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Potomac ALMANAC

Janice Curtis Greene
portrays Harriet Tubman
during a performance at
the Potomac Library on
Saturday, March 23.



The Story Of Harriet Tubman

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Local Business
Enters Shark Tank

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Opposing Airplane Noise

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River Access Policy Revised

Lawsuit eases restrictions on river's use when Trump is at his local golf club.

By PEGGY MCEWAN
THE ALMANAC

In a March 22 press release, Democracy Forward announced victory in a lawsuit against the Trump Administration for illegally restricting access to the Potomac River when the President is golfing at his Virginia golf course.

That course borders the Potomac River across from Riley's Lock, where Seneca Creek empties into the Potomac, a much-used section of the river for local paddlers. The result is that the Coast Guard will lift restrictions on river access when President Trump is at Trump National Golf Club.

It shortens the length of the security zone and creates a transit zone for river users, according to the press release.

This is the text of the press release:

"The Canoe Cruisers Association of Greater Washington DC and Democracy Forward are claiming a major victory today in their lawsuit against the U.S. Department of Homeland Security. Prompted by the groups' suit, the Coast Guard issued a new directive that revises the Potomac River security zone that it previously established in order to accommodate President Trump's frequent outings at the Trump

National Golf Club. Democracy Forward and the Canoe Cruisers Association filed suit in September charging that the Administration had unlawfully created a permanent security zone that blocked the public's legal right to access and enjoy the Potomac River when the President golfs. Yesterday, after more than a year of legal and public pressure from the Canoe Cruisers and others in the paddling and conservation community, the administration reversed course and issued an updated interim final rule that meets nearly all of the groups' demands.

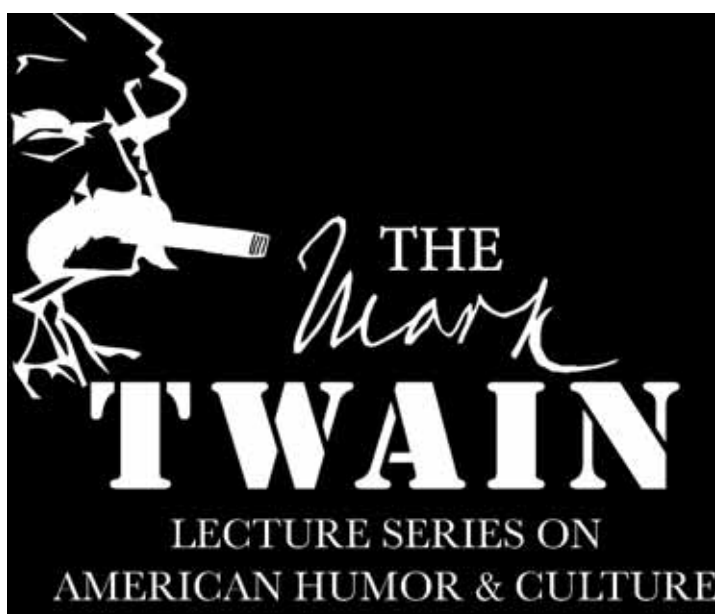

"The permanent security zone rule this new rule replaces was illegal for failing to account for the serious impact it had on the rights of those, like Canoe Cruisers, who frequently utilize the two-mile stretch of the Potomac River in the vicinity of the Trump National Golf Club, and for failing to provide the public with notice or an opportunity to comment before the Coast Guard unilaterally issued it. The revised interim final rule:

"Significantly reduces the overall length of the security zone and ensures access to boat launch sites and important waterways;

"Creates a 250-yard-wide transit lane that provides passage for watercraft through the zone near the Maryland shoreline; and

"Requires the Coast Guard to notify the public, via a website and a recorded message on a dedicated telephone line, when the security zone is in effect. Under the prior rule, the Coast Guard provided notice through a radio channel very few river paddlers use.

SEE RIVER ACCESS, PAGE 6

An Evening with Roy Wood Jr.

Roy Wood Jr.'s comedy has entertained millions across stage, television and radio. He is a correspondent on Comedy Central's hit series, "The Daily Show with Trevor Noah" and the host of the storytelling series, "This is Not Happening." His first Comedy Central stand-up special, "Father Figure," premiered in 2017 along with an extended uncensored album of the same name. His second stand-up special premiered January 2019, "Roy Wood Jr.: No One Loves You."


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The Story of Harriet Tubman

A crowd attended the March 23 performance of Janice Curtis Greene, telling the story of Harriet Tubman, at the Potomac Library.



Justin Fiorilli and Janice Curtis Greene at the performance Saturday, March 23. Justin is from Canada and doing a report on Harriet Tubman. Justin and his mother are visiting here and heard that Janice Curtis Greene was going to be telling the story of Harriet Tubman.



Members of the Friends of the Potomac Library gather at Saturday's performance: Cindy Gil, Janice Curtis Greene who portrays Harriet Tubman, Sandy Schonfeld and Edie Wingate.

Speak Up

Coalition meets to inform residents of options opposing airplane noise.

BY PEGGY MCEWAN
THE ALMANAC

Residents tired of loud airplane noise disturbing the peace in their neighborhoods, on their porches or even while they sleep have recourse: Complain.

That's the advice of Montgomery County Quiet Skies Commission, a group of volunteers frustrated by the noise created by airplanes flying overhead. To and from Ronald Reagan National Airport.

The official mission of the group is to "resolve the untenable levels of aircraft noise, air pollution, and flight safety risks imposed by the Federal Aviation Administration's flight paths and procedures at Ronald Reagan National Airport (DCA)."

The group formed in 2015 after FAA changes in airplane departure paths from Ronald Reagan National Airport were approved in 2013 and those for approaches in 2015.

Last week the group met at a community meeting at the Avenel Community Association office in Potomac to give residents an update on progress and inform newcomers on the purpose of the local Skies Coalition. About 30 people came out to the meeting on what was a very rainy night.

"We are an advocacy group," said Janelle Wright, Quiet Skies member who conducted the meeting. "We do

"It is very important to complain so we can show there is a problem."

— Basem Makar

SEE OPPOSING AIRPLANE, PAGE 7

Local Business Enters Shark Tank Hoping for a Deal

Watch April 7 for results.

BY PEGGY MCEWAN
THE ALMANAC

Potomac mom, entrepreneur and self-professed expert "Deal Finder" Jamie Ratner and her husband Brian Ratner are hoping to expand CertifiKID, the website Jamie Ratner started

to help parents, friends and caregivers find deals on children's activities and family entertainment.

Jamie Ratner launched CertifiKID in 2010 and now, it is a \$5M-plus per year business according to a press release. The company has also expanded to other major markets across the country, including Chi-



Jamie Ratner

cago, Los Angeles, and Atlanta and are now ready to go nationwide.

The Ratners decided to go on Shark Tank, seeking a deal with one or more of the Sharks for capital and expertise to more rapidly scale the business nationwide.

"We want CertifiKID to be the go-to resource for parents all over the country looking for affordable activities and entertainment for their kids no matter where they live," Jamie Ratner said.

"The safe and comfortable approach for

us would be to keep doing what we're doing," Brian Ratner said. "We don't need a Shark's investment to continue to grow and be successful as we've built a phenomenal business. However, we recognize that the business is at a point now where a strategic partnership with the right Shark could be the gasoline to our flame and help us reach our potential much more quickly."

The Ratners said the process of getting on Shark Tank was intense; they started the

SEE JUMPING INTO, PAGE 6

OPINION

Targeting Early Childhood Education

Montgomery County Council President Nancy Navarro and County Executive Marc Elrich held a press conference March 7 with councilmembers, Montgomery College President Dr. DeRionne Pollard, Superintendent of Montgomery County Public Schools Dr. Jack Smith, Board of Education President Shebra Evans, child care providers and community leaders to share their vision for developing an initiative for a comprehensive system of high quality accessible and affordable early childhood education. The goal of this plan is to ensure that all children in the county between zero to five years of age have access to quality and affordable early care and education services, with initial priority being given to underserved populations in the roll-out of expansion services.

There are approximately 76,498 children under the age of six in Montgomery County. Four out of 10 of these young children are economically vulnerable, living below 300 percent of the federal poverty level.

The first-year goals for the initiative include expanding the availability of licensed family childcare slots by 600 children in high-need areas; using existing funding from the Childcare Expansion and Quality Enhancement Initiative to pilot a program that will target these high-need areas and create cohorts of prospective licensed family childcare providers; and a recommended addition to the MCPS year 2020 operating budget of \$1 million to expand pre-kindergarten programs, through Child Care Resource and Referral Center, the Judy Centers and Montgomery College.

Navarro's full remarks at the press conference follow:

Good afternoon! I've been looking forward to this day for a long time. And here we are, all united for a common cause – Early Care and Education for All. I just want to thank each one of you in this room for working collaboratively to make today possible. Yes, we can do this, because, yes, equity matters.

For me, today is the culmination of a very personal journey, I come to this issue as a consumer, provider, advocate and policy maker.

As a young mother, I experienced firsthand the difficulty of finding quality, accessible and affordable child care.

After several attempts, I decided to take matters into my own hands — I quit my job

and became a Family Child Care Provider for four years, until my eldest entered kindergarten at Rock Creek Forest Elementary School. I wrestled with the concern of interrupting my professional career, but never once questioned my choice, because it allowed me to stay home with my daughters, educate other children and secure an income.

When my daughter entered kindergarten, I started to focus on this issue called the “achievement gap” or the “school readiness gap.” I began to research the issue and became convinced that the most impactful interventions must occur in the first five years. I had met many unregulated child care providers, mostly women, mostly immigrant women, who wanted to become licensed, and own their own small business, while providing early care and education to children, but were too intimidated by the licensing process. That is how Centro Familia was born. That's how I became an advocate.

As a policymaker since 2004, the vision of affordable early care and education has remained a top priority for me. It has taken me on an interesting journey, as a member of President Obama's Educational Excellence for Hispanics, Early Childhood Education Committee, as a member and president of the Montgomery County Board of Education, and now on the Council.

So why are we doing this? Well, because this is a moral and an economic imperative. We must design and implement a high-quality early care and education system at scale, with dedicated funding.

The United States is the only developed nation with a growing aging population and a young population. This young population is socio-economically, racially and ethnically diverse, and disproportionately affected by an

opportunity gap that leads to an academic achievement gap. How can we maintain our competitive edge as a nation, if our workforce is not prepared for the rapidly evolving job market? We must be strategic and invest in the early years. It is the best return on investment and prepares all our children. It is the great equalizer.

We must confront the fact that in our county currently, only 25 percent of children from low-income households entered kindergarten ready to learn. The rates for English language learners and children with disabilities are lower yet at 21 percent and 14 percent, respectively. Preparing all children to be ready to learn from the onset of school avoids the need for costly remediation interventions and is critical to closing the opportunity gap that leads to an academic achievement gap.

Taking into consideration research, feedback from former and current colleagues and feedback from the community, I have authored a framework that will guide this initiative. It provides for a four-year action plan.

Year one will leverage and target existing resources and services in order to achieve specific outcomes. It also simultaneously focuses our efforts in expanding capacity and infrastructure in order to scale up the initiative in years two, three and four.

The success of this initiative will depend on capacity expansion and dedicated funding.

We all have a role to play, because the task is enormous.

Nonetheless, I believe that between the Executive, my County Council colleagues, MCPS' leadership, Montgomery College's leadership, the provider community, parents and other stakeholders, we in Montgomery County can finally achieve this.

— Council President Nancy Navarro

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

THURSDAY/MARCH 28

Medicare Demystified. 7-9 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Questions about Medicare? This program will clarify Medicare, Medigaps/Supplements, and prescription drug coverage. Learn how to get the best benefits, coordinate Medicare with other health care programs and understand the Medicare alphabet – A,B,C, D. Presented by Leta Blank, Medicare consultant. Free. Visit www.montgomerycountymd.gov/library/branches/potomac.html for more.

SATURDAY/MARCH 30

Call for Entries: 2019 Girl Power Contest. The Montgomery County Commission for Women is inviting residents between the ages of 5 and 105 to participate in its third annual Girl Power Contest. Submissions should address the question, “If you had a superpower, how would you use that power to help girls and women?” Entries will be judged on creativity and content; entrants should refrain from using vulgarities and racist or sexist comments or images. Winning entries will be selected from four categories: elementary, middle, high school and adult. Entries are limited to one per person, should be no more than 500 words and include full name, age, grade and school (if applicable), phone number, and email address. Entries will not be returned. Winners will be announced by April 30. Call 240-777-8300 or visit www.montgomerycountymd.gov/cfw for more.



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In Appreciation

Cabin John Park Volunteer Fire Department sent out a tweet for Women's History Month on March 22: “Mary Morgal has served in the Women's Auxiliary since 1960. She has mentored generations of first responders throughout her time and our department wouldn't be where it is without her. This #WomensHistoryMonth we want to thank Mary for nearly 60 years of service.”

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BUSINESS



Hosting Vendor Pop-up

Potomac French Market owners Rene Redfield Shaw and Teri N. Troxell offer a variety of vendors monthly at a vendor pop-up. The store is located at 12211 River Road.



Jaynie Weber, who makes and sells her jewelry, shows her work to Potomac French Market co-owner Rene Redfield Shaw.



Younourish.com features hand-made napkins.

PHOTOS BY
DEBORAH STEVENS
THE ALMANAC

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Weight For It ... Wait ...



By KENNETH B. LOURIE

I don't like interacting with artificial intelligence. Nor do I like interacting with artificially-intelligent emailers.

And I especially don't like when there's an attempt by these "a.i.s" to modify my behavior by suggesting a pre-programmed, presumptive course of action – or inaction on my part, based on some survey I may have completed or some list that I've recently been added to – without my consent, or most likely due to a purchase or service I likewise recently paid for.

To that end, which does not justify their means, today I received an email that goes above and beyond the "a.i.s" purview. And how this particular email came my way is "curious," as Spock from the original "Star Trek" might say.

On March 1, moments before my last infusion, I stepped on a scale which registered my "overweight," which along with taking my blood pressure, pulse and oxygen levels are part of the usual and customary vitals I provide each and every time I go for treatment. Other than my "overweight," my vitals are completely normal.

Treatment start-date to date, 10-plus years now, my "overweight" has never been a problem (truth be told, I'm hardly obese, just pleasingly plump), just a factor in determining how much medicine is dripped by my IV.

The oncologist and medical staff has seemed more concerned with a patient losing weight – which I rarely have. Although during the early days of six-plus hours of heavy-duty chemotherapy, I did lose weight and it was a concern and can portend a serious complication.

Fortunately for me, whatever weight I did lose did not portend anything other than I wasn't eating. Eventually, that lost weight – and more – was definitely found.

A few days later, I received an email from my health care provider; not my doctor, not a nurse and not personalized by any medical professional, but rather sent from some artificially-intelligent thing offering me information on varying diets and their respective benefits. At first I laughed at its location – in my inbox, and then I began to question its legitimacy and then I got mad at its presumptive intent.

Was this a coincidence? Was this merely a continuing outreach to the HMO's patients like its colon-rectal screening program, sent to patients of a certain age, seems to be? Or was it something more insidious like "Hal" nearly became in the movie "2001: A Space Odyssey"?

The nerve. The bypassing of protocols. The attempt to circumvent the human element. Is this what medicine has become?

Not calls or personalized messages from your doctor/medical staff but instead an electronic missive emailed with the cold, insensitive precision of Pentium chips?

Putting aside the obvious fact that I do need to lose weight, even though as my brother Richard says so often when he sees me: "The weight looks good on you," I am not doing so because a computer told me to.

In fact, I may not do so at all just to spite that computer, and by association, the system that exists/was put in place (presumably by some human) that believes that communicating with its members electronically is the wave of the future rather than the bane of my present. I cannot, I will not be a pawn in this game of clones where the same messages get sent to millions of semi unsuspecting patients by uncensored non-professionals as a matter of some coarse level of routine.

If you want me to change my behavior, or at least consider changing my behavior, you have to try a little harder than by sending pre-programmed message to patients who meet/exceed a certain threshold.

And how did my personal information actually get known anyway? Is there a system in place that automatically reviews patient's private histories by cross-referencing who had appointments and what the new details were? Was the scale and blood pressure machine in on it? If so, is my medical care becoming more automated and less individualized?

I realize I'm just a number but I didn't think they'd take it literally.

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

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News



Shark Tank will host CertifiKID, founded by Jamie and Brian Ratner of Potomac, on April 7.

Jumping into Shark Tank

FROM PAGE 3
process last June.

"There wasn't a guarantee you would get called and once you do, there is no guarantee they will use [your episode]," Brian said. "That was difficult."

According to Wikipedia, a 45-minute to one-hour taping for Shark Tank gets edited down to 10 minutes.

The Ratners traveled to Los Angeles for the filming in December, taking along their two children, Noah, 11, and Lila, 10, Jamie's parents, her father Gary is CFO, and CertifiKID COO, Amie Morville and her daughter, who all appear on the show.

Family is a focus for the Ratners and their business.

"While the few deal sites that remain in the space continually expand their offerings, we remain focused on the family market. Parents come to our site because they know they are not going to have to wade through an overwhelming number of deals that don't apply to them to find what they're looking for," Jamie Ratner said.

Jamie Ratner said taping the show was one of the most nerve-wracking and exciting experiences of her life.

"It was so exciting, we had no idea what to expect," Jamie Ratner said. "I'm not normally a hand holder, but I had a death grip on Brian's hand to try to keep myself from shaking. It's definitely an experience I'll never forget."

She said the most popular searches on the site are for indoor play spaces, amusement parks and summer camps. A local business that is popular is Rent a Chicken Coop, located in Potomac, she said.

"We feel tied to the community," Brian Ratner said. "We pride ourselves with finding 'diamonds in the rough.'"

The Ratners can't comment on whether they made a deal with one of the Sharks. It is a secret they and their children have had to keep since taping the show last September.

The secret will be revealed on ABC TV when Shark Tank is aired April 7 at 10 p.m.

To celebrate the event, CertifiKID will be holding a watch party for family, friends, and business partners on April 7 at °Badlands, °5200 Randolph Road, Rockville.

To learn more about CertifiKID, visit certifiedkid.com.

River Access Policy Revised

FROM PAGE 2

"The paddling community has a voice and we effectively used it to execute change. The Potomac River is for the American people and we're glad to see their access to it restored," said Canoe Cruisers Chairman Barbara Brown.

"This is a victory for the rule of law that says the President cannot arbitrarily restrict the public's access to our shared natural resources to accommodate his frequent golf outings," said Democracy Forward Executive Director Anne Harkavy. "We are glad that the Coast Guard now recognizes, as we have urged from the outset, that assuring public access to shared national resources need not compromise security concerns."

This victory marks another defeat in a series of legal setbacks for the Trump administration. A recent report highlighted the

"extraordinary record of legal defeat" suffered by the President in the first two years of the administration.

"The Coast Guard published the revised interim final rule on March 21, 2019 with a comment period that is open until June 19, 2019. It is effective immediately. Democracy Forward and the Canoe Cruisers Association will continue to monitor implementation of the updated rule to ensure it is enforced fairly and with appropriate respect for the rights of paddlers to access and enjoy the river.

"Democracy Forward is a nonprofit legal organization that scrutinizes Executive Branch activity across policy areas, represents clients in litigation to challenge unlawful actions, and educates the public when the White House or federal agencies break the law."

NEWS

Opposing Airplane Noise

FROM PAGE 3

not want to move the noise over other communities, we think the FAA can disperse the flights and increase the altitude [of approaches.]”

The group meets regularly as part of a community working group with the Metropolitan Washington Airports Authority to discuss concerns about the 450 flights a day at National Airport.

They also lobbied the Montgomery County Council for money to hire a noise expert to add professional expertise and statistics to community members’ complaints. The council set aside \$125,000 for that purpose and Arlington County added the same amount. Unfortunately, after a year of trying to work out an operating protocol allowing both counties to hire the same expert, the Montgomery County Quiet Skies Coalition rejected, just before last week’s meeting, the idea of working with Arlington County. After a year they are now back at step one, Wright said. “It’s been a year of frustration,” she said. “We want to hire someone who can do noise studies, we are totally outmatched [by the FAA].”

“You are right, it’s like a David and Goliath situation,” Anne Hollander, another member of the group, said.

There was good news, though. The group is now a registered non-profit and can accept tax deductible donations. And there were statistics pointing to the power of citizens’ complaints.

“It is very important to complain so we can show there is a problem,” Basem Makar, another member of the group, said.

What is needed is more complaints by a wider group of people, the group said.

“I’m sick of complaining but it’s helpful,” Wright said. “It’s a pressure point, and it helps support our advocacy.”

To submit a complaint visit:
<http://www.flyreagan.com/dca/dca-reagan-national-submit-noise-complaint>

Further directions for registering a complaint read:

Scroll past the legalese and Click on the link for either Mobile Phone or Webform (if you are on a computer)

Click on Sign Up. You will be taken to a form asking for your name, address, etc. to set up a profile. You will also create a user name (your email address) and password. Important: You must create a profile to log a complaint. It has to do with data integrity as the profile enables the noise com-

plaint system to track how many times one person complains vs. how many different people are filing complaints. Your personal information is not shared with anyone. The system creates a unique ID and that is what they use each time you log in.

Once you have created your profile, you will be taken to a complaint form. The next time you use the mobile link or go to the complaint webform at the DCA website, you will login with your username and password. The software takes about 10 seconds to check your profile and then the complaint form is displayed.

Fill in the Date, Time and Disturbance Type. You can also submit comments.

Check the box that says I am not a robot. Jump through that hoop and Click on Submit Complaint. You will get a “receipt.”

If you file complaints via a mobile phone, you are able to see a history of your complaints by clicking on the lines in the upper left corner and selecting History. This history does not include any complaints filed using the Webform.

To make it even easier to file complaints, put a Reagan National Noise Complaint Link on the home screen of your mobile phone by:

Go to the browser on your phone and type in the following URL:
<http://viewpoint-app.emsbk.com/dca>

Tap the Upload icon () at the bottom of the screen, then scroll to the bottom row of options until you see “Add to Home Screen”.

Click on “Add to Home Screen”, then click on “Add” in the upper right corner.

Here is a 1-minute YouTube video tutorial illustrating the steps above.

How to Set Up A DCA Noise Complaint Link on Your iPhone

For an Android Phone:

Go to the browser on your phone and type in the following URL:

<http://viewpoint-app.emsbk.com/dca>

Tap the row of dots in the upper right corner, then select “Add to Home Screen, then scroll to the bottom row of options until you see “Add to Home Screen”.

Click on “Add to Home Screen”, then click on “Add” in the box that comes up.

Here is a 1-minute YouTube video tutorial illustrating the steps above.

How to Set Up a DCA Noise Complaint Link on Your Android Phone

For more information about Montgomery County Quiet Skies Coalition visit:

<https://sites.google.com/site/208xxquietskies>.

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ENTERTAINMENT

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

ONGOING

Art Exhibit by Morton Fine Art.

Through March 30, gallery hours at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Gallery B's March exhibition is a group show by Morton Fine Art. The exhibit, curated by Amy Morton, will feature new works by several Morton Fine Art's artists including Victor Ekpuk, Katherine Hattam, Andrei Petrov and Vonn Sumner. Visit www.bethesda.org.

Photography Exhibit: "Visions, Reflections." Through April 14, Saturdays, 1-4 p.m.; Sundays, 1-8 p.m. at Photoworks, at Glen Echo Park, 7300 MacArthur Blvd, Glen Echo. Photoworks presents "Visions, Reflections" by Roberto Fernandez Ibanez. Three of the four selected series do without the camera as an instrument to create images. They convey the artist's concern for the coexistence of humans with nature, the knowledge derived from observing it, and the use of the photographic medium as a material that not only changes when it is exposed to light, but can be transformed, tuned, and textured by techniques and laboratory processes. Visit www.glenechophotoworks.org.

SATURDAY/MARCH 30

Cars 'N Coffee/Bethesda. 8 a.m.-10 a.m. at 10327 Westlake Drive (right behind Montgomery Mall). Returning for the 8th year, Cars 'N Coffee/Bethesda meets each Saturday and offers participants a parking space and plenty of free coffee. Email jay@mediacentral.net.

NOAA Open House. 9 a.m.-4 p.m. (registration starts at 8:30 a.m.) at NOAA, 1315 East-West Highway, Silver Spring. NOAA will open the doors of its Silver Spring, Maryland campus to the public for a series of free activities, including guest presentations, interactive exhibits and hands-on activities. Meet and talk with scientists, weather forecasters, hurricane hunter pilots, and others, who work to understand our environment, protect life and property, and conserve and protect natural resources. A government-issued photo ID is required for adults. Visit noaa.gov/openhouse.

Stand-up Comedy. 7:30 p.m. at Cissel-Saxon American Legion Post 41, 8110 Fenton St. (blue awning off Fenton Street parking lot). Stand-Up Silver Spring presents Robert Mac (Last Comic Standing, Comedy Central) along with Violet Gray (Baltimore D & D), Leon Scott ("Get Up DC") and Katie McKelvie (Charm City Comedy Festival). \$15 early



From the film "Breaking Free."

Bethesda Film Fest

The 7th annual Bethesda Film Fest will feature five short documentaries made by local filmmakers. The evening will include a discussion with the filmmakers after the screenings. Friday, April 5, 7 p.m.; Saturday, April 6, 6 and 8 p.m. at Imagination Stage, 4908 Auburn Ave., Bethesda. Tickets are available at www.bethesda.org for \$10. Remaining tickets will be sold at the door. Visit www.bethesda.org or call 301-215-6660.

bird; \$20 general admission. Recommended for 16 and older. Get tickets at www.improbablecomedy.com.

National Philharmonic Celebrates

American Jazz. 8 p.m. at The Music Center at Strathmore's Concert Hall, 5301 Tuckerman Lane, North Bethesda. Witness the unforgettable jazz musician Byron Stripling's performance in "Sounds of New Orleans: A Tribute to Louis Armstrong" with the National Philharmonic, led by Maestro Piotr Gajewski. Ticket prices are \$10-\$72. Visit www.nationalphilharmonic.org or call 301-581-5100.

MONDAY/APRIL 1

Health and Wellness Fair. 7-9 p.m. at Potomac Community Center, 11315 Falls Road, Potomac. Potomac Community Village (PCV) is hosting a free and open-to-all Health and Wellness Fair, featuring a presentation on "Talking with Your Doctor – Making the Most of Your Healthcare Appointment." Refreshments and free raffle tickets are also included. RSVPs are suggested but not required, to 240-221-1370 or info@PotomacCommunityVillage.org.

Tannahill Weavers. 7:30 p.m. at Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. The Institute of Musical Traditions (IMT) is a nonprofit 501(c)(3) organization which preserves and promotes American and international folk music traditions, and nurtures new styles evolving from these cultural roots by presenting concerts, workshops, and educational programs. Tickets: \$22 advance, \$27 door. Students: \$17 advance, \$22 door. Visit www.imtfolk.org or call 301-960-3655.

A free, open to all event!

Health and Wellness Fair Monday, April 1, 7 pm

"Talking with your Doctor – Making the Most of Your Healthcare Appointment"
+ outdated prescriptions collection,
chair yoga, falls prevention exercises,
blood pressure screening, refreshments,
free raffle tickets, much more.

Potomac Comm Ctr, 11315 Falls Road, Potomac
240-221-1370 to RSVP, to learn more
www.PotomacCommunityVillage.org

APRIL 3-27

Art Exhibit by Morton Fine Art.

Gallery hours at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Gallery B's April exhibition is a group show by Morton Fine Art. The exhibit, curated by Amy Morton, will feature work by Katherine Tzu-Lan Mann and Astrid Kohler. Visit www.bethesda.org.

SUNDAY/APRIL 7

Waltz Dance. 3:30-6 p.m. at the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Introductory Waltz Workshop from 2:45-3:30 p.m. Featuring the band Gytrations, playing a lively mix of folk waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polka. Admission is \$13, \$5 for full-time students with student ID. No partner required. Call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, go to www.WaltzTimeDances.org or e-mail info@WaltzTimeDances.org.

WEDNESDAY/APRIL 10

Live Music: Willa Mamet and Paul Miller. 7:30 p.m. at Cozy Concerts at School of Musical Traditions, 1097 Rockville Pike, Rockville. Folk, country, Americana, and grassy soul, plus the fastest patter this side of Venus, or your money back. Enjoy the gift of the kitchen table duo in an intimate, listening room setting. Hear more at www.kitchen-table-music.com. \$15 at imtfolk.org/store/index.html or \$20 at the door.

SATURDAY/APRIL 13

Celebrate the Potomac River. 10 a.m.-3 p.m. at Great Falls Tavern Visitor Center, 11710 MacArthur Blvd., Potomac. Visit the Chesapeake Bay Roving Ranger Mobile Visitor Center. Learn how to help maintain this beautiful area. The programs at Great Falls Tavern are free, but there is an entrance fee to the park of \$15 per single vehicle (subject to change). Call 301-767-3714.

Potomac River Watershed Cleanup. Various locations across the Park. Join the 31st Annual Potomac River Watershed Cleanup. Learn more and sign up: trashnetwork.fergusonfoundation.org.

Verdi's Requiem. 8 p.m. at the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. The National Philharmonic Orchestra and Chorale perform Verdi's dramatic Requiem. A free pre-concert lecture will be offered at 6:45. Tickets start at \$30 and are free for young people age 7-17 and \$10 for college students. Call 301-581-5100 or visit www.nationalphilharmonic.org.

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