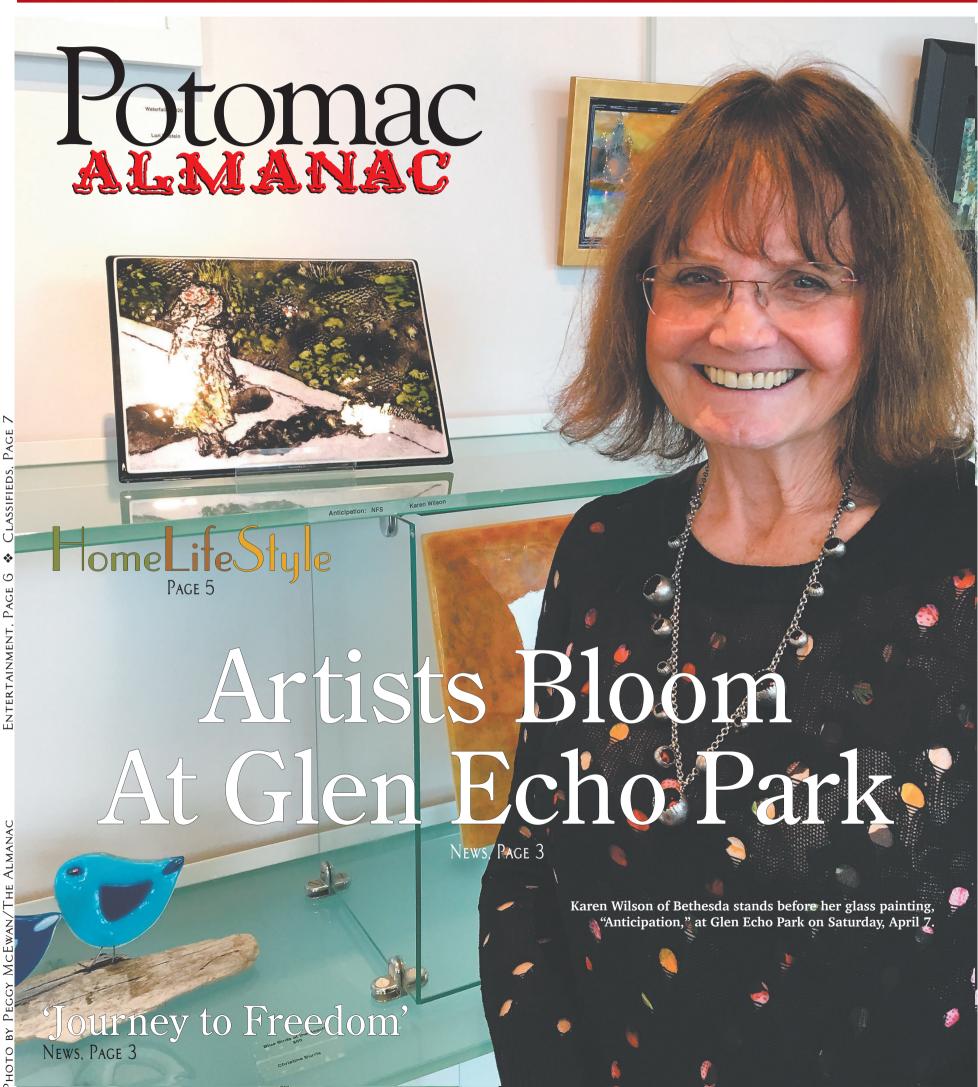


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Potomac REAL ESTATE

Photos by Deb Stevens/The Almanac

IN FEBRUARY 2018, 26 POTOMAC HOMES SOLD BETWEEN \$3,125,000-\$530,000.

# February, 2018 Top Sales

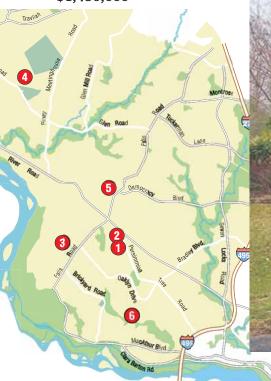
**5** 10004 South Glen Road — \$1,362,000



**11405 Palatine Drive — \$1,410,000** 



3 10801 Alloway Drive — \$1,450,000



1 9900 Newhall Road — \$3,125,000

Copyright 2018 MarketStats for ShowingTime. Source: Bright MLS as of March 15, 2018.

2 9811 Meriden Road — \$1,750,000

**(6)** 9701 Beman Woods Way — \$1,325,000

# News

# In Spring, Artists Bloom at Glen Echo Park

# From art glass to oil paintings to infrared photographs.

By Peggy McEwan The Almanac

hree art exhibits celebrated artists' receptions Saturday, April 7, at Glen Echo Park. The offerings were varied, with a group show held by the National Capital Art Glass Guild and two one-person shows: oil paintings by Garrett Park artist Robert LeMar and a collection of photographs by Sheila Galagan of Washington,

The park is open year-round, but activity picks up in spring, leading to a full summer schedule. In addition to the art shows, Saturday was also opening day for weekend sales of work by members of the Glen Echo Pottery coop. The pottery gallery will be open every weekend until December, according to co-op member Hope Wilson. Galagan, who grew up in Potomac and now lives in Washington, D.C., has taken over the Stone Tower Gallery at the Park for an exhibition of landscape photographs titled "The World of Infrared." "The landscapes were all taken using an infrared camera," she said. "Because I like the way it looks."

how infrared light affects the result of a photograph, Galagan uses a camera with an adjusted sensor that allows the infrared light to pass through — it is easy to see the beauty of the images she selected for her show. Most of the 23 pieces were taken in the local area, several at the National Arboretum and Rock Creek Cem-

Galagan said she does photography other than infrared landscapes but chose those for this, her first solo exhibit, because it is a small show and "I like the way it looks," she said.

LeMar, of Garrett Park, works in oils and has a showing of 18 paintings on exhibit at the Park View Gallery on the second floor of the park's main office building. Titled "I Draw the Line," the works share a common theme not apparent at first glance.

"In this show the artist is experimenting with different approaches to outlining, while seeking to maintain a strong sense of realism," according to the artist's state-

LeMar said he does have a favorite painting in the show. Without hesitation he chose "On the ray it looks." Dry Sink." "I like the subtlety of the color," he said. "I have a ten-



Melissa Jacobs, a visitor from San Diego, and Gina Lagomarsina from Washington, D. C. view the Expressions in Glass 2018 show which opened at the Glen Echo Park Art Glass Center Gallery on Saturday, April 7.

dency to push the color a little bit more, and in this one I held back."

By far the largest of the shows celebrating their artists' reception April 7 was the art glass exhibit, "Wild Things" featuring works by members of the National Capital Art Glass Guild. This show is a juried show with 78 pieces on display, showing many different techniques, Guild member Sue Somerville, of McLean, Va., said. "We have over 143 members,"

she said. "We accepted up to five submissions per artist."

The final works were chosen using a "blind jury" technique.

Somerville said she has been working with glass since the 1980s. She went to France on a class trip when she was in 10th grade, she said. "When I saw the

Members and guests discuss art glass at the National Capital Art Glass Guild "Wild Things" show Saturday, April 7, at Glen Echo Park. stained glass at Notre Dame, I was transfixed, I was hooked," she said. "I've made stained glass ever since." She has one piece in the show, stained glass, titled "Wave

> of Emotion." All the current exhibits run through Saturday, April 28.

> That is the same day the Glen Echo Park Denzel Carousel opens

# 'Journey to Freedom' Bullis students share learning about immigration.

BY COLLEEN HEALY The Almanac

ourth graders at Bullis School performed an original play, "Journey to Freedom," on Friday, April 6, in the Boarman Discovery Black Box the-

The students had conducted a year-long study of immigration. SEE SHARING LESSONS, PAGE 4

They began with European Immigration and learned about the factors that drove 15 million people to America from the 1800s to the 1900s. They also learn about Asian Immigration, the Great Migration and the Harlem Renaissance, Hispanic and Latino Immigration, as well as Middle Eastern immigration and refugees.



Fourth grade students perform the song "15 Million Immigrants" in the play "Journey to Freedom."



The fourth-grade students and teachers from Bullis school prepare to perform "Journey to Freedom."

# **OPINION**

# Mental Health Impacts on Teenagers

By Sangeet Anand

t's about the journey not the destination." We often hear this phrase, how ever it is commonly better said than done. Today, more and more children face challenging mental health conditions that impair their lives socially and emotionally. Panic disorders, phobias, schizophrenia, and other upsets are continually beginning to con-

COMMENTARY

tribute to the rising stress epidemic in the nation today.

So the question remains, what is the primary source of these conditions? Is it the social media and peer pressures, or the workload and assignments given by schools? From SAT's and ACT's to grade point averages, high school students across the nation are obliged to strive for perfection in order to receive an admission in a distinguished

A study conducted by the American Psychological Association in 2017 shows that more than 61 percent of students face depression and/or stress caused by the rising, perpetual "need" to receive perfect grades. Throughout their years at high school, students are often forced into a pressurizing atmosphere, created

at home by their parents, who push their children to the limits without realizing what is healthy for them. Furthermore, summer classes and internships have also demanded that a high school student be able to work at the level of an undergraduate in their mid-teenage years. Teenagers are forgetting that it is important to pace their lives by doing the things they truly enjoy, instead of falling under the hassles of stress.

So how can we create a better atmosphere for the youth?

Organic maturity in an individual through focused hardwork and passionate learning is better anyday than checking boxes on a list for the sake of it. Students who stay on a lowstress schedule, with an easier workload, say that they have leisure time for their daily activities and receive a healthy amount of sleep at night.

Nevertheless, the real question is how can one become void of undue stress when they are at the brink of challenging mental health situations? Just as we have medicines to cure contagious diseases and infections, it is equally important to find cures for mental insecurities. Students should always feel welcome to talk to someone, whether that be a family member, friend, and/or school counselor. Additionally, parents should discuss a balanced schedule with their children so that students can have time for their education as well as their extracurricular activities. In other words, they should pick an activity that gives them a chance to take a break from stress, such as exercise and mindful meditation, that will leave them feeling more positive. It is always important to remember that good college admissions come in various forms and connecting the dots of what a student may like or dislike to what they want in the next phase of their life, will guide them throughout their college plans.

With a little more effort from everyone in a community, students can feel relaxed going to school without carrying tensions about their daily lives.

In the long run, one can relate their stressful schooling years and their goal of getting into their optimal college to traveling on a road in order to reach an unknown and unseen destination. If you take it slow, and enjoy the ride along the way, it won't matter what the destination looks like. However, if you speed your way through it, exerting yourself to the maximum limit, the destination won't be rewarding for you.

The writer lives in Potomac and attends Winston

# Sharing Lessons about Immigration

From Page 3

To learn more about European immigration, the fourth graders read a variety of historical fiction books, wrote short historical fiction stories, and wrote an original play about this time period using the information they learned. They also had a chance to visit Ellis Island two weeks ago and, participated in an immigration simulation and visited the museum's exhibits.

The curriculum combined the performing arts with humanities and global studies in the Lower School.

> **Immigrants arrive** at Ellis Island.







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# HomeLifeStyle



PHOTO MERRIFIELD GARDEN CENTER

The colors of Camellia blooms can be enjoyed now, says David Watkins of Merrifield Garden Center.



Photo American Plant

Preparing a spring garden includes pruning, mulching and fertilizing, says Haynes Davis of American Plant in Bethesda.

# Spring in Bloom

Preparing and planning a colorful warm-weather garden.

BY MARILYN CAMPBELL

ne of the most anticipated rites of spring is the vibrancy of the first blooms on flowers and trees. However, this beauty can only be savored after the weeding, pruning and planting are finished. While preparing and planning a spring garden is not an effortless endeavor, local landscaping gurus say that an organized plan can make it more manageable.

"The first thing you need to do is cut back any ornamental grasses like Liriope two to four inches off the ground so the brown, tired-looking leaves are gone before the new leaves start to grow," said David Watkins, general manager of Merrifield Garden Center. "If you wait too long it's tough to separate old from new and you end up getting brown on the new

Removing all of the leaves and other debris from the flowerbed is the next step, advises Haynes Davis of American Plant in Bethesda. "Cut back any perennials or ornamental grasses that have not already been cut back and prune out any dead branches from existing shrubs," he said. "I fertilize at this point with ... a slow-release, organic fertilizer that works for blooming and evergreen plants. Lastly I put down a

fresh layer of mulch and then the beds are ready for spring."

Preparing to have a perfectly manicured lawn for spring begins by raking removing all of the fallen leaves, adds Davis. "Having your PH tested would be a good idea because now would be the time to put down lime to get your soil to the correct acidity level which is 5.8 to 6.5," he said. "This is also the time to put down preemergent [herbicides] to keep the weeds from coming up, but you have to remember, if you put down a pre-emergent you cannot over seed for six to 12 weeks, depending on the product you are

Cutting away dead or overgrown branches to stimulate new growth comes next, says Watkins. "I would prune any branches on shrubs and trees that are crisscrossing and rubbing against each other," he said. "Then edge, mulch and fertilize your plants. Remove old mulch first and put down two to three inches of new mulch, but make sure you don't put it too close

to the trunk of the plant."

When whipping a garden into shape for spring, Alexandria-based landscape designer Ruth Tinsley believes in engaging the senses. "If you plant fragrant spring flowers like Honeysuckle, Phlox, Butterfly Bush and roses, they will give you a pleasant aroma when you are walking through your yard or garden," she said. "Plant them in large swaths to get the biggest impact."

Butterfly Bush and Stock are two flowering plants that do double-duty, advises Tinsley. "They not only have a nice fragrance, but they will add beautiful color to your yard or garden. Butterfly bush is relatively hearty and has vibrant pink and purple blooms, and Stock comes in a vivid, dark-red color."

Until temperatures are warm on a consistent basis, Davis offers a caveat about planting flowers. "I would only plant Pansies and Violas for flowers outside," he said. "They will give you good color all the way up to the time to plant summer annuals, which is when we have sustained night time temps around 55 degrees, usually around mid-April. For perennials about the only thing you can plant now would be hellebores."

"Forsythia bushes are blooming now. They're one

of the first to bloom," added Watkins. "Shortly Camellias and Azaleas will start to bloom.

Options for plants that can tolerate cooler temperatures are plentiful, advises Watkins. "All of your trees and shrubs can be planted now and it's great to get your garden started early so there's less maintenance in the summer," he said. "All of our ornamental trees like Cherry, Redbud, Crabapple and Dogwood can be planted now."

"As for shrubs, you can plant anything right now as long as it has been acclimated and does not have new tender growth," added Davis. "We have all of our plants that are tender either in our greenhouses or covered with frost blankets until the temperatures warm up."

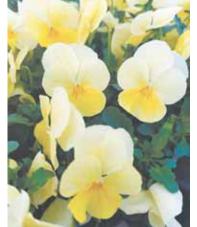


Photo American Plant

Pansies and Violas can be planted now to offer bright colors to a spring garden, says Havnes Davis of American Plant in Bethesda.





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# ENTERTAINMENT



Local composer Alistair Coleman, currently studying at the Juilliard School, premieres a new work during Northern Lights.



National Philhharmonic's guest artist, Ola Gjeilo, a prominent Norwegian/ American composer, performs intricate improvisations within his incredible compositions at Northern Lights.

# National Philharmonic Northern Lights Concert

Philharmonic Chorale Artistic Director Stan Engebretson leads a concert juxtaposing the/rich traditions of Rachmaninoff's/Vespers/with new sounds by popular Norwegian composer Ola/Gjeilo and local composer Alistair Coleman. A pre-concert lecture by Philharmonic Associate Director Victoria Gau begins at 6:45 p.m. in the Concert Hall. After the concert, Gjeilo and Coleman will join Engebretson for a Member Q&A. Saturday, April 28, 8 p.m. at the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Tickets start at \$23 and can be purchased at nationalphilharmonic.org or 301-581-5100.

### CALENDAR

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

#### **ONGOING**

Art Exhibit: "Essence." Through
April 28, gallery hours at Gallery B,
7700 Wisconsin Ave., Suite E,
Bethesda. Featuring painter John
Bodkin's colorful abstract paintings.
An Artist's Reception will take place
Friday, April 13, 6-8 p.m. Bodkin will
also host an "Artist Talk and
Collectors Walk" on Sunday, April 15
from 2-5 p.m. Visit
www.bethesda.org.

# Art Exhibit: Color Combustion.

Through June 27, office hours at Serendipity Labs, 4500 East West Highway, Suite 125, Bethesda. The Abstract Artists' Collective presents a group exhibition of work by women painters at Serendipity Labs. Eleven painters are included in the show: Tory Cowles, Lauren Chelec Cafritz, Camilla David, Jennifer Duncan, Patsy Fleming, Eleanor Glatty, Marthe McGrath, Michele Morgan, Hester Ohbi, Debra Perkins, and Helen Power. Visit serendipitylabs.com/our-locations/serendipity-labs-bethesda-md/.

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.

See Calendar, Page 7



**Tory Cowles, # 849, 60"** x 60"

# Color Combustion

The Abstract Artists' Collective presents a group exhibition of work by women painters at Serendipity Labs. Eleven painters are included in the show: Tory Cowles, Lauren Chelec Cafritz, Camilla David, Jennifer Duncan, Patsy Fleming, Eleanor Glatty, Marthe McGrath, Michele Morgan, Hester Ohbi, Debra Perkins, and Helen Power. Through June 27, office hours at Serendipity Labs, 4500 East West Highway, Suite 125, Bethesda. Opening reception takes place Friday, April 20, 6-9 p.m. Visit serendipitylabs.com/our-locations/serendipity-labs-bethesda-md/.



6 ❖ Potomac Almanac ❖ April 11-17, 2018 www.ConnectionNewspapers.com

# Entertainment

From Page 6

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.

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 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.

**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.

#### THURSDAY/APRIL 12

International Folkdancing. Weekly, 7:30-11 p.m. at Church of the Redeemer, 6201 Dunrobbin Drive, Bethesda. Circle and line dances from Eastern Europe. Lesson at 7:30, followed by requests. Glen Echo Folkdancers welcome beginners of all ages; no partner needed. Wear comfortable shoes. \$7. Call 301-466-3018 or visit www.dancingplanetproductions.com.

#### THURSDAY-SATURDAY/APRIL 12-14

Whitman High School's Talent Show 2K18:

Cirque. 7 p.m. at Walt Whitman High School, 7100 Whittier Blvd., Bethesda. Part rock concert, part dance performance, plus sketch comedy, with multi-media sound, light and film. Get tickets at whitmandrama.ticketleap.com purchase reserved seats (\$20) or general admission (\$10 students, \$15 adults). Online fees apply. Reserved tickets are available by check without online fees by messaging whitmandramatickets@gmail.com. Visit whitmandrama.com for more.

# FRIDAY/APRIL 13

# Call for Entries: United/Divided 2

Photoworks Gallery announces a Call for Entries for United/Divided 2, the upcoming public exhibition of photography in 2018. Guidelines: Submit up to five images to photoworks.gallery@gmail.com; \$40 entry fee for up to five images (payable online or by check); for detailsinstructions on submitting work, visit www.glenechophotoworks.org.

Artist's Reception: "Essence." 6-8 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Featuring painter John Bodkin's colorful abstract paintings. Artist's exhibit



Artwork by John Bodkin.

# Art Exhibit: Essence

Featuring painter John Bodkin's colorful abstract paintings. Exhibit through April 28. An Artist's Reception will take place Friday, April 13, 6-8 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Bodkin will also host an "Artist Talk and Collectors Walk" on Sunday, April 15 from 2-5 p.m. Visit www.bethesda.org.



**Danielle-Talamantes** 

# Cosi Fan Tutte

The National Philharmonic's 2017-2018 spring season continues at The Music Center at Strathmore with a concert opera of Mozart's School for Lovers (Cosi Fan Tutte). The concert opera features Metropolitan Opera vocalists soprano Danielle Talamantes as Fiordiligi and mezzo-opera Shirin Eskandani as Guglielmo. Saturday, April 14, 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Tickets start at \$23 and are free for young people age 7-17. Visit www.nationalphilharmonic.org or call 301-581-

through April 28. He will also host an "Artist Talk and Collectors Walk" on Sunday, April 15 from 2-5 p.m. Visit www.bethesda.org.

#### **SATURDAY/APRIL 14**

Mountain Dulcimers of Northern Virginia.

12:30-3:30 p.m. at Great Falls Tavern, 11710 MacArthur Blvd., Potomac. Visitors may try their hand at playing a mountain dulcimer, percussion instrument, or simply sing along. Programs at Great Falls Tavern are free, but there is an entrance fee to the park per vehicle.

Mozart's School for Lovers (Cosi Fan Tutte). 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. The National Philharmonic's 2017-2018 spring season continues at The Music Center at Strathmore with a concert opera of Mozart's School for Lovers (Cosi Fan Tutte). The concert opera features Metropolitan Opera vocalists soprano Danielle Talamantes as Fiordiligi and mezzoopera Shirin Eskandani as Guglielmo. Tickets start at \$23 and are free for young people age 7-17. Visit www.nationalphilharmonic.org or call 301-581-5100.

# APRIL 14-MAY 20

Photography Exhibit: "The Space Around

Us." Gallery hours at Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo, Md. "The Space Around Us: Photographs by Ira Tattelman. Tattelman, a registered architect and full-time artist, and guest curator Iason Demos will feature photos that call attention to the planned and unplanned outcomes of human actions. Exhibit reception scheduled for Sunday, April 22, 4-6 p.m. Visit www.glenecho photoworks.org.

# THURSDAY-FRIDAY/APRIL 19-20

Local Writer's Showcase. Bethesda Urban Partnership will host the Local Writer's Showcase, with two award ceremonies celebrating writers from Washington, D.C. Maryland and Virginia. On Thursday, April 19 at 7 p.m. will be the Poetry Contest Awards Ceremony and Reading by poet E. Ethelbert Miller at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. The second, the Bethesda Essay & Short Story Contest Awards Ceremony will be held on Friday, April 20 at 7 p.m. at Bethesda Hyatt, 7400 Wisconsin Ave., Bethesda. 301-215-6660 or visit www.bethesda.org.

# FRIDAY/APRIL 20

Opening Reception: Color Combustion. 6-9

p.m. at Serendipity Labs, 4500 East West Highway, Suite 125, Bethesda. Show runs through June 27. Eleven painters are included in the show: Tory Cowles, Lauren Chelec Cafritz, Camilla David, Jennifer Duncan, Patsy Fleming, Eleanor Glatty, Marthe McGrath, Michele Morgan, Hester Ohbi, Debra Perkins, and Helen Power. Visit serendipitylabs.com/our-locations/ serendipity-labs-bethesda-md/.



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# It's A Miracle (Not a Cancer Column) ...



By KENNETH B. LOURIE

... that the green, cotton, chino-type casual-Friday pants I often wear on -in-theoffice-Thursdays, lasted as long as they did. Given the number of years I've been stuffing myself into them (not every Thursday mind you, but very regularly), and the weight I've gained, especially since the ultra low point during heavy duty chemotherapy nine years ago, the miracle is that these pants hadn't split wide open on any number of previous occasions

As it actually happened yesterday, the split was gradual, not along a seam and not offensive to anybody, least of all, me.

And though the tear was understandable, given the psi (pounds per square inch) of pressure they were under, the loss however expected was sad nonetheless. For someone who exults in a limited wardrobe as much as I do, the reduction in available garments I choose to wear - repeatedly, is impactful.

Hardly do I have too many other go-topants in the closet. Considering my lack of interest, lack of need and lack of properly fitting alternatives hanging in the balance, when a split occurs, such as the one I've described "heretofore," (Ben Affleck in "Good Will Hunting"), not only is the loss palpable, it is downright inconvenient. Now what? Not that my appearance is ever a priority, but I'd rather not dress for failure.

The problem is, when your clothing options can be characterized as "either or," you're in a bind which, given the pounds that have been added over the winter (let's be honest; more like the preceding fall, summer, spring, winter and fall), you're constantly challenged, especially when attempting to zip up your fly and/or button your pants. Talk about a

If there was a cash reward for such failure, I'd be basking somewhere warm, in semi retirement - with an elastic waistband to do

"But alas, poor Yurick." No such reward exists, but thankfully, elastic waistbands do, and not just on underwear, bathing suits, shorts and sweatpants. The question becomes then: How committed do I want to become to such elasticity? Isn't it kind of a slippery slope to rubberize my waistline? My fear is, once I go elastic, I may never go back, and in never going back, I'm also afraid there may be no stopping me, if you know what I mean? And if I'm not to be stopped then am I prepared to live with myself, my ever-expanding self, that

I imagine my oncologist wouldn't approve. And I know my internal medicine doctor wouldn't approve (I've already received some electronic advisories to that effect); and I know with 100 percent certainty that my wife, Dina wouldn't approve. She might have married me "in sickness and health, and thick and thin," but she'd much rather I be thin than thick.

Granted, I may be mixing metaphors here, but I trust you get my point. She liked me the way I was, and sort of likes me the way I am, but I'm doubtful she would like me nearly as much if I were to morph into another being.

Ergo, the future is now. Do I continue to pack on the pounds and have less and less clothing that fits - and fewer and fewer excuses as to why that old thing seems to be that same old thing, again; buy new clothes that reflect and lock in my girth, or bite the bullet - not the Entenmann's Pop'ems, Hostess CupCakes, Oreo Mega Stuf cookies or M&M's plain/peanut butter candy and try to lose weight and save some face, literally?

I believe I know the answer. I'm just not ure of the start date. It better be soon because the underwear I bought myself for Christmas is beginning to lose its shape and I'm pretty sure I know the reason; and it's not a manufacturer's defect.

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



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