

The Mountain Dulcimers of Northern Virginia — Kathy Wilson, Marcia Price, Marilyn Schoeder, and Wayne Young — perform at The Great Falls Tavern on Saturday, March 11.

# Potomac ALMANAC

# Sounds of History

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PHOTO BY DEBORAH STEVENS/THE ALMANAC

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## County Moves To Restore Tobytown Cemetery

**Effort propelled by Berliner.**

BY PEGGY MCEWAN  
THE ALMANAC

It was just a glimpse and a few remarks but when County Council President Roger Berliner saw the condition of the historic cemetery at Tobytown in Potomac he knew he had to act.

"It was shocking, it was outrageous, it was not OK," Berliner said. "Just seeing it was enough to get me motivated."

The cemetery lies behind the townhouses that make up Tobytown. It is a long rectangular plot surrounded by a chain link fence. The gate into the cemetery is off its hinges, leaning against the inside of the fence. Nothing about the enclosure indicates that the land holds the remains of Tobytown residents, perhaps dating back to the early

years of the community that was established in 1875 by freed slaves.

Five stones scattered about are, perhaps, grave stones though they are all small and none are inscribed with letters or numbers.

During Black History Month in February, Berliner watched a video presentation on two African American communities in Montgomery County. One was Lincoln Park in Rockville. The other was Tobytown at the intersection of River Road and Pennyfield Lock Road, about five miles west of Potomac Village.

The video shows the abandoned, overgrown plot of land that resident Jimmy Wilson explains is the cemetery. Without Wilson's information there is no way to know the plot is hallowed ground. Besides the fence, the site is most notable for the vines, trees and dead leaves taking over.

Berliner said he immediately sent a letter to Stacy Spann, director of the county's Housing Opportunities Commission, which is responsible for the upkeep of Tobytown.

The HOC bought Tobytown in 1972,

replacing the old wooden structures with modern townhouses that included indoor plumbing. Before that residents shared one well and used outhouses.

"Given that HOC owns and is responsible for the cemetery property, I am writing to formally request that you promptly restore the community's cemetery to a dignified state and develop a plan for its on-going maintenance," Berliner wrote.

Erin Bradley, from the HOC legal and public affairs office, said she was not aware of the state of the Tobytown cemetery before Berliner's letter.

She said she has been to many meetings with Tobytown residents about community needs but the cemetery was never mentioned.

Right now, she said, HOC is working to repair a drainage problem in the community, planning a major renovation of the

community center and updating the playground, among other improvements.

As with all improvements, HOC works with Tobytown residents. Shauna Sorrells, director of HOC office of legislative and public affairs, said, and will do so with work on the cemetery.

There are best practices for cemetery renewal, she said, and HOC is working with professional organizations to learn how to best renovate the Tobytown cemetery. Among those practices is checking the site with in-ground radar so be sure it

is a burial site, she said.

After learning of the cemetery disrepair, Mark Kasevic of Kasevic Landscape Company in Bethesda offered to clean up the site free of charge.

"It was a generous offer," Sorrells said. "But we need to know how best to do the cleanup."

**"Just seeing it was enough to get me motivated."**

— County Council President Roger Berliner

## Hope Connections Celebrates 10th Anniversary

**Potomac volunteer being honored at gala.**

BY SUSAN BELFORD  
THE ALMANAC

When cancer strikes, where does the patient and family turn for support? The jungle of available information, the unending search for the best doctors, treatment and strategy, the fear of making the wrong treatment decisions — all are just a small part of the anxiety cancer patients must face; not to mention that they are also ill and, in many cases, fighting for their lives.

A dozen years ago, Paula Rothenberg, who lost her father to cancer in 2004, and Bernie and Bonnie Kogod, whose 18 year-old daughter died from cancer a few years before, co-founded Hope Connections for Cancer Support — a Bethesda-based non-profit where patients and caregivers are provided with the opportunity to exchange insights, feelings and challenges. They also gain confidence and strength to fight their cancer. Hope Connections established a nurturing environment which provides group support, education, wellness and — most importantly — hope. Its belief is that "nobody should suffer with cancer alone." Since its opening in 2007, the organization has had more than 75,000 visits to its facilities by cancer patients, caregivers and families to participate in their free programs.

Hope Connections for Cancer Support is located at the Beaumont House, 9650 Rockville Pike, Bethesda, in a 1920's stone mansion surrounded by gardens of seasonal

flowers and trees. They recently launched a second site in Prince George's County at 8401 Corporate Drive, Suite 100 in Landover.

On March 16, Hope Connections for Cancer Support will celebrate "10 Years of Hope" at its Celebration of Hope Gala. This evening will honor Rothenberg, Hope Connections' co-founder/president and CEO with the Celebration of Hope Award; SC Herman & Associates of Washington D.C. with the Partnership Award; and May Benatar of Silver Spring and Afie Lattimer of Potomac with the Volunteer Award. Benatar and Lattimer are being honored for donating their talents for more than five years as leaders of "Guided Meditation" and "Inner Peace and Healing" workshops.

Lattimer is a certified Reiki master and spiritual teacher. She holds a degree in health science education with a specialization in community health, teaching and counseling. She has been clairsentient, claircognizant, clairvoyant and clairaudient since childhood, she says.

"I channel the energy of unconditional love from the divine in my workshops and healing sessions. I use my intuitive gifts and healing to empower patients to reach inner peace and freedom from fear. As a result, they are released from the disempowering



Afie Lattimer



May Benatar and Afie Lattimer are being honored for donating their talents for more than five years as leaders of "Guided Meditation" and "Inner Peace and Healing" workshops.

feelings of hopelessness and anger to be reborn in the ancient, loving hands of the divine," she said.

Lattimer says that she has gained more than she has given by leading the groups. "I've learned to listen to my emotions, to be honest with myself and to stay present with joyful thoughts. It is truly a blessing to be leading these workshops. I try to bring peace and a totally different attitude and projection. When I tell the group members to be empowered by their cancer, I give them the ability to take charge of their feelings and their recovery. I've also learned that the mind is a very malleable tool to work with and I've learned to navigate my emotions, thoughts and desires through my body — it is my vehicle to feel, touch and sense. We take life way too seriously and forget how to nurture ourselves and others — and that miracles are a real thing," she said.

Through first-hand knowledge of seeing the unmet needs of her father and their family while dealing with his illness, Rothenberg helped to establish a comfort-

ing place for patients with all types of cancer. Hope Connections helps reduce the feelings of isolation, provides professionally facilitated support groups, educational workshops and mind/body programs.

"We currently offer 40 support group sessions, 50 mind/body classes and four educational workshops every month and we want everyone to know that our programs are free," Rothenberg said. "We would like to get the word out to everyone. People come through the door like a deer in headlights because they are overwhelmed and fearing for their mortality. We help to ratchet down the stress and give them good, solid information. We also provide a place where they can share their worries, and very often, another participant can help them with direct knowledge. We also have some of the top doctors in our community give seminars on their specialty areas; the information participants gain from these programs is empowering."

To contact Hope Connections for Cancer Support, call 301-634-7500 or visit [www.hopeconnectionsforcancer.org](http://www.hopeconnectionsforcancer.org).





# OPINION

## Area Filmmakers at Bethesda Film Fest

Films include art of painting with wax, history of collard greens, and a doctor walking the line of his own morality.

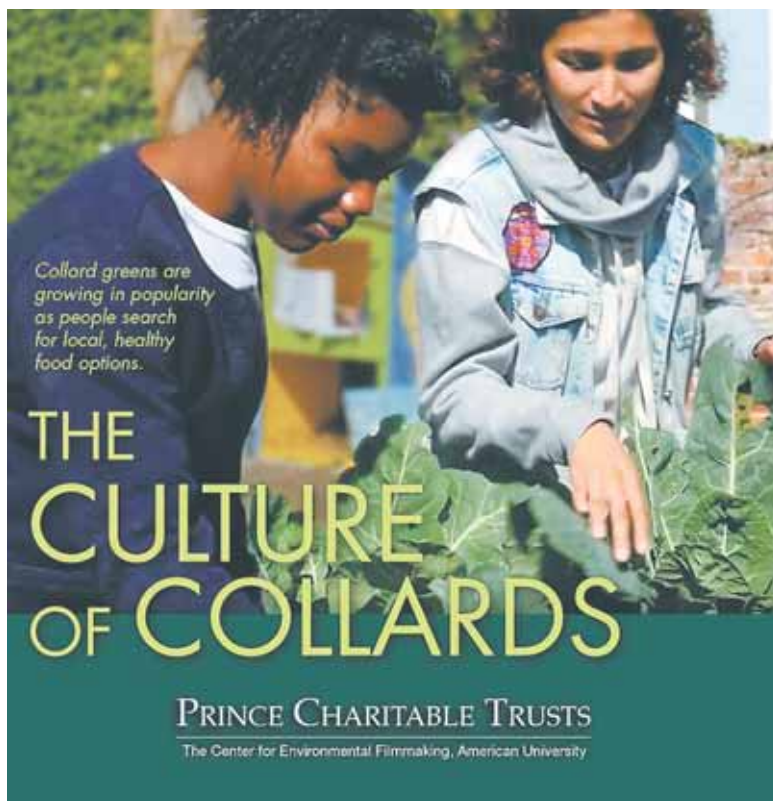
BY STEVE HIBBARD  
THE ALMANAC

The fifth-annual Bethesda Film Fest will take place on Friday and Saturday, March 17-18, and will feature five short documentaries made by local filmmakers. The same five documentary films will be shown at each of three screenings, which feature filmmakers from Virginia, Maryland or Washington, D.C., and each screening is followed by a discussion with the filmmakers. They will be held at Imagination Stage, 4908 Auburn Ave., in downtown Bethesda. The cost is \$10.

The films, which are under 20 minutes each, include: "Charlie & Sam" by Ben Powell and Taylor Powell of Falls Church; "The Culture of Collards" by Vanina Harel of Washington, D.C., and Aditi Desai of Arlington, Va.; "Encaustic" by Joe Dzikiewicz of Alexandria, Va. and Jaclyn O'Laughlin of Arlington, Va.; "Frogman" by Tyler Trumbo of Richmond, Va.; and "The Sandman" by Lauren Knapp of Alexandria, Va.

Filmmaker Jaclyn O'Laughlin of Arlington, Va., created the five-minute film, "Encaustic," with Joe Dzikiewicz of Alexandria, Va. about a small community of artists that practice the ancient art of encaustic painting, which is painting with melted wax. This art form dates back to the Egyptian times and had a resurgence in the 1950s with artist Jasper Johns.

"My filmmaking partner Joe and I competed in a timed competition through Docs In Progress in Silver Spring, Md., and we only had two days to make our documentary. It was challenging to find a subject matter for our film within a tight timeframe and individuals who would agree to be interviewed on such short



PHOTOS CONTRIBUTED  
"The Culture of Collards" by Vanina Harel of Washington, D.C., and Aditi Desai of Arlington, Va.

notice," said O'Laughlin.

"The stars really aligned for us and we found some amazing encaustic artists who agreed to be filmed, and the subject matter was also visually appealing and really perfect for a five-minute film," she said.

Dzikiewicz added: "The big challenge in making this film was filming four interviews and B-roll or background shots on Friday and Saturday and then doing all the editing on Sunday."

Lauren Knapp of Alexandria, Va., made the 19-minute film, "The Sandman," which explores the issue of capital punishment from the perspective of medicine. She said at the cen-

ter of the film is Dr. Carlo Musso, who has been helping the state of Georgia execute inmates by lethal injection since 2003, adding that the medical community strongly opposes the use of medicine for executions. Yet, she says, most states practicing lethal injection require a physician presence. In exchange, they offer a cloak of anonymity. Her film explores Musso's own moral equivocation and justification for providing "end of life care" within the correctional environment, while personally opposing capital punishment.

"Because of the controversial nature of the job, most participating health care professionals remain anonymous," she said. "And so it was difficult to find the names of individuals participating — let alone someone interested in actually talking with me."

Vanina Harel of Washington, D.C., made the nine-minute film, "The Culture of Collards," with Aditi Desai of Arlington, Va., about collards greens, which

were brought to the American South with the slave trade, and represent a critical aspect of African-American cultural history.

"This project was particularly interesting because it combined the topics of food security, sustainable farming, and culture. We also had three different locations and characters with different activities," she said. "The biggest challenge was to figure out how to intertwine the three in a successful way in such a short amount of time."

The hours of the Bethesda Film Fest are at 7 p.m. on Friday, March 17; and at 6 p.m. and 8 p.m. Saturday, March 18. It is produced by the Bethesda Arts & Entertainment District. For details, visit [www.bethesda.org](http://www.bethesda.org).



"Encaustic" by Jaclyn O'Laughlin of Arlington, Va. and Joe Dzikiewicz of Alexandria, Va.



"The Sandman" by Lauren Knapp of Alexandria, Va.

## POTOMAC ALMANAC

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## Learning To Play Dulcimers

PHOTO BY DEBORAH STEVENS/THE ALMANAC

**Matilda and Josephine Carter learn to play dulcimers with the Mountain Dulcimers of Northern Virginia on Saturday, March 11, at the Great Falls Tavern in the C&O Canal National Historical Park.**

### BULLETIN BOARD

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

#### WEDNESDAY/MARCH 15

**Part Two of Lenten Study Series and Dinner.** 6:30 p.m. at Scotland Recreation Center, 7700 Scotland Drive, Potomac. "One Lord, One Faith, One Baptism," with the "Seven

Locks Churches" of Potomac (St. James' Episcopal, Geneva Presbyterian, Seven Locks Baptist, Scotland AME Zion, Emmanuel Lutheran). Join the "Seven Locks" churches Wednesday evenings during

Lent for dinner and then a study led by the pastors of the churches. The March 15 topic is "The Trinity." Call 301-299-5226 or visit [www.scotlandamezion.org](http://www.scotlandamezion.org).

## Schools Warn of Kidnapping Scam

BY PEGGY MCEWAN  
THE ALMANAC

Montgomery County Public Schools and Montgomery College sent letters recently warning parents and guardians about virtual kidnapping, a scam the FBI believes originates in Mexico.

Virtual kidnapping is, "an extortion phone scam," Walt Whitman High School principal Alan Goodwin wrote on the school's Yahoo group. "...The caller claiming that they have the person's child and intend to do the child harm unless ransom is paid."

Parents are encouraged to contact their child directly after receiving one of these calls to confirm his or her safety.

Gboyinde Onijala, spokesperson for MCPS said they sent a sample letter to all school principals allowing them to decide whether or not to send it to their community.

"There were about 10 or so parents that schools had heard from [about the scam] so we provided the letter," Onijala said.

Marcus Romano, from the office of communications at Montgom-

ery College, said the school's chief of safety and security, Shawn Harrison, suggested they send out the information.

"It hasn't hit us here but [Harrison] puts out things we should look out for," Romano said.

To avoid becoming a victim of virtual kidnapping, the FBI offers these indicators of a scam:

- ❖ Callers go to great lengths to keep you on the phone, insisting you remain on the line

- ❖ Calls do not come from the victim's phone

- ❖ Callers try to prevent you from contacting the "kidnapped" victim

- ❖ You receive multiple successive phone calls

- ❖ Incoming calls are made from an outside area code

- ❖ Demands for ransom money to be paid via wire transfer, not in person; ransom demands may drop quickly

Montgomery County Police Department makes these suggestions:

- ❖ Do not wire money

- ❖ Contact your child's school

- ❖ Contact police via 911 or non-emergency number: 301-279-8000

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## ONGOING

### 2016 Inaugural Video Art

**Exhibition.** 5-7 p.m. at Glen Echo Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Photoworks showcases a group of female visual artists who use video to reveal the personal, the intimate and the artistic. Desires, dreams and fears are all visually explored in Photoworks'

Inaugural Video Competition and Exhibition, curated by Na'ama Batya Lewin. Free. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org) for more.

**Club Friday.** Through March 17, 7-9 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. Children grades 3-6 are invited to participate in games, crafts, movies, sports and more. Membership fee is \$88. [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec).

**Ella Enchanted Theater Production.** Through March 19, various times at Glen Echo Park, 7300 MacArthur Blvd. Based on the Newberry Honor book by Gail Carson Levine. Baby Ella of Frell is given the

"gift" of obedience and cannot disobey any direct order, which leads to challenges. Call 301-634-2222.

**Ballroom Dancing.** 1-3 p.m., every Wednesday in March, at North Potomac Senior Center, 13860 Travilah Road, Rockville. Come out and practice the international style Ballroom Dance, like Waltz, Viennese Waltz, Tango, Paso Doble, Quickstep and Slow Foxtrot, Latin Dancing, such as Cha Cha, Rumba and Samba, also social dances, such as swing. This is a volunteer-led practice. Free.

**Children's Storytime.** Wednesdays and Saturdays, 10 a.m. at Barnes & Noble Booksellers, 4801 Bethesda Ave., Bethesda. Listen to employees read children's stories. Free. Visit

[www.store-locator.barnesandnoble.com/event/4824850-21](http://www.store-locator.barnesandnoble.com/event/4824850-21).

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

**Thang Ta.** Wednesdays, 6-7 p.m. at Sutradhar Institute of Dance and Related Arts, 1525 Forest Glen Road, Silver Spring. Learn the ancient art of the sword and spear. \$25. [www.dancesidra.org](http://www.dancesidra.org).

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

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

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

**Contra and Square Dance.** Fridays and Sundays 7-10:30 p.m. in the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. The evening can include square dances, mixers, waltzes and other couple dances. All Contra and Square dances are taught, no partner necessary. Lessons at 7 p.m., followed by the called dance with live music at 7:30. \$13 for nonmembers, \$10 for FSGW members, \$5 ages 17 and under. [www.glenechopark.org](http://www.glenechopark.org), 301-634-2222.

**Late Night Comedy.** Fridays (open mic night) and Saturdays (established comedians) at Benny's Bar & Grill, 7747 Tuckerman Lane, Potomac. Benny's is open 8 a.m.-1 a.m. Fridays and Saturdays. [www.BennysBarGrill.com](http://www.BennysBarGrill.com).

**Drop in Art Activities.** Every Saturday 10 a.m.-12:30 p.m. in the Candy Corner Studio at Glen Echo Park, 7300 MacArthur Blvd., parents and children can explore a new art form or theme. \$10/child, parent combo. Drop-in only. [www.pgip.org](http://www.pgip.org).

**Mommy & Me (& Daddy, Too).** Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-alongs, prizes and more. [rockvilletownsquare.com/events/mommy-and-me](http://rockvilletownsquare.com/events/mommy-and-me).

**Live Music & Dancing.** Fridays and Saturdays, 7-11 p.m. in Margery's Lounge, Normandie Farm Restaurant, 10710 Falls Road. Dance to the music of Barry Gurley. 301-983-8838 [www.popovers.com](http://www.popovers.com).

**Chocolate Factory Tours.** Fridays and Saturdays, 2-5:45 p.m. at SPAGnVOLA Chocolatier, 360 Main St., Gaithersburg. Take a short tour of The Truffle Factory facilities. Free. [www.spagnvola.com](http://www.spagnvola.com).

**Glen Echo Park Films.** Saturdays and Sundays. Arcade Building, 7300 MacArthur Blvd., Glen Echo. Films about the Park's history are shown on rotation in the lobby. Free. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

### SilverWorks Studio & Gallery.

Wednesdays, Thursdays, Saturdays and Sundays, 10 a.m.-6 p.m. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. SilverWorks Studio & Gallery is a working silversmith studio and includes an ongoing exhibition, as well as sales of the work of artist-in-residence Blair Anderson. Free. Visit

[www.silverworksglenechopark.com](http://www.silverworksglenechopark.com).

**Art Glass Center at Glen Echo.** All day Wednesdays; Fridays, 10 a.m.-2 p.m.; Saturdays, 10 a.m.-4 p.m.; Sundays, noon-4 p.m. Art Glass Center, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Ongoing exhibitions feature work of resident artists. Sculpture, vessels, functional art and jewelry for sale. Classes are taught year-round for beginner, intermediate and advanced students. Visit

[www.artglasscenteratglenecho.org](http://www.artglasscenteratglenecho.org) for more.

### Yellow Barn Studio & Gallery.

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

**Acoustic Open Mic.** Wednesdays, 7-11 p.m. at Benny's Bar & Grill, 7747 Tuckerman Lane. Everyone welcome to perform. Wine bottles are 50 percent off. [www.bennysbargrill.com](http://www.bennysbargrill.com).

### Potomac Games Group.

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

**Strathmore Launches Food, Beverage Program.** Partnership kicks off 2017 focusing on creative, upscale bar cuisine, sharable drinks, expanded service with Ridgewells. For additional information or to purchase tickets, visit [www.ampbystrathmore.com](http://www.ampbystrathmore.com) or call 301-581-5100.

## 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](http://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](http://www.visartsatrockville.org/ceramics) for a list of class dates, times.

## DEADLINE APRIL 15

### "Students Making History"

**Contest.** High school students from Maryland, D.C., Virginia, and West Virginia are invited to submit a research paper or artistic illustration on the theme "African American and Women's History on the C&O Canal." for the chance to win a scholarship. Students must be willing to have their research shared within the park and published on social media and the park's website. Visit [www.nps.gov/choh/learn/education/students-making-history.htm](http://www.nps.gov/choh/learn/education/students-making-history.htm) or email [cocanaleducation@nps.gov](mailto:cocanaleducation@nps.gov).

## THURSDAY/MARCH 16

**Smart Technology at Home.** 7-9 p.m. at the Bolger Center's Franklin Building, 9600 Newbridge Drive, Potomac. Gary Flax presents "Smart Technology For Our Homes." Visit [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org)



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## FRIDAY/MARCH 17

**St. Patrick's Day Skate.** 4:45 -6:15 p.m. at Cabin John Ice Rink, 10610 Westlake Drive, Rockville. Wear green to get reduced admission. \$7. Call 301-765-8620 for more.

## SATURDAY, MARCH 18

**Dog Ownership Workshop.** 11:45-1:45 p.m. at Your Dog's Friend Training Facility, 12221 Parklawn Drive, Rockville. Learn how to make life with an adopted dog easier and hear a trainer discuss dog training and behavior, helpful pet products, and the many common issues that dog adopters face. Visit [yourdogsfriend.org/free-workshops/](http://yourdogsfriend.org/free-workshops/) or call 301-983-5913 for more.

**Meet the Author.** 1 p.m. at Barnes & Noble, 4801 Bethesda Ave., Bethesda. Washington, D.C. author Ursula Werner will be discussing her debut novel "The Good At Heart," based on the author's own discoveries about her great-grandfather—who reluctantly served as the German Secretary of Economy under Hitler from 1933 to 1945. Visit [catalog.simonandschuster.com](http://catalog.simonandschuster.com) or call 301-986-1761 for more.

**Spaghetti Dinner.** 5-8 p.m. at Potomac United Methodist Parish Center, 9908 South Glen Road. The all you care to eat dinner selections are prepared and served by Boy Scouts and Scout parents in casual, family style seating. \$10, \$40 per family. For additional information, or to purchase tickets in advance, contact Virginia Horton at [virginia.horton6@gmail.com](mailto:virginia.horton6@gmail.com).

## MARCH 17-18

**Local Documentaries.** Screenings at various times at Imagination Stage, 4908 Auburn Ave., Bethesda. Local filmmakers include Ben Powell and Taylor Powell, Falls Church, with film "Charlie & Sam," Vanina Harel and Aditi Desai, Arlington, with film "The Culture of Collards," Joe Dzikiewicz and Jaclyn O'Laughlin from Arlington and Alexandria with film "Encaustic," and Lauren Knapp of Alexandria, with "The Sandman." \$10. Visit [www.bethesda.org](http://www.bethesda.org) or call 301-215-6660 for more.

## SUNDAY/MARCH 19

**Jazz from New Orleans.** 2-4 p.m. at the Theater Arts Performing Center, Montgomery College Rockville Campus, 51 Mannakee St., Rockville. The Potomac River Jazz Club and Montgomery College present an afternoon of Jazz from the French Quarter. \$25, \$20 for members and groups, free for students. Call 301-762-3323, or visit [prjc.org](http://prjc.org) for more.

**Irish History and Music.** 2-4 p.m. at the Great Falls Tavern, C&O Canal National Historical Park, located at the intersection of Falls Road and MacArthur Boulevard. Canal Historian Dr. Karen Gray will explore the history of Irish immigrants and the C&O Canal story followed by Abigail and Cathy Palmer performing traditional Irish tunes on the harp and fiddle. This event is free to all park visitors. There is an entrance fee to the park of \$10.00 per single vehicle. Call 301-767-3714 for more.

**Showcase Concert.** 5 p.m. at at Westmoreland Congregational Church, 1 Westmoreland Circle, Bethesda. Part of the Washington Conservatory Concert Series. Free, accepting donations used to benefit the Washington Conservatory student scholarship fund for low-income families. Visit [www.westmorelanducc.org/](http://www.westmorelanducc.org/) for more.

## THURSDAY/MARCH 23

**Historical Home Tours.** 11 a.m. at The Mansion at Strathmore, 10701 Rockville Pike. A guided tour for adults illuminating the history, architecture and personal stories of the Mansion at Strathmore. The tour lasts approximately 45-60 minutes. Free. Please note: Tickets will not be mailed. There will be a will call list at the door. Private tours for larger groups are also available by appointment for a \$30 fee by calling 301-581-5102 or emailing [historictours@strathmore.org](mailto:historictours@strathmore.org).

## SATURDAY/MARCH 25

**American Swing Dance.** 7 p.m. at Glen Echo Spanish Ballroom, 7300 MacArthur Blvd. Dances sponsored by the American Swing Music and Dance Association. \$20, less with a discount card. Visit [www.gottaswing.com](http://www.gottaswing.com).

## SUNDAY/MARCH 26,

**Seafood Feast Fundraiser.** 1-5 p.m. in the Anastasi Room at the Rescue Squad, 5020 Battery Lane, Bethesda. Shrimp and oyster feast fundraiser for the Bethesda-Chevy Chase Rescue Squad, a community-supported nonprofit organization that provides fire, rescue, and emergency medical services for the Bethesda-Chevy Chase area, \$50. Visit [www.bccrs.org](http://www.bccrs.org).

**Potomac River Jazz Club.** 3-6 p.m. at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Bring an 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. \$10, free for jammers and students. Call 301-762-3323, or visit [prjc.org](http://prjc.org) for more.

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**Fit4Function Workshop**  
Friday, March 24, 1 – 2:30  
Potomac United Methodist Church  
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# Practice Makes Perfect

Local educators share strategies for getting children to practice music.

BY MARILYN CAMPBELL  
THE ALMANAC

**W**hen Linda Guly's son reached high school age and asked to quit his clarinet lessons, the Arlington mother of four declined his request. "My son Timmy is an excellent clarinet player. The philosophy I've established in my house is that music is part of your overall education like science or math, so you can't just quit," said Guly, saxophonist, former music teacher and professor of psychology at Marymount University.

During the month of March, which is designated as Music in our Schools Month, educators highlight the benefits of quality music education programs. Part of a music education is practice, encouraging that in children can be daunting for some parents.

For children who play a musical instrument, regular practice is not only a path toward proficiency, it helps establish discipline that is useful in other areas of one life's. This habit, however, must be estab-



**Fifteen-year-old Timothy Guly plays Christmas music with fellow clarinetists. His teacher brings together all her clarinet students to perform with each other several times a year.**

lished purposefully says John Kilkenny, assistant professor of music at George Mason University. "Treat practice time like a part of child's daily routine," he said. "They have to have a consistent time for practice. For example, they come home from school each day, have a snack and practice for 30 min-

utes."

One key to keeping children motivated to practice is setting goals, be they long-term or for the current practice session. "Goal-oriented practice for younger kids, like a recital to work toward, for example is a good motivator," said Kilkenny. "The



PHOTOS COURTESY OF LINDA GULYN  
**Twelve-year-old Christopher Guly prepares for an audition with the Arlington Junior Honors Orchestra.**

biggest thing is consistency, practicing at or near the same time every day just like everything else they do so that it becomes part of their routine."

For practice sessions to be effective, they must be organized and purposeful. This is another area where goal setting can be useful says, Ann McCoy, who teaches piano and violin in her Bethesda, Md. home. "Maybe a goal for a child who is working on a particularly difficult piece of music could be to spend their practice time perfecting three or four measures," she said. "Rather than focusing on practicing for a set amount of time, they could practice until they can play the three measures perfectly and then they're finished for the day. That is more effective than saying sitting for 30 minutes without accomplishing something specific."

Adding a light-hearted element to practice, which can be seen by some children as laborious, also encourages students to practice. "There should be some sense that playing the instrument is supposed to be fun and students should ... have some flexibility."

SEE PRACTICE, PAGE 9

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# Practice Makes Perfect

FROM PAGE 8

ity beyond a rigid experiences,” said Kilkenny. “It shouldn’t feel like it’s a negative experience.”

For parents who have trouble getting a child to start a practice session, McCoy recommends trying different times of the day. “For example, I had one mother who had screaming matches with her children to get them to practice after they’d finished their homework in the evening,” she said. “She changed their practice time to the mornings after breakfast, but before they left for school. That made a huge difference in their willingness to practice because they were rested and in a better mood.”

Parents should be realistic about their child’s temperament and musical talent

said Gulyn. “A child is only going to enjoy playing an instrument if they’re good at it and parents have to be realistic about that,” said Gulyn. “Music isn’t easy for everyone.”

Choosing a teacher who is a good fit for one’s child can have an effect on their desire to practice. “Ask around for recommendations, but find a teacher who inspires their students,” said Gulyn.

“It’s important to make sure the teacher is somebody who is credentialed and has degrees in music and also that they’re continuing to be engaged professionally as teachers and performers,” added Kilkenny. “Usually in terms of choosing a teacher, parents and children should have an opportunity to try a sample private lesson.”

## SCHOOL NOTES

Email announcements to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon. Photos are welcome.

**Jack S. Walsh**, of Potomac, who is majoring in communication, was named to the dean’s list at Clemson University (Clemson, S.C.) for the fall 2016 semester.

**Todd Michael Erickson**, of Potomac, who is

majoring in graphic communications, was named to the president’s list at Clemson University (Clemson, S.C.) for the fall 2016 semester.

**Daniel Weiss**, of Potomac, is a member of Wesleyan University’s (Middletown, Conn.) men’s ice hockey team that just won the Little Three Title on Feb. 17 — the first time the team has won a title since the 1986-87 season.



PHOTO CONTRIBUTED

## Dean’s Award

**Maddie Kane**, with arm around the Colgate University mascot, was born and raised in Potomac and is a graduate of Stone Ridge School of the Secret Heart, has been awarded the dean’s award at the university every year since her freshman year. She is with her brothers and parents Anne Trevisan Kane and David Kane.

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# Potomac REAL ESTATE

## January, 2017 Sales, \$722,500~\$960,000

PHOTOS BY DEB STEVENS/THE ALMANAC

IN JANUARY 2017, 19 POTOMAC HOMES SOLD BETWEEN \$1,385,000-\$473,000.

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**6** 13305 Sunny Brooke Place — \$725,000



**7** 1541 Blue Meadow Road — \$722,500



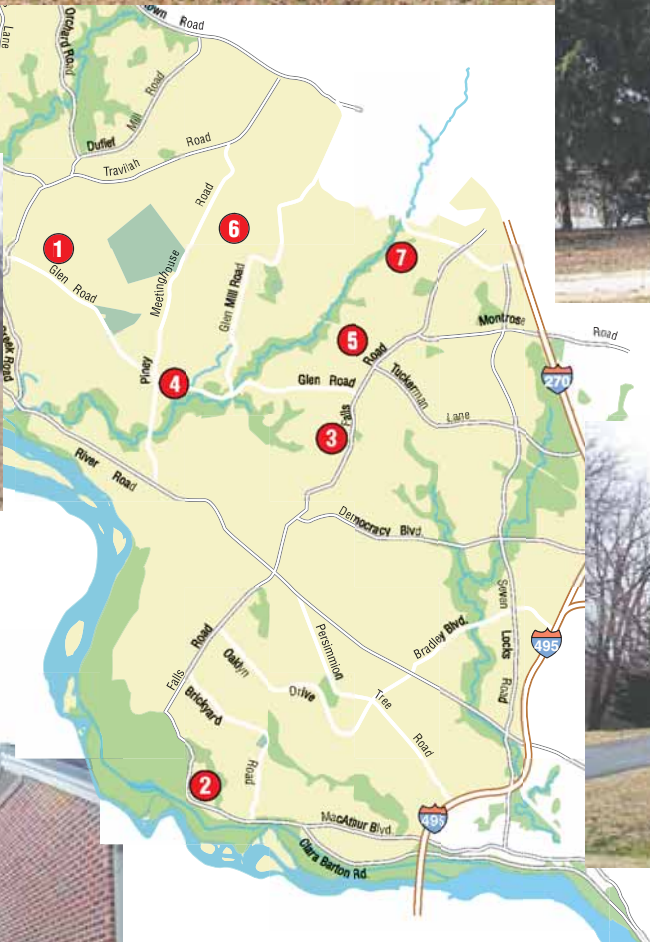
**3** 9412 Woodington Drive — \$880,000



**4** 11101 Glen Road — \$860,000



**2** 10 Gate Post Court — \$950,000



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<b>3</b> 9412 WOODINGTON DR .....	4	..	3	..	1	POTOMAC	.....	\$880,000	...	Detached	.....	0.42	.....	20854	.....	BEDFORDSHIRE	.....	01/18/17
<b>4</b> 11101 GLEN RD .....	4	..	4	..	1	POTOMAC	.....	\$860,000	...	Detached	.....	2.57	.....	20854	.....	POTOMAC OUTSIDE	.....	01/13/17
<b>5</b> 9224 BENTRIDGE AVE .....	4	..	3	..	1	ROCKVILLE	.....	\$805,000	...	Detached	.....	0.29	.....	20854	.....	FALLSREACH	.....	01/23/17
<b>6</b> 13305 SUNNY BROOKE PL ..	3	..	3	..	1	POTOMAC	.....	\$725,000	...	Townhouse	.....	0.05	.....	20854	.....	PINEY GLEN VILLAGE	.....	01/10/17
<b>7</b> 1541 BLUE MEADOW RD ...	4	..	3	..	1	POTOMAC	.....	\$722,500	...	Detached	.....	0.25	.....	20854	.....	HORIZON HILL	.....	01/23/17

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The Mount Vernon Gazette

**Zone 4:** Centre View North

Centre View South

**Zone 5:** The Potomac Almanac

**Zone 6:** The Arlington Connection

The Vienna/Oakton Connection

The McLean Connection

The Great Falls Connection

## "Literatti"

By **KENNETH B. LOURIE**



A not-so-necessarily fashionable set of people involved in the care and feeding of cats; more specifically, the purchase, cleaning, replenishing and discarding of their leavings/litter.

At present, and going on for nearly five years now, we live with five indoor cats: brothers Biscuit and Chino, siblings Andrew and Sloane, and one single female named Twinkle. Having lost our previous cat, Smokey, prematurely to outside effects: cancer at age 10, we decided on our next feline go 'round, that we would not let them out. It's much healthier for the cat, we were told, and so as our current brood grew, we committed to keeping them all inside. And inside cats, like Forrest Gump in The White House, have to go. And if their box/boxes are not cleaned and refreshed regularly, you might not be so happy about where they do go. Therefore, to avoid the inevitable, we are extremely litter centric. Although we may not have the requisite number of boxes available for their disposal (the unofficial mandate is one box per cat), nevertheless, we try to be extra busy with the task at hand. After years of this arrangement, the cats and our house seem none the worse for wear. It's not exactly a small price to pay (litter is not inexpensive and its weight sometimes makes for an awkward transport home), but there is absolutely no alternative.

With respect to the cats' litter box-use and occasional abuse, their behavior really is remarkable. Getting them to use their litter box doesn't require any training per se, as in house-training a puppy. In our experience, it's simply been a matter of availability and proximity, though I can't say for sure if unboxed residue has anything to do with location. If anything, it has to do with their owners negligence in providing a freshly scooped box. All we have ever done is place the kitten in the litter box and then they seem to know how to do the rest. Except for the cleaning of the box. They don't exactly fend for themselves. However, so long as the owners scoop and refill regularly, the cats are relatively low maintenance. The litter box remains high maintenance though.

To secure that maintenance, there are a few tools of the trade to consider. One is the litter scoop. Having broken numerous plastic scoops over the years, I made a commitment (in money) years ago to an industrial strength, commercial grade-type scoop; a metal scoop with a rubber handle. I haven't looked backwards since or forwards in a store. That scoop has been indestructible and has been worth every penny/dollar of its extra cost. My advice: don't skimp on the scoop.

As for litter boxes, size probably does matter, so far as avoiding "unpleasantness" is concerned. As to using boxes with covers (rather than the standard open-air boxes) or moving parts, recently, for the first time in our respective 50 years or so of cat ownership/accommodation, we bought a box with a cover and a swinging flap, providing the cats privacy, and access to go in and out (like a doggie door) and also to control litter spillage and to manage odors. Skeptical at first about the cats' likely reaction, within a very short time, all five were "flapping" and "littering" without any further adieu or mess. Initially, I thought the flap would intimidate them and the cover would crowd them. Moreover, I thought one or another would have a problem with something or other causing us to scrap the whole project. Amazingly, the exact opposite has transpired.

As much of a success as the metal scooper has been for me, I am now able to add, without any hesitation or reservation, that the cover/enclosed box with the plastic flap has similarly breathed fresh air (literally) into our multi-cat, litter box existence. There's also a charcoal filter in the box to absorb odors (to which we've likely gone nose-blind). Turns out to be a win-win, when one (this one in fact), might have thought (did think) it would be a lose-lose. However, unless we remain vigilant with the scooper, this situation could certainly take a turn for the worse.

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

## BULLETIN BOARD

**FRIDAY/MARCH 17**

**Nomination Deadline.** The county's Community Action Board is seeking nominations for several awards which recognize individuals and organizations that have made a difference in reducing poverty, or for advocating on behalf of Montgomery County's low-income residents. Awards will be presented at the board's annual Community Action Awards and Celebration on Tuesday, May 23. The nomination form is available at [www.surveymonkey.com/r/CommunityActionAwards](http://www.surveymonkey.com/r/CommunityActionAwards). For more information or to request a paper copy of the nomination form, call the Community Action Agency at 240-777-1697.

**WEDNESDAY/MARCH 22**

**Education Forum.** 6:30-8:30 p.m. at Walter Johnson High School (cafeteria), 6400 Rock Spring Drive, Bethesda. Montgomery County Council Education Committee Chair Craig Rice, Montgomery County Public Schools Superintendent Jack Smith and Montgomery College President DeRionne Pollard will host a public forum to provide information, and seek input, on the programs and budgets of the County's public school system and its community college. Contact Councilmember Rice's office at 240-777-7955 or email [Councilmember.Rice@montgomerycountymd.gov](mailto:Councilmember.Rice@montgomerycountymd.gov).

**Part Three of Lenten Study Series and**

**Dinner.** 6:30 p.m. at St. James' Episcopal Church, 11815 Seven Locks Road, Potomac. "One Lord, One Faith, One Baptism," with the "Seven Locks Churches" of Potomac (St. James' Episcopal, Geneva Presbyterian, Seven Locks Baptist, Scotland AME Zion, Emmanuel Lutheran). Join the "Seven Locks" churches Wednesday evenings during Lent for dinner and then a study led by the pastors of the churches. The March 8 topic is "The Lord's Supper." Call 301-762-8040 or visit [stjamespotomac.org](http://stjamespotomac.org).

**FRIDAY/MARCH 24**

**Fit4Function Workshop.** 1-2:30 p.m. at Potomac United Methodist Church, 9908 S. Glen Road, Potomac. Sign up for a free pilot program workshop that Potomac Community Village (PCV) is organizing with Go4Life (a unit of the National Institute on Aging at NIH). The workshop, Fit4Function Workshop from Go4Life, is designed for people age 50+ who are not exercising regularly but want to or who used to exercise regularly and need more motivation to do it again. Space is limited; advance register required by March 17. Contact 240-221-1370, [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org) or visit [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org) or [www.Facebook.com/PotomacCommunityVillage](http://www.Facebook.com/PotomacCommunityVillage).

**WEDNESDAY/MARCH 29**

**Education Forum.** 6:30-8:30 p.m. at Richard Montgomery High School (cafeteria), 250 Richard Montgomery Drive, Rockville. Montgomery County Council Education Committee Chair Craig Rice, Montgomery County Public Schools Superintendent Jack Smith and Montgomery College President DeRionne Pollard will host a public forum to provide information, and seek input, on the programs and budgets of the County's public school system and its community college. Contact Councilmember Rice's office at 240-777-7955 or email [Councilmember.Rice@montgomerycountymd.gov](mailto:Councilmember.Rice@montgomerycountymd.gov).

**Part Four of Lenten Study Series and Dinner.** 6:30 p.m. at Seven Locks Baptist Church, 11845 Seven Locks Road, Rockville. "One Lord, One Faith, One Baptism," with the "Seven Locks Churches" of Potomac (St. James' Episcopal, Geneva Presbyterian, Seven Locks Baptist, Scotland AME Zion, Emmanuel Lutheran). Join the "Seven Locks" churches Wednesday evenings during Lent for dinner and then a study led by the pastors of the churches. The March 29 topic: "The Creeds." Call 301-279-9388.

**FRIDAY/MARCH 31**

**Girl Power Writing Contest Deadline.** The Montgomery County Commission for Women is kicking off Women's History Month by inviting residents of all ages to participate in the first annual Girl Power Writing Contest, "What's It Mean to Be a Woman in 2017?" Mail to Girl Power Contest, Montgomery County Commission for Women, 21 Maryland Ave., Suite 330, Rockville, MD 20850. Email entries should be sent to [cfwinfo@montgomerycountymd.gov](mailto:cfwinfo@montgomerycountymd.gov) with "Girl Power Contest" in the subject line. Call 240-777-8300 or visit [www.montgomerycountymd.gov/](http://www.montgomerycountymd.gov/).



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**POTOMAC, MARYLAND**

Gorgeous estate on 3+ acre in Bradley Farms. Immaculate 14,000+ square feet Nantucket style home. Main level owner suite. 8-car garage. \$4,400,000  
**Marsha Schuman** 301-299-9598  
**Robert Hryniewicki** 202-243-1620



**POTOMAC, MARYLAND**

Expansive home on priv 7+ ac. Gourmet kit, porch w/ 2-sided gas FP, renov BRs + walkout LL w/ rec rm. Pool, tennis court & 4-car garage. \$3,995,000  
**Doc Keane** 202-441-2343  
**Mark McFadden** 703-216-1333



**AVENEL, BETHESDA, MARYLAND**

Charm and sophistication in Eagle Ridge! Near perfection on 4 levels w/elevator, pool. Cul-de-sac. 5BR, 7.5BA. Whitman cluster! \$3,200,000  
**Adaline Neely** 301-580-2214  
**Kari Dainty** 240-888-2826



**BETHESDA, MARYLAND**

Custom contemporary built in 2012 offers European flair with inspired materials and design. 5BR, 6.5BA, great location and private lot! \$2,395,000  
**Meg Percesepe** 240-441-8434  
**Alison Shutt** 301-219-7671



**POTOMAC, MARYLAND**

Absolutely the ideal location on Potomac's Gold Coast, this home offers the best in one level living with a bright and sunny California feel. Separate guest house, pool and a tennis court. \$2,295,000  
**Anne Killeen** 301-706-0067



**POTOMAC FALLS, POTOMAC, MARYLAND**

Quintessential Potomac Falls. Renovated with 2 family rooms, library & expanded kit. Pool & glorious grounds. 4BR, 3FBA, 2HBA. Churchill. \$1,885,000  
**Adaline Neely** 301-580-2214  
**Kari Dainty** 240-888-2826



**POTOMAC, MARYLAND**

Casual elegance at its best! Brendan O'Neill colonial w/ custom touches. Gorgeous heart pine flrs, high-end renovations & 1 acre lot perfect for pool. Showcased in Potomac Country house tour! \$1,395,000  
**Meg Percesepe** 240-441-8434



**AVENEL, POTOMAC, MARYLAND**

Large end unit townhouse lives like a single family residence! Stunning architectural details throughout. Surrounded by park like setting. \$1,299,000  
**Nancy Itteilag** 202-905-7762  
**Chris Itteilag** 301-663-8182



**THE WILLOWS, ROCKVILLE, MARYLAND**

Stunning & expansive col w/ sun room & morning room options. 2 story foyer, high ceilings + tons of light! Knock-out kit w/ granite + new SS appliances. LL w/ 2 guest rooms & more! \$1,289,000  
**Meg Percesepe** 240-441-8434



**POTOMAC, MARYLAND**

Gorgeously renovated five bedroom Colonial! Stunning gourmet kitchen opens to the family room with a fireplace. Large backyard and oversized deck. Two car garage with mudroom! \$1,280,000  
**Lisa Stransky Brown** 202-368-6060



**ROCKVILLE, MARYLAND**

Great value for 5,700+SF of living space built in 2000 with desirable open floor plan, high ceilings & lots of light! Fab walk out lower level & private 1 acre lot near cul-de-sac. \$1,195,000  
**Meg Percesepe** 240-441-8434



**BETHESDA, MARYLAND**

NEW LISTING! Beautifully renov three story TH. Located in a park like setting & offers the finest in up-scale living. 1 car gar & upgrades galore. \$1,195,000  
**Nancy Itteilag** 202-905-7762  
**Chris Itteilag** 301-663-8182



**POTOMAC, MARYLAND**

Beautifully maintained + upgraded brick colonial w/ new windows, generator, 3 season sun room, renov. MBA, sprinkler system, security system, generator, walk up attic, mud/laundry room. \$1,150,000  
**Anne Killeen** 301-706-0067



**PARKLANDS, GAITHERSBURG, MD**

Luxurious + energy-efficient SFH w/ 4BR/2FB/2HB. 3 spacious flrs, 2 covered porches + deck. Chef's kit w/ gas. Prime Parklands amenities, close to Commuter routes + MARC. 2-car garage. \$675,000  
**Lynne Tucker** 301-404-0464



**PARKLANDS, GAITHERSBURG, MD**

Top floor TH style-condo w/ 3BR/2.5BA. Gourmet kitchen + adjacent FR. Balcony off bkfst area. Wonderful Parklands amenities + close to it all. Att 1-car garage. Mins to MARC. \$439,900  
**Lynne Tucker** 301-404-0464



**PARKLANDS, GAITHERSBURG, MD**

Rarely available + bright end-unit w/ 3 exposures + tons of natural light. 3BR/2.5BA, 2 lvls w/ balcony + attached gar. Prime Parklands amenities! Walk to MARC, near commuter routes. \$389,000  
**Lynne Tucker** 301-404-0464



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