

Potomac ALMANAC

SUMMER FUN, FOOD
& ENTERTAINMENT

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Carly Morgan and Sabrina Epstein, founders of the Bullis KEEN Club, organized a first-ever prom for KEEN students.



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News



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Helping Victims

Six Rotary Clubs raised \$6,000 to help six shooting victims (Montgomery Mall, Aspen Hill Giant and High Point High School) pay for burial, mortgage, and children's education. The clubs included Downtown Silver Spring, Silver Spring-Kensington, North Bethesda, Metro Bethesda, Bethesda Chevy Chase, and Potomac-Bethesda. The Rotary Clubs partnered with the 20-year-old Victims' Rights Foundation whose president, Greg Wims (in center with microphone), said, "This partnership is a game changer in helping victims of violent crimes." The Rotary's motto is: Service Above Self.

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KEEN Athletes Enjoy Their First Prom

Event organized by Bullis KEEN Club members.

BY SUSAN BELFORD
THE ALMANAC

For the past two years, Bullis students Carly Morgan and Sabrina Epstein have changed the lives of numerous KEEN (Kids Enjoy Exercise Now) athletes and their parents, as well as those of many Bullis students. Sabrina and Carly founded the Bullis KEEN Club, searching for students to volunteer their time every other Sunday to meet with KEEN participants with special needs. Recruiting and selecting for the Bullis KEEN Club was difficult — but once they formed a dedicated group, the word spread about how meaningful and fun it was — and now there is a waiting list to join.

On May 20, the KEEN Club sponsored a first-ever prom for KEEN students. Carly and Sabrina wanted to leave a legacy and start a new tradition.

These two founders inspired an organization — and that organization created an evening that will remain in the hearts and memories of everyone who attended the first KEEN Prom.

Delighted KEEN athletes, in their prom dresses and tuxedos danced the night away with their Bullis friends, snapping selfies and mixing and mingling with all the youths at the event.

As KEEN parent, Melanie Wissinger noted, “This, like every teen’s prom, was a night to remember. Thanks for allowing the parents to stay and observe this monumental moment for our teens.”

Parent Mark Buckman echoed her thoughts: “We’ve enjoyed many wonderful KEEN activities over nearly 10 years, and I can say without question tonight’s KEEN Prom has been the best.”

SEE KEEN, PAGE 11



PHOTOS CONTRIBUTED
KEEN athletes dance through the night at their first prom.



Churchill Junior Organizes CPR Workshop for Fellow Students

New law, cousin’s death inspires effort.

BY SUSAN BELFORD
THE ALMANAC

Churchill junior Noah Pereles “a-ha” moment came as he was engaged in reading about Breanna’s Law in The Washington Post. He read that Maryland ninth-grade students will be required to learn CPR as a graduation requirement.

Although this requirement would not affect him, he was more interested than many teenagers might be. He had often heard the

story of his cousin, a University of Michigan professor, who had suddenly died from a heart attack, 20 years ago at the age of 39. If CPR had been administered, his life might have been saved.

According to the CDC, about 750,000 Americans experience a heart attack each year. Many die because they don’t receive immediate CPR from someone on the scene. Too few people know exactly how to administer CPR or use a defibrillator. The American Heart Asso-



PHOTO CONTRIBUTED

Churchill High School students gathered to learn CPR last week.

ciation, along with the nation’s schools is trying to change this by advocating for more training.

Breanna’s law will come into effect this year in Maryland. The law is named for Breanna Sudano, a Perry Hall teenager who collapsed during a field hockey game at her school. She was saved when a bystander performed CPR on her.

“We need students armed with the ability to intercede in order to have the opportunity to save the life of a classmate or a teacher or a visiting parent at the

SEE CPR, PAGE 4

Discovering Flora and Fauna

Event at Great Falls Tavern marked the Centennial of the National Park Service.

BY MARILYN CAMPBELL
THE ALMANAC

“For the Birds” took on a positive meaning this weekend as hundreds of scientists, students, teachers, and the general public explored and documented the birds and plants of the Chesapeake and Ohio Canal (C&O Canal) National Historical Park at the Great Falls Tavern’s Bird Blitz. The event, part of the National Parks Services’ BioBlitz weekend, was one in a series of “BioBlitzes” across the nation, all of which celebrate the centennial of the National Park Services.

Participants were divided into two groups, which included guest scientists from the Audubon Naturalist Society. The morning was spent walking through the park and identifying and recording bird species. Plant inventories were taken in the afternoon.

“We had 450 observations total during the two days and we spotted 211 different species,” said Joshua Nolen, a biological science technician for the National Park Service.

When participants located a bird they took an audio recording or a photograph and uploaded to the iNaturalist website using a smartphone application where it was reviewed and identified by other scientists. “Our data got added to all the other data from the parks in the D.C. area,” said Nolen. “We could look, at species from 18 different parks.”

National parks across the country celebrated the Centennial of the National Park Service with more than 100 BioBlitzes and Biodiversity Celebrations on May 20-21.



Students from Center City Public Charter School joined the Bird Blitz on Friday at Great Falls Tavern in Potomac.

PHOTOS COURTESY OF THE NATIONAL PARK SERVICE



Bird Blitz group discusses the game plan before heading out on the walk on Friday morning at Great Falls Tavern.

Churchill Junior Organizes CPR Workshop

FROM PAGE 3

time of an incident,” said Yvette Mingo of the American Heart Association.

Breanna’s Law requires that “beginning with students entering grade 9 in the 2015–2016 school year, to graduate from a public high school, a student shall complete instruction in cardiopulmonary resuscitation and the use of an automated external defibrillator. The law also requires that schools “incorporate the psychomotor skills necessary to perform cardiopulmonary resuscitation and to use an automated external defibrillator.”

After reading about the new requirement for freshmen, Noah realized that Churchill’s sophomore, junior and senior classes would miss out

on the CPR training. He decided to initiate CPR training during the student lunch period. “It only takes about 20 minutes to train how to administer CPR,” he said. “The new program is called ‘Hands Only CPR.’ If one sees a teen or adult suddenly collapse, they should call 9-1-1 and then push hard and fast in the center of the chest to the beat of the disco song, ‘Stayin’ Alive.’ It’s easy to learn — and makes sense for every teen to learn.”

Noah contacted the Sandy Spring Rescue Squad and Sgt. Custead agreed to come to Churchill at lunch on May 18 and 19 to train the 75 -80 students who had signed up. Noah posted the training on Facebook and also advertised on Churchill’s TV station. “I’m hoping

to get the program established so that a majority of the students in the 10th, 11th and 12th grade classes at Churchill will be trained,” said Noah. “Deborah Stapleton, our school nurse was my faculty sponsor and Dr. Benz, our school principal was very supportive. My goal is to train students to become life-savers. Cardiac arrest is such a big problem — even teens can die from a heart attack.”

Noah hopes to offer a future training session at Churchill next October since it is national Sudden Cardiac Arrest Awareness Month.

Noah swims for the Nation’s Capital Swim Club, for the Churchill Swim team and is also a lifeguard at Potomac Swim and Tennis Club.

POTOMAC ALMANAC

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NEWS

Getting to a Healthy Lifestyle

Bringing their combined education, expertise and experience in the fields of nutrition and exercise to Potomac residents, Jessica and David Murgueytio are the featured speakers at Potomac Community Village's (PCV) June 23 meeting. Their presentation, "Eating and Exercising for Vitality — How Our Needs Change Throughout Our Lives," highlights two key aspects in healthy aging: how one moves and what one eats.



Jessica Murgueytio

Specializing in weight loss and diabetes management to enhance aging and vitality, Jessica Murgueytio is a registered dietitian and certified diabetes educator with bachelor's and master's degrees in clinical nutrition.

David Murgueytio specializes in corrective exercise and performance enhancement and focuses on

functional movement patterns, strength and conditioning.

Jessica Murgueytio currently practices at Bethesda Medical Associates and is an adjunct professor at George Mason University. David Murgueytio is a certified personal trainer at Lifetime Athletic in Rockville and continues his studies in exercise physiology.

PCV's June 23 meeting takes place from 7-9 p.m. at the Potomac Community Center, 11315 Falls Road, Potomac. The program is free and open to all, but donations are accepted.

Potomac Community Village is a non-profit member network of neighbors and friends geared to enhancing the quality of life for older Potomac residents by creating social connections and providing services such as transportation, computer assistance and simple home repairs. For more information, to volunteer or to get volunteer help, contact info@PotomacCommunityVillage.org, 240-221-1370 or visit www.PotomacCommunityVillage.org.

BULLETIN BOARD

Email announcements 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.

WEDNESDAY/MAY 25

Volunteer Training. 7 p.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.

THURSDAY/MAY 26

Montgomery Town Hall Meeting.

6:30-8 p.m. at the Dennis Avenue Health Center, 2000 Dennis Ave., Silver Spring. Montgomery County state and local representatives hold presentations and Q & A session regarding plans and prevention of the Zika virus. Visit www.montgomerycountymd.gov/mosquito.

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PHOTO GALLERY!

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SUMMER FUN & 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

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.

"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.

Call for Submissions: GEN-Y 3.0. VisArts welcomes artists ages 17-27 in the DC/MD/VA area to submit their application for review for Gen-Y 3.0, an exhibit focusing on young, emerging artists. \$10 application fee. Email Frank McCauley at fmccauley@visartscenter.org.

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. Thursdays through July, 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.

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.

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.

SATURDAY-MONDAY/MAY 28-30

Hometown Holidays. 2-10 p.m. at Rockville Town Center, 30 Maryland Ave., Rockville. This is a Memorial Day festival and parade in the City of Rockville with concerts, children's crafts and games. Free. Call 240-314-5022 or visit www.rockvillemd.gov 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



Clockwise from top left: Wajin Kim works with soft metals and wire, Christian Ianculescu is a sculptor, Kate Radi is a photographer, Ronnie Spiewak works in collage and paint, Jill Tanenbaum works with fused glass.

Exhibit Features Diverse Art Media

Five new artists will display their work at Waverly Street Gallery June 7-July 2. The opening reception will be on Friday, June 10, 6-9 p.m. An Artist's Talk will be held on Saturday June 18 at 1 p.m. All events are free to attend. The gallery is located at 4600 East-West Highway, Bethesda. Visit www.waverlystreetgallery.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 Hambo, Schottische, Swing, Tango, and Polka. Tickets are \$10. Visit www.waltztimesdances.org for more.

MONDAY/MAY 30

Memorial Day Ceremony and Parade. 9 a.m.-1 p.m. at Rockville Town Center, 30 Maryland Ave., Rockville. The ceremony, located in Rockville Town Square includes music by the Rockville Concert Band and the Rockville Chorus, a traditional wreath laying led by American Legion Post 86, and a 21-gun salute and presentation of colors

by American Legion Post 86 Color Guard and Rockville City Police Department Honor Guard. The City of Rockville's 72nd Annual Memorial Day Parade will top-off a weekend long celebration with more than 70 parade units including marching bands, drill and majorette units, floats and more. Free. Visit www.rockvillemd.gov.

WEDNESDAY-SATURDAY/JUNE 1-25

Bethesda Painting Awards Exhibition. 12-6 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E. Free. Visit www.bethesda.org for more.

THURSDAY/JUNE 2

Great Decisions: Korean Choices. 12:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. A

program of the non-partisan Foreign Policy Association in which local groups gather monthly to discuss U.S. foreign policy topics. Topic for June: Korean Choices. At the end of World War II, Korea was divided in two. The northern half of the Korean peninsula was occupied by the Soviet Union, the southern by the United States. Today, North and South Korea couldn't be further apart. Free. Visit www.montgomerycountymd.gov/library/branches/potomac.html 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

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POTOMAC ALMANAC

SUMMER FUN & ENTERTAINMENT

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 for more.

Dance Bethesda: Casino Night. 8 p.m. at Avant Garde Dance Center, 5268-M Nicholson Lane, Rockville. The evening starts with dance lessons, followed by a party. Tickets are \$15. Visit www.dancebethesda.com for more.

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.urbnmarket.com for more.

FRIDAY-SUNDAY/JUNE 3-5

“Into The Woods Jr.” 8 p.m. Friday-Saturday, 2:30 p.m. Sunday at Herbert Hoover Middle School, 8810 Postoak Road, Potomac. Herbert Hoover Middle School presents the popular fairytale musical “Into the Woods Jr.,” directed and choreographed by Patricia B. Groisser. Tickets are \$10. Visit www.hoovermspts.org or email Karla Yager at Karla_Yager@mcpsmd.org.

SATURDAY/JUNE 4

Imagination Bethesda. 10 a.m.-3 p.m. at Bethesda’s Woodmont Triangle. Activity tents line the streets, face painters bring butterflies and pirates to life and find a stage of live entertainment. Free. Visit www.bethesda.org for more.

National Philharmonic Performs

Tchaikovsky. 8 p.m. at the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. The National Philharmonic, led by Music Director and Conductor Piotr Gajewski, performs Tchaikovsky’s Symphony No. 6 (“Pathétique”). The concert will also feature the National Philharmonic’s nearly 200 voice all-volunteer chorale performing Brahms’ Gesang der Parzen (Song of the Fates) and Nänie. Concert tickets start at \$29 and are free for children ages 7-17. Visit www.nationalphilharmonic.org for more.

Washington Balalaika Society’s “Musical Strings.” 8 p.m. at F. Scott Fitzgerald Theatre–Rockville Civic Center Park, 603 Edmonston Drive, Rockville. Washington Balalaika Society presents an afternoon with Peter Omelchenko, domra virtuoso with Moscow’s Osipov Folk Orchestra. Conductor Svetlana Nikonova leads the 55-musician orchestra, including Washington Balalaika Concertmaster Andrei Saveliev, in a performance of the music of Russia and Eastern Europe. Tickets are \$25, \$20 for seniors, \$15 for students. Visit www.rockvillemd.gov for more.

SATURDAY-SUNDAY/JUNE 4-5

Washington Folk Festival. 12-7 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. This festival presented by the Folklore Society of Greater Washington in collaboration with the Glen Echo Park Partnership, celebrates the many folk music, dance and craft traditions of the greater Washington area. The Festival features over 450 of the best traditional musicians, storytellers, dancers, and craftspeople in the region. Free. Visit www.fsgw.org for more.

SUNDAY/JUNE 5

Feria De Sevilla. 11 a.m.-5 p.m. at The Strathmore Campus, 5301 Tuckerman Lane, North Bethesda. The Centro Espan ol de Washington, D.C., is bringing a taste of Spain to Strathmore with a Flamenco festival featuring dancers and food. Free. Visit www.strathmore.org for more.

MONDAY/JUNE 6

The Neediest Kids Tournament. 11 a.m. at TPC Potomac at Avenel Farm, 10000 Oaklyn Drive, Potomac. The Neediest Kids, a program of The National Center for Children and Families (NCCF), provides emergency funds to the 41 percent of Washington area students who struggle for the basic essentials necessary for

them to stay in school and thrive. Registration is \$750. Visit www.nccf-cares.org for more.

TUESDAY-SATURDAY/JUNE 7-JULY 2

“Five: New Voices at Waverly.” 12-6 p.m. at Waverly Street Gallery, 4600 East-West Highway, Bethesda. This exhibit features fused glass, collage, photography, metal and clay sculpture. Free. Call 301-951-9441 for more.

JUNE 8-JULY 10

Brad Blair: “Future Unknown.” Gallery hours at VisArts, 155 Gibbs St., Rockville. Brad Blair creates detailed sculptural monstrosities that allude to the issues of genetic engineering and biotechnology unfolding in today’s world. Free. Visit www.visartsatrockville.org for more.

JUNE 9-19

“HMS Pinafore.” 8 p.m. Wednesday-Saturday 2 p.m. Sunday at F. Scott Fitzgerald Theatre–Rockville Civic Center Park, 603 Edmonston Drive, Rockville. In one of Gilbert & Sullivan’s most popular operettas, Captain Corcoran makes grand plans for his daughter, Josephine, to marry sir Joseph. Tickets are \$28, \$24 for seniors, \$20 for students. Visit www.rockvillemd.gov for more.

FRIDAY/JUNE 10

Opening Reception: “Five: New Voices at Waverly.” 6-9 p.m. at Waverly Street Gallery, 4600 East-West Highway, Bethesda. Celebrate the exhibit featuring five new artists, each working in fused glass, collage, photography, metal and clay sculpture. Free. Call 301-951-9441 for more.

JUNE 10-JULY 10

Art Exhibit: Pat Alexander. Gallery hours at VisArts, 155 Gibbs St., Rockville. Taking advantage of the Gibbs Street Gallery’s wall of windows and artificial light, Pat Alexander creates an installation of pigmented cast-paper rocks and boulders, cast shadow and small abstract paintings inspired by rock-laden landscapes in Newfoundland, Canada, Vedauwoo, Wyoming and Cappadocia, Turkey. Free. Visit www.visartsatrockville.org for more.

SATURDAY/JUNE 11

Celebrate Mama. 11 a.m.-4 p.m. at Rockville Town Square, 30 Maryland Ave., Rockville. Featuring live entertainment, giveaways, a vendor marketplace, and more. Free. Visit www.bermanevents.com/celebratemama for more.

JUNE 11-JULY 31

“Turning the Page: Children’s Book Illustrations.” Gallery hours at The Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. In addition to illustrations, the exhibition explores book design, binding, and building in a true celebration of all things picture book. Free. Visit www.strathmore.org for more.

THURSDAY/JUNE 16

Opening Reception: Turning the Page. 7 p.m. at The Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. In addition to illustrations, the exhibition explores book design, binding, and building in a true celebration of all things picture book. Free. Visit www.strathmore.org for more.

FRIDAY/JUNE 17

Opening Receptions and Artist Talks. 7-9 p.m. at VisArts Gallery, 155 Gibbs St., Rockville. Brad Blair creates detailed sculptural monstrosities that allude to the issues of genetic engineering and biotechnology unfolding in today’s world. at Alexander creates an installation of pigmented cast-paper rocks and boulders, cast shadow and small abstract paintings inspired by rock-laden landscapes in Newfoundland, Canada, Vedauwoo, Wyoming and Cappadocia, Turkey. These artists will be available to discuss their art along with others. Free. Visit www.visartsatrockville.org for more.



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LET'S TALK Real Estate



by Michael Matese

The Appraiser and What He Does

Home appraisals might be more accurately described as "home evaluations". Appraisals are an essential part of the home sale process, from both the buyer and the seller's end, and are invaluable tools to have firmly in hand before an offer ever hits the table. Many sellers have an appraisal completed before the home is listed, in order to get a working grasp of current home value trends in the market and establish a baseline for the asking price. It is important to keep a few key pieces of information in mind when having an appraisal performed on your house. First, both appraisers and their appraisals vary—so make sure to find a reputable, experienced, reliable appraiser in your area to perform your home's appraisal. Three different appraisals by three different appraisers might give you three different ideas about your home's value—and while you definitely don't want an appraiser who lowballs your home's value and causes you to ask for a price lower than your home is worth, likewise you don't want an appraiser who overinflates your home's value, making your asking price higher than what the market will bear and keeps your home languishing without a potential buyer in sight. The most accurate appraisal is one that is neither too high, nor too low—a realistic evaluation of what the home is worth, versus what the market will bear that results in a home being sold with a reasonable profit to the seller in an expedient amount of time. An appraiser's document is only as valuable as their expertise and reliability, and in a profession that's not strictly regulated, you want to ensure that you've not paid a fee to a flight-by-night appraiser whose evaluation of your home's value isn't worth the paper it's printed on. Ask your Realtor® to point you in the direction of a reputable home appraiser, and screen the appraiser thoroughly before contracting their services. With just a little extra effort on your part, your home's most accurate asking price could be just a phone call away! Things to ask an appraiser before contracting their services include:

- What is their professional background regarding home appraisal?
- Are they trained and/or certified?
- Do they have a portfolio they'd be willing to share, or will they put you in touch with satisfied clients?
- Are they knowledgeable in your area?
- Do they know the history of your neighborhood and its constructions?
- What comparables will they be using?

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FAMILY

A Mindful Family

BY MARILYN CAMPBELL
THE ALMANAC

Every evening after dinner and bath time, Elizabeth Rees, a Mount Vernon, Va., mother of three, instructs her children to lie on the floor keeping as still as possible. With soft tones, she recites a phrase, slowly and purposefully. These moments of serenity allow her family to release the chaos of the day.

"It is such as still and lovely time," said Rees, associate rector of St. Aidan's Episcopal Church and cofounder of the Center for Spiritual Deepening, both in Mount Vernon. "My children long for the stillness and being present in the moment as much as I do. When we're in the thick of things and we're schlepping and on the run, there is a temptation to be disconnected. The mindfulness idea is being present in the moment and finding the joy in the moment."

Such mindfulness meditation practices have been credited with improving focus, boosting happiness and reducing stress. A study by researchers at the University of Miami found that short mindfulness practices improved students' ability to focus; while research by the University of California, Davis Center for Mind and Brain found a meditation to be effective in reliving stress.

"The name can make it sound like a huge unattainable concept, but essentially, mindfulness meditation is paying attention to what's happening in the present moment without judgment," said Sandra Carr, Ph.D., a family therapist and meditation teacher in Bethesda, Md.

"Meditation has been around for thousands of years, but for the last



PHOTO COURTESY OF ELIZABETH REES

Elizabeth Rees, pictured with her husband Holden Hoofnagle and children Sophia (12), Dylan (9) and Maya (6), leads her family in a daily mindfulness practice.

"It is really important that we all take time to quiet our minds every day."

— Jill Gattone, Marymount University

decade the practice has become more and more widely accepted as the overall benefits of meditation continue to be studied," said Jill Gattone, R.N., a registered nurse in Marymount University's Student Health Center who leads Mindfulness Meditation sessions for students.

"Current literature reveals the potential for Mindfulness Meditation to not only help with focus and concentration, but may also positively effect brain structure, improve relationships, reduce stress and even increase immune function."

"We live in a world where we are constantly 'plugged in.' We look around and see students spending hours on their laptops and smartphones ... Facebook,

Instagram and Netflix," said Gattone, R.N. "This way of life can leave us feeling exhausted and stressed. It is really important that we all take time to quiet our minds every day."

For families who want to begin a meditation practice, Gattone recommends a guided session "... where someone is leading you through the process. There are many apps that can guide you through a short 5 minute meditation, or there are classes that can be a good way to start as well," she said.

Starting with short, uncomplicated mindfulness sessions can make the initial process less intimidating. "Like physical exercise, you may find that it is best to start with a short 5 minute meditation and gradually increase," said Gattone, whose own practice consists of beginning and ending her day with a 10-minute meditation. "It can be as simple as finding a quiet spot, sitting in a comfortable position with your spine straight, focus on

your breath, clear your mind and be aware of what is happening in the present moment."

Establishing a daily mindfulness practice offers an opportunity to build an arsenal of tools that can be used to find peace in the midst of frenzied schedules, says Sara VanderGoot, a meditation teacher and cofounder of Mind the Mat Pilates & Yoga in Arlington and Alexandria, Va.

"Families with children can benefit from even a short meditation practice [like] two to five minutes of breath and concentration daily, if that is all mom and dad can fit in," she said. "[It] creates the habit of being able to return to that space when difficult feelings arise [like] anger or frustration and find space between feelings and reactions."

A daily practice makes it easier to remain calm in a chaotic situation, said Rees. "For me, when I find I'm in those hectic moments and just about to lose it and don't have the patience, that's where I most need to stop and take some deep breaths," she said. "Having the presence of mind to say 'I need to stop and breathe and not react right away' is a great life skill."

VanderGoot recommends simple meditation techniques to use with children daily. "Mantra is a meditation tool where words are repeated to create change," she said. "Repeating a mantra daily with your child, such as 'I am happy, I am healthy' or 'I am happy, I am steady' each morning when the child wakes up ingrains that positive belief in the child's mind and in turn positively influences that child's behavior."

Creating positive beliefs about oneself creates a sense of self-awareness. "This is very useful and practical ... especially [for] those who live a hectic life, and it doesn't take much time," said VanderGoot.

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SPORTS

Churchill Boys' Lax Falls to Severna Park in State Semifinals

Bulldogs end season with 16-2 record.

BY AARON LUNDMARK
THE ALMANAC

The stage was set for the Winston Churchill Bulldogs Saturday afternoon to return to the state championship game just one year removed from finishing as the runner-up.

On a cold and rainy day at John Harvill Stadium in Gaithersburg, the Bulldogs were unable to overcome an early 5-1 deficit and ended up falling 10-5 to the Severna Park Falcons.

"We'll be back," said junior attacker Spencer Knife as he walked off the field following the loss. That seemed to be the theme from Churchill after the game: they'll be back.

"We're returning a good core group of guys next year," said head coach Jeff Fritz after his 23rd year with the Bulldogs came to an end. "Our motto is not to rebuild, but to reload. We have a lot of young guys returning and a lot of young guys stepping up so we'll be back next year."

Early on, the Bulldogs had trouble con-

trolling the ball, as Severna Park had possession nearly the entire first quarter. The first quarter ended up scoreless, partially because of the play by senior goalkeeper Markus Hurd.

"I thought [Hurd] played very well," said Fritz. "I thought he played well enough to give us a chance to win."

Early in the second quarter a Severna Park goal by Drew Betch was answered quickly by sophomore Reed Moshyedi from Churchill just three minutes in. From then on, Severna Park started to pull away.

The Falcons added three more goals before halftime to make the score 4-1. For the Falcons, it was junior attacker Steven Zichelli who hurt the Bulldogs all afternoon as he tallied five goals while adding one assist.

"We beat up on ourselves on the defensive end and we couldn't field the ball," Fritz said, "and you can't score or get in a rhythm without the ball."

One bright spot for Churchill was senior faceoff man Austin LaBorwit, who went 19 for 19 in the faceoff circle Saturday. LaBorwit is the school's all-time leader in faceoff wins with 559.

"[LaBorwit] won every faceoff and gave us a chance, but the turnovers killed us," Fritz added.



PHOTO BY HARVEY LEVINE/THE ALMANAC
Reed Moshyedi, seen earlier this season, and the Churchill boys' lacrosse team lost in the state semifinals on Saturday.

Second half started with a Falcon goal, and then Knife was able to add back-to-back goals to seemingly give the Bulldogs momentum and make the score 5-3 midway through the third quarter. But momentum seemed to fade once a penalty was called on Churchill, followed by another penalty in the dying seconds of the third quarter called on senior Christian Edwards, giving Severna Park a two-man advantage to start the fourth.

Zichelli added one of his goals on the man advantage and then the Falcons added two more, one of which was a fortunate bounce that was picked up right in front of the net, to push the lead to 8-3 with just five minutes left.

Each team was able to add two more goals each to make the final score 10-5. Churchill won its fourth regional title in the last five years this year. Many players will be continuing their careers in college including Christian Edwards (Syracuse), and LaBorwit (Trinity College).

"We just picked a really bad day to play a really poor game," said Fritz. "I'm really proud of what our team has accomplished here, but I don't want one bad day to ruin the fantastic season we had. They played their tails off all year."

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In Effect/ To Affect



By KENNETH B. LOURIE

I've been trying to write this column/organize my thoughts/stay on this task for years but haven't been able to do so. It's nothing serious, really, other than the side effects – potentially, of many of the prescription drugs now available (perhaps characteristic of many of the prescription drugs ever since they've been prescribed). But given the frequency and variety of their advertising of late, I have been unable to ignore their message, both good and in some instances, shockingly bad/scary.

Granted, I watch way too much television where many of these ads regularly appear, so I may be a bit of a sitting duck. I won't name names, maybe just a few potential side effects though: ALS, cancer, heart attack, stroke, suicidal thoughts, depression, kidney and liver damage, high blood pressure/low blood pressure, blackouts, blood clots, shortness of breath, four-hour erections; and on and on and on. (I don't recall seeing too many commercials where lung cancer is a possible side effect. I suppose that's because lung cancer is not exactly a "side" effect, it's more of a main effect.) Nevertheless, being a stage IV, non-small cell lung cancer patient/survivor, I can't help but have noticed the ads on television for "OPDIVO." Obviously the subject matter interests me, but maybe I've just learned – instinctively almost, to pay stricter attention to such enticements. It might actually relate to me. Or maybe I've simply gotten better at listening to voice-overs and reading small print scrolling beneath the visuals while ignoring more the apparent healthy recipients living wonderfully enjoyable and uninhibited lives thanks to these medications.

Believe me, I understand that these prescription drugs are not "over the counter" so it's unlikely I'll happen on to them sitting on some pharmacy shelf next to the Advil and wonder, on my own, if they could help me. The only way, so far as a law-abiding citizen like myself would have/gain access to any of these prescriptions, would be through a conversation with, and prescription written by, my treating physician where many of the potential side effects and/or risk-rewards would be discussed. Still, trading one set of problems for another, which in turn possibly could lead to their own set of unintended but not totally unanticipated consequences seems a bit problematic – even to me, and all I have is lung cancer.

I don't know that I have a choice, though. There is treatment. There are consequences. There are alternatives. There is life and there is death, and always there is hope. But treatment-to-date, I've never felt as if I was trading one for the other. Oddly enough, I've always thought, I was making decisions to stay alive, not to make my life worse; attempting to sustain it, not diminish it. With some of the prescription advertising I see and hear on television now, I'm confused. Many of it sounds both encouraging and discouraging, and somewhere between cautiously optimistic and a cautionary tale, even as the advisory to "speak to your doctor before you start a..." voices over. Not that it sounds so great in the first place, but in the last place, I am often reminded of the old adage: "If it sounds too good..." Well, when you consider the potential side effects, it doesn't sound too good at all.

Certainly I realize that there are governing/regulating bodies like the F.D.A. that approve/regulate/mandate what is said/advised/printed/labeled, etc., prescribed even, for our mutual protection. Still, it's difficult for me to ignore everything I see, hear and read, especially when left to my own devices. Devices which, had they been similarly regulated, would likely have come with their own set of warning labels.

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

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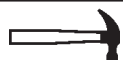
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KEEN Athletes Enjoy Their First Prom

FROM PAGE 3

“Last night was the best night of my life,” said Carly. “Seeing how happy all of the athletes and their parents were made all of the hard work that went into the prom so worth it. The room looked beautiful and everyone had the best time. The most memorable moment for me was seeing the Buddies dance together. I have no words to describe how I felt when I saw how dressed-up and excited all of the athletes were when they walked into the gym. Some of the girls had bought special long dresses and tiaras for the night and it was just so special. My buddy, Braeden had the best time. He told me that his younger sister was practicing his dance moves with him earlier and we danced for most of the night with all of his friends from KEEN.”

KEEN’s mission is “to empower youth with disabilities by providing free, non-competitive one-to-one programs of exercise, fitness and fun, led by volunteer coaches.” The Bullis KEEN Club provides a program which pairs KEEN athletes with Bullis volunteers. The Bullis students must go through a rigorous evaluation and selection process and only 20 are chosen. They meet twice a month with their KEEN Buddies to participate in fun activities as a group and then often, during the times when they are not meeting, they still remain in contact. They gather every other Sunday at Tilden Middle School for an hour and 15 minutes. Some of the group activities include bowling, mini-golf, tennis, basketball soccer, Karate, an outing to Glen Echo Park, going for ice cream, playing games and hanging out.

“Participating with the KEEN kids is so rewarding because of the joy that the KEEN kids get from interacting with other teens,”



PHOTO BY SUSAN BELFORD/THE ALMANAC

Bullis seniors Carly Morgan and Sabrina Epstein, founders of the Bullis KEEN Club

Sabrina said. “Even though many of the athletes are non-verbal and are sometimes non-communicative, they gain from knowing that someone wants to be with them and cares. Their parents are also pleased that their child has a friend to interact with.”

Carly wrote her college essay about her KEEN experiences and how volunteering with her buddy Braeden had changed her life. She wrote: “On this particular evening, the chairman of KEEN gave a keynote speech that explained why he is so dedicated to the organization. He spoke about

a young man with dramatic learning disabilities that is overtly (although unwillingly) violent and has a tendency to hurt both himself and those around him. He mentioned that earlier in the evening he had been speaking to the young man’s mother who relayed an interesting story. Apparently, for the first time ever this young man had asked his parents if he could go to church. They looked at each other, puzzled. He had never asked to go to church before. It is difficult for him to sit through given his attention issues. He simply can’t sit still

that long. When they asked him why he wanted to go to church, he said because I want to thank God for KEEN. I want to thank God for my friend. It’s difficult to describe how this moment made me feel. I don’t do KEEN for my résumé. I don’t do it because I have a community service quota. I do it because I’m making a difference. Still, for Braeden, I am KEEN. He spends the majority of his time on Sundays with me. To know that another person on this planet felt that strongly about me was humbling to say the least. The moment felt truly special, for both of us.”

KEEN Club members all helped to organize and plan the event. DJ DAaron Anderson donated his services, Bullis donated the facility, cupcakes from Cupcakes by Premila were donated by Plants, Etc and students from Bullis brought in bow-ties and costume jewelry for the KEEN students to wear. All the KEEN kids received a prom t-shirt and a beach bag with sunglasses and other gifts. Every KEEN student was accompanied a parent or guardian.

Both Sabrina and Carly are seniors and will attend Michigan next fall. Sabrina attended the prom with her buddy Michelle. She said, “We have become such good friends and had so much fun dancing together. All the KEEN kids enjoyed an arts and crafts area that we set up for them.” Both Sabrina and Carly were honored at the KEENFEST Gala in November as the Volunteers of the Year.

Even though Sabrina and Carly will be at college, they have already lined up students who are as passionate as they are about KEEN to run the organization and make certain the KEEN Prom becomes a yearly tradition at Bullis.

BUSINESS

Steps Toward Constructing K9 Aquatic and Wellness Center

Hopkins and Porter was recently involved in the construction of the new K9 Aquatic and Wellness Center at the Travilah Oak Shopping Center in Potomac.

The concept of a rehabilitation center, where dogs can swim to help them recover from injury, and to promote fitness as they age is not new, but the new K9 Aquatic Center is the first of its kind in Montgomery County. The center boasts five individual pools, with ramps for dogs, and stairs for handlers. The pools are heated and treated with non-chlorinated water and specialized filters.

Hydrotherapy has been around since ancient times. The physics are simple: water provides buoyancy, which relieves stress on joints, and creates resistance, allowing for a safer and faster recovery. Hydrotherapy for animals first began with race horses, and was later used on greyhound race dogs. Today, canine hydrotherapy is recognized as one of the best ways to help dogs recover



The K9 Aquatic and Wellness Center under construction.

from injury, alleviate degenerative conditions, and improve fitness.

Constructing the new K9 Aquatic Center presented several challenges, and required extra steps and precautions to complete. Normally in building construction, the objective is to keep moisture out of the interior space, but when building an indoor pool, the opposite is true. The direction of water vapor flow is from high vapor pressure or high humidity to low vapor pressure or low humidity. To prevent moisture



drive from the pool to the exterior and neighboring spaces, Icynene closed cell foam was installed at the walls and ceiling to contain the moisture, and a Desert Aire dehumidification system was designed to control humidity, and to prevent moisture from undermining the structural integrity of the building.

Over 5000 cubic feet of concrete, gravel, and dirt was removed to create the new Aquatic Center swimming pools. The insulation was installed above the excavated

area prior to digging, and completed in two subsequent stages to allow trades to keep working and to install electrical and mechanical after construction of the pool. Hopkins and Porter needed to verify no utilities were present beneath the slab prior to excavation, and that the depth and width would not undermine the existing building footings. Additionally, excavators, backhoes, and loaders had to be equipped with Tier 4 exhaust scrubbers that reduce the diesel exhaust emissions to safe indoor working levels with the assistance of a negative pressure ventilation system.

The completion of the project required coordination between Paddock Pools and Hopkins and Porter, who were both individually hired by the owner, Dominique Darcis. Project Coordinator, Todd McPhee, of Hopkins and Porter oversaw the day to day operations, and Kai Tong, AIA architect for Hopkins and Porter, delivered the final design and permitted plans.

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