

Potomac ALMANAC

HomeLifeStyle

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A fawn in Paul R. Hugo's
Potomac backyard.

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PHOTO BY PAUL R. HUGO

MAY 11-17, 2016

ONLINE AT POTOMACALMANAC.COM

NEWS

Toward a 'Humane Economy'

Pacelle launches new book in Potomac.

BY SUSAN BELFORD
THE ALMANAC



Pacelle

“There’s no shortcut to long-term reform,” said Wayne Pacelle, president of the Humane Society of the United States (HSUS) and author of a New York Times’ best-selling novel, “The Humane Economy: How Innovators and Enlightened Consumers are Transforming the Lives of Animals.”

Pacelle, who resides Chevy Chase, launched his book at the Potomac home of Joyce Doria on April 17.

In his discussion of his book, he explained how personal economic decisions impact the survival and well-being of animals — and how to make better choices. He discussed what consumers can do every day to benefit animals, the environment and human society.

“Though most of us have never harpooned a sea creature, clubbed a seal, or killed an animal for profit, we are all part of an interconnected web that has a tremendous impact on animal welfare, and the decisions we make — whether supporting local, not industrial, farming; adopting a

rescue dog or a shelter animal instead of one from a ‘puppy mill;’ avoiding products that compromise the habitat of wild species; or even seeing Cirque du Soleil instead of Ringling Brothers — it does matter,” he said.

Pacelle’s first best-seller, written 5 years ago is called “The Bond, Our Kinship with Animals, Our Call to Defend Them.” In this book, he challenges readers to help build a more humane society. His scenarios describe the dichotomy of a world in which many animals are more loved and better cared for than in any time in history — and yet there is more animal abuse than ever before.

HSUS, the largest animal protection organization in the country, has a strong presence in Potomac. Rick Bernathal, chairman of the HSUS board, and Joyce Doria, chairwoman for the HSUS National Council, are both long-time residents. They were pleased that more than 50 interested and committed animal lovers attended this event to

SEE PACELLE LAUNCHES, PAGE 11

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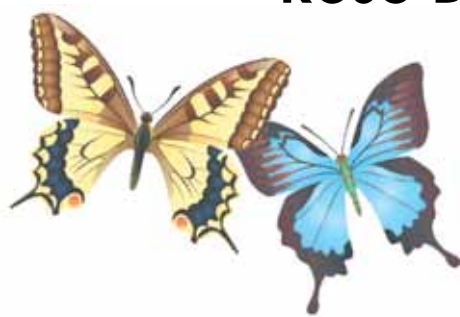
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C&O Canal Pride Days

On April 23, the C&O Canal Trust, in partnership with the C&O Canal National Historical Park, held the 9th annual C&O Canal Pride Days. One hundred and twenty volunteers from around the community spent the morning working on projects to restore and revitalize the C&O Canal National Historical Park at Great Falls. From left are Linda Rieger, a Canal Classroom Core representative; Sandra Adams, board member; Kevin Brandt, superintendent of the C&O Canal National Historical Park; Robin Zanotti, president of the Trust; and Heidi Schlag.



Josh Whitman, volunteer coordinator, and Jason Gasken, park ranger.



Nicole Whitney picks garlic mustard weed.



Robert Straughter



Volunteers clear bamboo and gather them for the pandas at the National Zoo.

PHOTOS BY DEBORAH STEVENS/THE ALMANAC

All in the Family

Trunnell Electric celebrates 80 years as a thriving family business.

BY MARILYN CAMPBELL
THE ALMANAC

Sitting in the living room of her Potomac home where she raised five sons, Jean Trunnell and her son Jack reflected on the family's business, Trunnell Electric. The company celebrates 80 years in business this year. The Trunnells discussed the evolution of their business, including what has worked and what hasn't, the ways in which they've had to reinvent themselves and their survival strategies and secrets in a business environment that has been difficult at times.

Trunnell Electric, founded in 1936 by W.K. and Leroy "Dutch" Trunnell, is still a family business led by the second and third generation — three of Dutch's sons and a grandson. The family's cohesiveness and ability to work well together is rooted in mutual respect for each other, a quality that was modeled by their parents, said Jack Trunnell.

"It was taught and not taught," he said. "It was set with how [my parents] interacted with one another and what [their] expecta-

tions were for us in terms of respect for one another and people in the community."

Jean Trunnell says she and her husband valued hard work, which they instilled in their sons. They were determined that their children would not rest on the laurels of the parents' efforts and success. "All five of the boys grew up in the business," she said. "They didn't sit around all summer long. They went to work when they were about 14. Today, all of them know how wire a house."

The company began with a residential customer base. Two-thirds of the residential communities in Bethesda, Chevy Chase and upper Northwest D.C. were wired by Trunnell Electric in the 1940s - 1960s, and during the 1970s - 1980s.

"In terms of Trunnell's presence in the Bethesda area after they made that transition to the commercial side, if you look at what is known today as the Woodmont Triangle, Trunnell wired most of those [buildings]," said Bill Halloran, a Trunnell spokesman.

In recent years the Trunnells

SEE TRUNNELL, PAGE 5



PHOTO BY MARILYN CAMPBELL

Jack Trunnell, CFO and co-owner of Trunnell Electric, stands with his mother Jean Trunnell in the yard of the family's Potomac home. The company is celebrating 80 years in business.

GARDENING

The Asparagus Story

A visit to Tyler and Bess Abell's garden.

BY CAROLE FUNGER
THE ALMANAC

Sometimes things are bound to grow on you. From an early age, Bess Abell (born Elizabeth Clements) knew that asparagus held an important place in the life of her family. Her mother was a great fan of the leggy vegetable, as was her father, Earle Clements, former Governor of Kentucky (1946-1950), who was an avid gardener and talented chef, too.

Bess remembers Easter times in the Bluegrass State, when the tiny sprouts made their first appearance. She loved cutting them just as they were poking their heads up out of the ground. Her mother would celebrate the occasion by making big bowls of Hollandaise sauce and the family would sit down to enjoy the first harvest of the season. From that moment on, Easter was indelibly linked in her mind with asparagus and the first signs of spring.

Years later, when Bess married Tyler Abell, she eventually came to live in Tyler's family home in Potomac. Tyler's stepfather (the famous Washington Merry-Go-Round columnist Drew Pearson) had a sprawling country home perched high on a promontory overlooking the Potomac River. During World War II, Pearson added a dairy farm, raising cows to aid in the war effort. The family also maintained a vegetable garden on the property.

Tyler's mom really loved asparagus, and decorating eggs and eating asparagus around Easter were a family tradition. When Pearson died in 1969, Tyler took over his stepfather's garden and Bess remembers her dad suggesting they put in an asparagus patch. According to Tyler, he said he'd buy the seeds if Tyler along with their two sons, Lyndon and Danny, would plant them. They began planting in 1972.

Tyler still remembers how he was taught to plant. "You dig a trench 6" deep and lay the asparagus in the bottom with the roots spread out and crowns sticking up," he said. "Then backfill with manure, which we had plenty of,



A long view of the Abell garden.

since we were a dairy farm." They mulched with straw.

As the first asparagus shoots started to emerge in spring, the boys kept on adding straw until the tiny spears finally reached ground level. In the first year, they only harvested them once, the second year twice and the third year as often as they wanted.

Over the decades, as the crop established, Tyler replanted each year following the above protocol, while painstakingly marking new plantings with flags to know when younger

plants along the 50-foot stretch of wood fence that borders the garden. Just like in Bess' home state of Kentucky, the first spears usually come up around Easter and last all the way until July 4.

The taste? Tyler considers. "I'd say the big fat ones are the best because they're succulent and tender," he said. "The skinny ones aren't nearly as interesting. Though, if you're like me, the only purpose for asparagus is as a carrier for Hollandaise sauce." (See Bess' recipe for Hollandaise sauce below.)

Bess said, "The flavor is so different from store-bought. It's more mild-tasting, kind of like a giant sweet pea."

Aside from the asparagus, the rest of the Abell's garden is heavy on vegetables planted in long rows and a series of 11 raised garden beds. There are cabbages, broccoli, peas and onions and lots of tomatoes as well as zinnias (Tyler's favorite) to attract pollinators. Craggy old apple trees, elegant pears and blueberry bushes surround the garden. A bluebird house and other tiny bird domiciles can be faintly glimpsed among the trees.

Over the decades, the garden has come to involve the community, with many of the Abell's neighbors participating in the planting as well as sharing in the harvest. Still, there's nothing quite like the appearance of the first slender green spears come Easter-time. More than just a vegetable garden, the family's history lives on in the asparagus story.

For more information on asparagus growing and harvesting, visit veggieharvest.com/vegetables/asparagus.html

Make It

Bess Abell's Hollandaise Sauce Recipe

1/4 pound (1/2 cup) butter
2 egg yolks
1/2 lemon, squeezed
Whisk together egg yolks and lemon juice. Stir ingredients over a low flame until the butter melts and sauce is thickened. Serve immediately.

ones were sprouting that needed more attention. According to Tyler, in just one morning, the spears can rocket out of the straw mulch, growing a good 6 to 9 inches. "They shoot up like a skyrocket," he said. "The pointy end is built for that."

Today, the asparagus are all different varieties, selected mainly from Johnny's seed catalogue. Tyler isn't sure exactly how many they're currently growing, since each year they add or replace



An asparagus spear

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Trunnell Electric Celebrates 80 Years

FROM PAGE 3

have taken on much more commercial work.

“One thing about business is that if it’s extremely successful, the time will come when you have to start making the transition to something else that will enable the company to continue to survive,” said Jack Trunnell.

“One of the reasons we made the transition from residential is that we found ourselves with a large office staff because we were juggling so much business that we were getting undercut by a contractor with one or two people who was working out of his garage or basement,” said Jack Trunnell. “We were finding it more and more difficult to be able to compete because we were having higher overhead costs.”

The company offers electrical contracting services in design, lighting, wiring, fire alarm system installation, renovation, energy efficiency retrofitting and LEED certification-compliant services. Helping residents take advantage of rebates and incentives given by local electric companies for energy

efficiency, is one way in which Trunnell has employed Dutch’s philosophy of being proactive and flexible. In a business climate where competition is stiff, Jack Trunnell says that an ability to reinvent themselves has enabled their business to survive and grow.

“Dad taught us that you can’t sit back in life and hope that somebody recognizes your raw talent. It doesn’t happen,” said Jack Trunnell. “We were fortunate for many years, that based on my dad’s and uncle’s reputation and the company’s reputation in the community, that we were reaping the benefits of their success. But times changed and we had to move in a new direction.”

Turbulent economic times, says Jack Trunnell, had a significant impact on business as more homeowners decided to tackle home improvement projects themselves.

“We really struggled with the great recession in 2008. Everything collapsed in both our residential and our commercial side,” said Jack Trunnell. “There was an upswing in the DIY (do it yourself)



PHOTO BY MARILYN CAMPBELL

Jean Trunnell, in her Potomac home with her son Jack, says she and her husband Dutch instilled a strong work ethic in their five sons. Three of the sons run Trunnell Electric.

culture that you see on the DIY Network that probably started the whole trend. We’ve evolved into offering different types of services in order to reinvent ourselves.”

The company celebrated a mile-

stone in March when they were honored as one of the top multi-generational, family-owned businesses in Greater Washington in the Washington Business Journal’s inaugural competition.

Stabbing Reported At Churchill

Montgomery County Police responded to a stabbing incident involving three male students at Churchill High School 12:11 p.m., Monday, May 9 during lunch.

According to police, the assault involved scissors and a tool used with clay. There were no life-threatening injuries. The suspect is 15 years old. The victims were 17 years old. Parents of the involved students were notified.

BULLETIN BOARD

Email announcements to almanac@connectionnewspapers.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 program may submit a membership form at www.PotomacCommunityVillage.org.

FRIDAY/MAY 13

Application Deadline. Montgomery

SEE BULLETIN BOARD. PAGE 11

Thinking about "aging in place"?

Coffee and Conversation
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HomeLifeStyle

Creating Space for Family Oasis or Outdoor Entertaining

Local designers unveil recent projects and offer tips.

BY MARILYN CAMPBELL
THE ALMANAC



PHOTO COURTESY OF KELLEY INTERIOR DESIGN

Yellow was the main theme on this Bethesda, Md. porch designed by Kelley Proxmire, principal of Kelley Interior Design. She added complementary accents such as the plates displayed on the wall.



PHOTO CREDIT COURTESY OF OFFENBACHERS

Philip Smith, design consultant for Offenbachers, recommends Kingsley Bate outdoor furniture. He advises clients to invest in quality pieces.

Lured outside by rising temperatures and blue skies, homeowners are deciding that it's time to spruce up patios, gardens and other outdoor living spaces. Local tastemakers are hard at work transforming winter-worn al fresco spaces into lively oases in time for a season of warm-weather entertaining.

"I have already been extremely active this season working with various clients in the region to focus on their outdoor spaces so that they may entertain outdoors as much as possible, for as long as possible this season," said Philip Smith, design consultant for Offenbachers, an outdoor furniture and accessories company with showrooms in Springfield and Fairfax. "I have looked to fresh, light and natural palettes, making an effort to mix materials whenever possible."

"Outside living areas should be an extension of your indoor space and style, so focus your energy on quality products," said Smith. "Consider accessorizing with throw pillows, rugs, lighting and potted plants, and leverage bright colors to be even more playful and on trend each season."

Smith points to a recent project in which he anchored the client's covered porch with four of their existing white Adirondack chairs, adding fresh pops of color with teal and yellow cushions. "It created a great transition from their kitchen, making it a natural extension of where they say most of their guests gather," he said.

Color is the anchor on a Bethesda, Md. porch that Kelley Proxmire, principal of Kelley Interior Design completely recently. "We used yellow as the main theme and added complementary elements such as plates displayed on the wall," she said. "Adding mirrors to an outside or seasonal space [also] gives it dimension and interest."

Families with luxurious outdoor living spaces are eager to use them often throughout the warm weather months, that's why it's a good idea for

homeowners to "invest [and] choose quality pieces that are easy to maintain and can withstand weather, but easily be updated for style as needed over the

SEE OUTDOOR, PAGE 7

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Outdoor Design

FROM PAGE 6

years," Smith said.

When shopping for outdoor furniture, look for materials that can stand up to longer use and weather elements. High quality fabrics, says Smith, will not retain moisture and attract mosquitoes.

A longer season also means the need to factor in aesthetically appealing heat solutions, such as a fireplace or fire pit. "They serve as a great focal point and can aid in deterrence of mosquitoes," said Smith.

Creating a seamless transition from a home's interior to an outside living area is a trend that Smith recommends. "For another client whose dining space is closest to the patio entry, I actually brought in a new outdoor bench cushion to use in their dining room to tie in the new grey Lloyd Flanders Mackinac seating just outside on their patio," said Smith. "Since they experience a great deal of direct sunlight, then early shading due to their trees overhead, we [added] an underlit umbrella to give the most shade during peak times and offer ambience once the sun sets."

Foliage is another weapon in the war on mosquitoes. "Think succulent plant options to minimize water consumption and excess moisture [and] keep mosquitoes away," said Smith. "Feel free to mix materials and pieces to suit what looks and feels good to you to refresh what you already have."

Michael Winn, principal/owner of Winn Design + Build, transformed the deck of a McLean deck home. He advises those considering adding such a space to design an outdoor area which can accommodate larger groups of people when entertaining. For example, he suggests "selecting doors, such as a quad-panel gliding door or full-swing French door, to create a large opening for joining the interior and exterior spaces."

Using a variety of levels for decks and patios is a trend that Winn advises homeowners to avoid. "They may look good, but they often limit the functionality of the spaces and can be tripping hazards for unaware guests," he said.

The guidelines for lighting an outdoor space are the same as interior spaces: ambient, task and accent. "All three should be considered for a layered effect," said Winn.

LET'S TALK Real Estate



by Michael Matese

Social Media and Real Estate: Make the Connection!

Facebook, Yelp, Foursquare, Twitter, Google+, LinkedIn, Wordpress, Tumblr, Blogger.....the face of social media is constantly changing—how do you keep on top of trends and utilize these tools to your best advantage? How do you avoid investing your effort into a social media graveyard? Buyers, sellers, REALTORS® and all the various agents associated with property transactions are more reliant than ever on the internet. Social media tools are one way for consumers to weed out the "junk" of information overload.

Recommendations, referrals, testimonials and feedback are what consumers are looking for, and social media tools are one way for anyone involved in property transactions to boost their success. Once a private transaction between REALTOR® and client, the property transaction of today focuses more on the collective power of the social media community: photos are uploaded to Facebook or Google+ from an open house, sellers will comb Twitter feeds for mentions of their property, agents are rated on Yelp and network between one another on LinkedIn. A REALTOR® with social media savvy can be beneficial for both the seller looking for an expedient transaction and the buyer looking for the perfect property. Social media puts homes in the eyes of the consumers and connects the properties available to their target audience—increasing the chances of a bid and successful closing. The bottom line is social media, properly used, can give a REALTOR® a solid edge, which benefits all parties involved in a real estate purchase. Ice is yours, when letting a little light into your home!

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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

“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.

Photo Exhibit: “Solitudes.”

Through June 4, 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.

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 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.store-locator.barnesandnoble.com/event/4824850-21.

VisArts Cocktails and Canvas

Class. at VisArts in the Painting & Drawing Studio, 155 Gibbs St., Rockville. Price \$40. Visit www.visartsatrockville.org/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.

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.

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 their 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. Poet Seema 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.

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, Potomac. SerbFest /DC's Spring 2016 festival brings authentic Serbian



‘Solitudes’ Features Work by Sarah Hood Salomon

“Solitudes” is an exhibition about urban isolation. People seek out seclusion in various ways. These private moments are on greater display in a public place. The anonymity of a city allows, and forces, people to withdraw into their own spaces. The opening reception is May 13, 6-9 p.m., an artist's talk will be on May 28 1-2 p.m. at Waverly Street Gallery, 4600 East-West Highway, Bethesda. Admission to the gallery is free. Visit www.waverlystreetgallery.com for more.

food, culture, crafts, dance and entertainment to the greater Washington, D.C. area. Free. Visit www.serbfestdc.com for more.

SATURDAY/MAY 14

Potomac Library Book Sale.

10 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Potomac Library Book Sale, with books of all kinds, fiction and non-fiction books, children's books, and foreign language books as well as DVDs and CDs. All proceeds benefit the Potomac Friends of the Library. Free. Call 240-777-0690.

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 an adopted dog easier. Hear a professional trainer discuss canine training and behavior, helpful pet products, and common issues adopters face. Free. Visit www.yourdogfriend.org.

Four Skills Every Dog Should

Know. 1:30-3 p.m. at St. Luke's Episcopal Church, 6030 Grosvenor Lane, Bethesda. Learn how to teach your dog four behaviors that will make your life easier. “Wait” will teach your dog patience. With “Watch” you'll be able to hold your dog's attention. “Touch” is a fun way to distract your dog. With “Leave It” your dog won't touch that dead squirrel, deer poop, trash, or whatever else he thinks he can't live without. Free. Visit www.yourdogfriend.org.

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 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.

Strathmore Spring Gala.

5:30 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North

Bethesda. The Annual Spring Gala 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.

An Evening of Musical Vignettes.

8 p.m. at Westmoreland Congregational UCC Church, One Westmoreland Circle, Bethesda. The concert is comprised of a series of diverse and relatively short works by Jacques Duphy, Francois Couperin, Claude Balbastre, Franz Schubert, Sergei Rachmaninoff, Amy Beach, Claude Debussy, Tchaikovsky, Anatoly Liadov and Strauss-Grunfeld. Free. Visit www.washingtonconservatory.org.

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

Potomac Hunt Races.

10 a.m.-7 p.m. at 14401B Partnership Road, Poolesville. The Potomac Hunt Races is an annual tradition, celebrating the sport of steeplechase racing. General admission is \$40 per vehicle. Visit www.potomachuntraces.com 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. Dance to a mix of folk waltzes with a few other couple dances, including Hambro, Schottische, Swing, Tango, and Polka. Tickets are \$10. Visit www.waltztimesdances.org for more.

Pentecost Eucemental Service.

5 p.m. at St. James' Episcopal Church, 11815 Seven Locks Road, Potomac. The churches of the Seven Locks Eucemental Group will hold a joint

service celebrating Pentecost followed by fellowship in St. James' parish hall. Choirs and musical offerings from the participating churches will add to the festivities. Participating churches include: Emmanuel Lutheran (Bethesda); Geneva Presbyterian (Potomac); Scotland African Methodist Episcopal Zion (Potomac); St. James' Episcopal (Potomac). Free. Visit www.stjamespotomac.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, a Kundalini Yoga Teacher, and retired from 22 years of teaching in the Montgomery County School System, discusses how she brought her teaching expertise and knowledge of the visual arts to Tibetan nuns in Northern India, giving them a new way of expressing the world around them. 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

Snakehead Fishing Derby.

9 a.m. at Pennyfield Lock, C&O Canal Park,

ENTERTAINMENT

1850 Dual Highway, Hagerstown. The "Stop the Snakehead" Fishing Derby will raise awareness and reduce the negative impact of snakeheads in our ecosystems. Snakeheads have spread beyond the Potomac River and throughout many tidal rivers in the Chesapeake Bay. In 2015 the species was found reproducing in the C&O Canal. Free. Visit dnr2.maryland.gov/fisheries/Pages/snakehead-derby.aspx to register.

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.

SUNDAY/MAY 22

Dixieland Jazz Jam Session. 3-6 p.m. at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Potomac River Jazz Club will hold its monthly traditional jazz jam session. Bring your instrument and sit in with the Conservatory Classic Jazz Band during the first set. Or just drop in to listen to classic jazz, Dixieland, and swing. Admission is \$10, free for musicians and students. Call 301-762-3323 or visit www.prjc.org for more.

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.

FRIDAY/JUNE 3

Art & Soul Charity Auction. 6:30 p.m. at Silver Spring Civic Center, 1 Veterans Place, Silver Spring. This year's theme, Art and Soul: "Life as Art," embraces the philosophy that art heals, and when children and families participate in creating beauty, they feel valuable. Highlighting the event is recently signed Redskin Vernon Davis, an artist, philanthropist, and athlete. Tickets are \$75. Visit www.nccf-cares.org.

FRIDAY-SATURDAY/JUNE 3-4

URBNmarket. 3:30-8:30 p.m. Friday, 11 a.m.-5 p.m. Saturday at Park Potomac Market, 12500 Park Potomac Ave., Potomac. Shoppers will find local vendors selling items including home decor, pet accessories, jewelry, toys, clothes, bath and beauty products, and gourmet food. There will be a beer garden Friday and live music both days. Free. Visit www.urbanmarket.com for more.

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Franz Kline, Untitled, circa 1957, Oil on paper board, 9 1/4 x 11 3/8 inches. Est: \$150,000-250,000. Auction: May 10 in New York
Diamond Ring, Ap. 5.20 cts. F color, V51 clarity. Est: \$75,000-100,000. Auction: May 16 in Los Angeles

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Selling When I Should Be Buying



By KENNETH B. LOURIE

There's a familiar sales expression/advisory that says: "It worked so well I stopped doing it." As a long-time (seven-plus years) cancer survivor, I can relate. There are some nutritional and lifestyle changes I've made over the years that have worked so well – presumably, that I've stopped doing them: ingesting three teaspoons of pureed asparagus twice daily, drinking 12 ounces of water mixed with baking soda at least once a day, starting mornings with a fruit and vegetable smoothie, swimming laps in my local pool three times a week, and in general, making fruits and vegetables ("eat the rainbow") more of a priority in my diet and less of a happenstance.

Granted, I've added (I wouldn't say replaced) a few supplements along the way and have continued to do so as a means not to a premature end, but overall, I'm hoping that less is indeed more; rationalizing along the way that maintaining my sunny disposition, positive attitude and sense of humor was more important in this battle royal than being miserable, while adhering to a stricter schedule of non-Western, anti-cancer alternatives.

If anything has been true in my cancer experience, it has been that I've remained true to myself. To invoke a classic Clint Eastwood quote from the movie, "Magnum Force": "A man's got to know his limitations," and I definitely know mine. I've always wanted to know the truth from my oncologist, however discouraging on occasion it has been; and as concerns my nutrition/behavior/lifestyle choices, I might as well be Popeye the Sailor Man, because "I yam what I yam." Certainly, change in general can be good – and necessary quite frankly, but if it makes one miserable in the interim, and in the aftermath too; constantly stressing about how to manage and how to get from point "A" to point "B" and even to point "C," – then what have I really accomplished?

As much as I've tried to assimilate all the information concerning cancer and living with/surviving cancer, I've tried to balance it (after all, I am a Libra) with what I can and cannot absorb/do. Obviously, I don't want to die due to my own neglect/stubbornness/stupidity, but neither can I afford (figuratively speaking) to self-impose unhappiness and anxiety. It's difficult and challenging enough to endure the physical, emotional and spiritual effects a diagnosis of "terminal" cancer can cause; but piling on with external demands, albeit demands that potentially could impede the cancer, are still demands nonetheless. And another thing I've learned from my cancer career (some career), is that my capacity to manage additional demands has been somewhat (I wouldn't say totally) diminished. It's as if my tolerance gene has mutated somehow, just like the healthy genes which have likewise mutated and now become malignant.

However, remaining close-minded to the evolution in lung cancer research and treatment (Immunotherapy, as an example) which has finally happened recently (six new drugs approved by the F.D.A. in 2015 alone; as many as had been approved in the last decade), and considering as well the no-longer-presumptive relationship between nutrition and one's overall health, seems even to me to be penny wise and pound foolish. Moreover, it just doesn't make sense. I suppose that if I want to stay in the game, I have to get back into the game. It will only be too late when the game is over.

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

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POTOMAC ALMANAC

SPORTS

Churchill Boys' Lacrosse Is No. 1 Seed

The Churchill boys' lacrosse team went undefeated against Montgomery County competition during the regular season and enters the playoffs as the No. 1 seed in Section I of the 4A/3A West region.

The Bulldogs get a first-round bye and will face the winner of No. 4 Whitman and No. 5 Bethesda-Chevy Chase on Friday, May 13.

Churchill finished the season with a 13-1 record. After 13 straight victories, the Bulldogs suffered a 13-8 loss to Landon, a private school program that is ranked No. 16 in the Nike/Lacrosse Magazine national poll.



PHOTO BY HARVEY LEVINE/THE ALMANAC
Ryan Leonard and the Churchill boys' lacrosse team.

on Thursday, May 12.

Whitman, Churchill Girls' Lacrosse Get First-Round Byes

The Whitman and Churchill girls' lacrosse teams earned first-round byes in the MPSSAA playoffs.



PHOTO BY HARVEY LEVINE/THE ALMANAC
Meredith White and the Wootton softball team.

Whitman is the No. 1 seed in Section I of the 4A/3A West region tournament. The Vikings will face the winner of Bethesda-Chevy Chase and Richard Montgomery at 4 p.m. on Saturday, May 14.

Whitman (10-2) closed the regular season with six straight victories.

Churchill is the No. 2 seed in the Section I. The Bulldogs will face the winner of Wootton and Walter Johnson on Friday, May 13.

SCHOOL NOTES

Email announcements to almanac@connectionnewspapers.com. Deadline is Thursday at noon. Photos are welcome.

The following Potomac residents were named to the dean's list at Boston University (Boston, Mass.) for the fall 2015 semester: **Madeline L. Ahern, Alexander J. Ascher, Anna D. Fasolyak, Melissa J. Heller, Katherine K. Hunter, Justin P. Lau, and Kembo K. Matungulu.**

Dora Dmitriev, of Potomac, made the president's list in the fall 2015 semester at Pratt Institute (Brooklyn, N.Y.).

Daniel Ricci, of Potomac, was recently inducted into a Sigma Alpha Pi at Lebanon Valley College (Annville, Pa.) during the College's annual Inquiry celebration. Ricci, a graduate of Winston Churchill High School, is pursuing a Bachelor of Arts in politics at The Valley.

The following students from Potomac were awarded corporate-sponsored National Merit Scholarships:

❖ **Michelle Chan**, a student at Winston Churchill High School who plans to study accounting, was awarded a National Merit General Dynamics Scholarship.

❖ **Sage Chen**, a student at Montgomery Blair High School who plans to study computer science, was awarded a National Merit CACI Scholarship.

❖ **Ramya A. Durvasula**, a student at Montgomery Blair High School who plans to study biotechnology, was awarded a National Merit Gannett Foundation/Madelyn P. Jennings Scholarship. These scholarships are available to finalists in the National Merit Program who are children of Gannett employees.

❖ **Connie Ho**, a student at Montgomery Blair High School who plans to study medicine, was awarded a National Merit Lockheed Martin Academic Scholarship. Lockheed Martin Corporation supports Merit Scholarship awards for children of Lockheed Martin employees located throughout the world.

Wootton Softball To Host Northwest

The Wootton softball team will host Gaithersburg on Thursday, March 12 in the opening round of the 4A MPSSAA playoffs.

The Patriots, who went 11-4 during the regular season, are the No. 4 seed in Section II of the 4A West region. The winner of Wootton and Gaithersburg will face No. 1 seed Northwest on May 16.

Churchill is the No. 4 seed in Section I. The Bulldogs will face Bethesda-Chevy Chase on Thursday, May 12.

Whitman is the No. 6 seed in Section I. The Vikings will take on No. 3 Northwood

Pacelle Launches Latest Book 'Humane Economy' in Potomac

FROM PAGE 2

support Pacelle's latest book.

Bernathal has served as the HSUS board chairman since 2004. He cited the wide range of initiatives of HSUS including the elimination of cockfighting, bear trophy hunting, seal hunting, elephants in captivity, protecting horses and the Sea World decision to free the orca whales. Pacelle is involved personally in many of the HSUS issues. After Hurricanes Katrina and Sandy, Pacelle and other members of his Animal Rescue Team rushed to search for wildlife and domestic animals that were trapped, injured or stranded by the storms. Besides heading up the HSUS, Pacelle has recently appeared on television shows, writes a daily blog and lobbies before Congress.

"Pacelle's book describes extremely timely and significant issues for each of us to con-

sider," Bernathal said. "Wayne believes that we have a moral obligation to care for all the animals in the world because we have power over them but we must each exercise our stewardship over them in a moral way. Everyone does not have to be vegan, but in our daily living we should be thinking about animal welfare in a way that is constructive and respectful to these creatures; they are as feeling and alive as we are. Pacelle points out that with incredible acceleration, corporations are finally grasping that caring about where they get their products is good for business — and customers are demanding it. Walmart and McDonalds took a pledge to sell cage-free eggs, Whole Foods Market took animal welfare to a higher standard with their five-step animal protection policy (no cages, crates, animals must have access to being outside, etc) and Armani pledged to go fur-



free. Corporations need to pay attention to these things." Bernathal noted that Pacelle says each person should figure out what they can comfortably do without being judgmental of other people. "Reduce your meat intake by trying some of the vegan options that are coming on the market. Choose your next dog or cat from a shelter, or contribute money to an organization that directly helps animals," he said.

Doria sits on the board of the International Fund for Animal Welfare (IFAW) as well as the HSUS National Council.

free. Corporations need to pay attention to these things."

Bernathal noted that Pacelle says each person should figure out what they can comfortably do without being judgmental of other people. "Reduce

"Pacelle is an incredibly special person with tremendous drive," she said. "He is so dedicated to the cause. At the book-signing, there were questions about the progress with the use of animals in entertainment and in reducing the number of animals in cages — not just chickens, but also hogs and other animals. There is a valid initiative in Massachusetts to prohibit the sale of animals who have been raised in crates. This is on the ballot for November and will set huge precedent."

"Another item discussed was genetically-created meats — moving away from beef," said Doria. "Cows produce more methane gas than cars. Reducing the amount of meat people eat will have a positive effect on our environment and water. HSUS is truly making a difference in our world — in so many ways. I would encourage people to volunteer their time and energy with us."

BULLETIN BOARD

FROM PAGE 5

County is seeking applicants to fill vacancies on two county boards: Western Montgomery County Citizens Advisory Board and Glen Echo Park Partnership for Arts and Culture, Inc. Board of Directors. Visit www.montgomerycountymd.gov/boards/index.html or www2.montgomerycountymd.gov/BCCpublic/Default.aspx.

SATURDAY/MAY 14

Stamp Out Hunger. Letter carriers across the region are preparing for

the 24th annual Stamp Out Hunger Food Drive, the nation's largest single-day food drive. Put a bag of non-perishable food out next to the mailbox and letter carriers will pick it up and deliver it to local food banks.

SUNDAY/MAY 15

Low Vision 101. 1:30-3 p.m. at Sibley Medical Building, Conference Room 2, 5215 Loughboro Road NW #430, Washington, D.C. Aging Eye & Macular Degeneration Network presents "Low Vision 101 — Understanding Your New Sight."

Free. Light refreshments served. Register at 202-364-7602. Visit youreyes.org/events/details/355-low-vision-101 for more.

MONDAY/MAY 16

Resource Fair on Mental Health. 5-8 p.m. at Montgomery College's Rockville Campus-Small Gym (PE137A), 51 Mannakee St., Rockville. Learn about the many wellness and recovery programs and resources for mental health services at the Mental Health Resource Fair. Call 240-777-1400.



Happy Mother's Day

Heather Lawrence with daughters Olivia, 4, and Leighton, 1, on Easter Sunday having brunch at Avenel Golf Club.



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AVENEL, POTOMAC, MARYLAND
Prime golf course home w/ top of the line KIT, high ceilings, wrap around multi-level deck & pool w/ magnificent views. 1st floor master, finished LL w/ fabulous entertaining space. \$1,699,000
Nancy Itteilag 202-905-7762



POTOMAC, MARYLAND
Renovated colonial with two story great room addition, 5BR/5.5BA, in-law suite w kitchenette. Pool/tennis & country club-like grounds. \$1,599,000
Meg Percesepe 240-441-8434
Alison Shutt 301-219-7671



DELAPLANE, VIRGINIA
NORTHFIELD - 53 plus acres country property-Piedmont Hunt. Lovely 4BR/4.5BA. First floor Master BR. Two stall stable + wk shop. Open land with stream, pond, & fabulous views. \$1,495,000
Carole Miller 540-687-2233



BETHESDA, MARYLAND
Located just off Burdette and Greentree, behind Woods Academy in sought after Bradley Manor. Renovated 4 story Colonial featuring 6BR, 4FBA, 2HBA on a stunning corner lot. \$1,250,000
Nancy Itteilag 202-905-7762



ASHLEIGH, BETHESDA, MARYLAND
UNDER CONTRACT! Spectacular rambler w/ golf course views. Main-level master, walk-out LL. 1/2 acre lot. 4BR/3BA. 9915 Carter Rd. \$1,085,000
Adaline Neely 301-580-2214
Karl Dainty 240-888-2826



POTOMAC, MARYLAND
Expanded and updated 4BR colonial in prime cul-de-sac location. Fully renovated kit w/ granite & stainless, fin LL, great yard! \$949,000
Meg Percesepe 240-441-8434
Alison Shutt 301-219-7671



BETHESDA, MARYLAND
Gorgeous contemporary on 1.5 acre private lot backing to parkland w/ beautiful views. Fabulous living space w/ open Kitchen/Family Room. Very well maintained. 5BR/3BA Upstairs! Walkout LL. 3 car garage.
Traudel Lange 301-765-8334

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**Nancy Shahin Itteilag
&
Christopher Itteilag
TO OUR FIRM**

nancy.itteilag@wfp.com 202-905-7762
chris.itteilag@wfp.com 301-633-8182



AVENEL, POTOMAC, MARYLAND
NEW LISTING! Beautiful 7,700+/-SF Colonial w/ 5BR, 5FBA+3HBA backing to pond w/ golf course views. Elevator, theater, Sub-Zero & Viking kit. \$1,499,000
William F. X. Moody
Adam T. Rackliffe 202-243-1620



BETHESDA, MARYLAND
Comfortable home on almost two acre lot. Kitchen and family room combo. Large deck overlooking the woods, four bedrooms, three baths upstairs. Walkout LL. Whitman High School. \$1,299,000
Traudel Lange 301-765-8334



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