

# Potomac ALMANAC

Jonathan Hall hits the river and whitewater three or four times a week. "Love it, for sure. It's a passion," he said.

Taste of Potomac  
To Benefit  
Adoptions Together

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MoverMoms  
Change World  
One Project  
At a Time

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Are Partners for Life

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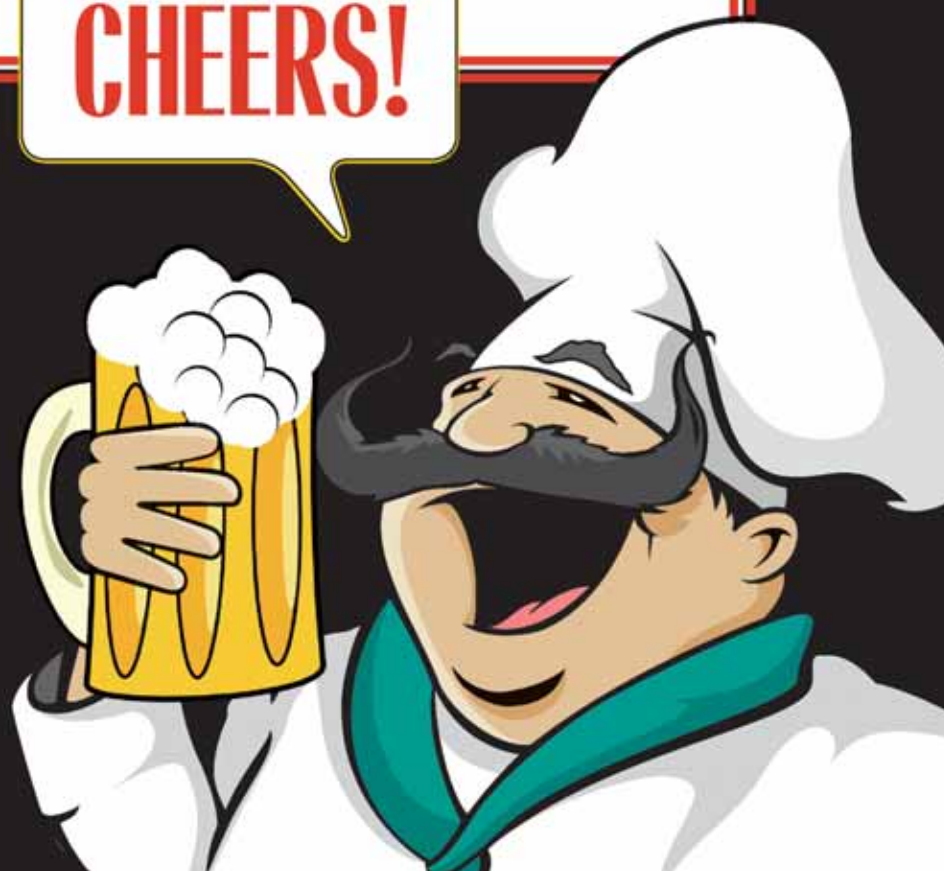
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# SUMMER FUN

POTOMAC ALMANAC EDITOR STEVEN MAUREN  
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## Family Takes Up Paddleboarding, Goes into Business

### Paddle on the Potomac, standing up.

BY KEN MOORE  
THE ALMANAC

**M**ichael Katz took his first stand-up paddle board lesson last August with Potomac Paddlesports. Now his entire family is hooked, even creating a business around the sport.

"It changed my attitude towards the Potomac River," said Katz after time on the river Memorial Day afternoon. "I got very serious about it."

That's what Sunny Pitcher hopes to do by offering kayak and paddleboard instruction and more; Pitcher owns and founded Potomac Paddlesports, visit the website at [www.potomacpaddlesports.com](http://www.potomacpaddlesports.com), and opened its additional location in Potomac Village earlier this month, Potomac Outfitters.



Michael Katz and Sandra Aresta

"Paddling is more than a sport, it's a path to a life in the wilderness. that's really what it is," said Pitcher.

Living in Potomac and not paddling is like living in Vail or Aspen and not skiing or snowboarding, he said.

"It's a privilege to have a business where you are guiding people in the outdoors," said Pitcher.

Paddleboarding is one of the ways people can navigate the river and canal along with kayaking and canoeing, as well as running



Michael Katz and his family designed an inflatable folding paddleboard.

PHOTOS BY KEN MOORE/THE ALMANAC

along the canal and its trails, birding, biking.

"Getting people out there, their senses are so heightened," said Pitcher. "So they're extremely receptive to everything, they are receptive to the sport, receptive to nature, receptive to conservation ideas, so it's just like a great seed that gets planted with every class."

Katz has collaborated on design and manufacturing of inflatable stand-up paddleboards. Visit Earth River at [www.pumpedupsup.com](http://www.pumpedupsup.com) to find them for sale.

"You can keep going where you want, and you can always rest when you want," said Katz's daughter Andrea Aresta-Katz, before heading inland to ride a horse later on Memorial Day.

"When we paddle around the river, people keep taking pictures," said his daughter Natalie Aresta-Katz, a student at Holy Child.

SEE PADDLING, PAGE 7



Chris Higgins, of Reston, calls a paddleboard experience a complete body workout while giving a different vantage of the river.

### More on Potomac River

#### Saturday, June 1:

Celebrate National Trails Day with the C&O Canal Trust and REI at Great Falls Tavern in the C&O Canal National Historical Park. Help with trails and park stewardship projects. Contact Becky Curtis at [curtis@canaltrust.org](mailto:curtis@canaltrust.org) or 301-745-8889 for more information about Canal Pride Days and other volunteer opportunities.

#### Saturday, June 1: 9 a.m. - 2 p.m.

Celebrate National Trails Day with a morning of service and outdoor fun. From 9 a.m. to 11:30 a.m., volunteers to help restore the towpath and trails, remove invasive plants, prune back vegetation and pick up trash near the River Center at Lock 8. Contact Lien Vu at [vu@potomac.org](mailto:vu@potomac.org) or 301-608-1188, x215. Potomac Conservancy's River Center is open Saturdays and Sundays from May through October, from 11 a.m. to 2 p.m.

### Summer Fun Samplings

#### Imagination Bethesda, Saturday, June 1, 2013 from 11 a.m. - 4 p.m.

Celebrate children, art and all things fun at the 19th annual Imagination Bethesda. Auburn and Norfolk Avenues. Call 301-215-6660 or see [www.bethesda.org](http://www.bethesda.org).

#### 2013 AT&T National, June 24-June 30,

2013, features 120 PGA Tour professionals at Congressional Country Club in Bethesda who will compete for a \$6.5 million purse. The event raises funds and awareness for the Tiger Woods Foundation while paying tribute to U.S. armed forces. See [www.tigerwoodsfoundation.org](http://www.tigerwoodsfoundation.org) or [www.usga.org](http://www.usga.org).

#### 13th Annual Autism Speaks 5K Run-1

Mile Walk Annual 5K run and one-mile walk to benefit research on autism. July 4 at the Potomac Library, 10101 Glendolden Drive, one block from the intersection of River and Falls Roads. 8 a.m. Post race music, food and prizes. Autism Speaks is the nation's largest autism science and advocacy

organization, dedicated to funding research into the causes, prevention, treatments and a cure for autism; increasing awareness of autism spectrum disorders; and advocating for the needs of individuals with autism and their families. <http://events.autismspeaks.org/faf/home/default.asp?ievent=1054999>

#### 4th of July Fireworks, Montgomery

College Rockville Campus 4th of July Fireworks, Rockville. Activities include live music starting at 7 p.m., food, and fireworks at 9:15. Call 240-314-5022. <http://www.rockvillemd.gov/events/independence-day.htm>

#### Bethesda Outdoor Movies: Annual outdoor

movie series at corner of Norfolk and Auburn avenues. July 23-27, 2013. Contact 301-215-6660 or visit [www.bethesda.org](http://www.bethesda.org) for movie schedule.

#### Montgomery County Agricultural Fair

Aug. 9-17, 2013. [www.mcagfair.com](http://www.mcagfair.com)

#### Riley's Rumble Half-Marathon. Sunday,

Aug. 4, 2013. See [www.mcrrc.org](http://www.mcrrc.org).



# Taste of Potomac To Benefit Adoptions Together

Fundraiser event to be held June 8.

BY SUSAN BELFORD  
THE ALMANAC

**G**rilled lamb chops from Cava, tuna tartar from Hunter's Inn, short ribs from Old Angler's Inn, mini-indulgences from Seasons 52 — to sample the finest of fare, make plans to come to the Julia Bindeman Suburban Center on Saturday, June 8 at 7 p.m. for the Taste of Potomac. The venue has moved from Judy and Stuart Sebring's Potomac estate where it was held the past five years.

"The Taste of Potomac will feature plenty of exquisite food, lively disco music and dancing in a Club atmosphere that will remind guests of Studio 54. We want to make this event lively and fun," Judy Sebring said.

This annual fundraiser provides the opportunity to savor samplings from Potomac restaurants as well as to support the work of Adoptions Together. This year's event will honor Marty Janis, CEO of Atlantic Services Inc. for his dedication to philanthropy for the well-being of children in the metropolitan area. ABC-TV anchor Leon Harris and Wizards Sportscaster Steve Buckhantz will serve as emcees and music will be furnished by DJ Extreme.

Fare from Sugo Cicchetti, the Tavern at River Falls, the Grilled Oyster, Mama Lucia,



Jane and Michael Phillips at the 2012 Taste of Potomac.

Irish Inn at Glen Echo, Potomac Pizza, Founding Farmers, Fortune Garden, JAVA Works, Dirty Martini, Potomac Village Deli, Rocklands Barbeque and Grilling Company, Tally Ho, Vie de France, River Falls Market, Windows Catering, Zoe's Kitchen, Whole Foods Market and more will tempt diners and give them a taste of many area restaurants they will want to return to.

The evening will also offer live and silent auction items including tickets to a Beyonce concert, a complete dinner in one's home for 10 guests prepared by Cava Head Chef Dimitri, vacations at The Reef Atlantis in the Bahamas, in St. Lucia, Barbados and Antigua, tickets to the Capitals, Redskins, Wizards along with lots of sports memorabilia, rounds of golf at private golf clubs, tickets to TV shows such as The Daily Show with Jon Stewart, LIVE! With Kelly and Michael, the Dr. Phil show, The Doctors, The Situation Room with Wolf Blitzer (includes



Janice Goldwater, founder and executive director of Adoptions Together.

sitting in the CNN Control Room and a tour) — and more are being added each day. Throughout the evening, there will be "pop-up" auctions led by professional auctioneer Chris Marten. Check out all the live and silent auction items at <https://adoptions.together.org/.../6thAnnualTasteofPotomac>.

Long-time Adoptions Together board member Jane Phillips and her committee will be creating a "popcorn bar" filled with at least seven different types of popcorn —



Sugo Cicchetti chefs at the 2012 Taste of Potomac.

both savory and sweet. "This popcorn bar will offer a unique dimension to the evening. The popcorn will be freshly popped — and will include flavors like 'rosemary and garlic bread,' 'dill pickle' 'cheesy cheddar,' 'chocolate cake,' 'spicy Chesapeake,'" and 'old-fashioned caramel corn.' We are making certain each type of popcorn is a wonderful treat for our guests," she said.

The Phillips' oldest son, Jeffrey was one of the first children adopted through newly

SEE CULINARY FARE, PAGE 15

# 'Fiddler on the Roof Jr.' Opens at Randolph Road Theater

Three performances scheduled for June 8-9.

BY SUSAN BELFORD  
THE ALMANAC

**"F**iddler on the Roof" has been capturing the hearts of audiences of all ages since the play first hit Broadway in 1964. The story centers on a poor dairyman, Tevye, father of five daughters, and his attempts to maintain his family and Jewish religious traditions while the world is growing more and more anti-Semitic and social norms are changing. The play takes place in Czarist Russia in 1905 in the small village of Anatevka.

Bravo@Kat, Theater for Young Artists will present the musical "Fiddler on the Roof Jr." on June 8 and 9 at the Randolph Road Theater, 4010 Randolph Road, Silver Spring. The hour-long show is designed to introduce young people to the world of Broadway musical theater, as well as to "Fiddler" — the story of hope and love that teaches the importance of traditions and family in an ever-changing world.

Bravo@Kat is a musical theatre program designed for children in grades 3-8. As a



Tevye (Ethan Miller), Golde (Tobi Baisburd) and the Fiddler (Bryan Stopak) in Bravo@Kat's "Fiddler on the Roof Jr."

part of the award-winning Kensington Arts Theater, the program focuses on teaching the art of musical theatre. "We make sure that the children are having a blast while they learn to work together as a cohesive

and supportive cast," said Executive Producer Laurie Levy Issembert. "While they are learning the tools of the craft — music, lyrics, choreography, staging and blocking — they are also becoming the next genera-

tion who will keep the Broadway tradition alive, if not onstage, then as well-versed audience members."

Issembert added, "Fiddler on the Roof Jr." retells the ethnic traditions of a specific family, but it has universal appeal. With a cast of 42 young artists featuring students from all over the metropolitan area, award-winning Director/Choreographer Darnell Morris and Music Director Laura Brady have fashioned a show whose message is both challenging and sentimental for the youthful cast."

Ethan Miller of Potomac will play Tevye, Shira Minsk will be Tzeitel and Cole Edelstein will play Motel. Bryan Stopak who plays the Fiddler was cast without the production team being aware that he is actually an accomplished violinist — thus this production includes a "real" Fiddler whose music is artfully interwoven throughout the play.

Besides playing Tevye, Ethan Miller will be playing Wolfie in a staged concert developmental reading of "Signs of Life," an off-Broadway show at American University's Katzen Center Studio Theatre before it heads to Chicago for a September run. He explains how he feels about playing these

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# Culinary Fare Supports Fundraiser

FROM PAGE 4

created Adoptions Together agency. He is now 22 years old and just graduated from the University of Maryland. Phillips said, "We are so fortunate to have become a part of the Adoptions Together family. Our other two sons were also adopted through Adoptions Together — we feel so blessed to have our family."

The impetus for the Taste of Potomac is to raise funds for the work of Adoptions Together. Since 1990, the organization has found "forever families" for more than 3,000 children. Janice Goldwater, founder and executive director said, "Today, there are 5,000 children in the D.C. metropolitan area who are living in temporary care, waiting to be adopted. We need to make their dreams come true. This year we have heightened our focus on permanency. We have been working very hard to place older youth in foster care into permanent homes. Every child deserves a forever family. The motto of the organization is 'Every child, every family, and every step of the way.'"

Goldwater continued, "We have expanded our services to helping our local school systems understand the trauma that our children have gone through, how it impacts their learning and what should be done to help them. This carries over to provide the best prac-

**"Today, there are 5,000 children in the D.C. metropolitan area who are living in temporary care, waiting to be adopted."**

**— Janice Goldwater,  
founder and executive director**

tices for all children who have had any kind of trauma in their lives. Another new focus for us has been training parents who have been involved with Child Protective Services to be mentors for other at-risk parents. We are also partnering with D.C. Child and Family Services to provide support, guidance and information to the adoption/guardianship community in D.C. through our Post-Permanency Family Center. In addition to providing quality child placement services, we also offer life-time counseling for families, adopted children, birth parents and foster families."

Adoptions Together is seeking families who would like the opportunity to change the life of a child by becoming a "forever family." Mature adults of all races, religions and family structures can make excellent parents. Opportunities are also available to serve in a volunteer capacity. For more information, contact Adoptions Together at 301-439-2900. The website is [www.adoptions-together.org](http://www.adoptions-together.org).

Plan to attend the Taste of Potomac on June 8 from 7-11:30 p.m. at the Julia Bindeman Suburban Center, 11810 Falls Road, Potomac. Single tickets are \$125 and sponsorships are \$500 and up. Visit [adopttr.ejoinme.org](http://adopttr.ejoinme.org).

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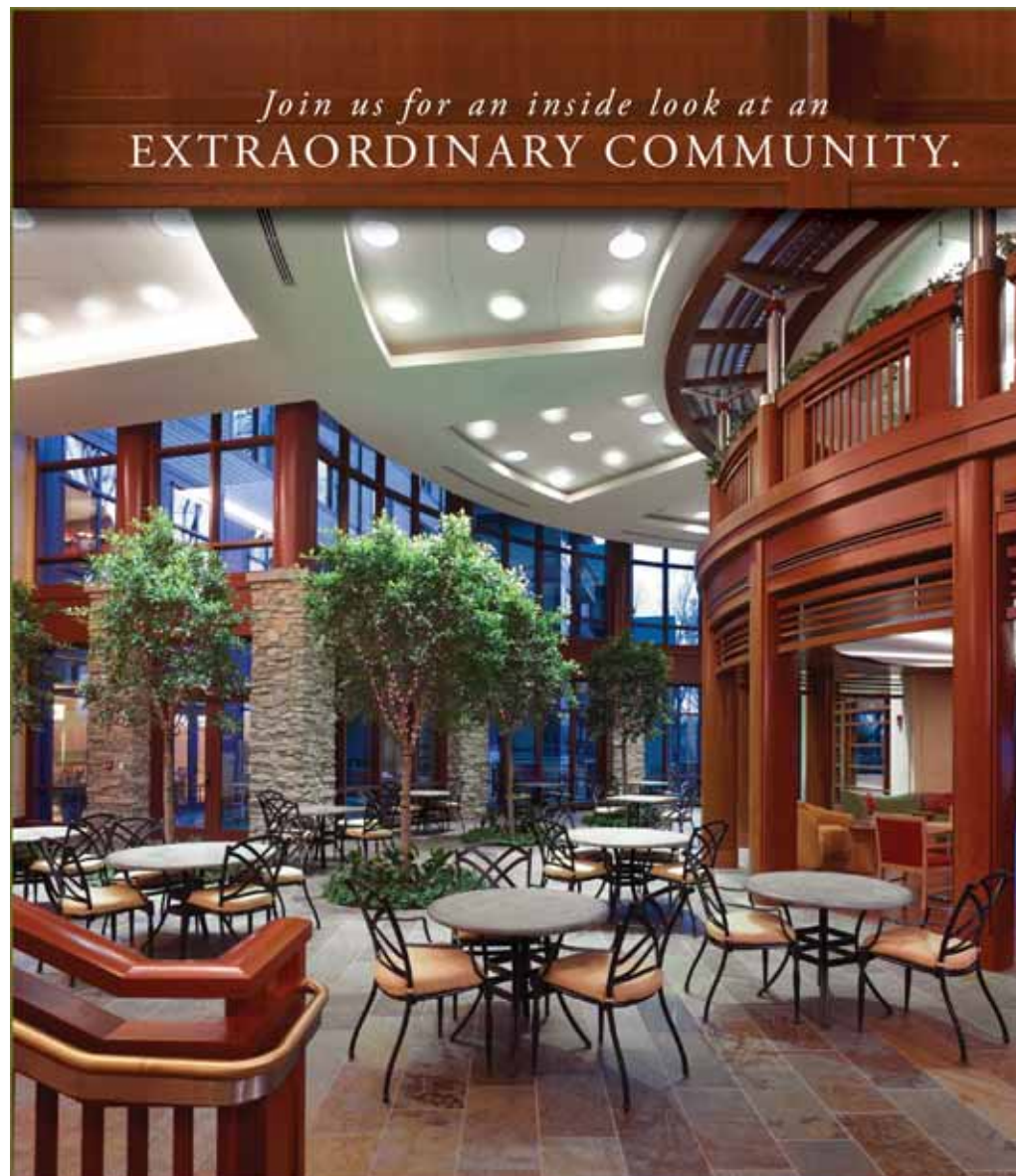
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# SUMMER FUN



PHOTO BY KEN MOORE/THE ALMANAC

**Bicyclists and walkers enjoy the towpath on Memorial Day.**



**Children play on the River Falls playground.**



**From left: Wendy Markarian, Alexa Gillespie and Belen Hutchins at Glen Echo.**



**Tyler Kuehl plays Home Run at the River Falls Picnic.**



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

**Midori (left) and Miyuki Golike at Glen Echo during Memorial Day weekend.**



**Talia and Joshua Moors at Glen Echo.**



## SUMMER FUN



PHOTO BY KEN MOORE/THE ALMANAC

The family that paddleboards together loads the car together.

## Paddling on the Potomac, Standing Up

FROM PAGE 3

"A lot of people have never seen it before," said Sandra Aresta.

She said within an hour and a half at her first lesson she found her balance. "If I can do it, anybody can do it." Paddleboarding gives a different vantage point, a different look at and in the river, said Chris Higgins, who finished a three-hour tour, getting out of the water just after Katz's family pulled out of the

Angler's parking area.

Katz and Higgins both say the fitness aspect to the sport is another benefit.

"A lot of people do it as their workout instead of going to the gym," said Katz.

"A complete body workout," said Higgins, who teaches paddle boarding in Reston. "After three hours of this, I'm smoked. I'll be sleeping good tonight."

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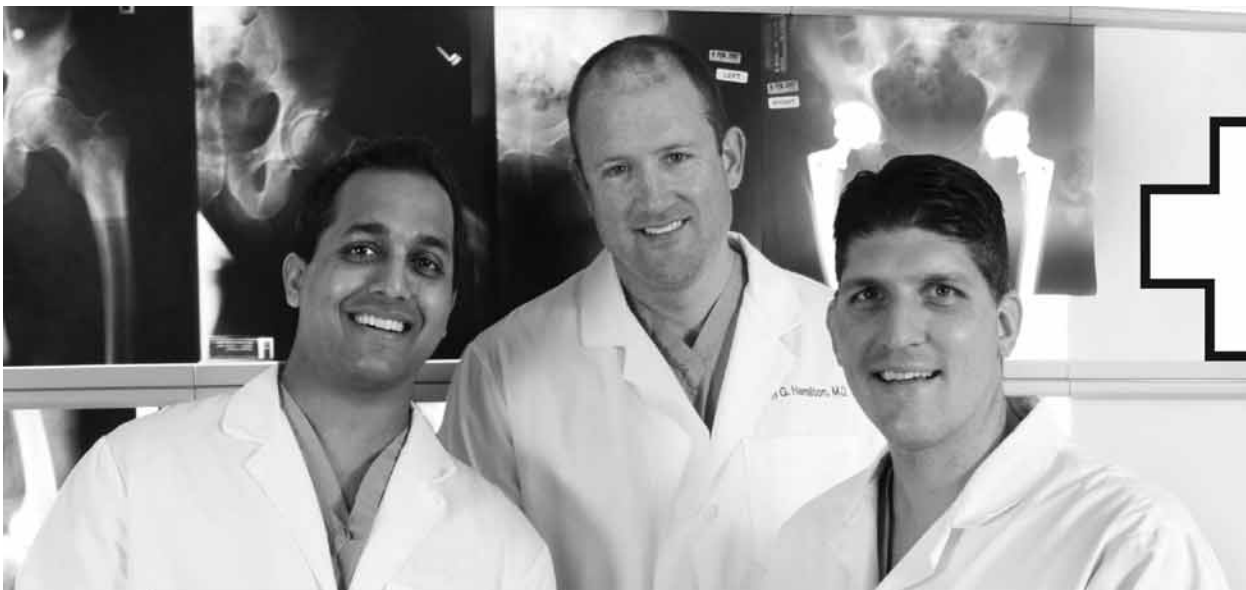
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# SUMMER FUN

Email community entertainment events to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon. Photos and artwork encouraged.

## ONGOING

### 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. Visit [rockvilletownsquare.com/events/mommy-and-me](http://rockvilletownsquare.com/events/mommy-and-me). On the Square: June 18, July 16, Aug. 20, Sept. 17 and Oct. 15.

**The Puppet Co.** at Glen Echo Park has announced its 2012-2013 season. There are fairytale princesses, and a guest artist with a bilingual twist. 301-634-5380 or [www.thepuppetco.org](http://www.thepuppetco.org). **Cinderella**, through June 9, Thursdays and Fridays at 10 and 11:30 a.m. Saturdays and Sundays at 11:30 a.m. and 1 p.m.

**Art Exhibition.** The Art Glass Center Gallery's ongoing exhibitions feature the work of resident artists Diane Cabe, Christine Hekimian, Sue Hill, Michele Rubin, Sherry Selevan, Bev and Zayde Sleph and Janet Wittenberg. Sculpture, vessels, functional art, and jewelry are also for sale. Classes are taught year-round for beginner, intermediate and advanced students. Fridays 10 a.m.-2 p.m., Saturdays 10 a.m.-4 p.m., and Sundays noon-4 p.m. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2273 or visit [www.artglasscenteratglenecho.org](http://www.artglasscenteratglenecho.org).

**Glassworks.** Saturdays, 11 a.m.-4 p.m. Glassworks is the D.C. area's first glass school. Classes are taught year-round for both new and advanced students. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2280 or visit [www.innervisionglassworks.com](http://www.innervisionglassworks.com).

**Photoworks.** Photoworks is a resource for both student and professional photographers to develop their talents through classes, workshops, and exhibitions. Open Saturdays 1-4 p.m., Sundays 1-8 p.m., and during all scheduled classes and workshops. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2274 or visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org).

**Yellow Barn Studio & Gallery.** Saturdays and Sundays, noon-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 for sale. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-371-5593 or visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com).

**Science & Nature.** Saturdays and Sundays, 10 a.m.-3 p.m. Weekend Nature Programs at Living Classrooms Children's Museum Living Classrooms Children's Museum at Glen Echo Park presents engaging science and nature activities for the family. Encounter live animals, take an interpretive hike, explore the indoor anthill and tree slide and more. Free for members/children under 2; \$5 for non-members. At Glen Echo Park, 7300 MacArthur Blvd. Call 202-488-0627, ext. 242 or visit [livingclassroomsdc.org/Site-BasedPrograms.html](http://livingclassroomsdc.org/Site-BasedPrograms.html).

**SilverWorks Studio & Gallery.** Wednesdays, Thursdays, Saturdays and Sundays, 10 a.m.-6 p.m. SilverWorks Studio & Gallery is a working silversmith studio and includes an ongoing exhibition and sales of the work of artist-in-residence Blair Anderson. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2228 or visit [www.silverworksglenechopark.org](http://www.silverworksglenechopark.org).

**Musical.** Through Sunday, June 2, see "Big Nate" at Adventure Theatre



Self Portrait, Pink Blouse by Lena Murray.

## Lena Murray at Yellow Barn Gallery

Recent paintings by Lena Murray will be featured at the Yellow Barn Gallery Saturday, June 8, noon-7 p.m. and Sunday, June 8, noon-5 p.m. A reception will take place Saturday, June 8, 5-7 p.m. Murray studied at the Repin Academy of Fine Arts. This is her third solo show at the Yellow Barn Gallery featuring landscapes, still lifes and portraits. The unifying theme is her feelings of the surrounding world, and how everything is part of the whole. A large part of this show is devoted to Paris where she spent the last two summers. All work will be available for sale. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Visit [www.lenamurray.com](http://www.lenamurray.com) or call 301-523-2582.

MTC, 7300 MacArthur Blvd., Glen Echo. \$19. Visit [www.adventuretheatre-mtc.org](http://www.adventuretheatre-mtc.org) or 301-634-2270 for showtimes.

**Art Exhibit.** Through Sunday, June 9 see "Color Chronicles" by J. Jordan Bruns in the Popcorn Gallery at Glen Echo Park, 7300 MacArthur Blvd. Hours are noon-6 p.m. Free. Visit [www.jjbruns.com](http://www.jjbruns.com) for more.

**Art Exhibit.** Through Monday, June 10, see "Accidental Architecture: Depictions of Demolition," a photography exhibit by Julie Miller at Photoworks Gallery in Glen Echo Park, 7300 MacArthur Blvd. Open Saturdays from 1-4 p.m., Sundays from 1-8 p.m., and whenever a class is in session. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org) for more.

**Creative Crafts Council.** Through Thursday, June 13, browse a crafty collection featuring works by local artists. Free. At Mansion at Strathmore, 10701 Rockville Pike. Visit [www.strathmore.org](http://www.strathmore.org) for more.

**Art Exhibit.** Through Thursday, June 16, see "Distinction in Colors" by Nancy Bullough at VisArts, 155 Gibbs St., Rockville. Free. Visit [www.visartscenter.org](http://www.visartscenter.org) or call 301-315-8200.

**Art Exhibit.** Through Thursday, June 16, see "Tethered in the Weather" in the Gibbs Street Gallery at VisArts, 155 Gibbs St., Rockville. Eric Smallwood uses video and animation to create moments. Free. Visit [www.visartscenter.org](http://www.visartscenter.org) or call 301-315-8200.

**Art Exhibit.** Through Monday, June 24, see "Working Small," which includes works by Potomac resident Paulette Baron, at Congregation Har Shalom, 11510 Falls Road. Free. Call for hours, 301-299-7087.

**Art Exhibit.** Through Saturday, July 27, see "Speed and Pressure" in the Kaplan Gallery at VisArts, 155 Gibbs St., Rockville. Free. Visit [www.visartscenter.org](http://www.visartscenter.org) or call 301-315-8200.

**Spectacular Saturday Fun.** Every Saturday through August there will be a new media for a child to try at

VisArts, 155 Gibbs St., Rockville. Sign up for one or for all, it is not a series. Visit [www.visartscenter.org](http://www.visartscenter.org) or call 301-315-8200 to register for a class.

**Group Bike Ride.** Thursday nights through September at 7 p.m. enjoy a bike ride. Meet at Freshbikes Bethesda store, 7626 Old Georgetown Road. All abilities welcome. Free. Visit [www.freshbikescycling.com](http://www.freshbikescycling.com) for more.

ARTS8 is a group of eight **Artists in Residence** at the Stone Tower Gallery, Yellow Barn, Glen Echo Park, 7300 MacArthur Blvd. They can be visited while working and showing their art, during May and June. Open to the public from Tuesday to Sunday, noon-5 p.m. The eight artists are Carolina Correa, Eliot Feldman, Mariana Kastrinakis, Sarna Marcus, Joan Mazer, Jan Rowland, Felipe Sierra and Jill Spearman. The art runs the gamut from purely abstract to representational. Visit [www.glenechopark.org/ARTS8](http://www.glenechopark.org/ARTS8).

## MONDAYS THROUGH JUNE 17

**Art Class.** 7-9:30 p.m. at VisArts, 155 Gibbs St., Rockville. Work in oils or acrylics to paint a series of still life setups. \$200 for eight-week class. Visit [www.visartscenter.org](http://www.visartscenter.org) or call 301-315-8200.

## WEDNESDAY/MAY 29

**Music Performance.** 7:30 p.m. at Mansion at Strathmore, 10701 Rockville Pike. Rickie Simpkins will perform. \$15. Visit [www.strathmore.org](http://www.strathmore.org) for tickets.

## THURSDAY/MAY 30

**Free Thursday Concert.** 6-8 p.m. at Veterans Park, corner of Woodmont and Norfolk Avenues, Bethesda. Hear pop/jazz music from Flo Anito. Visit [www.bethesda.org](http://www.bethesda.org) or 301-215-6660.

**Step in Time: The Effects of Music Experience on the Adult Brain.** 7:30 p.m. at Mansion at Strathmore, 10701 Rockville Pike. Dr. Nina Kraus

will reveal how the adult brain is shaped by musical training in childhood. \$25. Visit [www.strathmore.org](http://www.strathmore.org) for tickets.

## FRIDAY/MAY 31

### Pencils and Pasties Burlesque

**Drawing.** 7-10 p.m. at VisArts, 155 Gibbs St., Rockville. Adults 21 and over can enjoy a glass of wine and draw. \$15. Visit [www.visartscenter.org](http://www.visartscenter.org) or call 301-315-8200 to register.

## JUNE 1-29

**Art Exhibit.** Eight painters have been selected as finalists for the Bethesda Painting Awards. Their works will be on display at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Free. Gallery hours are from noon-6 p.m. Wednesday through Saturday.

## SATURDAY/JUNE 1

**Family Days.** 1-3p.m. at Lockhouse 25. Families can participate in hands-on programs to learn about the C&O canal. Free. Designed for children in grades K-6.

**Children's Street Festival.** 11 a.m.-4 p.m. on Auburn and Norfolk Avenues in Bethesda. Enjoy music performances, arts & craft activities, face painters, giveaways and more. Free. Visit [www.bethesda.org](http://www.bethesda.org) or 301-215-6660.

**Strawberry Festival.** 10 a.m.-3 p.m. at 2303 Metzert Road, Adelphi, Md. Enjoy fresh locally-grown strawberries, rummage sale, entertainment, children's activities and more. Visit [www.strawfest.org](http://www.strawfest.org).

**Jazz Vocal Intensive.** 10 a.m.-3 p.m. at Mansion at Strathmore, 10701 Rockville Pike. Use techniques of improvisation to interpret jazz standards. \$65. Visit [www.strathmore.org](http://www.strathmore.org) to register.

**Art Exhibit.** See the works of Sarna Marcus and Eliot Feldman at Yellow Barn Gallery at Glen Echo Park, 7300 MacArthur Blvd. Hours are noon-5 p.m. with a reception from 4-7 p.m. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com).

**Swing Dance.** 8-9 p.m., lesson; 9 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Brooks Tegler and Strings Attached will provide music. \$16. Visit [www.dclx.org](http://www.dclx.org) for more.

## SATURDAY-SUNDAY/JUNE 1-2

**Folk Festival.** Noon-7 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The festival will showcase more than 450 musicians, storytellers, dancers and crafters. Free. Visit [www.washingtonfolkfestival.org](http://www.washingtonfolkfestival.org) for more.

## SUNDAY/JUNE 2

**Author Talk.** 7:15 p.m. at Beth Shalom Congregation, 11825 Seven Locks Road. Jeff Weiss will speak about American Jewish pilots who helped create the Israeli Air Force and played a decisive role in the War of Independence. Free. E-mail [library@bethsholom.org](mailto:library@bethsholom.org) for more.

**Contra Dance.** 7 p.m. lessons start; 7:30-10:30 p.m. dancing at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Waverly Station provides music. \$13/nonmember; \$10/FSGW member; \$5/17 and under. Visit [www.fsgw.org](http://www.fsgw.org) for more.

**Art Exhibit.** See the works of Sarna Marcus and Eliot Feldman at Yellow Barn Gallery at Glen Echo Park, 7300 MacArthur Blvd. Hours are noon-5 p.m. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com) for more.

## WEDNESDAY/JUNE 5

**Musical Mosaic.** 8 p.m. at Ohr Kodesh Congregation in Chevy Chase. Zemer Chai will perform. \$40/preferred seating; \$20/general advance; \$25/door. Visit [www.zemerchai.org](http://www.zemerchai.org) or 301-963-3462.

**Music Performance.** 7:30 p.m. at Mansion at Strathmore, 10701 Rockville Pike. Owen Danoff will perform. \$15. Visit [www.strathmore.org](http://www.strathmore.org) for tickets.

## THURSDAY/JUNE 6

**Free Thursday Concerts.** 6-8 p.m. at Veterans Park, corner of Woodmont and Norfolk Avenues, Bethesda. Hear music by Sahel. Visit [www.bethesda.org](http://www.bethesda.org) or 301-215-6660.

**Blues Dance.** 8:15 p.m. lessons start, dancing from 9-11:30 p.m. in the Ballroom Annex, 7300 MacArthur Blvd., Glen Echo. \$8. Capital Blues presents the dances. Visit [www.capitalblues.org](http://www.capitalblues.org) for more.

## Imagination Bethesda

The 19th annual Imagination Bethesda, a children's street festival celebrating children and the arts, is Saturday, June 1, from 11 a.m.-4 p.m. Musical performances and professional children's entertainers will light up the stage, while hands-on art and craft activities will line the streets along Auburn and Norfolk avenues in downtown Bethesda. The festival will also feature face painters, balloonists, a stilt-walker, giveaways and more. Imagination Bethesda is a free event produced by the Bethesda Urban Partnership and is sponsored by MIX 107.3 FM, Washington Parent and Bethesda Magazine. Call 301-215-6660 or visit [www.bethesda.org](http://www.bethesda.org).

**Performances include:** 11 a.m. – The Funny Guy; 12 p.m. – Kidville's Rockin' Railroad; 1 p.m. – Silly Bus; 2 p.m. – The Culklin School of Traditional Irish Dance; 2:45 p.m. – Dansez! Dansez!; 3 p.m. – The Diggity Dudes.

**Event participants include:** Adventure Theatre MTC – Decorate a "dollipop;" American Plant – Plant a flower pot; Artworks Fine Art Studio – Pastel drawing; Be With Me Playseum – Paint a ceramic tile magnet; Beanstalk Montessori – Montessori activities; Bethesda Green – Make a necklace with recycled paper & play an environmental trivia game; Glen Echo Park Partnership for Arts & Culture – Make-your-own carousel; Gymboree Play & Music – Movement to music, art project, bubbles; Huntington Learning Center – Origami (paper folding); Imagination Stage – Create pirate or Peter Pan paper hats; Iran Cultural and Educational Center – Make-your-own bookmark, face painting; Joy of Motion Dance Center – Make recycled paper chains and lanterns; Kidville – Decorate-your-own foam frame; Language Fundamentals – Spanish story time and sing-along, make maracas; Language Stars – Foreign language storytelling and coloring sheets; Plaza Artist Materials – Decorate-your-own picture mat; Round House Theatre – Create-your-own Imagination passport; Strathmore – Create a sculpture; and Washington Conservatory of Music – Play with musical instruments.



#### FRIDAY/JUNE 7

**Contra Dance.** 7:30 p.m. lessons start; 8:30 -11:30 p.m. dancing at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Contranella provides music. \$10/ adult; \$5/17 and under. Visit [www.fridaynightdance.org](http://www.fridaynightdance.org) for more.

#### SATURDAY/JUNE 8

**Dance Performance.** 7:30 p.m. at American Dance Institute, 1570 E. Jefferson St., Rockville. Watch "Goodhurt," an investigation of the role that hurt plays in the private lives of performers. \$30/adult, seniors \$20, and university students \$15. Visit [www.americandance.org](http://www.americandance.org) or 301-984-3003.

**Taste of Potomac.** 7:30-11:30 p.m. at the Julia A. Bindeman Suburban Center, 11810 Falls Road. Tickets \$125/person; \$150/door. Visit [www.adoptiontogether.org/tasteofpotomac.aspx](http://www.adoptiontogether.org/tasteofpotomac.aspx) for more.

**Art Exhibit.** Noon-7 p.m. at Yellow Barn Gallery, Glen Echo Park, 700 MacArthur Blvd. See paintings by Lena Murray. Enjoy a reception from 5-7 p.m. Free. Visit [www.lenamurray.com](http://www.lenamurray.com) or 301-523-2582.

**Music Performance.** 8 p.m. at Westmoreland Congregational UCC Church, One Westmoreland Circle, Bethesda. Hear music by pianist Yukiko Sekino. Free. Visit [www.washingtonconservatory.org](http://www.washingtonconservatory.org) or 301-320-2770.

**Salsa Showcase & Dance.** 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Features live music by Verny Varela y SuOrquesta. \$15. Visit [www.oohsalsa.com](http://www.oohsalsa.com) for more.

**Swing Dance.** 8 p.m.-midnight at Bumper Car Pavilion at Glen Echo, 7300 MacArthur Blvd. Features music by Natty Beaux. \$15/adult; \$12/child age 12-17; \$10/ age 11 and below. Visit [www.flyingfeet.org](http://www.flyingfeet.org) for more.

#### SUNDAY/JUNE 9

**Dance Performance.** 2 p.m. at American Dance Institute, 1570 E. Jefferson St., Rockville. Watch "Goodhurt," an investigation of the role that hurt plays in the private lives of performers. \$30/adult, seniors \$20, and university students \$15. Visit [www.americandance.org](http://www.americandance.org) or 301-984-3003.

**Art Exhibit.** Noon-5 p.m. at Yellow Barn Gallery, Glen Echo Park, 700 MacArthur Blvd. See paintings by Lena Murray. Free. Visit [www.lenamurray.com](http://www.lenamurray.com) or 301-523-2582.

**Family Dance.** 3-5 p.m. at Ballroom Annex at Glen Echo, 7300 MacArthur Blvd. All ages welcome. \$5, age 4 and older. Visit [www.fsgw.org](http://www.fsgw.org).

**Argentine Tango.** 6:30-11 p.m. at Ballroom Annex, 7300 MacArthur Blvd. DJ Rene Davila will mix the music. \$15/person; \$10/dance only. Visit [www.glenechopark.org](http://www.glenechopark.org).

**Contra Dance.** 7-10:30 p.m. at Spanish Ballroom, 7300 MacArthur Blvd. Music by Forks of Nature. \$13/ nonmember; \$10/member; \$5/17 and under. Visit [www.fridaynightdance.org](http://www.fridaynightdance.org).

#### THURSDAY/JUNE 13

**Free Thursday Concerts.** 6-8 p.m. at Veterans Park, corner of Woodmont and Norfolk Avenues, Bethesda. Hear music by 8 Ohms Band. Visit [www.bethesda.org](http://www.bethesda.org) or 301-215-6660.

#### FRIDAY/JUNE 14

**Opening Reception.** 6-9 p.m. Eight painters have been selected as finalists for the Bethesda Painting Awards. Their works will be on

display at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Free.

#### SUNDAY/JUNE 16

**Waltz Dance.** 2:45-6 p.m. at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Dance to live music by Avant Gardeners. \$10. Visit [www.waltztimedances.org](http://www.waltztimedances.org) for more.

#### TUESDAY/JUNE 18

**What's the Matter?** 11 a.m. at Potomac Library, 10101 Glenolden Drive. Children age 5 and up can learn about science through demonstrations and experiments. Free. Visit [www.montgomerycountymd.gov/content/libraries](http://www.montgomerycountymd.gov/content/libraries) or 240-777-0690.

#### WEDNESDAY/JUNE 19

**Music Performance.** 7:30 p.m. at Mansion at Strathmore, 10701 Rockville Pike. Owen Danoff will perform. \$15. Visit [www.strathmore.org](http://www.strathmore.org) fo tickets.

#### THURSDAY/JUNE 20

**Books are a Blast.** 11 a.m. at Potomac Library, 10101 Glenolden Drive. Families can enjoy a magic show about reading. Free. Visit [www.montgomerycountymd.gov/content/libraries](http://www.montgomerycountymd.gov/content/libraries) or 240-777-0690.

**Free Thursday Concerts.** 6-8 p.m. at Veterans Park, corner of Woodmont and Norfolk Avenues, Bethesda. Hear music by Blue Funk. Visit [www.bethesda.org](http://www.bethesda.org) or 301-215-6660.

#### SATURDAY/JUNE 22

**Show.** 10 a.m. or 11 a.m. at Washington Conservatory at Glen Echo Park, 7300 MacArthur Blvd. Enjoy a free performance of "The Story of Babar." Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**Art Exhibit.** See 15 artists present their work in "Painting Under the Influence of Walt Bartman" at Yellow Barn Gallery, 7300 MacArthur Blvd., Glen Echo. Hours are noon-5 p.m. with a reception from 6-8 p.m. Free. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com).

#### SUNDAY/JUNE 23

**Art Exhibit.** See 15 artists present their work in "Painting Under the Influence of Walt Bartman" at Yellow Barn Gallery, 7300 MacArthur Blvd., Glen Echo. Hours are noon-5 p.m. Free. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com) for more.

#### MONDAY-SUNDAY/JUNE 24-30

**2013 AT&T National.** At Congressional Country Club in Bethesda. Features 120 PGA Tour professionals who will compete for a \$6.5 million purse. The event raises funds and awareness for the Tiger Woods Foundation while paying tribute to U.S. armed forces. See [www.tigerwoodsfoundation.org](http://www.tigerwoodsfoundation.org) or [www.usga.org](http://www.usga.org).

#### JUNE 26 THROUGH AUG. 11

**Theater Performance.** See "Peter Pan and Wendy" at Imagination Stage, 4908 Auburn Ave., Bethesda. Best for ages 4-11. Tickets start at \$12. ASL performance on Sunday, July 14 at 4 p.m. Visit [www.imaginationstage.org](http://www.imaginationstage.org) for tickets.

#### THURSDAY/JUNE 27

**Free Thursday Concerts.** 6-8 p.m. at Veterans Park, corner of Woodmont and Norfolk Avenues, Bethesda. Hear music by Wes Tucker. Visit [www.bethesda.org](http://www.bethesda.org) or 301-215-6660.



## Zemer Chai at Ohr Kodesh Congregation

Join Zemer Chai, DC's Premier Jewish Choir, for "Sing Halleluyah!" on Wednesday, June 5, at 8 p.m. at Ohr Kodesh Congregation in Chevy Chase. Zemer Chai will perform works ranging from the Psalm settings of the Renaissance's Salamone Rossi, the earliest of Jewish choral composers, to Leonard Cohen's *Halleluyah*. Featured soloists are Cantor Rochelle Helzner of Tikvat Israel Congregation and Rob McIver, tenor, of The Soldiers' Chorus of the U.S. Army Field Band. They will perform with the choir and individually, including selections from Leonard Bernstein's Mass. Tickets are \$40 for preferred seating; \$20 for general admission in advance/ \$25 at the door. Call 301-963-3462 or visit [www.ZemerChai.org](http://www.ZemerChai.org) to order.

## LET'S TALK Real Estate



by Michael Matese

### Think Right to Live Right

In order to guarantee your success and satisfaction; follow the well-trodden advice rendered by thousands of successful homeowners and investors. Use these guidelines to prepare your mind for the process and outcome of buying a home.

#### Adjust your Headspace to find your ideal Living-space

First, you must concede that clichés are well circulated for good reason. Location, for example, is indeed of centrifugal importance when selecting and bidding on a home. Ask yourself before the process sucks you in; Do you like the area, and the schools? Does it have the important features you want? Where do you work, and how does the transportation scenario look? These things may seem secondary to aesthetics in the beginning, but in the long run they are the key factors in a happy life. Second, consider that not all amenities are created equal. Square footage can look very different depending on layout, and a pool in Arizona reaps far more return on investment than one in Michigan. Avoid disqualifying or unnecessarily seeking property based on stringent criteria. Otherwise you may find yourself either pleasantly or unpleasantly surprised. Third, keep an open mind, and always make decisions based on the future. A home is a huge purchase that requires care and patience. Carpet can be replaced, but the essence of a home is as fixed as your mortgage payment. Lastly, be realistic, trust your gut, and don't get discouraged. You may have to look for some time before you locate that perfect home, but it is far better to look and remain optimistic than to settle and squirm under the burden of an unwanted mortgage. If a home does not "feel" right, trust yourself, and remember that this is a real-world decision, so holding out for the "deal of the century" is as fruitless as jumping at the first opportunity that comes along.

For professional advice on all aspects of buying and selling real estate, call:

**MICHAEL MATESE**  
Long & Foster Realtors  
**301-806-6829**

Mike@michaelmatese.com

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Salma Ali and Rebecca Kahlenberg in El Salvador.



Salma Hasan Ali, Yael Luttwak, Rebecca Kahlenberg, Luby Ismail and Elizabeth Petty at MoverMom Inspiration Day.

PHOTOS CONTRIBUTED

## MoverMoms Change World One Project at a Time

### Group hosts “Inspiration Day.”

BY SUSAN BELFORD  
THE ALMANAC

Two weeks ago, MoverMoms Salma Hasan Ali and Rebecca Kahlenberg spent hours in line at Politics & Prose Bookstore with Rebecca’s daughter Amanda, waiting for First Lady Michelle Obama to sign their copies of her book, “American Grown.”

They were thrilled to meet Obama — and share the MoverMoms’ vision and acts of volunteerism with her because she has been such an inspirational role model. Amanda performed a MoverMoms “serving others” dance move, akin to Obama’s “The Evolution of Mom Dancing” and Obama said, “I can do that” and gestured back a similar move — along with a broad smile. They also gave her their MoverMoms poster, “50 Ways to Nurture Community.”

Kahlenberg co-founded MoverMoms in 2007 to organize moms to regularly perform community volunteer projects. In 2009, MoverMoms was incorporated as a 501c3 non-profit organization. Now, over 200 strong, this organization is known as a group of women, children and a few men who work to make things happen.

This group creates and completes almost 50 projects a year. Among its inspirational programs are Treats-4-Troops, Cupcakes and Current Events, Muffins-4-Moms, Deserts-4-Dads, MoverMentors, Adopt-a-Road, MoverMeals and collection drives for people in need. This summer they will travel to El Salvador for their fourth service trip where they serve as volunteers in a school and at a women’s center. They also encourage their children’s involvement in most of their service projects. “We are building community,” said Kahlenberg. “We have been volunteering this past year with men and women in-



Rebecca Kahlenberg, Salma Hasan Ali and Amy Bell receive the Special Volunteer Appreciation Award.

carcerated at the Montgomery County Correctional Facility in Boyds,” said Ali — who serves as the organization’s CIO — chief inspiration officer. “We facilitate mock employment interviews with inmates who will be leaving prison and must find work. Entering the jail was intimidating at first, but working with the individuals themselves is incredibly rewarding. These men and women hope to never return to prison. They truly appreciate the support we give them.” Kahlenberg and Ali, along with Potomac’s Amy Bell and Karen Simon recently received the Special Volunteer Appreciation Award.

MoverMoms held their first “Inspiration Day” on April 28 at the River Falls Clubhouse in Potomac. Lunch was provided by Whole Foods, desserts by Georgetown Cupcake and inspiration by speakers Elizabeth Petty, Yael Luttwak and Lobna Ismail. Petty opened “Elizabeth’s Gone Raw” in D.C. after her personal diet changed radically when she received a breast cancer diagnosis four years ago. Luttwak is the director and producer of “A Slim Peace” and has launched Slim Peace groups, which bring together Jewish and Muslim women with the goal of healthy eating and weight control. Ismail is the founder and president of

Connecting Cultures. Her goal is to help people understand one another and bridge divides through dialogue, information and compassion. Ali said, “I think we can all use a dose of inspiration and sense of community, especially with the happenings in Boston and around the world. The idea behind Inspiration Day was to come together as a

community, to hear the stories of some of our local heroes and how they are overcoming challenges and promoting good, and to replenish our own sense of purpose.”

The second annual July “Zumba Fiesta” is one of the most energetic and fun fundraisers of MoverMoms. The dancers raise money for the group’s El Salvador project by exerting energy, dancing, releasing endorphins and raising funds for a good cause at the same time. Look for information about this entertaining and “moving” fundraiser in the next few months.

Kahlenberg said, “All of our events reinforce our mission — to build community, to model service to our children — and to make an impact in many areas of our region — and our world. We promote the sense of volunteerism — as well as the concept that we make it easy for moms to plug volunteerism into their daily routine. If we all do a little — it adds up, and we have done a lot.” To learn more about MoverMoms, to join the group, or purchase the poster, check out their website at [www.movermoms.com](http://www.movermoms.com), or send an email to [rebeccakahlenberg@gmail.com](mailto:rebeccakahlenberg@gmail.com).

### PEOPLE NOTES

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

This year’s F.E.A.S.T. winner is **Charlotte Keniston** who is addressing food justice in Baltimore. Her \$1,000 grant, comprised of the evening’s door money, will enable her to continue working with the community through intergenerational food projects, workshops and gardening. Charlotte hopes to create a community in which everyone has access to healthy food, but also in which we think about food through the lens of community. To learn more about her project, visit her blog [baltimoreinsideout.tumblr.com](http://baltimoreinsideout.tumblr.com) for her documentation on art projects and community work.

**Charlotte Keniston**  
(F.E.A.S.T. 2013 Winner)  
and **Patterson Clark**  
(F.E.A.S.T. 2012 Winner).





# Animals On and Off Duty Are Partners for Life

## Humane groups hosts K-9 officers.

BY SHARON ALLEN GILDER  
THE ALMANAC

**C**laire Proffitt, president of Friends of Montgomery County Animals, held the organization's annual spring luncheon meeting at her Potomac home on May 21. Among the 60 guests were three four-footed "keynote barkers" from the Canine Section of the Montgomery County Police Department's Special Operations Division.

Their handlers, Officers Sharon Sparks and Tom Kelly, accompanied Ben, a five-and-a-half-year-old German shepherd, Ruffy, a four-year-old, female black Labrador retriever, and Lenker, a three-year-old German shepherd. Proffitt told the gathering, "They're going to wow you with their woofs."

The Montgomery County Police Department has 20 patrol dogs, two bloodhounds, five bomb dogs, and, new to the department, two gun dogs trained to the scents of metal, oil, and ammunition. The bloodhounds are "scent specific" to locate critically missing people such as the elderly and children.

Ben, trained for tracking and narcotics detection, also participates in suspect searches. Ruffy is trained as an explosive detector dog. "She's such a princess when she's off-duty. She's in my bed with her head on my pillow," said Sparks.

Lenker spent a rigorous morning in several staged drug bust scenarios and successfully passed his narcotics tests. Police dogs are trained to return to the officer in the "heel position" after a search and sit at the left side of the officer to watch and be on alert for anything that might happen.

The police department does not routinely neuter male police dogs. Sparks said, "We're not allowed to breed them, but they want them to have that extra edge the testosterone brings."

It's amazing how afraid criminals are of dogs. They're more afraid of being bitten than shot. Suspects have said, "Please don't let the dog bite me."

Sparks has 34 years of police work on her resume, 25 of those years specializing with canines. In August 2014, she and Ben will retire together.

The cost of owning a retired police dog falls predominately on the officer. "I think it's terrible to see there's not better food coverage. We can't get the county council to allocate money per year for the retired dogs and their vet bills," said Sparks.

Guest Dottie Fitzgerald noted her affinity for Ben and Lenker's breed. Her brother, 12 years her senior, had a white shepherd named Silver Bomber.

Her parents both worked. She said she grew up with the dog as her lifelong friend. "I feel like I was raised by a German shep-



**Lenker, a 3-year-old German shepherd, peers from the K-9 unit.**

herd. That was my sibling. I think that where you develop your love of animals is from those early ages. There are elements of our society that don't have a voice. That includes animals, children, and the arena I'm entering, senior citizens. Everybody's got to find their advocacy and I found the animals are mine."

Turning the spotlight on cats and kittens, a major focus of the 501(c)(3), all volunteer, non-profit, FMCA vice-president, Janet Lamkin urged the gathering to remember the cat adoption group. "Currently, it's kitten season and we have 25 kittens available the second week of June. We need volunteers for foster homes and families to adopt."

Proffitt said the humane group is proud to have placed 209 cats and kittens in new homes, a number not reached by the group since 2007. "Three sponsors underwrote adoption fees giving harder to place mature adult and teenage cats a boost in finding their forever homes," she said. The

adoption group recently finalized plans for a 2013 initiative to microchip foster animals during vetting and register them to their owners.

Attendees Emily and Daniel Smith said they have a soft spot in their hearts for felines, "Thanks to the Brady Bunch behind our house. We are amazed at how many feral cats we keep finding." They are doing their part to reduce animal overpopulation by trapping adult cats and having them spayed or neutered. The couple fosters the cats and finds homes for them. Emily Smith said, "This was a shock and so new to us. It's a lot of work. We've kept two. They're our darlings now."

Proffitt shared her dream: "In an alternative universe, if all of us were in charge, we wouldn't have this problem. We would have, all over this country, a caravan of spay-neuter trucks to go to farms and other places that have a tremendous problem with animal overpopulation." For more information visit [www.fmca.org](http://www.fmca.org)



**Officer Sharon Sparks with 4-year-old, female black Labrador retriever Ruffy.**



**Officer Sharon Sparks with 5-and-a-half-year-old, male German shepherd Ben.**



**Officer Tom Kelly and 3-year-old German shepherd Lenker.**

PHOTOS BY SHARON ALLEN GILDER/THE ALMANAC



# PEOPLE



**Indian dancer Stacy Mathew.**



**Chinese dancers Yiyin Liu and Wei Huang.**



**Katerina Bishop, 3-and-a-half-years-old, is dressed in her costume to dance the Russian dance.**



**International Night**  
**Peter Selikowitz, the new director of the Potomac Community Center, introduces different ethnic dances and cuisines at the center's "Meet the Director" party on May 17.**



**Russian dancers.**



**The Director of Montgomery County Recreation Gabe Alborno.**



**Greek dancers.**

PHOTOS BY HARVEY LEVINE/THE ALMANAC

## BULLETIN BOARD

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

### FRIDAY/MAY 31

**Preschool Round-Up.** 10:30 a.m. at Christ Episcopal School. Parents and children can learn about the school with activities, teacher observances and more. Applications must be submitted by May 29. Visit [www.CESRockville.org](http://www.CESRockville.org) for more.

### THURSDAY/JUNE 6

**Downtown Lunch and Learn.** 12:30-1:30 p.m. at Williams & Connolly, 725 12th St., N.W. Rabbi Stuart Weinblatt will discuss some of the historic controversies that Jews argued about and how they were debated and resolved. Free, lunch included. RSVP to [bperlmutter@bnaitzedek.org](mailto:bperlmutter@bnaitzedek.org).

### SUNDAY/JUNE 9

**Dog Adoption Event.** 1-3p.m. at Muddy Paws Farm, 26330 Mullinix Mill Road, Mt. Airy, Md. Volunteers will be on hand to answer questions about the dogs and adoption process. Visit [www.petconnectrescue.org](http://www.petconnectrescue.org) or 1-877-838-9171.

### JUNE 17 THROUGH AUG. 9

**Social Skills Summer Camp.** Children in grades 1 through 6 can attend camp and learn friendly behaviors, working as a team, anger

management and more. Held by the Jewish Social Service Agency and the McLean School of Maryland. All potential campers will be interviewed to make sure the camp is appropriate for their needs. Visit [www.summeredge.org/](http://www.summeredge.org/) for more.

### THURSDAY/JUNE 20

**Downtown Lunch and Learn.** 12:30-1:30 p.m. at Williams & Connolly, 725 12th St., N.W. Rabbi Stuart Weinblatt will discuss some of the historic controversies that Jews argued passionately about and how they were debated and resolved. Free, lunch included. RSVP to [bperlmutter@bnaitzedek.org](mailto:bperlmutter@bnaitzedek.org).  
**Seminar.** 10:30 a.m. at Ingleside at King Farm, 701 King Farm Blvd., Rockville. Women can get help understanding their finances, budgets and credit. \$10. E-mail [alevin@accessjca.org](mailto:alevin@accessjca.org) or 301-255-4249.

### FRIDAY/JUNE 21

**Deadline Entry.** The county Department of Transportation's Keep Montgomery County Beautiful program is holding its annual amateur photo contest. Winners will be announced at a ceremony next October. Selected photographs will be displayed throughout the year at county libraries and other facilities. All photos must be taken in Montgomery County by county residents and submitted by the person who took the photo.

Additional information and the application are available online. For questions, call 240-777-7170 or visit [www.montgomerycountymd.gov](http://www.montgomerycountymd.gov).

### THURSDAY/JUNE 27

**Seminar.** 10:30 a.m. at Ingleside at King Farm, 701 King Farm Blvd., Rockville. Women can get help understanding their finances, budgets and credit. \$10. E-mail [alevin@accessjca.org](mailto:alevin@accessjca.org) or 301-255-4249.

### ONGOING

Montgomery County Master Gardeners will be providing free, walk-in "Ask A Master Gardener" plant clinics on Saturdays at Davis Library, 6400 Democracy Blvd. from 10 a.m.-1 p.m. from April through September. County residents may bring their full and intact plant and insect samples, garden problems and/or questions and get free answers or advice. For further information call the Master Gardener Plant Helpline: 301-590-9650, weekday mornings or send e-mail to [mgmont@umd.edu](mailto:mgmont@umd.edu).

**Alzheimer's Association support groups** provide a place for people with Alzheimer's, their caregivers, family members, and/or friends to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey. Groups are facilitated by trained group leaders and are ongoing, free and open to the community. Call the Alzheimer's Association 24/7

Helpline at 703-359-4440 or 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other information about the group. A complete list of all groups in the National Capital Area region can be viewed at [www.alz.org/nca](http://www.alz.org/nca).  
**Zumba at Village Yoga.** An easy-to-follow, Latin-inspired, calorie-

burning dance fitness-party. Classes are Tuesday nights, 7:15 p.m. and Saturdays 11:30 a.m. 10154 River Road. Call 301-299-1948.  
**Beginner's Yoga Classes at Village Yoga.** Mondays, 8 p.m. Continues on Thursday, 7:30 p.m. Beginner's Gentle Flow class as well. 10154 River Road. 301-299-1948. Visit [www.villageyogayogi.com](http://www.villageyogayogi.com).



## On Mother's Day

**Andy Razak of Potomac with her son Michael on Mother's Day at Great Falls.**



# SPORTS

## Felds To Play In Lacrosse Classic

Bullis senior Nick Fields was named to the boys' South team for the eighth annual Under Armour All-America Lacrosse Classic to be held July 6 at Towson University's Johnny Unitas Stadium.

Fields, a defenseman, will play for Johns Hopkins University next season and was the only boys' player from a Montgomery County school selected to the team.

For the girls' game, Rockville's Meagh Graham (goalkeeper, Good Counsel), Caroline Peters (midfielder, Good Counsel) and Maggie Preas (defender, McDonogh) and Bethesda's Tess McEvoy (midfielder, Georgetown Visitation) were named to the South team.

## Wootton, Churchill Win Tennis Championships

The Wootton duo of Gabriel Fan and Titas Bera won the Maryland boys' doubles state championship on Saturday, beating Walter Johnson's Baran Barris and William Schmidt, 6-1, 6-2 at the University of Maryland.

Churchill's Michael Gauch and Catie Gauch won the mixed doubles title, beating the Winters Mill team of Bryan Gieselmann and Amanda Fewster, 6-3, 6-1.



Bullis senior Nick Fields

PHOTO BY HARVEY LEVINE/THE ALMANAC

## SCHOOL NOTES

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

The following Washington and Lee students have earned dean's list status for 2013 winter term: **Margaret Antonsen**, a member of the class of 2013 and **Timothy Fisher**, a member of the class of 2015

**David Lee Jr.**, a junior at Randolph-Macon Academy, attended the 2013 Honors Conference at Virginia Military Institute in March. Lee is the son of Hong Gang Li and Chun Qing Lei of Potomac.

The following area students were named to the dean's list at Penn State Erie, The Behrend College, during the spring 2013 semester: **Anthonia George** studied science and **Nathaniel Hoffman** studied business administration.

**Dylan T. Thayer**, son of Jody and Bradley Thayer, was named the recipient of The Hawley Prizes in Greek and Latin and The Manley F. Allbright Fellowship at Hamilton College. Thayer, a senior majoring in classical languages and religious studies, is a graduate of Saint Andrew's Episcopal School.

On April 25, **David Lee, Jr.** completed his first solo flight. Lee, the son of Hong Gang Li and Chun Qing Lei,

successfully completed three take-offs and three landings alone in a Cessna 172 airplane at Front Royal-Warren County Airport. Lee is a junior at Randolph-Macon Academy. He is the second squadron first sergeant in R-MA's Air Force JROTC unit, a member of the Honor Council, and a member of the National Honor Society, National English Honor Society, and the National German Honor Society. He is involved in the Academy's High Flight program, which offers preparation for students interested in becoming military officers. He has also played football, wrestled, and run track. His goal after graduating from Randolph-Macon Academy in 2014 is to attend West Point and become an officer in the Army.

The following students graduated from University of Vermont: **Luvian L. Abell** received a bachelor of science degree in animal sciences. **Jason M. Fish** received a BSBA Magna Cum Laude in business administration. **Matthew P. Ray** received a bachelor of science degree in zoology. **Elliot A. Sangara** received a BA in political science.

**Morgane Amat**, a junior at Connecticut College, was awarded the Harold D. Juli Memorial Award for Student Research, given to a student from any department for exemplary joint research with a faculty member in memory of Harold D. Juli, Professor of Anthropology. Amat, a 2010 graduate of

Walt Whitman High School, is the daughter of Marie and Thierry Amat of Potomac.

**Amy Cutler** graduated in May from Southwestern University in Georgetown, Texas. Cutler graduated with a degree in political science and English.

**David Lee Jr.**, the son of Hong Gang Li and Chun Qing Lei of Potomac, was named to the president's list at Randolph-Macon Academy. He is a junior.

**Lauren Sager** received a bachelor of arts degree from Skidmore College.

**Patrick Francis Sullivan** received a bachelor of science degree in accounting from Salve Regina University.

The following students were awarded the bachelor of arts degree from St. Mary's College of Maryland: **Madeline Hart Casey** graduated Cum Laude with a degree in biology and minor in environmental studies. **Alexander J. Roca** graduated Magna Cum Laude with a degree in computer science and minor(s) in mathematics and Spanish. He received Nitze Scholars Recognition. Kevin **Tyler Goral** graduated with a degree in political science and minor in theater studies. **Jared Morley Borns** graduated Magna Cum Laude with a degree in psychology and minor in philosophy.

In April 2013, 42 Potomac homes sold between \$4,380,000-\$476,000. This week's list represents those homes sold in the \$4,380,000-\$285,000 range. For the complete list, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

Address	BR	FB	HB	...	Postal	City	Sold Price	Type	Lot	AC	Subdivision
9900 NEW LONDON DR	7	...	5	...	3	POTOMAC	\$4,380,000	Detached	2.56		AVENEL
11772 GLEN MILL RD	4	...	4	...	1	POTOMAC	\$1,850,000	Detached	2.82		POTOMAC OUTSIDE
28 BEMAN WOODS CT	5	...	5	...	1	POTOMAC	\$1,745,000	Detached	0.20		AVENEL
13120 BRUSHWOOD WAY	8	...	8	...	2	POTOMAC	\$1,630,000	Detached	2.10		TRAVILAH MEADOWS
8809 MAYBERRY CT	6	...	5	...	1	POTOMAC	\$1,600,000	Detached	2.00		FALCONHURST
9804 CARMELITA DR	4	...	3	...	1	POTOMAC	\$1,508,000	Detached	0.56		MCAULEY PARK
13433 BISSEL LN	5	...	4	...	1	POTOMAC	\$1,375,000	Detached	2.02		STONE CREEK ESTATES
11105 BELLAVISTA DR	4	...	3	...	1	POTOMAC	\$1,350,000	Detached	2.01		POTOMAC FALLS
12500 PARK POTOMAC AVE #1006N	2	...	2	...	1	POTOMAC	\$1,235,000	Hi-Rise 9+ Floors			PARK POTOMAC

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TEEN & ADULT KARATE ages 13 & up	Kicks Karate – 10 locations serving Frederick and Montgomery counties.
KICKBOXING ages 13 & up	



## Airing on the Side of Caution

By KENNETH B. LOURIE



As a non-small cell lung cancer survivor, stage IV, 52 months post-diagnosis, I am no longer living within the margins, I am living outside of them. Therefore, since trouble has already found me, I am officially not looking for trouble anymore. To that end ("end," wrong choice of words; let's use "point" instead), to that point, I am an exceptionally compliant patient. I take my pills as directed. Complete my regular and recurring lab work as instructed. Am on time to my diagnostic scans. Arrive early for my medical appointments. Have proper identification in hand – when asked, and other than stubbornly and stupidly neglecting to mail a fecal sample in the self-addressed, postage paid envelope provided for such tasks, have been an extremely cooperative and accommodating patient. My reward? Living is the best reward; and for a characterized-as-terminal, late-stage lung cancer patient, living is so much better than dying – so far as we know anyway. (And since there are no guarantees about what happens when we die, I'd just as soon wait my turn and put off finding out with certainty for as long as possible.)

In addition to my exemplary patient behavior/attendance, I have also made numerous changes to my diet – and to a lesser degree, lifestyle, to likewise give myself every opportunity to "Arrive Alive," (and not just in Maryland) and see how this life actually is lived. I'd just as soon get my year's worth, and by my calculation, 58 years (how old I am at this writing), just doesn't cut it when you consider the average life expectancy for a male age 58 is 79 years, give or take (I'd rather give), according to various "actuarially-driven" sites available online. I don't think I'm asking too much. I'm not asking for a pony or long life; just a typical life. Unfortunately "typical" might be more statistical than realistic – at least for someone with an incurable disease, which was how my oncologist originally described my lung cancer diagnosis.

Respecting the facts and the statistics AND the "terminalness" of my diagnosis; presuming that bad things don't/won't happen to good people didn't seem a prudent course of inaction and hardly a convincing rationalization that meant somehow I would survive. Cancer is an equal-opportunity and indiscriminate destroyer of lives. Thinking (hoping, really) that luck would somehow keep me alive in this fight seemed naive at best and delusional at worst. Proactive and persistent participation in my own care and ongoing survival seemed the only logical approach.

Death happens by itself. Life is about doing everything you reasonably can to prevent that inevitability. The journey is certainly one fraught with danger. Emotional and physical challenges are the norm and surviving them requires a type of vim and vigor not in great supply. Cancer will not go down – or be held in abeyance without a serious fight. For me, it's not about winning, and it's definitely not about whining, it's simply about getting my share; and dying at age 58 is not what I consider "getting my share."

If I want to live longer and prosper, I have to treat cancer respectfully, but as nothing more than an inconvenience. And even though I may have received a bit of a bad break (considering my family history; no cancer, normal life expectancy), woe is not me. My life is in my hands and I'm responsible for it. I may not have the margin for error that I once did, but it doesn't mean there isn't room to maneuver.

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

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# Muslim Foundation Honors Community Service Volunteers

Working to combat hunger.

BY SUSAN BELFORD  
THE ALMANAC

Last year's version of this story was published inadvertently last week.

More than 300 people celebrated the benevolent work of the Montgomery County Muslim Foundation at its annual community cookout at Black Hill Regional Park. The May 5 event honored the many volunteers whose energy and efforts made the MCMF's 2013 Food Drive and other service projects a success. It also celebrated the collection and donation of almost 16,000 pounds of food to MANNA Food Center of Montgomery County.

Dr. Ashraf Sufi welcomed everyone to the picnic, delivered a report on the Food Drive and acknowledged MCMF's food drive partners — Giant Food Corp and Manna Food Center. MCMF food collections were located at 10 local Giant Food Stores, the International Cultural Center, the Islamic Center of Maryland, Baitur Rehman

Mosque and the Muslim Community Center.

County Executive Ike Leggett, County Councilmember George Leventhal, Nancy Floreen, Phil Andrews and state Del. Kirill Reznik, along with other community leaders acknowledged the importance of the work being done by MCMF and how it is making a difference in the county.

"MCMF is raising the awareness of how important it is to combat food shortage throughout the year," said Minerva Delgado, executive director of Manna Food Center. "Thank you for all your work in collecting so much food. Many organizations give to us during the holidays, but you collect all year long — realizing that hunger doesn't go away during the year."

the county's needy regardless of faith, race or gender and seeks to work alongside like-minded volunteers and partner organizations.

For information about partnering, volunteering and/or donating to MCMF on the upcoming "Feed the Homeless" project July 21-27, contact the organization through e-mail at mcmfusa@gmail.com.



Members of the Montgomery County Muslim Foundation celebrate community service.

PHOTO COURTESY OF MCMF

Sara Noor, president of MCMF, said, "The organizing committee would like to thank everyone that attended and helped MCMF Food Drive to make a difference in our community. The stars of the program are the young volunteers that made the food collection a success." In dedicating their time and energy, each young volunteer was awarded a certificate of appreciation from MCMF for their efforts in helping families across Montgomery County.

Since the event was held the week before Mother's Day, mothers and children were recognized with flowers, favors and Mother's Day cakes.

Montgomery County Muslim Foundation is a non-profit 501(c)(3)tax-exempt organization that strives to encourage and promote the resident Muslim community's involvement in community service projects that assist

## 'Fiddler on the Roof Jr.' To Open

FROM PAGE 4

roles simultaneously: "Playing both Tevye in 'Fiddler on the Roof Jr.' and Wolfie in 'Signs of Life' is very meaningful for me because this was the year of my Bar Mitzvah. Both of these characters live during a period in history when the Jewish people were being persecuted in Europe. Tevye looks at the bright side of everything, no matter how hard his life is. Wolfe is a sneaky kid who will do anything to make his and his family's life easier, no matter how much trouble it gets him into. Both of these characters make me feel that I've completed something incredibly important in my religious education, and I'm proud to preserve the Jewish 'traditions' that both my family and these characters believed in."

Songs such as "If I Were a Rich Man," "Sunrise, Sunset," "Tradition" and "Matchmaker" from "Fiddler" are well-known and beloved by members of the cast and audience alike. "Music plays such an integral role in the 'traditions' of the Jewish people where the weekly Torah service is chanted by a Cantor," said Issembert. "How fitting then that a masterpiece of musical theatre like "Fiddler on the Roof" link the story of the persecution of the Jewish people to the struggles of others worldwide?"

There will be three performances of "Fiddler on the Roof Jr." at 1 p.m., 4 p.m. and 7:30 p.m. on both June 8 and June 9. Tickets are \$18 if purchased online at [www.katonline.org](http://www.katonline.org) and \$20 at the door. The Sunday, June 9 performance at 1 p.m. will be signed (ASL) for the hearing impaired.



PHOTOS CONTRIBUTED

## Heights Prom

The Heights students and their dates pose at Nick Segura's home in McLean, Va. before going to the prom at the Bolger Center on Friday, May 17.

Gina Biciocchi and Chris de Raet pose for a picture before the Heights Prom.





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