

Potomac ALMANAC

HomeLifeStyle

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Ava Kahn and her mom Aimee Weldon help during the annual cleanup at the C&O canal on Saturday, April 5.

Spring Clean-up

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Betting on PetConnect Rescue

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'Tiger Trot' Returns

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PHOTO BY DEBORAH STEVENS/THE ALMANAC

APRIL 9-15, 2014

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Herald Spring with Fun Patterns and Bright Colors

Lively springtime accessories and flowers can make a room seem more cheerful and seasonable.

BY MARILYN CAMPBELL
THE ALMANAC

With yellow and blue flower buds starting to poke their way through the ground, you might be forgiven for believing that spring is actually coming this year. Even if your yard still looks like a winter wasteland, however, one place to make spring a reality is on the home front.

Designers say there is fun to be had. Use bursts of bright colors, energetic patterns and spring accessories to create a seamless transition into the new season.

"Presuming that winter is actually going to end, I recommend you start by freshening up a mudroom," said Christine Leu of Christine Leu Interiors in Potomac. "It is a functional space and a room you're in every day, so that it is good place to start."

Leu just overhauled the space in her own home. "We purged the mudroom. I got all my kids involved in the clean out," she said. "We took out boots and coats and added brighter colored rugs and raincoats. Now it

feels fresh and springy, and it's changed our whole household."

Leu also recommends turning to nature for inspiration.

"This is the time to bring the outdoors in by getting out your vases and bringing in fresh flowers," said Leu. "Even if it is raining outside, as it often does in spring, flowers can brighten a space."

When it comes to filling those vases, floral designer Evelyn Kinville of Behnkes Florist in Potomac said, "Flowers that are particularly popular during spring are hyacinths, daffodils and tulips. These really shout spring. What makes people think of spring are flowers that they see growing in their yards." Kinville also recommends arrangements that include bright-yellow forsythia branches.

Bart Goldstein of Bart Goldstein Interior Design in Potomac said, "A glass vase with fresh flowers sitting on table always adds life, color and freshness to a room. Putting limes and lemons in a glass bowl on a table is clean and fresh."

You don't need to spend a lot of money

to create a wow factor."

Potomac-based designer Lauren Sachs of L.S. Design recommended starting "at the simplest, easiest point," she said. "Number one: update with spring colors. Updating pillows with lighter colors can refresh a room. Also, try updating photos and picture frames. Take out some of the old photos and bring in new photos."

Sachs said spring can also be a time for a bedroom revamp. "Bedrooms can feel like the same-old-same-old, but bedding can refresh a room beautifully," she said.

Refresh the walls. "Paint and add new color," said Sachs. "Wallpaper does the same and can add texture and design."

Goldstein said, "Buy an area rug with great colors that reflect the colors in your house and your personal style. Take all of your throw pillows off of the sofas and chairs and buy new ones in colors that coordinate."

Pick a new, bright, fresh cheerful paint color for spring that relates to something else in the room and it's the thread that ties

SEE USE BRIGHT, PAGE 5



PHOTO COURTESY OF CHRISTIE LEU INTERIORS

Potomac-area designer Christine Leu of Christie Leu Interiors added fresh flowers and brightly colored accessories to her mudroom to welcome a new season.

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GAYLORD NATIONAL RESORT



Master of ceremonies and auctioneer Wayne Bryan interviews surprise guest, Potomac's jazz saxophonist, Ski Johnson after he donated a jazz serenade for the auction. Potomac resident Ginny Faucette won the night.



The featured speaker for the evening, Chief Operating Officer of the Humane Society of the United States Laura Maloney spent time discussing the seriousness of animal rescue and the horror of puppy mills.

Betting on PetConnect Rescue

Raising funds to save animals from high-kill shelters.

BY CAROLE DELL
THE ALMANAC

It was a “place your bets on the pets” night — and the pets won.

Last Saturday, Potomac's PetConnect Rescue held its first fundraising gala in Chevy Chase called Casino Night, hosting more than 240 people for a sellout evening.

Not to be left behind on an evening devoted to their welfare, rescued pets arrived cuddled in the arms of volunteers and captured the crowd. Dogs and cats exhibited their best behavior during cocktails and the pups saved their big sloppy kisses for that special someone who may think about adoption and change their lives.

It was not easy for guests to tear themselves away from the pets, but many also managed to bid on auction items ranging from Hudson Trail Outfitters' dog trekking gear to a Yuki pearl necklace by Potomac artist Deepika Prasad.

Auctioneer and master of ceremonies Wayne Bryan flew in from Los Angeles for the event. Bryan, who is the famed father of the even more famous tennis twins, Mike and Bob, (they racked up so many doubles titles their dad lost count),



This pup shows all the hope in her eyes during the gala. Many of the pets had potential adopters interested.

put a California spin on this east coast fundraiser. He strolled among the tables, just shy of sitting in the guest's laps and teased and chided the bidders into action. The live auction, called “Life is Suite,” featured four private sports suites that could only be visited if you paid the price.

Part comedian, part showman, he fused what could have been just another fundraiser into a happening, never forgetting that the pets were the ones whose lives would be changed forever as a result.

Paying a surprise visit and generating much buzz, jazz saxophonist Ski Johnson, also a Potomac resident, joined the crowd and offered a night of serenading to a lucky auction bidder. It became Potomac's night as another resident, Ginny Faucette, called out the winning bid.

At the end of the evening, according to founder, Lizette Chanock, the caring and generosity of the guests will provide the funds needed to rescue and care for more pets than last year's lucky number of 763.

Postscript: Among the guests, a few particular hearts opened to adopting one or more of the night's furry friends, making the evening complete.

Carole Dell is a board member of PetConnect Rescue. To volunteer, adopt or donate, visit: www.petconnectrescue.org

PHOTOS BY MICHAEL BONFIGLI



Artist Laura Farrell of LMI Studios in Bowie and her husband, Johnathon Smith, discuss Farrell's contribution to the gala: the artwork for the invitation and the program.



Gala chair Carole Dell and PetConnect founder Lizette Chanock of Potomac are partners in their passion to save pets from high-kill shelters.

'Tiger Trot' Aids Fire Department

Annual event returns April 13.

BY SUSAN BELFORD
THE ALMANAC

The hills and valleys of Potomac will suddenly come alive on Sunday, April 13, as more than 400 runners and walkers take to the streets for the 4th Annual “Tiger Trot.” The 5K run/walk, sponsored by the Connelly School of the Holy Child benefits the Cabin John Park Volunteer Fire Department as well as the wellness and fitness programs at the school. This community race draws both elite runners from the area as well as family, friends, neighbors, firefighters and Holy Child faculty. All are welcome to participate in the run and walk through Potomac neighborhoods.

All on-line registrants will receive a high-tech performance race



PHOTO CONTRIBUTED

Lexi Sullivan and Katharine Collamore at last year's event.

T-shirt — and another bonus this year is that each will automatically be entered into the Grand Prize Raffle for a one-year fitness mem-

SEE 'TIGER TROT,' PAGE 11

4-Year-Olds Learn About Entrepreneurship

“Camila's Lemonade Stand” author visits Potomac Nursery School.

BY SUSAN BELFORD
THE ALMANAC

“If you could start your own business — any business you wanted, what would you choose?” asked teacher Barbara Haas to her class of 4-year-olds at Potomac Nursery School. The question prompted answers from the children of “I would have a business where I could take care of animals” to “I would want to make delicious food for people.” Some wanted to become home builders, doctors or fire-fighters; others wanted to become lawyers to help other people.

But the idea of entrepreneurship — and starting your own business became a reality to each of the children as Haas read them a book written by Potomac resident Brian Cunningham.

After the reading, Cunningham addressed the children, telling them about his own entrepreneurship experiences and describing why he decided to put his ideas

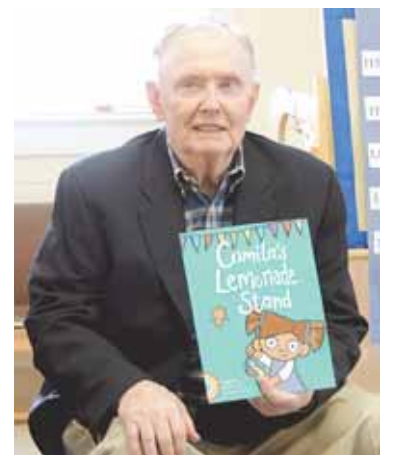


PHOTO CONTRIBUTED

Author Brian Cunningham discusses why he decided to write “Camila's Lemonade Stand” to Potomac Nursery School 4-year-old students.

into a book for pre-schoolers. “I was a physicist, then a salesman and a CEO of a company. Now I'm a writer of books,” said

SEE 'NEVER GIVE UP,' PAGE 9

POTOMAC ALMANAC

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LETTERS

In the Public's Interest

To the Editor:

The following open letter was addressed to the Brickyard Coalition.

Thank you for the opportunity to meet with representatives of the Coalition recently to discuss a wide range of issues affecting our county. I enjoyed the discussion.

Good government requires that elected officials ensure that communities are involved in a meaningful way in the decisions that affect them. Public trust in government erodes when government leaders make deals behind closed doors, as the Brickyard community knows all too well. As a member of the County Council since 1998, I have worked openly and closely with many communities on a broad range of issues that affect them. I was one of the County Councilmembers who sent a letter publicly urging County Executive Leggett to work with the Coalition to find a mutually acceptable use of the Brickyard Road site.

From the discussions I've had with Coalition representatives in the past two years, as well as from conversations I've had with other residents in the Brickyard community when I knocked on their doors, I understand that many people in the community would like the Brickyard Road school site to be used as an educational farm. It would be an appealing use of the property and would have significant public benefits. However, whether or not that worthy idea comes to fruition, which would require the approval of the Montgomery County Board of Education, the underlying and enduring interest of the community is ensuring that the use of the site is compatible with the community. I'll work closely with the Coalition to achieve that outcome.

Before I was elected to the County Council, I led battles for more open and accountable government as the executive director of Common Cause Maryland from 1988-1994. Those efforts resulted in strengthening the state's Open Meetings law to require zoning discussions be held in the open. Those efforts also limited political action committee (PAC) contributions for the first time in state and county elections. Since I first ran for the County Council 20 years ago, I've refused campaign funds from developers and PACs. I'm the only candidate running for County Executive who isn't financed by interest groups. I'll bring that same commitment

to open, accountable, and responsive government to the office of County Executive.

Phil Andrews

County Executive candidate

Making Progress

To the Editor:

Amid a busy campaign season leading up to the Democratic Primary Election on June 24, it is easy to get caught up in the horse race aspect of politics and forget about the real challenges affecting Marylanders every day.

Yesterday marked the conclusion of the 2014 Legislative Session. This year, the Maryland General Assembly considered a number of important pieces of legislation. As I look towards the 2015 Legislative Session, there are particular pieces of legislation that I would like to highlight as achievements; others remain heavy but necessary lifts for a newly constituted legislative body to tackle one year from now.

* The Pre-Kindergarten Expansion Act of 2014 established a dedicated funding source to enable additional children from low-income households to attend Pre-Kindergarten programs. This policy addresses the growing achievement gap in education by enabling all Maryland students to receive the early childhood education they deserve.

* The Maryland Minimum Wage Act of 2014 raises the minimum wage from \$7.25 to \$10.10 per hour by 2017. While some counties in Maryland, including Montgomery and Prince Georges, have proactively raised their minimum wage, it is unacceptable that Marylanders who work full-time continue to fall below the federal poverty line.

* The Health Services Cost Review Commission Powers and Duties, Regulation of Facilities, and Maryland All-Payer Model Contract was passed this Session to enable Maryland's unique hospital reimbursement rate-setting regulatory body to adjust payments to hospitals. That change is set to improve patient safety, quality of care, and the efficiency of healthcare delivery systems. This crucial legislation will enable Maryland to slowly begin the necessary transition away from a Fee For Service based reimbursement system to a Global Payment reimbursement system, ushering in the transition from volume to value.

* The Fairness for All Marylanders Act of 2014 would have prohibited discrimination based on gender identity or sexual orienta-



PHOTO BY DEBORAH STEVENS/THE ALMANAC

Spring Clean-up

Jonathan Wood, Ava Kahn and Aimee Weldon volunteered Saturday, April 5, at annual spring cleanup which included the C&O canal. As part of its annual celebration of Earth Month, Montgomery Parks, part of the Maryland National Capital Park and Planning Commission, organized more than 80 cleanups at parks around the county.

tion. This bill failed to pass this year. I will fight with the next class of legislators to secure freedom from discrimination for Marylanders who merely seek to be themselves.

While for many of us these policies may seem like common sense, there is, has been, and will continue to be significant opposition to them in Annapolis. I applaud the progress that our legislators

have made this session. If elected, I will work tirelessly to ensure that these advances are not quickly eroded, and that we continue to be ahead of the curve as a state dedicated to progress for all of our citizens.

Jordan P. Cooper
Democratic Candidate for
Delegate
Maryland District 16

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Email announcements to almanac@connectionnewspapers.com. Deadline is Thursday at noon.

SCHOOL REGISTRATION

Prekindergarten and Head Start Registration. Walk-in applications are being accepted Monday through Thursday, 9 a.m. to 4 p.m., at the Rocking Horse Road Center, 4910 Macon Road, Room 141 in Rockville. Parents also can register their children at other community locations. Prekindergarten and Head Start for income-eligible children who will be four years old by Sept. 1, 2014, for the 2014-2015 school year. Call 301-230-0676 or visit www.montgomeryschoolsmd.org for more.

Kindergarten Orientation. Sessions will take place through May 30, for children who will enter kindergarten in the 2014-2015 school year. During orientation, parents and students will

meet the school principal, kindergarten teachers and other staff members. Children who will be 5 years old on or before Sept. 1, 2014 can be enrolled in kindergarten. For more information about the kindergarten program and orientation sessions, parents can call their home school or the Division of Early Childhood Programs and Services at 301-230-0691. Visit www.montgomeryschoolsmd.org for more.

CAMP REGISTRATION

Summer Camp Registration Now Open. Photoworks at Glen Echo Park, 7300 MacArthur Blvd., has summer camps children ages 7 and up. Visit www.ssreg.com/glenchopark/classes for a full listing.

Use Bright Colors

FROM PAGE 2

the room together. These three things create a huge impact. You've literally created a new room."

Don't neglect the bathroom. "It is nice to have new scents in the bathroom," said Leu. "New, spring-scented hand creams or lotions in pretty, colorful containers perk up a bathroom. You can even put flowers in your bathroom. Be creative with the vessels that you use."

Use hand towels to add splashes of spring hues and patterns. "Use fun, bright colors," said Leu. "They are not expensive and a nice way to brighten a room. You can change the shower curtain too.

It's not hard to change out and that could make a big statement in a bathroom."

Sachs said the porch and patio are not to be overlooked either:

"When it comes to outdoor living, pillows, rugs, outdoor draperies on a covered porch are a great way to bring spring in cost-effectively and quickly."

Goldstein advises homeowners not to underestimate the power of spring cleaning and organizing. "Declutter your rooms," he said. "Don't be afraid to have the

room look a little more sparse than cluttered. Get rid of all the junk: the things in the room that don't need to be there and accessories that you don't need."

"This is the time to bring the outdoors in by getting out your vases and bringing in fresh flowers. Even if it is raining outside, as it often does in spring, flowers can brighten a space."

— **Christie Leu of Christie Leu Interiors**



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Wednesday, April 16, 6:30-8:00 p.m.

HOLY WEEK

Palm Sunday, April 13

Saturday, 5:00 p.m.

Sunday, 7:00, 8:30, 10:45 a.m. & 12:30 p.m.

Holy Thursday, April 17

Mass of the Lord's Supper, 7:30 p.m.

Night Prayer, 11:50 p.m.

Good Friday, April 18

Celebration of the Lord's Passion

3:00 p.m. & 7:30 p.m.

Holy Saturday, April 19

Easter Vigil 8:00 p.m. *begins outside*

Easter Sunday, April 20

Sunday 7:00, 8:30, 10:45 a.m. & 12:30 p.m.

Mass in Korean, 5:00 p.m.

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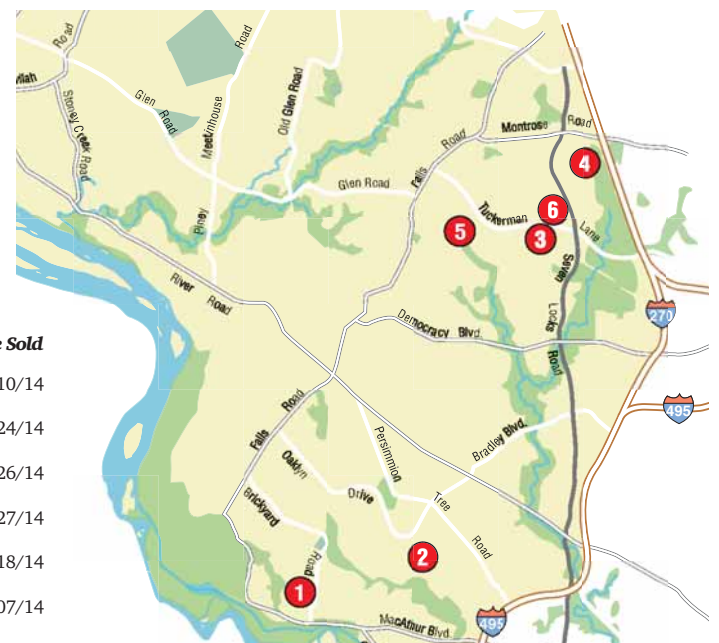
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❷ 9407 TURNBERRY DR	4	..	3	.	1	POTOMAC	\$1,100,000	Townhouse	0.14	20854	AVENEL	02/24/14
❸ 8023 COBBLE CREEK CIR	4	..	4	.	1	POTOMAC	\$975,000	Detached	0.15	20854	POTOMAC CREST	02/26/14
❹ 11825 GAINSBOROUGH RD	5	..	3	.	0	POTOMAC	\$930,000	Detached	0.38	20854	WILLERBURN ACRES	02/27/14
❺ 11224 WILLOWBROOK DR	4	..	2	.	2	POTOMAC	\$860,000	Detached	0.44	20854	WILLOWBROOK	02/18/14
❻ 11431 CEDAR RIDGE DR	3	..	3	.	1	POTOMAC	\$776,000	Townhouse	0.07	20854	POTOMAC CREST	02/07/14

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Clean for Spring Local organization experts offer tips to help with spring cleaning.

BY MARILYN CAMPBELL
THE ALMANAC

Betsy Fein found herself in the middle of a spring fling in Fairfax, Va. recently. She wasn't at a festival or involved in a new romance, but in the midst of organizing a cluttered bedroom that was littered with piles of shirts, pants, shoes and books.

Spring often means renewal and local organizers like Fein are offering suggestions for clearing out winter clutter. From closets that are overstuffed with wool sweaters and down coats to kitchen drawers overflowing with batteries and appliance manuals, they offer suggestions for getting organized without getting overwhelmed.

"Spring is a time when you have all the winter stuff in your closet and you want to change it out for summer, so you're flinging it out," said Fein, of Clutterbusters!! (www.clutterbusters.com) in Rockville.

"Because this child was younger, we suggested that they hang a lot of things," said Fein of her recent project. She also advised the parents to install a second rod in the closet. "They could have shirts on top and pants on bottom."

Fein recommended using photographs to help with organization. "They can take a picture of a pair of socks, for example, and put it on the drawer so the child can see that socks go in that drawer."

She even included an idea for outgrown clothes. "Keep a colorful bin on the bottom of the closet, so when you realize that clothes don't fit any more you can toss them in the bin and donate them."

The idea would work for adults, too. "Pack away all your winter clothing and unpack



Betsy Fein of Clutterbusters!! created order in this Potomac garage by grouping similar items together.

your spring and summer items," said Susan Unger, of ClutterSOS (www.cluttersos.com) in Vienna, Va. "Be sure to evaluate each item and ask yourself ... 'Does it fit? Do I love it? Is it in good shape? Do I feel good in it?' If all these answers are 'yes' and it is a keeper, then place it in your closet or drawers."

"Be sure to group like items together such as skirts, dresses, t-shirts, [and] shorts. Decide if the discards should be tossed or donated depending on the condition," she said. "Be sure to keep a list of new items to buy."

When you store those bulky winter clothes, make sure you use sealed containers. "Store them in bins and make use of vertical space that is hard to reach or other rooms [like the] basement," said Jody Al-Saigh of Picture Perfect Organizing (www.pictureperfectorganizing.com) in Arlington, Va. "Before storing clothes for next winter, be sure they are laundered first. A little-known fact [is that] moths don't actually go after the clothing fibers but rather the human perspiration and dander that build on clothes."

An easy place to start spring cleaning is your file (or pile or drawer) of appliance manuals and instruction booklets. "Store them all in an accordion file, by brands, by type of appliance, by room or area," said Al-Saigh. "Or look up the manual online, download and toss the paper one."

Be sure to purge often or when new items are purchased. "Don't toss warranties or receipts for warranties or rebates. Keep those in your file," said Al-Saigh. "Keep the accordion file somewhere handy like the garage shelf [or on] top of fridge."

NOW THAT THE END of the school year is growing closer, piles of children's artwork are growing taller. "We did a family room

that had a bookshelf and toys, kids' artwork and stuff all over the place," said Fein. "We had to help the parents make decisions about what to keep. We used a method called the three Fs: Frame-worthy, flush (or toss) and file. With kids' art, you have to be ruthless and realize that it is not all a Picasso."

For frame-worthy artwork, Fein suggests tape frames or inexpensive acrylic frames. "Tape frames are sticky on the back, but they look like real frames. You can swap out the artwork and reuse them."

For artwork that can be filed, Fein suggests using a keepsake box or creating a photo book. "You can take digital photos of the art work and put together a book on Snapfish or Shutterfly. ... Your child will be proud and you won't have stuff all over the place."

Spring's mild weather also makes it an ideal time to clean out a garage. "It's not too hot and not too cold," said Al-Saigh. "Wait for nice weather, take everything out and sort it in the driveway."

Al-Saigh suggests using sidewalk chalk. "Section off areas for piles for items to keep, donate and trash," she said. "When putting back the keep stuff, group items together and create zones such as tools, gardening, sports equipment, camping, bicycles. The more you can hang on hooks on the walls or from the ceiling the better. Floor to ceiling shelving is good to maximize the vertical space."

"Get creative. Use old barrels to store

Tips for Spring Cleaning

"After a long winter such as this most recent one, it feels good to give a house a good, thorough cleaning. Start by walking through your home room by room and making a list of items to be completed."

"When you are finished, you may think the list in its entirety looks overwhelming and ... impossible to complete. Take one room at a time and then break the tasks for that room down into smaller tasks and estimate the time to complete the task. Determine how much time daily you can commit to the tasks and schedule it on your calendar. By doing it this way the project shouldn't feel so overwhelming. Be sure to finish each room before going on to the next."

— SUSAN UNGER

hockey sticks upright, hang a mesh bag full of soccer balls," she added. "Remove things that don't belong in your garage like photos, paperwork, fragile memorabilia."

Fein points to a Potomac garage that she recently helped a client reorganize. "It was a normal looking garage where stuff was everywhere," she said. "Bikes and sports stuff were all over the place, so it was a matter of putting like things together."

It helps, Fein said, to make organizing fun. "Don't think of it as a chore. ... Play music and get the whole family involved. Play games with your children, like beat the clock or beat the time."

Start small. "A lot of times people think 'I have to organize my whole basement and I have 40 years of stuff,' said Fein. "If you have decided to spend the whole weekend, three hours in you say this is too much and you quit. Maybe start with a drawer."

Keep it simple. "With filing papers, sometimes a person's filing system is so detailed that it is impossible to organize and maintain," said Fein. "Let's take bills. A simple system may be a file that says bills. It doesn't need to be in alphabetical order. A lot of clients are disorganized because they are perfectionists. If they can't maintain a complicated system perfectly, they'd rather just have it in a pile."

— Betsy Fein

"A lot of clients are disorganized because they are perfectionists. If they can't maintain a complicated system perfectly, they'd rather just have it in a pile."



Betsy Fein of Clutterbusters!! organized a child's bedroom in Fairfax, Va. by suggesting the parents hang clothes on two rods in the closet and putting photographs on drawers to help identify where items belong.

Brave New World:

Managing the Internet in the Age of Handheld Devices
with Alecia Berman-Dry

It can be challenging for parents to keep up with the fast paced innovations in teen communication. Not only do parents have to deal with instant messaging, texting and Facebook, but also mobile chat services such as WeChat, Vine Flickr, Instagram, and Snapchat are becoming popular among teenagers.

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- Learn why mobile devices are different from computers.
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Alecia Berman-Dry is the Director of Academic Technology and teaches technology classes for grades K-6 at St. John's Episcopal School. She has given presentations on social media and Internet Safety and Technology at many local and national conferences. She was awarded the Shirley J. Lowrie excellence in teaching award in 2010 and was recently featured in the educational journal, *Learning and Leading with Technology*.

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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.

Art Exhibition. 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.

Glassworks. Saturdays, 11 a.m.-4 p.m. Glassworks is the 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.

Photoworks. 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.

Drop in Art Activities. Every Saturday from 9:30 a.m.-noon in the Candy Corner Studio at Glen Echo Park, 7300 MacArthur Blvd., parents and children can explore a new art form or theme. \$10/child, parent combo. Drop-in only. Visit www.pgip.org for more.

Theater Production. See "The Great American Trailer Park Musical" presented by Rockville Musical Theatre at the Arts Barn, 311 Kent Square Road, Gaithersburg. Runs April 4-20. Visit <http://www.r-m-t.org/> or 301-258-6394.

Art Exhibit. "Seeing it in Black and White" is on exhibit at Gallery Har Shalom in Congregation Har Shalom, 11510 Falls Road, March 2-April 28. The exhibit features prints, photography, glass jewelry and more. Hours are Monday-Thursday from 9 a.m.-5 p.m., Fridays from 9 a.m.-3 p.m. and Sundays from 9 a.m.-noon. Free. 301-299-7087.

Kaplan Gallery. See "Abstraction: Finding the Thread" through Sunday April 20, at VisArts, 155 Gibbs St., Rockville. Some of the artists include, Timothy App, Dan Dudrow, Dennis Farber, Carol Miller Frost, Bill Schmidt, Jo Smail, and Michael Weiss. Visit www.visartscenter.org or call 301-315-8200.

Live Music & Dancing. 7-11 p.m. in Margery's Lounge, Normandie Farm Restaurant 10710 Falls Road, Potomac. Dance to the music of Barry Gurley on Fridays and Saturdays in Call 301-983-8838 or visit popovers.com for more.

Group of Four. See large format photography exhibit, on March 29-May 4, at River Road Unitarian Universalist Congregation, 6301 River Road, Bethesda. The exhibit features the work of George L. Smyth, Barry Schmetter, D. B. Stovall, and Scott Davis. The exhibit can be viewed Monday-Friday, from 10 a.m.-4 p.m. Visit www.ruuuc.org for more.

Documentary Photography. Through May 5, see "Mirror To The

World" at Photoworks Gallery, Glen Echo Park, 7300 MacArthur Blvd. Gallery is open Saturdays 1-4 p.m. and Sundays 1-8 p.m. For gallery appointments, email photoworks.gallery@gmail.com. Visit www.glenechophotoworks.org for more.

Art Show. Through Sunday, May 18, in the Children's Classroom, Brookside Gardens, 1800 Glenallan Ave., Wheaton. The Brookside Gardens Visitors Center exhibitions showcase affordable original works or giclée prints of original works on horticultural themes by area artists. Free. Visit www.brooksidegardens.org, or call 301-962-1400.

CLASSES & WORKSHOPS

New Classes. Photoworks, 7300 MacArthur Blvd., Glen Echo, is holding new classes. Visit <http://glenechophotoworks.org/gallery/> or 301-634-2226 for a list of classes and to register.

IMAGINATION STAGE

Theater Recital. With 40 students, 19 designers, and three directors spanning three performance groups, Imagination Stage's conservatories and ensemble take the term "recital" to a whole new level. This spring's productions, featuring students in grades 4-11, are all directed by practicing professional theatre artists.

- ❖ "Still Life With Iris" (Acting Conservatory) will be performed Friday, April 25 and Saturday, April 26 at 7:30 p.m., and Sunday, April 27 at 6 p.m.
- ❖ "Godspell" (Musical Theatre Conservatory) will run Friday, May 16 and Saturday, May 17 at 7:30 p.m., and Sunday, May 18 at 6 p.m.
- ❖ "Interface" (Speak Out On Stage Ensemble) will be performed on Friday, May 30 and Saturday, May 31 at 7:30 p.m., and Sunday, June 1 at 3 p.m.

Performances will be in The Christopher and Dana Reeve Studio Theatre at Imagination Stage. Tickets for all performances are \$10 per person, and may be purchased online at www.imaginationstage.org, at the Imagination Stage box office, or via phone at 301-280-1660.

THURSDAY/APRIL 10

Spring Fashion Show. 11 a.m. at Norbeck Country Club, 17200 Cashell Road, Rockville. Boutique opens at 11 a.m., lunch at noon and fashion show at 1 p.m. Proceeds benefit BNC Sustaining the Mind: Research for Neurodegenerative Diseases. \$35,

FOOD & DRINK

Potomac Village Farmers Market. Season starts Thursday, May 1. Thursdays, 2-6:30 p.m. at Potomac United Methodist Church, at Falls Road and Democracy Boulevard. Visit www.potomacvillagefarmersmarket.net.

Rockville Farmers Market. Season begins Saturday, May 10. Saturdays, 9 a.m.-1 p.m. in Rockville Town Center. Visit www.rockvillemd.gov/events/farmers.htm for more.

Pike Central Farmers Market. Returns April 26. Saturdays, 9 a.m.-2 p.m., 11561 Old Georgetown Road, Rockville. Visit www.centralfarmmarkets.com/ for more.

Kensington Farmers Market. Year-round on Saturdays, 8 a.m.-noon. at Kensington train station parking lot on Howard Avenue. Visit <http://tok.md.gov/events/farmers-market/>.

reservations required by March 31. Contact Sheila at 301-924-0006 or jaxshe@aol.com.

Garden Presentation. 1-2:30 p.m., in the Visitors Center Adult Classroom, Brookside Gardens, 1800 Glenallan Ave., Wheaton. Enjoy a presentation of the many hardy ferns and relatives that prosper in the D.C. area. Course #270549. \$6 FOBG: \$5. Visit www.parkpass.org, www.brooksidegardens.org, or call 301-962-1451.

FRIDAY-SUNDAY/APRIL 11-13

Bethesda Literary Festival.

Bethesda Urban Partnership presents the 16th annual Bethesda Literary Festival. The festival features local and national authors, journalists and poets, essay, short story and poetry contests and children's events. All events are free and are held throughout downtown in Bethesda's hotels, bookstores and community centers. Visit www.bethesda.org/specialevents/litfest/litfest.htm for more.

SATURDAY/APRIL 12

Book Sale. 10 a.m.-1 p.m. at the Potomac Library, 10101 Glenolden Drive. Potomac Library Used Book Sale, sponsored by the Friends of the Library, Potomac Chapter. Most hardback and large paperback books are \$1, small paperback and children's books \$.50 Books are donated by the community for the benefit of the library. Call 240-777-0690.

Celebrity Softball Game. 7 p.m. at Shirley Povich Field, 10600 Westlake Drive, Bethesda. The Bethesda Big Train hosts the Third Annual Big Train Celebrity Softball Classic, a charitable venture featuring local professional athletes and media personalities. Visit www.BigTrain.org for more.

SUNDAY/APRIL 13

Tiger Trot 5K Run and Walk. 8:30 a.m. at Connelly School of the Holy Child, 9029 Bradley Blvd. Runners and walkers of all abilities can participate. Proceeds benefit Holy Child and Cabin John Park Volunteer Fire Department. Visit www.holychild.org/tigertrot to register, or register day of event.

MONDAY-FRIDAY/APRIL 14-18

Spring Break Art Camp. Kids Create! Spring Break Art Camp with VisArts at Rockville. This spring break camp promises to be a great deal of fun for everyone. Also an extended day option. Visit www.visartsatrockville.org/ for more.

WEDNESDAY/APRIL 16

Cooking Demonstration. 12-1:30 p.m., in the Visitors Center Adult Classroom, Brookside Gardens, 1800 Glenallan Ave., Wheaton. Adrienne Cook, Garden and Cooking Writer, and Danielle Cook, Holistic Nutritionist and Cooking Instructor, lead a cooking class. Course #272650. \$35 FOBG: \$30. Visit www.parkpass.org, www.brooksidegardens.org, or call 301-962-1451.

THURSDAY/APRIL 17

Dance Performance. 7 p.m. at VisArts at Rockville, 155 Gibbs St., Rockville. The Susan Havlik Dance Performance Group will present a performance inspired by and in response to the evocative "Ground Zero Series" of artist Craig A. Kraft in the Gibbs Street Gallery and to the critically acclaimed group exhibition "Abstraction: Finding The Thread" in the Kaplan Gallery. Free, open to the public. Visit www.visartsatrockville.org www.ConnectionNewspapers.com



Potomac Nursery School teacher Barbara Haas reads "Camila's Lemonade Stand" to her class of 4-year-olds.

PHOTO CONTRIBUTED

'Never Give Up'

FROM PAGE 3

Cunningham.

"Camila's Lemonade Stand" is the first in a series of six early learning career guides for Pre-K kids that will eventually be part of a comprehensive preschool to college career discovery program. The book demonstrates how ingenuity and perseverance help Camila to launch her lemonade business and to endure through creativity even when problems arise. The illustrations by Lizzy Duncan capture the attention of children while the dialogue teaches them entrepreneurial principles.

After Haas finished reading the book, she highlighted one of the important messages of the book, "Never give up." The children agreed that they needed to work hard like Camila did — and not give up like Camila's friends Jaden and Beth. Jaden and Beth had opened a cookie stand and an ice cream stand, right next to Camila's lemonade stand. However, when it started to rain and the sun got too hot, their businesses had problems, so Camila acquired them, protecting the cookies from the rain and turning the melted ice cream into milkshakes.

The children were excited to meet an author. Cunningham sat with them and answered their questions about the book. When asked why he decided to become an author, he said, "I wanted to help children to understand and think about what they want to be when they grow up — and also to explore the idea of starting a business. You can be whatever you want to be — just commit yourself to working hard. Always say,

"I'm going to do it. I'll keep working until I'm successful."

"Discover a path where your passions can shine" is another central message of "Camila's Lemonade Stand." The book also includes questions for children to think about after they read the book: "Why would you start a business? What would you like to sell? Who could help you? What would you need to prepare for? What might go wrong? How could you fix it?"

"I think the book is a fabulous way to introduce career exploration to young children," said Haas. "We are planning to read it again when we set up our own lemonade stand in the classroom. I'm pleased that the children have the opportunity to start thinking about their futures."

Potomac Nursery School is located at 12300 Falls Road, Potomac. For more information, email Rebecca Mancuso at potomacnursery@aol.com or view its website at www.potomacnurseryschool.com.

LET'S TALK Real Estate



by Michael Matese

The Hot Topic of Solar Heat

Solar heat—it's the hottest new item in any home construction, from single-family houses and modest constructions all the way up to luxury mansions! In terms of cost effectiveness, there's no wiser choice than solar. More economical than electricity, propane and oil, it's a renewable resource that some states offer tax exemptions, income tax credits, property tax exemptions and deductions to consumers who choose to integrate solar power into their home's schematic.

It doesn't get much more cost effective than solar heat. It's more economical than electricity, propane or oil and some states even offer sales tax exemptions, income tax credits and property tax exemptions or deductions. The size of your house, local covenants and heating needs are factors in choosing the size of your heating system, and a professional in solar heat panel installations will be your best source of information. Take into consideration your local climate, the type and efficiency of the collector to determine how much heat the system can provide. It's usually most economical to design an active system to provide 40%-80% of the home's needs and a well designed and insulated home that incorporates passive solar heating techniques will use a smaller heating system, needing less supplemental heat. Once installed, maintenance is essential and an average system will require between 8-16 hours of upkeep a year. Don't forget to make certain your homeowner's policy covers the upgrade. Most are already automatically covered, but it's essential to ascertain what your insurance provider's policy is regarding it.

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"I Thought You Were a Goner"

By KENNETH B. LOURIE



So has said my longtime oncology nurse, Ron, who has tended to me since June, 2009. Originally, I had been assigned to a different oncology nurse, Holly, with whom I developed an immediate rapport. She cared for me from the beginning, early March 2009, when I began my every-three-week chemotherapy infusion through June, when she transferred from the Infusion Center to a different unit (oncology does take a toll). Initially, after Holly's departure, Jane, another nurse in the unit, took me on as a patient. However, and this is where the details get sketchy, within a subsequent infusion or two, I was told one day upon my arrival at the Infusion Center, that Ron, still another oncology nurse, who I had certainly seen there previously but with whom I had minimal interaction, would be taking over for Jane – who was not transferring out – and henceforth would be my new oncology nurse. Apparently, I had been traded. For another patient? For future considerations? For a lunch-to-be-paid later? To this day, nearly five years later, I've never been able to uncover the truth. I got along fine with Jane; I'm a very low-maintenance patient/person; I don't think I did anything to precipitate such a decision. Nevertheless, a deal (my word) had been struck.

To the extent to which assigning nurses to oncology/chemotherapy patients is not random, given the ongoing and serious nature of the types of treatment, Ron's assignment – to me – was genius. We are alike in so many ways. We're the same age and have the same wise guy-type personality. We both use humor at every opportunity and love Yiddish and shtick as well; also we're both Jewish. In addition, we're both from the Northeast and love sports. He's interested in me and I'm interested in him. I know about his family. He knows about mine. Our relationship has evolved from nurse-patient to close friend. I trust Ron with my life.

That fact was never clearer to me than this past August 2nd, a scheduled infusion day for me, when I arrived at the Infusion Center for my usual chemotherapy. Ron noticed how ashen gray I was and after talking to me, further realized how much difficulty I was having breathing. Initially, he walked me around the unit while monitoring my oxygen levels; they were not merely low, they were no-chemotherapy-for-me-that-day really low. Immediately, Ron went to "Plan B:" assessment by a doctor in the Emergency Care Department. I needed medical help, that day. Ron then spent the next few hours coordinating care and managing the necessary steps to finding me a hospital bed. Later that day, I was "ambulanced" to Holy Cross Hospital where I was admitted. Two days later, I had 4.5 liters of fluid drained from my left lung which subsequently collapsed. I then spent the next five days recovering in S.I.C.U. In total, I was hospitalized for eight days before being released the following Friday. If not for Ron's hands-on and professional approach to my deteriorating condition, it's likely, as he's fond of joking, that I was a "goner."

But I'm not a "goner." I'm a "still here-er." In fact, at my last infusion, Ron told me that as of my five-year anniversary in late February, I'm now his longest-surviving cancer patient. And I'm still alive for many reasons, one of which is most definitely due to the depth of the relationship I have with my oncology nurse, Ron "Choo, Choo" Chubin (he's also a train guy). I wouldn't be here without him because, as he's also fond of saying, he's where I need him to be. Thank God!

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

SPORTS

Churchill Co-Ed Volleyball Sweeps Wootton

The Churchill co-ed volleyball team defeated Wootton 3-0 on April 7.

The Bulldogs improved to 6-1, with its lone loss coming against Damascus on March 26. The Patriots fell to 4-3.

Churchill will host Bethesda-Chevy Chase at 5:15 p.m. on Thursday, April 10. Wootton will travel to face Blair on Wednesday, April 9.

SPORTS
BRIEFS

Whitman Boys' Basketball's Lun to Coach in Capital Classic

Whitman boys' basketball coach Chris Lun, who led the Vikings to the Class 4A state championship game this season, will coach the Capital All-Stars during the 41st Annual Capital Classic on April 26 at T.C. Williams High School in Alexandria, Va.

The Capital All-Stars will take on the U.S. All-Stars in the main event at 7:30.

The event will start with a pair of Metro All-Star games: North vs. South at 3 p.m. and East vs. West at 5 p.m. A pair of Bullis athletes, Russell Sangster and Andre Walker, will suit up for the North team.

Tickets are on sale at



Churchill's Edmond Lee swings during a co-ed volleyball match on April 7 at Wootton High School. The Bulldogs beat the Patriots, 3-0, improving their record to 6-1.

capitalclassic.ticketsocket.com.

Churchill Boys' Lax Wins 3 Games in 4 Days

The Churchill boys' lacrosse team improved to 5-0 by winning three games in four days. The Bulldogs defeated Einstein 21-0 on April 1. The following day, Churchill beat Damascus 21-11. On April 4, the Bulldogs blew out Bethesda-Chevy Chase 17-2.

Churchill has scored at least 20 goals in four of its five games.

The Bulldogs faced Whitman on Tuesday, after The Almanac's deadline. Churchill will



PHOTOS BY HARVEY LEVINE/THE ALMANAC
Churchill's Kaitlyn Hillard hits the ball during a co-ed volleyball match on April 7 at Wootton High School. The Bulldogs won, 3-0.

travel to face Sherwood at 7 p.m. on Friday, April 11.

Churchill Girls' Lax Remains Undefeated

The Churchill girls' lacrosse team defeated B-CC 14-5 on April 4, improving its record to 5-0. The Bulldogs will host Sherwood at 7 p.m. on Thursday, April 10.

Holy Child's 'Tiger Trot' Returns April 13

FROM PAGE 3

bership in the Sergeant's Program (worth \$2,000) plus a \$500 shopping spree at Lululemon. Chronotrack, computerized timing operated by raceDC, will be used to score the event. Over \$900 in prizes will be awarded.

Chairman Christine Drummond and her co-chair Cindy Anastasi are pleased that participation numbers continue to rise. "Partnering with the Sergeant's Program and Road Runner Sports are bringing more awareness to the event," said Drummond. "We also have tremendous support and enthusiasm from our local business community. Many local businesses have provided sponsorships and in-kind donations that help to underwrite the event and provide prizes for the winners. Some of these donors are Road Runner Sports, Pacers, Potomac River Running, Capital Swim & Sport, Life's A Beach, Hard Time Café, Chef Geoff's and Freddy's Lobsters and Clams."

Savantage Solutions is the presenting sponsor for the third year. Giselle Colavita with Charles Schwab is the water station sponsor for the second year, and additional sponsors are Tammal Demolition, Gettysburg Bluegrass, Occasions Caterers, Bethesda Magazine, the Roustamov family and the Anastasi family.

Over the last two years, the Cabin John Park Volunteer Fire Department has received more than \$6,000 in donations from the Tiger Trot. "The officers and members of the Cabin John Park Volunteer Fire De-

partment, Inc. are pleased to, once again participate in the annual Tiger Trot 5K," Chief Paul Sterling said. "The efforts of the Holy Child committee to organize such a great community event are beyond words. The financial support of Holy Child and all of those who support this great event, allow us to continue to give back to the community by purchasing up to date, state of the art apparatus and equipment. This will be my third year participating as a runner and I look forward to the opportunity."

The race will begin at 8:30 a.m., with a warm-up prior to the race. After the race, the crowd will be treated to a finish line celebration with food, drinks, music, raffle prizes, vendors and more. After the race, there will also be a Palm Sunday service for those who would like to stay and take part.



Holy Child's "Tiger Trot" takes off on April 13.

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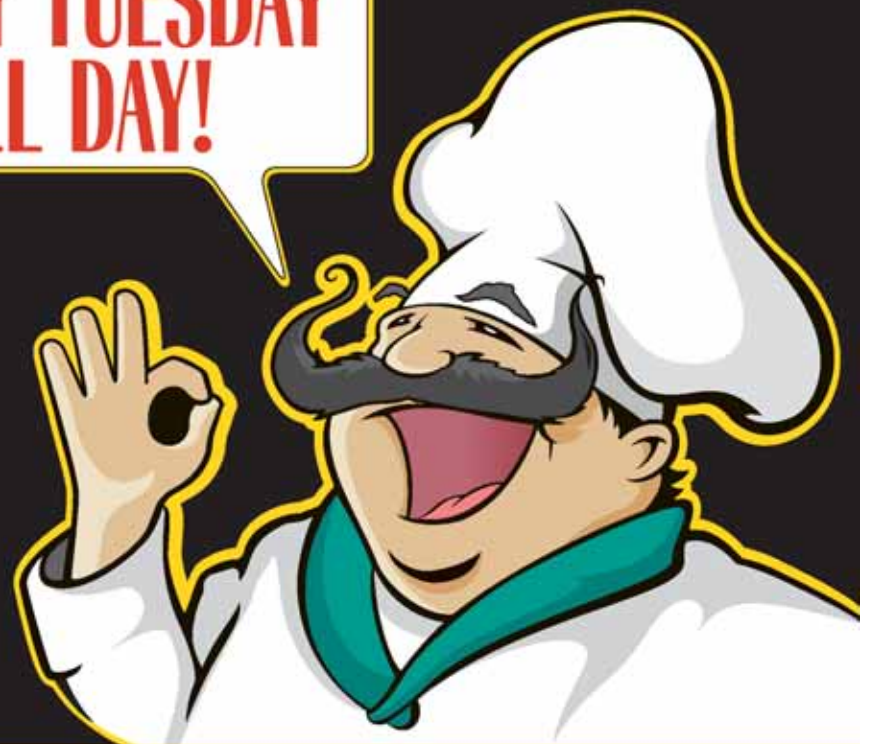
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