

Potomac ALMANAC

WELLBEING
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A new bridge over the canal at Marsden Tract was constructed by C&O Canal Trust and C&O Canal National Park staff along with skilled volunteers.

C&O Canal Gains New Bridge

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PHOTO BY MICHAEL C. MITCHELL

MAY 4-10, 2016

ONLINE AT POTOMACALMANAC.COM



2016 Contest Winners Announced

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



Lanier Middle School
students won top honors for their idea to grow sea grasses in science labs and planting them in the Chesapeake Bay

Thank you to all the students, teachers and partners who participated this year!

Agrium provided nearly \$20,000 in cash prizes and school awards!

Caring for Our Watersheds is supported by international nonprofit Earth Force, whose mission is to engage young people as active citizens who improve the environment and their communities, now and in the future. The program empowers students to imagine, develop, and create solutions in their local watersheds, developing problem-solving, budgeting, community-involvement, and presentation skills.

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

Alexandria/Arlington/Fairfax Finalists, Grades 4-8

Final Place	Award	Proposal Name	School
1	\$1,000	Classes Plant Grasses	Lanier Middle School
2	\$900	The Effect of Nutrient Pollution and Algal Blooms on Our Local Watershed	Dogwood Elementary School
3	\$800	Ban the Bottle Continued	Lanier Middle School
4	\$700	Pesticides AVA	George Washington Middle School
5	\$600	Going Green 2K16	George Washington Middle School
6	\$500	Journey to a Jolly Watershed	Lanier Middle School
7	\$450	Ban the Bag!	Lanier Middle School
8	\$400	Green Roofs for VA; Development the Green Way	Lanier Middle School
9	\$350	Nitrate and Phosphate Levels in the Potomac River	George Washington Middle School
10	\$300	What Can We Do?	Meridian Homeschool Club



CaringForOurWatersheds.com



PHOTO BY DEBORAH STEVENS/THE ALMANAC

Flash Flood

Pete Piringer of Montgomery County Fire and Rescue reported a water rescue in the 10550 block of Stable Lane in River Falls around 9:25 p.m. on Monday, May 2. "Several occupants have been removed from vehicles," he said. Other water rescues occurred at 10600 block Falls Road near Bullis School and at Bradley Boulevard and Seven Locks Road, as well as several other places in the county.

That's Bob Kramer's 9-month-old Lexus after floating in water from a flash flood more than three feet deep on Stable Lane after 9 p.m. Monday night, May 2. He noted that water rose inside the car up to driver's seat. The Fire Department responded in 15 minutes to his 911 call. He then waited two hours for AAA to get the car towed to the dealer.

PHOTO CONTRIBUTED



C&O Canal Gains New Bridge

Park staff and volunteers install replacement.

BY SUSAN BELFORD
THE ALMANAC

Walkers, bikers, hikers, birdwatchers — and all who love the C&O Canal Towpath — will appreciate the new bridge over the canal at Marsden Tract near the intersec-



PHOTO BY DEBORAH STEVENS/THE ALMANAC

A ribbon-cutting for the new bridge will be held in a few weeks.

SEE C&O CANAL, PAGE 5

WWW.CONNECTIONNEWSPAPERS.COM

God and Broadway

Interaction of show tunes and religion at St. James.

BY SUSAN BELFORD
THE ALMANAC

Broadway songs emanated from St. James Episcopal Church on Monday, April 18, when members of the cast of the Jersey Boys National Tour and the St. James Chancel Choir came together to perform tunes from Broadway musicals. "Blow, Gabriel, Blow," "One Hand, One Heart," "Sabbath Prayer" and a multitude of other Broadway songs were sung. The impetus for the musical program was to have fun performing well-loved Broadway tunes as well as to demonstrate how God and religion are reflected in the Broadway musical.

Rector Bill Doggett, interim pastor at St. James, delivered a program concerning the interaction between popular culture and religion intermingled with musical performances from a variety of well-known and other lesser known productions.

Before Doggett became a priest, he had a career in the theater, teaching, directing, designing and conducting more than 100 productions. "Here's how I became interested in the topic," he said. "When I was in seminary, some friends and I once took one of our classmates, who was unfamiliar with such things, to a piano bar where she experienced the glory of a crowd of show-tune fanatics belting out torch songs at the top of their lungs. She seemed to generally enjoy the experience, but, to my surprise, she hated some of the songs. She wondered how anyone could write or sing songs where women expressed such destructive and codependent attitudes. Songs like Oliver's 'As Long as He Needs Me,' 'What's the Use of Wondrin' from Carousel, and Fanny Brice's Ziegfeld Follies number 'My Man,' reprised in Funny Girl, in which she sings 'What's the difference if I say I'll go away/when I know I'll come back on my knees someday,/for whatever my man is, I am his forevermore.'

"I had known and loved these songs as passionate and moving expressions of character, but I had never thought about what they might mean out of context, particularly to women, and I began at that point to wonder whether these songs, with their riveting



PHOTOS CONTRIBUTED

Rector Bill Doggett and his sister Leslie Doggett perform Broadway musical songs.

tunes and deep emotions might actually be perpetuating social and cultural attitudes about relationships that might be rather unhealthy. Now, of course, I say, 'duh!' 'Obviously!' but with my Broadway blinders on, I had honestly never thought about it. But when I did, it made me wonder what other social attitudes were being shaped by popular culture, and so, about 10 years ago, I did a version of this talk for the first time."

In his discussion, Doggett demonstrated how Broadway musicals directly reflect societal mores such as: Americans distancing themselves from the church, attitudes toward women, racism and the reluctance to give religious leaders a voice.

The soloists were Harley Venton from the St. James' Congregation, who is also a professional actor, Doggett, Keith Hines, De'Lon Grant, Thomas Fiscella, Richard Leigh-Nilsen, Leslie Doggett, and Jenna Schoen — cast members of the Jersey Boys National Tour. Leigh-Nilsen is the stage manager, and Leslie Doggett is the assistant propmaster — and also the sister of Doggett. Because "Jersey Boys" was playing at the National Theatre in D.C., Leslie Doggett and her brother were able to include them in the program. He commented that the cast members have thanked him numerous times for "allowing" them to perform at St. James Episcopal. "It should definitely be the other way around," he said. "Their talent and performances were amazing."

LET'S TALK Real Estate



by Michael Matese

Stone and Steam: Bathroom Luxury

To create your own luxurious retreat, start with the bathroom. It's a room that's often overlooked, due to its functionality—but more and more homeowners are focusing on the bathroom as a room of therapeutic relaxation and comfort, incorporating luxurious flourishes to their bathrooms to create the sensation of a spa retreat. These upgrades range from simple upgrades to state-of-the-art unique fixtures, each of which add to your home's overall value and take it to the next level when it comes time to put it on the market. Simple upgrades are hot commodities, adding to your home's value over time, indulging you as you enjoy them. Even the most modest home can take it up to the next level, incorporating luxury into often overlooked rooms. Here's a sampling of some of the ways you can upgrade to a luxury bathroom, and maximize the potential of a room that every home has to work with!

• Stone Countertops

Easier to clean than traditional tile, the natural color palettes of granite, marble and soapstone are a complement most bathroom cabinetry. Stone countertops are classically aesthetic and match any color scheme, retaining the bathroom's modern feel and beauty over time.

• Towel Warming Drawers

Like heated tile flooring, heated towel drawers add a regal, indulgent touch to a master bathroom suite. Installation is easy and the price tag on this upgrade is surprisingly low. Standard towel warming drawers heats up to four bath sheet sized towels; for the true regal finish, add in an electric towel bar to heat your robe and slippers!

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

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News



PHOTOS BY JOHN GENSOR

Volunteers tackle a mound of mulch. By the end of the event, they got it spread all around the parking lot and picnic areas.

Taking Pride in C&O Park Volunteers complete clean-up.

BY SUSAN BELFORD
THE ALMANAC

On a rainy and cold Saturday, April 23, more than 100 volunteers braved the elements for Canal Pride Day at the C&O National Historical Park at Great Falls. This event was sponsored by the C&O Canal Trust. The volunteers were welcomed and thanked for their service by Superintendent Kevin Brandt and Councilman Roger Berliner. U.S. Rep. John Delaney's aide Kevin Mack presented C&O Canal Trust President Robin Zanotti with a Certificate of Special Congressional Recognition. This year's event has special significance as the National Park Service celebrates its centennial and prepare for their second century of service.



Superintendent Kevin Brandt welcomes volunteers.

After the welcoming ceremonies, the volunteers dispersed to their clean-up and beautification tasks. They cleaned up the Historic Great Falls Tavern, the Mercer Canal Boat, planted flowers at the fee booth and mulched around the parking lots and picnic areas.

The park benefited from the work of the volunteers — and the giant and red pandas at D.C.'s National Zoo also enjoyed their dedication. The Smithsonian's William Clements picked up the bamboo removed from the park and delivered it to the National Zoo for the pandas to munch on.

The C&O Canal National Historical Park is the ninth most visited park within the National Park System. It welcomes over 5 million visitors a year — more visitors than signature parks like Yellowstone, Yosemite, or the Grand Canyon host in a year. The C&O Canal Trust works in partnership with the C&O Canal National Historical Park to raise funds and resources to support maintenance and visitor programs in the park.

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News

C&O Canal Gains New Bridge

FROM PAGE 3

tion of MacArthur and Brickyard roads. The bridge was constructed and installed by C&O Canal Trust and C&O Canal National Park staff along with skilled volunteers for four days from Thursday, April 21 through Sunday, April 24.

The bridge arrived in pieces and was assembled in place. The current bridge had fallen into disrepair, with plywood covering multiple sections of the walking surface. The new bridge was constructed beside the old one, so towpath access was not affected over the weekend.

The Marsden Tract Bridge was funded by donors to the C&O Canal Trust's Towpath Forever program, with a funding match from the National Park Service Centennial Challenge Program. It is the first project to take place in the park in honor of the National Park Service's 100th anniversary.

In 2015, the National Park Service received a \$10 million congressional appropriation that was matched with \$15.9 million from more than 90 partner organizations. The 106 projects, located at more than 100 parks in 31 states and the District of Columbia, are designed



PHOTO BY BECKY CURTIS

A new bridge was built over the canal at Marsden Tract near the intersection of MacArthur and Brickyard roads.

to improve visitor services, support outreach to new audiences, and leverage partnerships to reinvigorate national parks while forging connections with communities.

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OPINION

It Often Is and Should Be Political

BY SUSANNE LEE
WMCCA PRESIDENT

WMCCA was called out by Montgomery County Councilmembers during the April 18 meeting of the Planning, Housing and Economic Committee for somehow creating problems and causing sewer policy to be a “political” issue. Politics is defined by the Cambridge English Dictionary as “the activities of the government, members of law-making organizations, or people who try to influence the way a country is governed.” Keep in mind that WMCCA studiously avoids engaging in partisan politics. However, we take very seriously our role in communicating, educating, and yes influencing legislators about the impacts — good and bad — of decisions being made by governmental officials about our communities. Our primary focus is most often on environmental impacts, but always on the facts, sound science, and applicable laws and regulations.

WMCCA Rather than shying away from the political process, we encourage our members to participate. The more light that shines on the process, the better the decision making. That is why we have been so adamant about disseminating critical, fact-based, information about the Glen Hills sewer amendments and policy. On May 9, the County Council will vote on funding for a Master Plan Amendment to allow sewer expansion into Glen Hills, an environmentally sensitive low density area. Although done in the context of one neighborhood, this major change in sewer policy will have impacts on low density areas throughout the county. It comes on the heels of the council’s recent text amendment declaring septic systems built prior to 1975 to be public health concerns triggering sanitary surveys and potential declarations as public health problem areas. These new sewer policies have grave implications for rural and low-density residential, watershed protection, and Agricultural Reserve areas everywhere in the county. They will likely impact almost all property owners now on septic. Such a fundamental change in land use protection must be done

WMCCA Meeting

The next meeting of the West Montgomery County Citizens Association will be held at the Potomac Community Center, Wednesday, May 11, 7:15 p.m. The speaker will be Del. Kathleen M. Dumais (D-15) will update the membership on the work of the state legislature. As always, the public is welcome to attend. If schools are closed because of inclement weather, the meeting will be cancelled.

within the context of the Countywide Water and Sewer Plan with a fully transparent public process open to all. It should not be buried in a Master Plan process designed to focus only on the homeowners on septic in Glen Hills.

Extending public sewer lines into rural areas is a virtual guarantee of increased density and pollution of our clean drinking water supplies. The cost of sewerage 1 and 2 acre lots is excessive per house and the environmental benefits are non-existent and could be made worse with sewer — both in construction and later when there is a leak or a failed pump station. Moreover, putting such areas in such a service category makes them vulnerable to requests for rezoning to higher densities, claiming a change has occurred in the character of the neighborhood and that the cost of service is too high unless houses are closer together. The low-density zoning and continuing use of septic systems are complementary and mutually reinforcing. Take away one and you undermine the other.

So yes, this process must be political. As a result, we are working with the Audubon Naturalist Society and the Montgomery County-side Alliance in urging the County Council to:

- * Address any Glen Hills septic-sewer policy issues within the Countywide Water Supply and Sewerage Systems Plan.

- * Keep Glen Hills out of the Planning Board’s Work Plan; and,

- * Renew and reaffirm the county’s commitment to protecting drinking water supply watersheds, the Agricultural Reserve and other rural and low-density areas, through continued and strengthened use of the entire range of protection tools, laws, and policies, including those that prohibit placement of public sewer lines in sensitive watersheds. It is an

environmental benefit to utilize and maintain functioning septic and other waste treatment systems. These tools are vital in retaining agricultural, rural residential, drinking water supply, and other low-density areas of our county.

BRANDYWINE SENIOR LIVING

BY SUSANNE LEE

The county’s hearing examiner approved this application for a conditional use for the construction of an assisted living facility for 140 residents at the site of the Potomac Tennis Club on the curve between the Falls Road Golf Course and Normandie Farm.

WMCCA opposed the application and along with the abutting property owners and the Brickyard Coalition requested and were denied oral argument by the Board of Appeals on April 26, 2016.

WMCCA has decided to appeal the decision to the Circuit Court. We believe the decision incorrectly interpreted key provisions of the Potomac Subregion Master Plan and the new county zoning ordinance. If not challenged and reversed, these erroneous interpretations will have long term adverse impacts on land use throughout the Subregion.

ELECTION OF WMCCA OFFICERS AND BOARD:

The Nominating Committee proposes the following slate of officers and directors to the membership for a vote at our May 11 meeting. Nominations may also be made from the floor.

President: Carol Van Dam Falk

Immediate Past President: Susanne Lee

President Elect: Ginny Barnes

Vice President: Mark Isreal

Treasurer: Kathy Pettit

Secretary: Barbara Brown

Newsletter: Nancy Madden

Directors serving second year of a two-year term: George Barnes

Nominees for a two-year term: Alison Mrohs, Barbara Hoover, Ken Bawer

Nominees for a one-year term: John Yassin, Jill Phillips



Kyle, mom, dad (Steven), Danielle, and Christian on family vacation in Turks and Caicos.

— JENNY DEPLLAR, POTOMAC

MOM & ME



My first born Kyle probably 3 or 4 years old. He is now 18 years old and in college.

— JENNY DEPLLAR,
POTOMAC

Nanny’s Stylin’

— FROM J
HEATON AND
WYATT, POTOMAC



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SPORTS

Wootton Softball Defeats Poolesville

The Wootton softball team earned its sixth win in its last seven games, beating Poolesville 5-1 at home on Monday.

The Patriots improved to 9-4 overall and 4-2 in the 4A West division.

Wootton was scheduled to face Clarksburg on Tuesday, after The Almanac's deadline. The Patriots will close the regular season with home games against Whitman on Thursday, May 5 and Blake on Saturday, May 7.



Wootton's Meredith White pitches against Poolesville on Monday.

Churchill Boys' Lax To Face Landon

The Churchill boys' lacrosse team will conclude its regular season schedule with a road game against private school power Landon at 4:30 p.m. on Monday, May 9.

The Bulldogs entered Tuesday's action with a 12-0 record, including a 13-6 victory over Damascus on April 29. Churchill faced Blake on Tuesday, after The Almanac's deadline.

Churchill's only regular season loss of 2015 came against Landon — a 15-8 home defeat.

The Bears entered Tuesday's action with a 14-3 record and were ranked No. 16 nationally in the Nike/Lacrosse Magazine poll.



Molly Brown and the Wootton softball team defeated Poolesville 5-1 on Monday.

the Vikings, allowing one earned run and five hits in seven innings, while walking none and striking out five.

Whitman's Noah Clement went 2-for-3 with an RBI. Tyler Demartino, Ian Atkinson and Sean Hannegan each had one hit.

The Vikings were scheduled to face Gaithersburg on Tuesday, after The Almanac's deadline. Whitman will host Wootton at 7 p.m. on Thursday, May 5.

Whitman Baseball Improves to 12-2

The Whitman baseball team defeated Blake 3-2 on April 30, improving its record to 12-2.

Tyler Hwang earned the win for

Heard about "roadside assistance on the journey of life"?

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Prospective Member Party

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ENTERTAINMENT

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

ONGOING

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 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 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 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.

"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 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 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 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

Bld., 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.

VisArts Cocktails and Canvas Class. at VisArts in the Painting & Drawing Studio, 155 Gibbs St., Rockville. Price \$40. Visit www.visartsatrockville.org/cocktails-and-canvas for more.

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.

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

Weekly Swing Dance. Saturdays, 8 p.m.-midnight. The DC Lindy Exchange presents a swing dance with live music in the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Beginner swing dance lesson at 8 p.m., followed by dancing. Admission \$16-\$18, age 17 and under \$12. Visit www.glenechopark.org for more.

Argentine Tango with Lessons. Most Sundays, 6:30-11 p.m. in the

Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Argentine Tango lessons followed by a Milonga most Sunday evenings. Beginner lesson 6:30-7:30 p.m. and intermediate lesson 7:30-8:30 p.m. Cost is \$15/lesson and includes the Milonga. For just the Milonga, cost is \$10 and the open dance with DJ runs 8:30-11 p.m. No partner required. Visit www.glenechopark.org or call 301-634-2222 for more.

Yellow Barn Studio & Gallery.

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

Potomac Games Group.

Wednesdays, 6:30 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. The world is in the midst of a Golden Age of new board and card games for players of all ages. Free. Contact event host Randy Hoffman at 412-983-5411 or wrandyhoffman@gmail.com.

CAMPS, CLASSES & WORKSHOPS

Art Explorers Open Studio. Every Saturday, 10 a.m.-12:30 p.m. at The Candy Corner Studio, 7300 MacArthur Blvd., Glen Echo. Art activities for parents and children. Activities change weekly and there is no pre-registration; \$10 per child. Visit www.glenechopark.org/saturday-art-explorers for more.

Ceramic Classes. Various dates and times. VisArts, 155 Gibbs St, Rockville. An opportunity to try the new ceramic workshops. Visit www.visartsatrockville.org/ceramics

for a list of class dates, times.

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.partyperry.com.

THURSDAY/MAY 5

Great Decisions. 12:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Great Decisions, a program of the non-partisan Foreign Policy Association, focuses on International Migration. As a record number of migrants cross the Mediterranean Sea to find refuge in Europe, the continent is struggling to come up with an adequate response. Free. Call 240-777-0690.


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.treehousemd.org/tour-de-cookie.

Spring Pottery Sale. 9 a.m.-3 p.m. at Colesville Presbyterian Church, 12800 New Hampshire Ave., Silver Spring. SEE ENTERTAINMENT, PAGE 11

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Small Changes Yield Big Impact

Researchers found that moderate weight loss improves health.

BY MARILYN CAMPBELL
THE ALMANAC

Dropping as little as 5 percent of one's body weight can lead to significant health improvements, according to a study published in the Cell Metabolism Journal.

Researchers studied 40 obese people who lost 5, 10 and 15 percent of their body weight, and found that even a 5 percent body weight loss was enough to lower the risk of heart disease and type 2 diabetes.

"That's what we see clinically, so it's nice to see that validated," said Domenica M. Rubino, M.D. and director of the Washington Center for Weight Management & Research, Inc. in Arlington, who was not involved in the study. "It doesn't require a tremendous amount of weight loss to see the improvement in quality of life and well being."

In releasing their findings, researchers underscored the fact that obesity is a major risk factor for chronic health conditions like diabetes, heart disease and cancer. They expressed optimism that their findings could help motivate obese people to achieve manageable weight loss targets.

"[This study] should inspire people to say, 'I can make some smaller changes and get some improvement,'" said Rubino. "It makes weight loss a little more approachable. It's less intimidating than if someone said the only way to get improvement in your health is to lose 60 pounds."

The study suggested that if a 200-pound woman lost 10 pounds she could improve her health profile.



PHOTO BY ALEXIS CIENNA/WWW.CMU.EDU

Simple dietary changes can lead to weight loss and improved health.

"You can make modest lifestyle changes and improve your wellbeing," said Rubino.

When attempting even a small weight loss, make your goals realistic [and] break down the project into smaller, more manageable parts, recommends Potomac, Md.-based nutritionist Janet Zalman, director of Zalman Nutrition.

"Don't try to change everything at once," she said. "Begin with less sweets, less refined carbohydrates and then lower your total fat consumption."

Zalman also recommends developing a way to track progress, "by either writing down what you eat or using an app to stay aware of what you are actually consuming," she said. "Most people underestimate the total volume of what they consume."

Exercise is an important component of a weight loss effort, says Joel Martin, Ph.D., assistant professor, Exercise, Fitness and Health Promotion at George Mason University. "Try to make exercise a part of [your] daily routine. An easy way to start is with something as simple as walking for 20 minutes every morning or night," he said. "Surround [yourself] with other people who exercise. It usually takes about six months for something to become a habit."

BULLETIN BOARD

Email announcements to 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.

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.

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. Visit www.PotomacCommunityVillage.org, or contact PCV at 240-221-1370 or info@PotomacCommunityVillage.org.

WEDNESDAY/MAY 4

Remembering Mom and Dad. 7-8:30 p.m. at Montgomery Hospice, 1355 Picard Drive, Rockville. A workshop for adults who have lost a parent or parents. Led by Montgomery Hospice professional counselors. Free and open to any Montgomery County resident. Registration required, call 301-921-

4400.

THURSDAY/MAY 5

Listening Tour. 7-9 p.m. at the Bethesda-Chevy Chase Regional Services Center, 4805 Edgemoor Lane, Bethesda. The Montgomery County Commission for Women is kicking off its 2016 listening tour. Goals of the tour include: providing a forum for women to voice concerns about issues they face; using public feedback to help shape the Commission's work; and sharing ideas to improve the lives of Montgomery County's families. For those unable to attend, comments may be emailed to cfwinfo@montgomerycountymd.gov. Visit www.montgomerycountymd.gov/cfw/ for more.

SATURDAY/MAY 7

Evening of the Arts. 6 p.m. in St. Francis Hall, 10033 River Road, Potomac. Evening of the Arts will be hosted by St. Francis Episcopal Sunday School for the benefit of Bishop Given Gaula's School in Kondo, Tanzania. Children will perform and there will be a silent auction of their crafts. Dinner served at 7 p.m. \$25 per individual, \$50 per family. For reservations call the Church Office at 301-365-2055.

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, call 240-221-1370 or visit www.PotomacCommunityVillage.org.

TUESDAY/MAY 10

Public Hearing. 1:30 p.m. in the Third Floor Hearing Room of the Council Office Building, 100 Maryland Ave., Rockville. The Montgomery County Council at will hold a public hearing on Expedited Bill 15-16. Those interested in testifying at the public hearing can sign up online at www.montgomerycountymd.gov/council/phsignup.html or by calling 240-777-7803. The deadline to sign up is 5 p.m. on Monday, May 9. Call 240-777-7910 to obtain copies of the bill or go to tinyurl.com/hnrcbs7.

WEDNESDAY/MAY 11

Volunteer Training. 10 a.m. at the Holiday Park Senior Center at 3950 Ferrara Drive, Silver Spring. Senior Connection is in great need for volunteers to drive seniors to medical appointments or to help with grocery shopping. Training and liability coverage are provided. Volunteers access a web-based scheduling system so they can set their own schedules and help seniors who are nearby. Email volunteer@seniorconnectionmc.org, call 301-962-0820 or visit www.seniorconnectionmc.org.

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THE CONNECTION
NEWSPAPERS

Straight-on Effects



By KENNETH B. LOURIE

As a seven-plus year chemotherapy "infusee," I believe I'm fairly well qualified to address some of the side effects of the treatment. Side effects my a--! The effects are hardly indirect or on the side. They are direct and to the point. Whether it's hair loss, memory loss, nausea, vomiting, diarrhea, risk of infection due to low white blood cell count, low energy/high fatigue due to low red blood cell count, loss of appetite/lack of taste; and on and on and on – and I'm not even addressing the psychological, emotional and spiritual issues which themselves are nearly overwhelming – the results: "Danger, Will Robinson." Because it seems as if you're lost in your own space. Wishing and hoping and praying may mitigate some of the suffering. Unfortunately, there's still plenty to go 'round.

Is there relief in sight for those cancer patients so regularly affected? Yes. There is medication. Although, generally speaking, my oncologist has been hesitant to prescribe additional medication to treat the effects of treatment/previously prescribed medication, regardless of its effectiveness. It's not exactly akin to a cat chasing its tail, but prescribing medication to treat the "side" effects of an already prescribed medication – which in turn may have been prescribed to treat the effects of yet another previously prescribed medication, seemed somewhere between redundant (sort of), ridiculous and irresponsible somehow. If solving one problem/symptom simply caused a new and different symptom/problem that required medication, then all we were accomplishing was whacking a mole, so to speak. And as a cancer patient, compounding the underlying problem didn't seem to make sense; so rarely, if ever – and my oncologist and I talked about this – did we decide to throw good money after bad, if you know what I mean. Mostly we decided to leave well enough alone – within reason, even though I might not have been all that well.

Please don't infer from this rationalization that I've suffered unnecessarily. I don't think I have. Although I certainly don't know for sure. But in reviewing today decisions made in the past, I still think, to quote my deceased father, that "The idea had merit." No second-guessing here. The decision seemed logical and prudent then and it still does today, even in arrears. Perhaps managing my "straight-on effects" as I've discussed has contributed to my overall good health/unexpected survival. Who's to say? Obviously, prescription and/or over-the-counter medication is a reasonable course of action/treatment, all things considered. But sometimes, too much of a good thing may simply be too much. The human body does have its limits. Specifically, I refer to the Immune System, our internal fighter. Though it works in many strange and mysterious ways, many more of those ways are understood now after years of research. Unleashing it rather than medicating/obfuscating it might very well be the missing link in treating not only cancer but other dreaded diseases. In fact, Immunotherapy is an entirely new field/class of drugs created/ designed to harness the power of one's own Immune System. Now that's a "straight-on" effect I would embrace.

Fortunately, or not, my non-Immunotherapy chemotherapy is keeping my tumors "stable" (my heretofore favorite word), so rather than stop what's working – despite the eating/taste issue I experience during my post-chemo week – we're going to stay the course, but remain open to course corrections. It may not be ideal, because the "straight-on" effects can be difficult. Nevertheless, even though it's not exactly my idea, I do think much of it.

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

ENTERTAINMENT

FROM PAGE 8

Spring. Montgomery Potters offer stoneware, porcelain, and raku. Free to attend. Visit www.montgomerypotters.org for more.

King Farm Wine & Music Festival. 2-8 p.m. at 300 Saddle Ridge Circle, Rockville. Now in its seventh year, the King Farm Wine & Music Festival will offer wine tastings (included with paid admission), wine sold by the glass and bottle purchases from local Maryland and Virginia wineries, as well as live musical performances. Tickets are \$15 in advance, \$18 at the door. Visit www.kingfarmwinefestival.com for more.

Evening of the Arts. 6 p.m. at St. Francis Hall, 10033 River Road, Potomac. Evening of the Arts will be hosted by St. Francis Episcopal Sunday School for the benefit of Bishop Given Gaula's School in Kondo, Tanzania. Tickets are \$25 per individual and \$50 per family. For reservations call 301-365-2055.

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 Runestadt. 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 for more.

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 for more.

MONDAY/MAY 9

New/Prospective Member Party. 3 p.m. at the home of Barry Perlis (RSVP for exact address). This party is designed to give prospective Potomac Community Village members an opportunity to ask question and chat with current members. Free. Call 301-52-5435 or email BarryPerlis@gmail.com.

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 for more.

THURSDAY/MAY 12

Coffee and Conversation. 10-11:30 a.m. at Corner Bakery, 10327 Westlake Drive, Bethesda. Chat with other Potomac-area neighbors also thinking about how to age in place in our own homes. Free. Visit www.potomaccommunityvillage.org.

Movie Screening: "Capote." 6 p.m. at Davis Library, 6400 Democracy Blvd., Bethesda. Free. Call 240-777-0922.

Arts & The Brain. 7:30 p.m. at The Mansion at Strathmore, 10701 Rockville Pike. The power and potency of words is poet Seema Reza's specialty. Reza discusses her work with service members fighting PTSD and other mental health challenges, and how writing can harness the healing power of creativity. Tickets are \$25. Visit www.strathmore.org.

FRIDAY/MAY 13

Movie Screening: "Blue Jasmine." 12 p.m. at Davis Library, 6400 Democracy Blvd., Bethesda. Free. Call 240-777-0922.

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 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.



"Flag Day," Joseph Craig, right: image by Stephen Ray

Fine Arts Festival Descends On Woodmont Triangle

The Bethesda Fine Arts Festival is a two-day event highlighting more than 120 contemporary artists selling their original fine art and craft. The festival will also feature live entertainment, children's activities and local restaurants. The event is scheduled for 10 a.m.-6 p.m. Saturday, 10 a.m.-5 p.m. Sunday at Bethesda's Woodmont Triangle. Admission is free. Visit www.bethesda.org for more.



is your opportunity to join artists, art lovers, and special guest Tony award-winner Patina Miller. Tickets are \$650. Visit www.strathmore.org.

Gala in the Park: "Carousel Memories." 6 p.m.-12 a.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Coffee, desserts, carousel rides, swing dance lesson, and more. Tickets are \$25. Visit www.glenechopark.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 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 for more.

THURSDAY/MAY 19

Linking the Interrelated Arts with Buddhism. 7-9 p.m. at The Bolger Center's Franklin Building, 9800 Newbridge Drive, Potomac. Potomac Community Village's May meeting showcases the impact of music, drama, dance and the visual arts with Buddhist teachings. In her talk, "Communicating Through the Language of the Arts — in the Himalayas," Nancy Nahm Kessler discusses how she brought her teaching expertise and knowledge of the visual arts to Tibetan nuns in Northern India. Free. Visit www.potomaccommunityvillage.org.

FRIDAY/MAY 20

Concert. 11 a.m. at Strathmore Mansion, 10701 Rockville Pike, North Bethesda. Nate Foley, soul guitarist, performs. Tickets are \$17. Call 301-581-5100 for more.

Grand Finale with Creative Goldsmiths. 6-9 p.m. at Gallery B, 7700 Wisconsin Ave., Bethesda. Learn about design and gems. Bring a special jewelry piece for a verbal appraisal. Serving samples of Chouquette Chocolates, wine, and other gourmet delights. Free. Email

Karen@Seibertgroup.com.

SATURDAY/MAY 21

Strawberry Festival. 10 a.m.-4 p.m. at Potomac United Methodist Church, 9908 S. Glen Road. This event will feature vendors selling jewelry, food, home goods, clothing and more. Also find numerous strawberry desserts at the 26th annual Strawberry Festival. Free. Visit www.potomac-umc.org for more.

Park Potomac Spring Festival. 1-5 p.m. at 12505 Park Potomac Ave., Potomac. Live music from Lovely Rita, Squeals on Wheels petting zoo, face painting, balloon twisting, My Gym, beer garden with seven local breweries, food samples from our restaurants, food trucks, and more. Free. Visit www.parkpotomac.com.

MONDAY/MAY 23

Terrific Trees. 5:30 p.m. at Locust Grove Nature Center, 7777 Democracy Blvd. Take a walk to learn about different trees and why they are important, followed by a leaf rubbing craft. Tickets are \$6. Call 301-765-8660 for more.

SATURDAY/MAY 28

Artist's Talk: "Solitudes." 1-2 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 for more.

SUNDAY/MAY 29

CityDance: The Conference of The Baby Birds. 11 a.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. The young talents of CityDance will showcase the techniques they have mastered throughout the year on the main stage at Strathmore for an exciting afternoon of dance. Tickets are \$15. Visit www.strathmore.org.

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 for more.

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