Wait...



By KENNETH B. LOURIE

"MRI looked good. CT stable. Smiley face." Words and personality from my oncologist with which I can most definitely live. And arriving via e-mail, six days prior no less, to my next regularly scheduled, post-scan appointment – when typically such results are discussed, in person, per the doctor's preference. But I can take good news electronically, especially before the weekend, when further communication is not likely. So the sound you may have heard at six pm-ish last Friday was me exhaling, and the follow-up thud was the weight of the world falling off my shoulders and hitting the floor. Not shattering, unfortunately, only repositioning until a few months hence when once again it will return to its figurative perch as I await the results of my next quarterly scan.

Such is life, and I'm happy to live it. Moreover, given my original prognosis from February, 2009: "13 months to two years," there's very little that I deem complaint-worthy SEVEN YEARS LATER. Nevertheless, there are realities that cancer patients and/or other patients similarly characterized as "terminal," as I was, must endure. And given my projected life expectancy then, I am "pleased as punch" now – to invoke a long-ago Vice President/Democratic nominee for President, Hubert H. Humphrey – to be enduring anything.

And "endure" isn't really the right word, but it's most assuredly in the running. Still, if I don't find a way to lighten the emotional load (other than receiving amazingly good scan results and equally positive e-mails from my oncologist, all of which is not exactly in my control), I will likely crack under the weight of it. I'm not exactly Atlas condemned to hold up "The Heavens," but I am holding something: maybe just my sanity. And just as "Hawkeye" Pierce joked about war in a M\*A\*S\*H episode back in the day: "If truth is the first casualty of war, I guess sobriety is second," a cancer patient might joke (if he or she had a sense of humor): "If one's hopes and dreams are the first loss from cancer, your sanity is second." As Mark Twain "self-effaced" later in his life: "Out of all the things I have lost, I miss my mind the most."

A "terminal" cancer patient loses lots of things. Control of one's emotions has to be the first to go. Certainly you still know right from wrong, but the figurative re-wiring of your brain – which begins immediately upon hearing your cancer diagnosis/prognosis, is difficult to stop. It's as if it has a mind of its own, and it sort of does: yours. It's not as if you can't maintain any self-control or not joke at inappropriate times, you can. After all, you're still human. You're just a bit more flawed than you were before. And who's to say, maybe the change will do you good? You don't always have to say what you mean unless you're the Dowager Countess from "Downton Abbey."

Nevertheless, you are forever changed by your cancer diagnosis, whether you like it or not. The trick is, actually there is no trick, it's a mindset; somehow, you must not take yourself or your circumstances too seriously. (I know, how do you not take cancer seriously?). Either you learn to laugh or there won't be anything funny about it. You know the expression: "Funny as a heart attack," well, you can add another: "Uplifting as a cancer diagnosis." As challenging as it is (and has been), you need to find a way to navigate the slings and arrows of the outrageous misfortune you have encountered. The pressure; conscious, subconscious or even unconscious (for all I know?) has to be released really, or in your imagination. There's no doubt a cancer diagnosis and life living with cancer is less than ideal, but since those are the cards you were dealt, you better learn to play the hand.

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

## SPORTS

# Churchill Boys' Lax Passes Test

**Bulldogs remain undefeated, focused on winning state title.**

BY JON ROETMAN  
THE ALMANAC

The final score was lopsided and the Churchill boys' lacrosse team remained undefeated, but when it comes to facing fellow Montgomery County public school programs, Thursday's rivalry matchup with the Wootton Patriots was likely the toughest test the Bulldogs will encounter as they march toward the postseason.

Four different Bulldogs scored at least three goals and Churchill defeated Wootton 19-10 on April 21 in Potomac.

Churchill led by as many as 11 goals in the first half. Wootton chipped away at the lead and trailed 16-10 entering the fourth quarter, but the Bulldogs scored the final three goals of the evening.

The victory improved Churchill's record to 10-0. In seven games against in-county public school programs, the Bulldogs have outscored their opponents 125-27.

Is it difficult to stay motivated while blowing out opponents?

"It's hard," sophomore midfielder and Brown University commit Reed Moshyedi said. "It's definitely hard, but we train in practice and we get it done."

Wootton fell to 6-4, but was the first county team to produce a double-digit goal total against Churchill.

Wootton won six consecutive region championships from 2006-2011. Churchill has won three of the last four, falling short to Wootton in the 2014 region final.

"A rivalry game is a rivalry game," senior midfielder Austin Laborwit said. "No matter what happens before or no matter what anyone says, both teams want to bring it — you can never expect anything."

For Churchill, Thursday's game offered the

chance for some rare regular-season resistance from an opponent as the Bulldogs try to improve during their quest to become the first Montgomery County program to win a state championship.

"We just try to get better each and every today," Churchill head coach Jeff Fritz said. "Wootton's a good team and we knew we had some matchups tonight that we really wanted to see how good our guys were."

Wootton has a very good attack unit and our defensemen got challenged tonight for the first time in quite a while and we were looking forward to that."

Joe Montesano led Wootton with five goals. The Churchill defense limited Wootton to two goals during the first 22 minutes of the contest. At the other end, the Bulldog attack showed its versatility.

Eight different Churchill players scored at least one goal, and four Bulldogs scored at least three goals. Senior attackman Chris Higgins and junior attackman Spencer Knife each scored four goals for Churchill, while sophomore midfielders Brady Altobello and Moshyedi each scored three.

Knife also had three assists. "Spencer's just a playmaker," Fritz said about the Towson commit. "He brings a lot of energy to the team. He's so smooth and cool and calm and collected. Reed is the same way. ... Reed's our go-to guy. He does it all."

Sophomore defenseman Jimmy Rubino scored two goals, and Laborwit, senior midfielder Ryan Sorkin and sophomore attackman Ryan Leonard each had one.

Leonard also had two assists. One reason for the balanced attack was the 2015 graduation of playmaker Louis Dubick, who is now a freshman on the University of Maryland men's team. Dubick re-wrote the state record book, becoming the Maryland high

school all-time leader in goals, assists and total points, and his teammates often relied upon him to get the job done.

"We were joking about that coming into the season: we were happy to see other guys contribute," Fritz said. "Last year, a lot of times people would just watch [Dubick] go. It was nice to get other people involved and we have six guys that can score — maybe even seven or eight. It's nice to spread it around — we're a little harder to defend that way."

Laborwit (Trinity College) reached a career milestone during the game, setting the program record for faceoffs won. He finished the night winning 19 of 28, giving him 478 for his career. Steven Stillwell, a 2014 Churchill graduate and a sophomore on the Towson University men's team, previously held the record with 459.

"It's a record we didn't think was going to get broken," Fritz said. "For him to break it, I'm just really, really happy for him. He's put all the work into it and he's helped teach other guys on the team. ... He's a great team player. He does everything he can to make our program better."

Churchill's next game is a home contest against Northwest at 7:15 p.m. on Wednesday, April 27. Wootton, which improved to 7-4 with a 15-13 win over Magruder on April 25, will travel to face Sherwood at 7:15 p.m. on Friday, April 29.

Churchill reached the state championship game last season but lost to Howard, 14-6. This year, the Bulldogs are focused on making history.

"[Winning a state championship has] been our goal for the past couple years," Moshyedi said. "We got close [last year]; that's all we want to do. We don't care about regional championships anymore; we're [going for] the big one. Right now, we want to win states."

## BULLETIN BOARD

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### MONDAY/MAY 2

**Montgomery Serves Awards.** 6:30 p.m. at Imagination Stage, 4908 Auburn Ave., Bethesda. Ten Montgomery Serves awards will be made to individuals, businesses, community-based organizations,

youth and seniors in recognition of their commitment and dedication to Montgomery County, followed by a reception. Free and open to the public, but reservations are required. Register at [www.eventbrite.com/e/2016-montgomery-serves-awards-tickets-21529490285](http://www.eventbrite.com/e/2016-montgomery-serves-awards-tickets-21529490285).

## Send in Mother's Day Photos

Mother's Day is May 8. Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, ages of children, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. (We will not print your contact information, just names and town of residence.) Email [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com).

# High Rent Limits Business Choices

BY MARILYN CAMPBELL  
THE ALMANAC

A recent reopening of a Potomac restaurant in a location outside of Potomac Village is a sign of the local business climate, says real estate expert David D. Freishtat. Potomac Village Deli is now operating in Kentlands Market Square. The move comes with a lower rent and enables the deli to serve the same clientele.

"When people in Potomac want to go out to dinner or go shopping, they're not going to walk," said Freishtat, who serves on the Mont-

gomery County Revenue Authority, and is an attorney at Shulman, Rogers, Gandal, Pordy & Ecker.

"They're going to get in their car and drive. And if they're already driving, why not drive an extra 10 to 20 minutes out of Potomac to a place like Bethesda where they'll have a choice of more than 100 restaurants?"

The high rents in Potomac, says Freishtat, continue to make it extremely difficult for small businesses to stay afloat. As a result, there are fewer choices for dining and shopping in Potomac Village, a tendency that he predicts won't change anytime soon.

"The businesses with a presence is the Village are large chains that can afford to be there," he said. "They're able to pay \$80 per square foot for rent here because they're paying \$20 somewhere else, so it evens out."

Competition is another factor for large businesses. "Safeway and Giant are willing to pay to be in Potomac because they know if they move out Whole Foods or Trader Joe's will move in and they don't want that," said Freishtat.

The same is true for banks. "There's a lot of money in Potomac and there's always a need for banks," said Freishtat. "The banks know that if they move out another bank will move in."

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