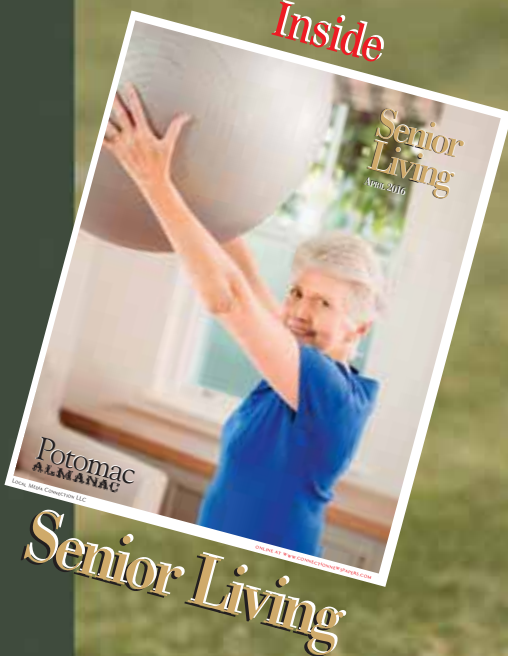


# Potomac ALMANAC

Ryan Sorkin, seen last season, and the Churchill boys' lacrosse team will play their first home game of the season on Wednesday against Poolesville.

## Home Opener

SPORTS, PAGE 11



## Local Author To Discuss His Novel at Potomac Library

NEWS, PAGE 3

## Launching Springtime Exercise Routine

HEALTH & FITNESS, PAGE 11



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## St. Francis Thrift Sale

At the April 2 St. Francis Thrift Sale were (from left) Matilda Koroma, Helen Stupar, Mardy O'Neil, Chuck Byrd, Mary Ashworth, Barbara Cantey, Carol Jarvis, Andy Jordan, and Lynne Astrich.



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Andrea Razak, Erica McNeilly, Faith Doody, Devar Burbage, Jim Moore, and Terri Vandesande display some of the items for sale at the St. Francis Thrift Sale on Saturday.

# Local Author To Discuss His Novel at Potomac Library

## Neil Currie crafts "The Stanstead Incident."

BY SUSAN BELFORD  
THE ALMANAC

"I hated to see my words just disappear into thin air." Neil Currie, longtime news anchor for the Voice of America, Congressional correspondent for Westinghouse Broadcasting and writer for ABC News spent his career writing for media presentations – and listening to the words he had written evaporate as soon as they were spoken. This disappearance of his language and thoughts created an impetus for putting words to paper to produce his first novel "The Stanstead Incident – A Novel of International Politics and National Security."

Currie will be discussing his book at the Potomac Library on April 13 at 7 p.m. sponsored by the Friends of the Library Montgomery County.

Set primarily in Canada, the novel takes place during Quebec's third movement for freedom from the rest of Canada. Because Currie attended college at McGill University in Montreal and is married to a Canadian, he felt comfortable writing about Canada, the



lack of patrols at the border and the possibility that illegal and unsavory people can easily access the U.S. across the 4,500 miles of unsecured border that separates the two countries.

As Currie states in the preface of his book, "Experience teaches that terrorists tend to establish bases in out-of-the-way failed states from which they can emerge to inflict some atrocity. Why not in a better located state that with a determined push could fail? ... The northern border with Quebec – just 300 miles from Manhattan – is largely ignored by the press, although those charged with the nation's security have long been concerned by its vulnerability."

The novel centers on "two former college roommates, now in positions of influence in Ottawa and Washington, [who] seek to 'connect the dots' and so convince their superiors of the danger of a rogue state emerging on America's unprotected northern flank." Currie said, "Although fiction, 'The Stanstead Incident' is based on historical fact; the incidents portrayed actually happened, albeit over a period of years, not months. The re-

sponse in the three capitals most directly concerned — Ottawa, Washington and Paris — mirrors real life. People are by turn funny, testy, tired, in love, annoyed, suspicious, uncertain ... everything you are. My characters are not based on anyone I have ever known — each character is different. As I wrote their conversation, it all just began to flow from a group of short stories into a novel. Not only is the book a thriller and a mystery, it is also a love story."

Currie likes to quote Mark Twain who said, "Fiction has to be believable; non-fic-

tion only has to be true." Currie's book is a product of his career in news media and government as well as his knowledge of foreign affairs. He currently serves as the co-chair of the Potomac Library Foreign Policy Group which holds its meetings once a month offering speakers and discussions for the members and guests.

"The Stanstead Incident – A Novel of International Politics and National Security" is available on Amazon.com for \$14.95. See [www.neilcurrie.net](http://www.neilcurrie.net) to read more about the book, the setting, characters and author.



PHOTO CONTRIBUTED

## Holi Festival of Colors

Holi DC offers participants the chance to douse friends, family and strangers alike with powdered rainbow colors — and to feast on vegetarian food, dance to the music of kirtan, and welcome the arrival of spring. It will be held on Saturday, April 9 from 11 a.m. to 5 p.m. at the ISKCON Temple at 10310 Oaklyn Drive, Potomac. Admission is free and open to the public.



# OPINION

## Master Plan's Wild Rollercoaster Ride

BY SUSANNE LEE  
WMCCA PRESIDENT

Montgomery County took the Potomac Subregion Master Plan out for a spin this past month. Unfortunately, it was a very rough ride. But the events did underscore how critical the Master Plan is in managing growth in our neighborhoods.

❖ On March 8, the Montgomery County Council approved a text amendment to the Countywide Sewer Plan that will allow for further expansion of sewer into the environmentally sensitive Glen Hills neighborhood. The original text amendment proposed by the County Executive provided for limited expansion under several scenarios, including to “specifically designated public health problem areas” when necessary to address “area-wide public health hazards” and “larger-scale, chronic public health problems.” WMCCA supported the original text amendment because it was consistent with the Master Plan, the Countywide Sewer Plan, and State statutes on sewerage low density areas. It would have put Glen Hills homeowners on an equal footing with others on septic throughout the county.

However, at the last minute, the council added 62 new lines of text, applicable only to Glen Hills homeowners, that so expanded the standards and process for declaring “public health problem areas” that almost all Glen Hills properties, all with functioning systems, are now “septic concerns” triggering sanitary surveys leading to designations as public health problem areas. (See WMCCA’s February 2016 Newsletter for a further description of the text.) Maryland’s Departments of Environment and Planning now have 90 days to review and approve or disapprove the Council’s actions. WMCCA has joined with the Audubon Naturalist Society and the Montgomery County-side Alliance in urging the State agencies to disapprove the new 62 lines of text for failure to provide adequate notice and opportunity to comment via a required public hearing and because the text violates the Master Plan, the County Sewer Plan, and Maryland’s smart growth statutes.

The Master Plan, however, did stop the council from approving developers’ proposals for immediate wholesale conversion of Glen Hills to sewer. Even the council recognized they could not do that under the Master Plan. However, in a clear bow to development interests and other proponents of increased density, they took the unprecedented step of directing the Planning Board to produce an amendment to the Potomac Master Plan just for Glen Hills,

### WMCCA: ‘Hot Topics’

The next meeting of the West Montgomery County Citizens Association will be held at the Potomac Community Center, Wednesday, April 13, 7:15 p.m. A Hot Topics Roundtable will include a discussion of issues, priorities, and strategies with Susan Fitzpatrick and Naomi Yount of the North Potomac Citizens Association, the Brickyard Coalition, and Steven Lehrman on the proposed wedding/conference venue at Old Anglers Inn.

If schools are closed because of inclement weather, the meeting will be cancelled.

presumably to be able to allow the wholesale sewerage of the entire area. This first cracking open of the Master Plan foretells a very rough ride ahead and WMCCA will be actively involved in the process.

❖ In another wild ride, on March 21, County Hearing Examiner Martin Grossman approved the conditional use application for the 140-bed Brandywine Senior Living facility to be constructed on a four acre parcel in an RE-2 zone (2 acre residential). The location is the current site of the Potomac Tennis Club adjacent to the Falls Road Golf Course on the big bend on Falls Road. In so doing, he rejected WMCCA’s arguments that such intense commercial facilities cannot be placed everywhere in residential zones throughout the Potomac Subregion. The Master Plan carefully delineates where more intense uses are to be located while maintaining the overwhelming character of the Subregion as a residential green wedge. The plan specifically lists five sites to be used for senior housing: Potomac Village, Stoneyhurst Quarry, Cabin John Shopping Center, Fortune Park, and a site in Avenel. The Brandywine site is clearly not one of them, nor does it have any of the characteristics that make these other sites suitable for such development. It also violates the Master Plan provisions regarding excessive concentrations of special exceptions (conditional uses) and the Plan’s noise restrictions.

WMCCA joined with the Brickyard Coalition and engaged the law firm of Knopf and Brown for an appeal of the decision in the form of a Request to Present Oral Argument before the County’s Board of Appeals. The request was filed on March 31 as was a similar request by abutting property owners. Help support our efforts in defending the Master Plan. Renew or become a new member of WMCCA. Look for your renewal notice in the mail or go to our website to download a membership form or join using PayPal: [www.wmcca.org](http://www.wmcca.org)

### Artificial Turf Update

BY CAROL VAN DAM FALK  
Members of WMCCA and the Safe Healthy

Playing Fields Coalition testified on March 11 in Annapolis before the Ways and Means Committee in support of Del. Aruna Miller’s Warning Signs Bill HB 883.

The bill would have simply required that warning signs be posted in front of synthetic turf fields used by public elementary and secondary schools describing precautions advised by the Centers for Disease Control and Prevention, as follows:

“All those using this synthetic turf field should take the following recommended precautions:

“1. Keep beverages closed and in bags or coolers when not drinking to minimize contamination from field dust and fibers.

“2. Be aware of the signs of heat-related illness and dehydration. This field can get excessively hot on warm, sunny days. Take all necessary precautions.

“3. Wash hands and exposed body parts aggressively after using this field.

“4. Remove shoes and clothing as soon as possible after using this field to avoid tracking rust and infill to other locations.”

Unfortunately, Anne Kaiser, chairperson of the Education Sub-Committee refused to even bring HB 883 up for a vote. Kaiser and others on the sub-committee have synthetic turf fields being built in their districts at public schools, and don’t want that activity to stop. It appears that many lawmakers believe the untruths being disseminated to them by the synthetic turf industry; that it’s just as safe (untrue) and more cost-effective (untrue) than natural grass fields.

There are many known toxins in the infill and plastic blades of these fields, and until further research and tests are completed by the federal government, we believe that, at the very least, signs should be erected to warn parents and players about the potential health risks, as they already are doing in Connecticut, Massachusetts, and Virginia.

The health risks from elevated temperatures and other related health effects from playing on artificial turf fields are also well documented. As Bailey Condrey of the Safe Healthy Playing Fields Coalition ([safehealthyplayingfields.org](http://safehealthyplayingfields.org)) has pointed out: “Great durable grass can be grown that benefits both the users and the environment ... It can be done at the county’s high schools and elementary schools, but there is no commitment to make it happen.”

We urge you to write to your locally elected representatives and request that they press for a vote on HB 883, and further investigation of the toxins in synthetic turf. Help our locally elected officials realize that we can grow great durable grass fields with maintenance costs kept well below that of the cost to install and maintain synthetic turf fields.

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### EDITORIAL

## Send in Mother's Day Photos

Mother's Day is May 8 this year and as usual every year at this time, The Almanac calls for submissions to our Mother's Day photo gallery. Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approxi-

mate date, describe what is happening in the photo and include your name, address, email address and phone number. (We will not print your full address or contact information.) You can upload photos and information directly to [www.connectionnewspapers.com/mothersday/](http://www.connectionnewspapers.com/mothersday/) or email to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com).



## OBITUARY

### L. Manning Muntzing

**L**. Manning Muntzing, 81, of Potomac, died Monday, March 28, 2016, while in Hospice Care, from complications related to Alzheimer's disease. Raised in Moorefield, W.Va., by Judge H. Gus and Virginia Muntzing, Manning graduated from the University of North Carolina at Chapel Hill, Princeton University Graduate School for Public and International Affairs and Harvard Law School. He devoted his legal career and public service to the advancement of safe nuclear power. As Director of Regulations for the U.S. Atomic Energy Commission, he spearheaded the creation of the Nuclear Regulatory Commission. After retirement from private law practice representing the United States world-wide on nuclear power, he founded many international nuclear orga-



nizations that continue with his vision.

Manning is survived by his loving wife, Nan Muntzing, of 57 years, four children, Catherine Boyden, Elizabeth McKaig, Nancy Sprinkle and Stuart Skok, and seven grandchildren.

A celebration of his life will be held Saturday, April 16, 2016, 3 p.m., at the National Presbyterian Church sanctuary, 4101 Nebraska Avenue, NW, Washington, D.C., the Rev. Evangeline Taylor officiating. A reception will follow in the Court of Flags. Interment will be private in West Virginia.

In lieu of flowers, contributions may be made to the American Nuclear Society, of which he was president, Lockbox #97781, c/o Accounting Department, 97781 Eagle Way, Chicago, IL, 60678.

#### BULLETIN BOARD

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

#### JACKETS WANTED

**Fleeces or Hoodies.** Spring is here, but the nights are still cold. If you have clean, gently used fleeces or hoodies suitable for men, especially in large sizes, Bethesda Cares requests that you bring them by its office at 7728

Woodmont Avenue (adjacent to the entrance of the Woodmont parking garage). Tax receipts are available for donations. Visit [bethesdacares.org/](http://bethesdacares.org/) or call 301-907-9244.

#### THROUGH APRIL 18

**Tax Preparation Assistance.** The Montgomery County Volunteer Center's RSVP/AARP Tax-Aide Program is providing free tax preparation assistance. This service is available to low-to-moderate income taxpayers who live or work in SEE BULLETIN BOARD, PAGE 5

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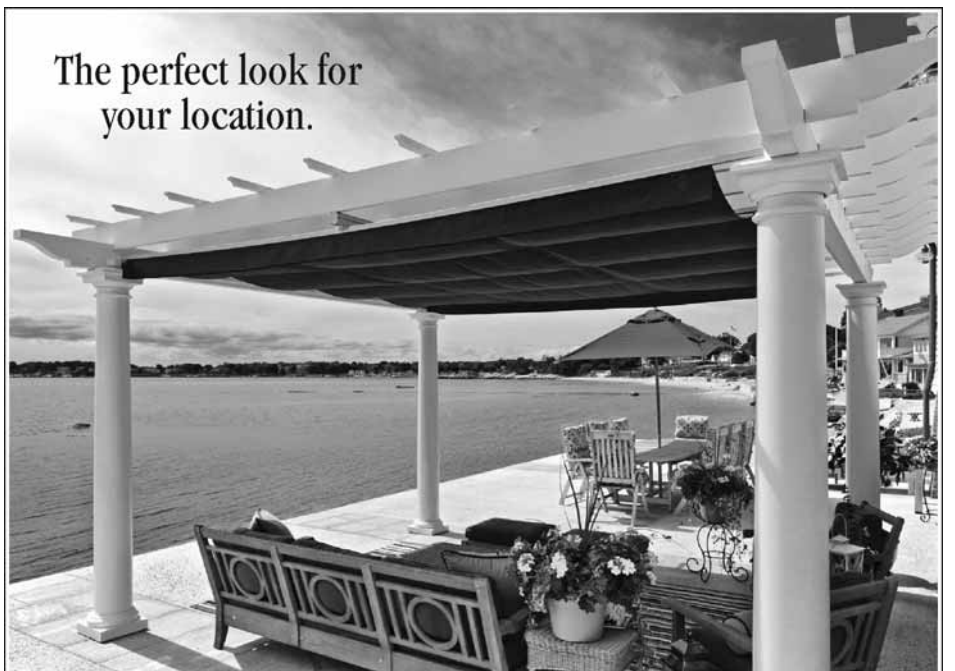
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## ONGOING

**“Idle Playthings” and “Crimes of Fashion.”** Through April 9, various times at Gunston Theatre One, 2700 S. Lang St., Arlington. First, in “Crimes of Fashion,” superheroes fight fashion designers bent on world domination. Then, a group of toys come to life and team up to save a family-owned toy store in “Idle Playthings.” Silver Spring-based Inclusive Theatre Companies are directed by trained theatre professionals and feature actors who have intellectual disabilities or learning disabilities, or are on the autism spectrum. Tickets are \$12.50 in advance, \$15 at the door, and \$5 for ArtStream students. Visit [www.art-stream.org](http://www.art-stream.org) for more.

**Art Exhibit: You and Me, You and I.”** Through April 10, gallery hours at VisArts at Rockville, 155 Gibbs St., Rockville. Artist Calla Thompson examines culture through visual art. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) for more.

**“Rendering The Spirit: The Personal Image in Alternative Media.”** Gallery hours at Glen Echo Photoworks, 7300 MacArthur Blvd., Glen Echo. This exhibit will highlight the work of 12 photographers and artists currently working with alternative photographic processes. Free. Visit [www.glenechphotoworks.org](http://www.glenechphotoworks.org) for more.

**Art Exhibit: “Cranes in Motion.”** Through April 24, gallery hours at VisArts at Rockville, 155 Gibbs St., Rockville. As an artist and filmmaker, Cathy Cook is inspired by nature. “Cranes in Motion” aims to promote public interest, awareness, and appreciation of crane culture through a multifaceted portrayal of the natural history of this species. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) for more.

**Children’s Storytime.** Wednesdays and Saturdays, 10 a.m. at Barnes & Noble Booksellers, 4801 Bethesda Ave., Bethesda Listen to employees read children’s stories. Free. Visit [www.store-locator.barnesandnoble.com/event/4824850-21](http://www.store-locator.barnesandnoble.com/event/4824850-21).

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

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

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

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

**Argentine Tango with Lessons.** Most Sundays, 6:30-11 p.m. in the Back Room Annex at Glen Echo Park,



**Golf fans from all over the Washington D.C. area will flock to Congressional Country Club for the 10th Annual Quicken Loans National, a PGA tour golf tournament hosted each year by Tiger Woods, June 20-26. Tickets start at \$15. Visit [www.qlnational.com](http://www.qlnational.com).**

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

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

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

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

**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-a-longs, prizes and more. Visit [rockvilletownsquare.com/events/mommy-and-me](http://rockvilletownsquare.com/events/mommy-and-me).

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

**Chocolate Factory Tours.** Fridays and Saturdays, 2-5:45 p.m. at SPAGnVOLA Chocolatier, 360 Main St., Gaithersburg. Take a short tour of The Truffle Factory facilities. Free.

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

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

**Art Glass Center at Glen Echo.** All day Wednesdays; Fridays, 10 a.m.-2 p.m.; Saturdays, 10 a.m.-4 p.m.; Sundays, noon-4 p.m. Art Glass Center, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Ongoing exhibitions feature work of Resident Artists. Sculpture, vessels, functional art and jewelry for sale. Classes are taught year-round for beginner, intermediate and advanced students. Visit [www.artglasscenteratglenecho.org](http://www.artglasscenteratglenecho.org) for more.

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

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

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

## CAMPS, CLASSES & WORKSHOPS

**Art Explorers Open Studio.** Every Saturday, 10 a.m.-12:30 p.m. at The Candy Corner Studio, 7300 MacArthur Blvd., Glen Echo. Art activities for parents and children. Activities change weekly and there is no pre-registration; \$10 per child. Visit [www.glenechopark.org/saturday-art-explorers](http://www.glenechopark.org/saturday-art-explorers) for more.

**Ceramic Classes.** Various dates and times. VisArts, 155 Gibbs St, Rockville. An opportunity to try the new ceramic workshops. Visit [www.visartsatrockville.org/ceramics](http://www.visartsatrockville.org/ceramics) for a list of class dates, times.

## APRIL 5-MAY 7

**Art Exhibit: “Intimate Landscapes.”** Tuesday-Saturday 12-6 p.m. at Waverly Street Gallery, 4600 East-West Highway, Bethesda. Artist Loriann Signori paints landscapes based on Maryland’s hills and waters. Free. Visit [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com).

## THURSDAY/APRIL 7

**Great Decisions: The Future of Kurdistan.** 12:30-2 p.m. at Potomac Library, 10101 Glenolden Drive. Kurdistan, a mountainous region made up of parts of Turkey, Iraq, Iran, Armenia and Syria, is home to one of the largest ethnic groups in West Asia, the Kurds. Kurds are known to the West mainly for their small, oil-rich autonomous region in northern Iraq called Iraqi Kurdistan, one of the closest allies of the U.S. and a bulwark against the expansion of the Islamic State. What does the success of Iraqi Kurdistan mean for Kurds in the surrounding region? Free. Call 240-777-0690.

**Heroes Against Hunger.** 5:30-8 p.m. at VisArts at Rockville, 155 Gibbs St., Rockville. Manna Food Center honors community leader for making an impact in the fight against hunger. Tickets are \$75. Visit [www.mannafood.org](http://www.mannafood.org) for more.

**Sip & Bend.** 7-9 p.m. at Pike & Rose – The Mind and Body Studio at Sport & Health, 11594 Old Georgetown Road, North Bethesda. All levels yoga class and wine. Free. Visit

[www.pikeandrose.com](http://www.pikeandrose.com) for more.  
**Roomful of Blues.** 8 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Blues band will perform. Tickets are \$20. Visit [www.bethesdabluesjazz.com](http://www.bethesdabluesjazz.com).

## FRIDAY/APRIL 8

**Art Reception: “Intimate Landscapes.”** 6-9 p.m. at Waverly Street Gallery, 4600 East-West Highway, Bethesda. Artist Loriann Signori paints landscapes based on Maryland’s hills and waters. Free. Visit [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com).

**An Evening With Molly Ringwald.** 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Teen idol-turned-jazz-singer Molly Ringwald perform with her quartet. Tickets are \$35-45. Visit [www.ampbystrathmore.org](http://www.ampbystrathmore.org) for more.

**Potomac After Hours.** 9:15-11 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. Middle schoolers (6-8th graders) are invited to attend “mystery night” and participate in a scavenger hunt. Admission is \$5. Visit [www.activemontgomery.org](http://www.activemontgomery.org) and use code #11953 to register.

## FRIDAY-SUNDAY/APRIL 8-10

**Broadway Bios.** 8 p.m. Friday, Saturday and 2:30 p.m. on Sunday at The Writer’s Center, 4508 Walsh St., Bethesda. A local community theatre company presents an original musical revue. Tickets are \$12 for children, \$15 for seniors, \$20 for adults. Visit [www.fedesp.com/nihblt](http://www.fedesp.com/nihblt).

## SATURDAY/APRIL 9

**Camellia Show Sale.** 9 a.m.-4 p.m. at Brookside Gardens, 1800 Glenallen Ave., Silver Spring. The Camellia Society of the Potomac Valley will be holding its annual show and sale. Free. Visit [www.cspv.org](http://www.cspv.org) for more.

**Latin Jazz Workshop.** 11:30 a.m.-1:30 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Join Manny Arciniega for an afternoon of exploring music from Cuba, Brazil, West Africa and more. All instruments welcome. Free, but RSVP required. Visit [www.levinemusic.org](http://www.levinemusic.org).

**Performance Lecture.** 2-3 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. A jazz performance lecture presented by Levine Jazz Faculty Duane Moody (voice) and Bob Sykes (piano). Designed for vocalists, the instrumentalists who accompany them, and those who enjoy listening to the results, Duane and Paul will explore the perspectives of the vocalist and accompanist, their roles, and the interplay that makes for a good performance. Free, but RSVP required. Visit [www.levinemusic.org](http://www.levinemusic.org).

**Boys Scout Spaghetti Dinner.** 5-8 p.m. at Potomac United Methodist Parish Center, 9908 South Glen Road, Potomac. The all you care to eat dinner selections are prepared and served by Boy Scouts and Scout parents in casual, family style seating. \$10 per person or a maximum of \$40 per family. contact Diane Berinstein at [dhberinstein@me.com](mailto:dhberinstein@me.com).

**Flight of Fancy.** 6:30-10:30 p.m. at VisArts, 155 Gibbs St., Rockville. Join VisArts for our signature fundraising event, Flight of Fancy, a participatory art experience featuring painting, aerial performance, live music, food and drinks. Proceeds from the evening support our philanthropic programs such as artist stipends, inclusion classes, and camp scholarships. Tickets are \$85 until March 15, \$105 after that. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) or call 301-315-8200.



# ENTERTAINMENT

**Rainbow Youth Alliance 10th Anniversary Celebration.** 7:30 p.m. at Unitarian Universalist Congregation of Rockville, 100 Welsh Park Drive, Rockville. Enjoy a concert featuring the Gay Men's Chorus of Washington's Rock Creek Singers and Gen Out Youth Chorus to celebrate the tenth anniversary of the Rainbow Youth Alliance. \$20 suggested donation. Visit [www.rainbowyouthallianceMD.org](http://www.rainbowyouthallianceMD.org) or call 240-324-7823.

**Library After Dark.** 7:30 p.m. at Rockville Memorial Library, 21 Maryland Ave., Rockville. Library After Dark is held in celebration of National Library Week to recognize the library staff, volunteers, donor and community leaders. Tickets are \$75. Visit [www.folmc.org](http://www.folmc.org) for more.

## SATURDAY-SUNDAY/APRIL 9-10

**Art Exhibit: "Dancing Lights."** 10 a.m.-5 p.m. and 3-5 p.m. reception on Saturday, 11 a.m.-5 p.m. Sunday at Yellow Barn Studio & Gallery, 7300 MacArthur Blvd., Glen Echo. The Yellow Barn Studio and Gallery presents "Dancing Lights" with original art by Potomac artist Martha Lechner Spak and 20 of her landscape painting art students. The original landscape oil paintings are of the mid-Atlantic area, including the Potomac River and canal. Free. Call 301-469-0189 for more.

## SUNDAY/APRIL 10

**Joan & Joni featuring Allison Shapira and Kipyn Martin.** 7:30 p.m. at Congregation Tikvat Israel, 2200 Baltimore Road, Rockville. Joan & Joni is a tribute to Joan Baez and Joni Mitchell performed by singer/songwriters Allison Shapira and Kipyn Martin. Tickets are \$18, \$15 in advance. Visit [www.focusmusic.org](http://www.focusmusic.org).

## WEDNESDAY/APRIL 13

**Book Talk: Neil Currie.** 7 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Neil Currie, a longtime Potomac resident will discuss his thriller "The Stanstead Incident." Free. Call 240-777-0690.

## THURSDAY/APRIL 14

**Book Talk.** 1 p.m. at Davis Library, 6400 Democracy Blvd., Bethesda. Linda Maria Frank, author of the Lily Kovner Jewish history mysteries, will speak about her latest novel, "The Lost Torah of Shanghai." Frank will frame her talk in the context of the rich diaspora experience that incorporates the various streams of Jewish life in China – the so-called "real" Chinese Jews of Kaifeng, the Sephardim originally from Iraq, the Russians escaping pogroms and the refugees from Nazi controlled Europe. Free. Call 240-777-0922.

**Program: "How to Stay in Your Home as You Age."** 7-9 p.m. at The Bolger Center's Franklin Building, 9800 Newbridge Drive, Potomac. Real estate broker Eric Stewart offers advice on how to stay in yours home as you age and what to do if you can't. Free, donations accepted. Visit [www.potomaccommunityvillage.org](http://www.potomaccommunityvillage.org).

**Tech N9ne Independent Powerhouse Tour.** 8 p.m. at the Fillmore Silver Spring, 8656 Colesville Road, Silver Spring. The tour features six acts from Strange Music, an independent hip-hop label: Ces Cru, Stevie Stone, iMayday!, Ritz, Krizz Kaliko and Tech N9ne. Tickets are \$25. Visit [www.fillmoresilverspring.com](http://www.fillmoresilverspring.com).

## FRIDAY-SUNDAY/APRIL 15-17

**Sugarloaf Crafts Festival.** 10 a.m.-6 p.m. Friday-Saturday, 10 a.m.-5 p.m.

Sunday at Montgomery County Fairgrounds, 16 Chestnut St., Gaithersburg. In addition to shopping, guests may also visit with expert craftspeople, who will explain their processes and show onlookers just how they spin copper, throw pottery, and carve wood. Admission is \$8 for adults when purchased online, \$10 at the door, and free for children under 12. Admission is good for all three days of the festival. Visit [www.sugarloafcrafs.com](http://www.sugarloafcrafs.com) for more.

**Bethesda Literary Festival.** Various times and locations throughout downtown Bethesda. The 17th annual Bethesda Literary Festival will host an array of local and national authors, journalists and poets, as well as writing contests and poetry contests. Free. Visit [www.bethesda.org](http://www.bethesda.org) for more.

## SATURDAY/APRIL 16

**Discussion: "The Language of Flowers."** 11:30 a.m. at St. Francis Episcopal Church, 10033 River Road, Potomac. Free. Call 301-299-4296.

**Advice for Adopters.** 11:45 a.m.-1:45 p.m. at Your Dog's Friend Training Center, 12221 Parklawn Drive, Rockville. Learn how to make life with your adopted dog easier. Hear a professional trainer discuss canine training and behavior, helpful pet products, and the many common issues that adopters face. Free. Visit [www.yourdogsfriend.org](http://www.yourdogsfriend.org).

**Art Demonstration: "Intimate Landscapes."** 6-9 p.m. at Waverly Street Gallery, 4600 East-West Highway, Bethesda. Artist Loriann Signori paints landscapes based on Maryland's hills and waters. Free. Visit [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com).

## SUNDAY/APRIL 17

**Tiger Trot 5K Run/Walk.** 8:30 a.m. at Connelly School of the Holy Child, 9029 Bradley Blvd. Potomac. Pre-race warm-up by Potomac resident and fitness expert, Christa Aiken and a post-race party for children. Registration is \$35 for ages 11 and older, \$20 for 10 and under. Visit [www.holychild.org](http://www.holychild.org) for more.

**Waltz Dance.** 2:45-3:30 p.m. lesson, 3:30-6 p.m. dance at Spanish Ballroom, 7300 MacArthur Blvd., Glen Echo. The ensemble Rosinace plays a mix of folk waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polka. Tickets are \$10. Visit [www.waltztimesdances.org](http://www.waltztimesdances.org) for more.

## MONDAY/APRIL 18

**Lecture: "Sit Down, You're Rockin' the Boat."** 7:30 p.m. at St. James' Episcopal Church, 11815 Seven Locks Road, Potomac. St. James' Episcopal Church presents Interim Rector Bill Doggett, who had a career in the theater before ordination. Doggett will offer a talk with live music in which he will discuss the interaction between popular culture and religion through the lens of the Broadway Musical. Old favorites like "Blow, Gabriel, Blow!" and "One Hand, One Heart," plus rarities from "The Apple Tree, King of Hearts," and other less well known shows will illustrate ideas about the ways views of religion are both reflected in and shaped by popular song. \$10 suggested donation. Call 301-762-8040.

## APRIL 18-24

**Bethesda Row Restaurant Week.** At 4950 Elm St., Bethesda. Bethesda row restaurants offer lunch and dinner specials. Visit [www.bethesdarow.com/events](http://www.bethesdarow.com/events).

## THURSDAY/APRIL 21

**Zero: 2016 Gala.** 6 p.m.-9:30 p.m. at

Bethesda North Marriott Hotel & Convention Center, 5701 Marinelli Road, North Bethesda. The Montgomery County Coalition for the Homeless honors Father John Enzler of Catholic Charities for his work with the homeless. Tickets are \$150. Visit [www.mcch.net](http://www.mcch.net) for more.

## SATURDAY/APRIL 23

**Flute and Piano Concert.** 8 p.m. at Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. Washington, D.C. native and principal flutist of the St. Paul Chamber Orchestra, Julia Bogorad-Kogan, returns to the D.C. area to perform with internationally acclaimed pianist Lydia Artymiw, as part of the Washington Conservatory Piano Plus! Concert Series. Free, \$20 suggested donation. Visit [www.washingtonconservatory.org](http://www.washingtonconservatory.org).

## SUNDAY/APRIL 24

**March for Babies.** 9:30 a.m. at Mattie Stepanek Park, 1800 Piccard Drive, Rockville. Walk three miles to benefit community children. Registration is free. Visit [www.marchofdimas.org/marylandmetrodc](http://www.marchofdimas.org/marylandmetrodc) for more.

**Paws in the Park.** 12-4 p.m. at Bohrer Park at Summit Hill Farm, 506 S. Frederick Ave., Gaithersburg. Raise funds for the Montgomery County Humane Society by participating in contests for dogs and people, a 1K walk, and more. Registration is \$20-45 in advance, \$25-\$55 at the event. Visit [www.mchumane.org](http://www.mchumane.org) for more.

## FRIDAY/APRIL 29

**Heartsongs Luncheon.** 11 a.m.-1:15 p.m. at Bethesda Marriott Conference Center, 5701 Marinelli Road, North Bethesda. Children's National Health System honors and recognizes nurses and survivors. Tickets are \$100. Visit [www.heartsongsfund.org](http://www.heartsongsfund.org) for more.

**Movie Screening: "The Martian."** 7-9 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. Watch the film starring Matt Damon. Tickets are \$5, adults only. Register in person at the center or at ActiveMontgomery.org under course #17744.

## SATURDAY/APRIL 30

**Gardening Expo.** 10 a.m.-2 p.m. at the Silver Spring Civic Building, 1 Veterans Plaza, Silver Spring. Find information on how to make the most of gardening. Also find activities for children. Free. Visit [www.extension.umd.edu/mg/locations/montgomerycounty-master-gardeners](http://www.extension.umd.edu/mg/locations/montgomerycounty-master-gardeners).

**Montgomery County GreenFest.** 11 a.m.-4 p.m. at Takoma Park Community Center, 7500 Maple Ave., Takoma Park. The 2nd annual Montgomery County GreenFest is a family-friendly festival with music, films, speakers, exhibitors and workshops all focused on building community and educating on our environment. Free. Visit [www.montgomerycountygreenfest.org](http://www.montgomerycountygreenfest.org) for more.

**Move More Montgomery Festival.** 12-4 p.m. at Bauer Drive Community Center, 14625 Bauer Drive, Rockville. Find a wide variety of fitness activities and evaluations. Free. Visit [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec) for more.

**An Evening with Strauss Waltz Ball.** 8-9 p.m. lesson, 9 p.m.-12 a.m. dance at Spanish Ballroom, 7300 MacArthur Blvd., Glen Echo. Waltz Time presents the 33rd Annual Evening with Strauss Waltz Ball. This benefit dance for Glen Echo Park includes a Viennese Waltz lesson. Tickets are \$20. Visit [www.waltztimesdances.org](http://www.waltztimesdances.org) for more.

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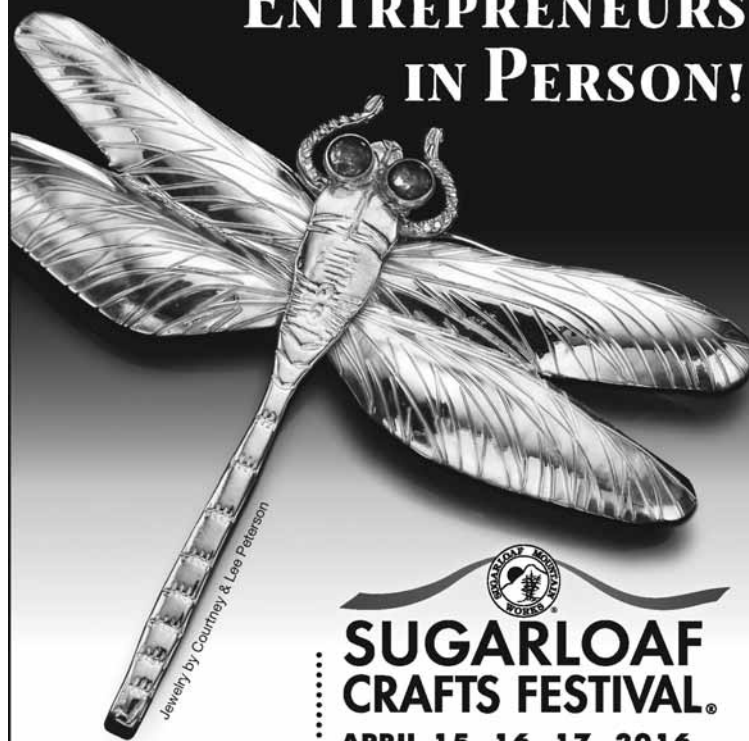
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## PHOTO GALLERY!

## "Me and My Mom"

To honor Mom on Mother's Day, send us your favorite snapshots of you with your Mom and The Potomac Almanac will publish them in our Mother's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail digital photos, send to:

[editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)

Or to mail photo prints, send to:  
Potomac Almanac, "Me and My Mom Photo Gallery,"  
1606 King St., Alexandria, VA 22314

Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don't send us anything irreplaceable. ~Reminder: Father's Day is June 19~



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# LETTER

## Industry View Of Recycled Rubber

To the Editor:

It's certainly positive news that three federal agencies have announced they will work together to conduct a study on fields with infill made of recycled rubber. In the scientific community, additional research is always welcome. But on the same token, a substantial body of scientific data already exists and does not find any reason for health concerns associated with recycled rubber infill.

In fact, there are dozens of scientific studies from leading universities, toxicologists, and government agencies that conclude that there

is not a connection between these fields and health concerns.

It is understandable for parents and community members to seek prudence and precaution when it comes to their children, but the discussion of potential health risks posed by recycled rubber should be informed by science.

The evidence most often cited by skeptics is a report from Connecticut-based Environment & Human Health, Inc. (EHHI), which purported to identify a number of carcinogens in recycled rubber, using particularly harsh extraction methods. This report, however, has not been peer-reviewed — a key measure of credibility among scientists — nor is there any published manuscript in circulation. As a toxicolo-

gist with nearly two decades of experience in human health risk assessment, it's my belief that the EHHI report does not present strong scientific evidence to substantiate its claims.

The health departments in Connecticut and Massachusetts conducted their own evaluations and concluded that the available data do not provide evidence of possible health effects, so hopefully the upcoming federal study will finally provide closure on this issue for the general public.

**Michael Peterson**

*The writer is a board-certified toxicologist at Gradient, an environmental and risk sciences consulting firm. He serves as scientific adviser to the Recycled Rubber Council.*

## BULLETIN BOARD

FROM PAGE 5

Montgomery County. Special attention is given to those 60 years or older. Taxes are prepared at more than 20 different locations across Montgomery County and an appointment is required. Schedule an appointment at [www.montgomeryserves.org/tax-aide/overview](http://www.montgomeryserves.org/tax-aide/overview) or call 240-777-2577.

### THROUGH MAY 27

**Kindergarten orientation** sessions will take place through May 27 for children entering kindergarten in the 2016-2017 school year. During orientation, parents and students will meet the school principal, kindergarten teachers and other staff members. Parents will have an opportunity to ask questions about the school's procedures and programs; enroll students for next school year and complete important forms. Children who will be 5 years old on or before Sept. 1, 2016, can be enrolled in kindergarten. Visit [www.montgomeryschoolsmd.org](http://www.montgomeryschoolsmd.org).

### FRIDAY/APRIL 8

#### Senior Forum and Resource Fair.

9:30 a.m.-noon at Rosborough Cultural Arts and Wellness Center, Asbury Methodist Village, 201 Russell Ave, Gaithersburg. The program will focus on protecting seniors from scams, addressing signs of elder abuse and neglect and promoting ways that seniors can contribute to the community through volunteering. Accompanied by an informational resource fair showcasing a wide range of service providers to seniors. Residents who do not live in the community are welcome to attend by using the main entrance at Odendhal Avenue and

Asbury Drive. Follow the signs beyond the security gate. Free. Contact Lindsay Hoffman at 240-777-7817 or at [lindsay.hoffman@montgomerycountymd.gov](mailto:lindsay.hoffman@montgomerycountymd.gov) for more.

### SUNDAY/APRIL 10

#### Shrimp and Oyster Feast

**Fundraiser.** 1-5 p.m. in the Anastasi Room at The Bethesda-Chevy Chase Rescue Squad, 5020 Battery Lane (at Old Georgetown Road), Bethesda. The Bethesda-Chevy Chase Rescue Squad Alumni Association will hold a shrimp and oyster feast fundraiser. \$50 per person (\$45 in advance) for all-you-can-eat steamed shrimp, fresh shucked and fried oysters, potato salad, apple sauce, sliced ham, baked beans, rolls, beer, and soft drinks. For tickets, call 301-977-6634. Visit [www.bccrs.org](http://www.bccrs.org) for more.

#### Emotional Impact of Vision Loss.

1:30-3 p.m. at Sibley Medical Bldg., Conference Room 2, 5215 Loughborf Road, N.W., Washington, D.C. Many experts have likened the initial reaction to irreversible vision loss to the "stages of grief." Join guest speaker Gail Snider who has mentored many hundreds of people during her long career in the field of vision impairment. Come share her professional perspective and personal journey. All are welcome. Light refreshments will be served. Free. To register call Sibley Senior Association at 202-364-7602.

### MONDAY/APRIL 11

#### Adult Sex Education.

7-8:30 p.m. at Council Office Building, third floor community hearing room, 100 Maryland Ave., Rockville. Adult Sex Ed: a conversation about sex for women over 45. Free, but RSVP required; call 240-777-8333 or email

[cfwinfo@montgomerycountymd.gov](mailto:cfwinfo@montgomerycountymd.gov).

### TUESDAY/APRIL 12

#### Coffee and Conversation.

10-11:30 a.m. at Corner Bakery Cafe, Westlake Drive, Bethesda. Sponsored by Potomac Community Village. All are welcome to share ideas about aging in place. Free to attend. Visitors pay for their own refreshments. Email [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org), call 240-221-1370 or visit [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org).

#### Getting Fiscally Fit.

1 p.m. at the Holiday Park Senior Center, 3950 Ferrara Drive, Silver Spring. Jim Musgrave, CRPC, of the Society for Financial Awareness will offer a presentation reviewing basic financial principles, identify challenges to reaching financial goals, and offer habits that can lead to financial independence. Workshop is 100 percent educational and no products will be sold. Bring a laptop if available. RSVP to [info@seniorconnectionmc.org](mailto:info@seniorconnectionmc.org) or call 301-962-0820.

### THURSDAY/APRIL 14

#### Potomac Community Village

**Meeting.** 7-9 p.m. at Bolger Center Franklin Building, 9600 Newbridge Drive, Potomac. Potomac Community Village presents "How to Stay in Your Home As You Age – and What to Do if You Can't," with Potomac real estate expert Eric Stewart. Free admission; tax-deductible donations appreciated. Email [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org), call 240-221-1370 or visit [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org).

### SATURDAY/APRIL 16

#### Potomac Watershed Cleanup.

9 a.m. Join in the annual regional

watershed cleanup with more than 500 sites across the watershed. For details on cleanup sites, visit [www.fergusonfoundation.org](http://www.fergusonfoundation.org).

### WEDNESDAY/APRIL 13

#### Application Deadline.

5 p.m. The County Council is seeking applicants to fill a vacancy on the Charter Review Commission. Applicants should submit letters of interest and resumé to Nancy Floreen, President, Montgomery County Council, 100 Maryland Ave., Rockville, MD 20850. The Commission researches and evaluates charter issues raised by the County Executive, County Council, other government officials and the public. Call Anne Brown at 240-777-7925.

#### Extraordinary Minds in MCPS.

6:30-9 p.m. at Julius West Middle School, 651 Great Falls Road, Rockville. Extraordinary Minds in MCPS is an annual forum on educational services for students across the autism spectrum. The forum is free, and child care and recreation are available for families, but registration is required. Visit <http://bit.ly/1XYyaQE> to register.

### FRIDAY/APRIL 15

#### Application Deadline.

Friends of the Library, Montgomery County is now accepting applications for the Student Representative to the FOLMC Board of Trustees. The student representative will gain insight and experience related to nonprofit organizations, nonprofit boards and governance, leadership, and community involvement. Interested students should apply online and must submit two letters of recommendation. Visit [www.folmc.org/get-involved/student-representative/](http://www.folmc.org/get-involved/student-representative/).

# LET'S TALK Real Estate



by Michael Matese

## Reach For The Sky(light)

A properly designed skylight in either a commercial or a residential construction can add aesthetic value to living space and contribute significantly to energy savings. The United States Department of Energy's Federal Energy Management Program has estimated that incorporation of day lighting options (skylights, tubular day lighting devices, hybrid solar lighting, etc.)—especially in commercial or industrial constructions—can reduce lighting energy usage by as much as 80%; in terms of cost, by optimal utilization of day lighting, total energy costs can be reduced by up to one-third over time. There are three main design types to consider when installing a skylight: the traditional skylight, the roof lantern, and the oculus. The traditional skylight is a conventional horizontal window, which may be either fixed or operable, that is tilted and placed on the angle of a roof or directly into the roof so that the window allows light to pass straight down into the living area. Fixed skylights do not open, while operable ones, which can be powered either by use of electricity, solar power or manual power, offer the additional attraction of energy efficiency through seasonally appropriate home ventilation and cooling. The roof lantern is much like a cupola; it is multi-paned glass (or other opaque material) structure that sits on top of a typically flat roof, providing natural day lighting to the room beneath. This architectural style may also be referred to as an orangery; in effect, a roof lantern is a type of skylight, though it bears structural similarity to both greenhouses and conservatories. The oculus is a circular or oval window that can be installed above, as a skylight, or on a building's façade to express the presence of a mezzanine. Light tubes, tubular skylights and tubular day lighting devices (TDLs) are also day lighting options available when choosing to install a skylight into a structure. Light tubes, or solar tubes, are placed into the roof of a structure and focus the admission of light to the interior area, often resembling recessed ceiling light fixtures. As light tubes have less surface area than traditional skylights, they do not allow as much heat transfer. Tubular skylights work on the same premise as a light tube, allowing natural sunlight to be directed from the rooftop by means of a tube, but in this case, the tube itself is made of a highly reflective material, diffusing the light at ceiling level. The main attraction of tubular skylights versus a light tube is that tubular skylights capture both direct and ambient light, meaning that even during low-light situations such as overcast days or times at which the sun is low in the sky they provide maximum illumination. Tubular day lighting devices (TDLs) incorporate modern technology into their design, transmitting visible light through opaque walls and roofs of the construction. In a tubular day lighting device, the tube is made up of either a simple reflective interior coating or a light conducting fiber optic bundle, frequently capped with a transparent, roof-mounted dome 'light collector'. A diffuser assembly at the end of the tube then distributes daylight evenly and efficiently to interior spaces. When you've decided to add a skylight into your home, consider these options and designs, engage the services of a licensed contractor to help choose the most optimal style for your home's purposes, and reach for the sky(light)!

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

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## Categorical



By KENNETH B. LOURIE

Although I am often left to my own devices (not a continuation of last week's column), I am rarely left to my own thoughts. Five indoor cats will do that, and much more. More importantly though, I know they are here, always. Wherever I go in our house, I'm likely to find a cat. And in so doing, there's always a conversation to be had, and/or a gesture to be made. And even though the conversations are a bit one-sided, typically, there is ample vocalization on their part to reward my initiative.

As "Hawkeye" Pierce advised Cpl. Radar O'Reilly on a long-ago M\*A\*S\*H episode: "Loneliness is everything it's cracked up to be." And though the context had to do with Radar's widowed mother dating again, not her spending time alone after receiving a cancer diagnosis, the impact and benefits are likely the same: being able to live, work and play; at home or on the road, with some kind of companionship. Moreover, not being stuck/focused on yourself/your condition all the time also helps fend off – or at least redirect, some of the inevitable demons.

And if cancer is responsible for anything, other than tumors, it's responsible for demons. Not that one can quantify or qualify the psychological effect three words: "You have cancer" can have. Suffice it to say, exponential comes to mind. The damage is usually widespread. Every part of your life – and routine, is impacted. What was, will likely never be again, and what you had hoped might be is now located somewhere between a wing and a prayer. A definite maybe might be the best you can expect.

But the longer one survives, the more one starts to believe – in possibilities again, and reasons as well for that survival. Not that I have the keys to the kingdom or any sort of path of least resistance to follow, but I will attribute some of my unexpected survival to a positive attitude, a good sense of humor and constant companionship. Companionship which in itself prevents me from ever being stuck – too much, in my own head dealing with my cancer. Because of the nature of cat care and of coexisting with FIVE indoor cats, there is always some kind of diversion; be it food, water, litter, playing, scratching, petting, snuggling, cuddling, chastising, to consider. As a result, there's always a non-cancer driven behavior/task that forces me to think of someone other than myself. And since a diagnosis of "terminal" stage IV lung cancer will probably ("probably?") cause you to think very much about yourself, having an external force (the cats) who require you to not think about yourself, seems to balance the pile a little bit (a dog would provide the same diversion/benefit, absolutely; at present, we're between dogs, however).

As a semi example: Right now, I have one cat, "Chino" lying on my desk along the top of my writing pad, purring, staring at me while I'm writing. I have another cat, "Twinkle," playing in the next room, tossing her toy mouse around and scratching at my office door wanting in – or else. The other three cats are sleeping: in the den, the living room and in an upstairs bedroom; all in plain sight, all keenly aware of the time somehow, waiting for five o'clock dinner. And because I'm aware of all this activity/routine, I am not thinking that I have cancer. I am thinking instead that I have five cats and dinner will be soon enough and that in the interim, I probably ("probably?") need to clean their litter box, and that I only have enough wet food for breakfast tomorrow and that the black cats: "Andrew" and "Sloane," are due at the veterinarian for miscellaneous shots and that "Biscuit," "Chino's" brother has been eating everybody's leftover food lately, so much so that I'm wondering if we'll need to segregate him/them somehow, and on and on and on.

No cancer talk. No Kenny or can't he deal with his disease. Just plain, everyday, garden variety stuff. In fact, the stuff from which dreams are made, especially if you're a cancer patient. Apparently, when it's not about me, ultimately, it's me who seems to benefit.

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



# HEALTH & FITNESS

**Al Brodnick  
of Bethesda  
Physical  
Therapy**

## 10 tips for exercising after a winter's delay.



PHOTO BY BETHESDA PHYSICAL THERAPY

# Launching Springtime Routine

BY SUSAN BELFORD  
THE ALMANAC

**T**he minute the weather edges up over the 60s and sunshine abounds, streets and sidewalks are crammed with bikers, joggers, walkers, strollers — everyone thinking about fitness and squeezing into spring clothes and swimsuits after a winter of sitting on the couch. However, to launch a springtime exercise routine, one needs to consider a number of factors.

The most common problem that Physical Therapist Al Brodnick of Bethesda Physical Therapy sees year after year is, “Enthusiastic exercisers may not be in the same physical shape they were when the clocks changed last fall and their exercise routine faded with the sunlight. It can be dangerous to pick right back up with favorite physical activities. The mind is ready for its old routine, but the body is not and the repercussions of starting back too quickly can range from ankle sprains to knee injuries to hip tendinitis, among others.”

Here are some tips from Brodnick to get back into a springtime fitness routine smartly and safely:

1. If it's been awhile, adjust the dial. If you haven't participated in regular exercise over the winter, do not start in at your previous level of intensity. Lower speed and lower weight with a lesser number of repetitions will warm up your body for more difficult exercise. Too much, too soon may result in injuries — and then your spring start-up will be delayed for certain.

2. Give your equipment a check-up too. Check your bike to see if you need a tune-up or a re-fit. Make certain your treadmill still has tread and bands are not ready to pop. Your tennis racquet may need a new grip and strings and your roller-blades might need new wheels. Check out your equipment to make certain it will not cause injury to you.

3. Make certain your shoes fit you and your activity. If your shoes have no tread, are broken down on the inside or are uncomfortable, it's time to invest in a new pair. Resist the temptation to buy whatever is on sale. Get properly fitted and heed the advice of experts about the best shoes for distance running versus playing tennis, golf or walking.

4. Get a tune-up before you start-up. If you have tight muscles, nagging pain or any weaknesses, you might want to make an appointment with a physical therapist to check them out before you start your exercise routine. Better to protect yourself against injury than run the risk of developing a more serious problem later.

5. Stretch and warm up before you exercise.

Brodnick said, “Loss of flexibility is the most common side-effect of having not exercised in a while. Core weakness is probably the second most likely result of inactivity. When you are renewing your exercise routine, prepare your body by stretching and by performing low intensity activity to get your heart rate up prior to jumping into full-fledged rigorous exercise.”

6. Rest is not only for the weary. Rest days are not a sign of laziness, but are vital to recovery and to see how you are feeling. Evaluation of aches or pains on rest days will determine how much exercise you should do the following day.

7. Variety is the way to go. Cross training is beneficial for your mind and body. Varying activities works different muscle groups and challenges you in different ways keeping you from getting bored with your work-outs. Playing games such as tennis, golf, racquet ball and ping-pong is good for your eye-hand coordination, your reactions and your brain.

8. Set realistic goals. If using a personal trainer, make certain your goals are his or her goals. Decide what you want to accomplish: building strength, becoming more flexible, losing weight, sculpting your body, becoming more fit. It's important to talk to an expert about the best ways to meet these goals. Make certain, if you hire a personal trainer, that your expectations are in line with his or hers.

9. Look out for warning flags. Watch for signs of stress and irritation, particularly when you begin your routine. If you have sharp pain, swelling in a joint or difficulty/pain in performing a movement which has never been a problem previously, then stop doing that exercise and rest or see an orthopedist.

10. Get a good return on your exercise investment. Increase the duration or the intensity of your workout by 5 to 10 percent each week. Schedule your workout each day — and don't let unimportant activities take you away from your appointment to workout.

It's important to block out the time to exercise regularly — as important for your mind as your body. Make it a priority.

Brodnick suggests that those who sit hunched over a computer with forward C-like posture must do exercises to stretch the back and the shoulders. “Muscles tend to shorten as we sit in one position. That's why it's so important to do exercises that are opposite to what you do all day. The other things to work on are balance and core muscles.”

He said, “Some people are motivated and others are not — but it is important for each of us to evaluate the best way to work exercise into our lives.”



PHOTO BY HARVEY LEVINE

**Spencer Knife, seen last season, and the Churchill boys' lacrosse team are off to a 4-0 start.**

## Churchill Boys' Lax to Face Poolesville In Home Opener

The undefeated Churchill boys' lacrosse team will play its first home game of the season on Wednesday, April 6 when the Bulldogs host Poolesville at 7:15 p.m.

Churchill will play another home game against Bethesda-Chevy Chase at 7:15 p.m. on Monday, April 11.

### SPORTS BRIEFS

The Bulldogs improved to 4-0 with a 17-1 win over Springbrook on Monday. On Saturday, Churchill defeated Bel Air, 13-6, and Franklin, 10-5, during a tournament at Bel Air High School.

## Wootton Boys' Lax Goes 1-2 Outside MoCo

The Wootton boys' lacrosse team enters Wednesday's game at Blair with a 2-2 record following a trio of games against out-of-county competition.

The Patriots lost to Northern 11-5 on March 24 and fell to John Carroll 18-7 on Saturday. Later in the day, Wootton defeated Westminster 11-10 in overtime, improving its record to 2-2.

The Patriots opened the season with a 17-3 win over Clarksburg on March 21.

Wootton will travel to face Blair at 7:15 p.m. on Wednesday, April 6. The Patriots will host Walter Johnson at 2:30 p.m. on Saturday, April 9.

## Churchill Girls' Lax Wins County Opener

After dropping games to Fallston and Reservoir, the Churchill girls' lacrosse team defeated Springbrook 16-1 at home on Monday.

The Bulldogs (1-2) will travel to face Poolesville at 7:15 p.m. on Wednesday, April 6. Churchill's next home game is Tuesday, April 12 against Walter Johnson.

## Whitman Baseball

### Improves to 4-0

The Whitman baseball team defeated Walter Johnson 6-1 at home on Saturday, improving its record to 4-0.

Vikings pitcher Sean Cook tossed a complete game, allowing three hits and one run while walking three and striking out eight.

Ian Atkinson and Sean Hannegan each had two hits and two RBIs for Whitman. Ben Rosenblatt, Noah Clement, Noah Abramowitz and Tyler Hwang each had one hit.

Whitman's next two games are on the road: 3:45 p.m. Thursday at Walter Johnson and 2:30 p.m. Saturday at Bethesda-Chevy Chase.



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# Giving the Gift of a Lift

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Potomac Community Village's rides program offers much-needed transportation for seniors.

BY MARILYN CAMPBELL  
THE CONNECTION

One of the biggest challenges that 93-year old Randy Kurkjian faces is mobility. While he is in good health and walks with the assistance of a cane, he cannot drive. He needs transportation to medical appointments and social engagements, which help him live independently, stay active and avoid isolation and loneliness.

Kurkjian, who is a member of the Potomac Community Village (PCV), receives free transportation through the organization's rides program.

"My other alternative would be to take a cab, which can be expensive. Without this service I would be very helpless," said Kurkjian. "My son and daughter help me but they are working and don't always have the time."

The service offers seniors who no longer drive transportation to doctors' appointments, physical therapy, social activities and other events. Potomac Community Village volunteers say the program is vital to helping seniors stay happy, healthy and connected to the community as they continue to they live in their own home.

"One of the most important needs for people as they age, but want to stay in their existing community, is transportation," said Sheila Moldover, PCV Communications Chair. "The [village rides program] is one of the most important volunteer services that our village provides for those who can't drive anymore."

Recruiting volunteers and let-



PHOTO COURTESY OF POTOMAC COMMUNITY VILLAGE

Potomac Community Village's rides coordinator Sheila Taylor is also a volunteer driver.

ting seniors know about the service are PCV's top priorities for the program. To ensure safety, volunteer drivers receive training, undergo a background check and an examination of their driving record. "They can't have points on their records," said Sheila Taylor, who coordinates the rides program for PCV.

The rides program is structured to offer flexibility and protection for those who choose to drive. For example, drivers cannot provide medical assistance and are instructed to call 911 in case of an emergency. "We don't offer hands-on care, like helping somebody in and out of a wheelchair. You pull up to a house and as a courtesy, you might get out of the car, open the door and help the senior get in," said Moldover. "You can choose when you want to drive, there's no obligation as to the amount of time you spend."

In addition to transportation,

social connections are a critical part of the rides program and are essential to the overall well-being of local seniors.

"A rides volunteer is a neighbor who's friendly, who cares about you and will remember when you talk about your children and grandchildren," said Trey Johanson, who coordinates several local rides programs through the Jewish Council for the Aging. "They provide neighbor-to-neighbor human kindness. We're providing rides and friendly visits."

The volunteer drivers say the program is rewarding for them as well. Moldover has driven Kurkjian to doctors' appointments and says they are both enriched by the experience.

"It's a neighbor helping a neighbor, as opposed to a professional relationship where they pick you up and you never see them again," she said. "Randy, for example, does things to help the village.

He's gotten up at our events and talked about his experiences. He's a very interesting person."

Rides programs offer a service that public transportation cannot meet, says Johanson. "A senior with a walker can't walk a quarter mile to the nearest bus stop. That's like asking them to run a marathon," she said. "If you use a walker you might be served by Metro Access, but it can take all

day to run to the bank."

PCV is also hoping that local businesses will post signs in windows or other visible places to get raise awareness of this service.

"Like any volunteering [opportunity], you're giving back to the community and helping to build something that you hope will be there when you need it," said Moldover.

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Photo by Ed Knepley



# Luxury Condos are a Growth Market for Seniors

Active retirees seek options for independent living, including condos in Alexandria, Arlington, Tysons, Reston, McLean, Bethesda and Chevy Chase, among others.

BY MARILYN CAMPBELL  
THE CONNECTION

When Joyce and Don Lipman decided to move out of their Potomac, Md. home, they opted for a high-end townhouse instead of a retirement community. They gained a cosmopolitan environment and lost the burdensome maintenance of a large home.

"My husband always hated taking care of the grounds and he didn't want to pay someone to do it, and we weren't ready for a retirement community," said Joyce Lipman, who is 71. "Now I can walk to the shopping center and to my doctor's office. I couldn't believe it the first time I was able to go without my car. It was like a new lease on life."

When another active retired couple decided to downsize and move out of their home, they opted for a high-end condominium instead of moving to a retirement community. They enjoy traveling and own a beach home where they often spend time. When it came time to design their new living space, they sought the help of Kelley Proxmire of Kelley Interior Design in Bethesda, Md.

The couple wanted "a pretty, yet practical home and also a place they could lock and leave on a moment's notice," said Proxmire.

Condominiums and townhouses are growing in popularity for midlife couples because unlike large homes, they don't require a lot of maintenance, and they offer opportunities for living independently.

"In the next three to five years, luxury condominiums are going to be extremely popular with that age group, those who feel the colonial home is too big and they don't want the ... mentality of retirement communities," said Debbie Miller, an Arlington-based associate broker with McEneaney



PHOTO CREDIT

**Kelley Proxmire designed plush interior for a retired couple who downsized from a larger home into a luxury condominium.**

**"In the next three to five years, luxury condominiums are going to be extremely popular with ... those who feel the colonial home is too big and they want the freedom of locking and leaving their home."**

— Debbie Miller, McEneaney Associates

Inc. who specializes in the 55 and over real estate market. "Luxury condominiums provide a great option."

Miller says that in addition to proximity to shopping, dining and public transportation, amenities such as a 24-hour concierge

service that can handle requests such as meal delivery and grocery shopping make high-end buildings sought after among well-heeled retirees.

The buyers Miller works with are looking for condos "that provide a 'lock-and-leave' advantage for residents who ... like to travel or who spend six months here and six months elsewhere."

Such condominiums are prized and often hard to obtain.

"There are some that are very exclusive and [others that] don't come on the market very often," she said. "I sold a unit in the Rotonda [in McLean] a year ago and had multiple offers that were all cash."

**ONE REASON THAT** retirees opt for condominiums over retirement communities is freedom without restrictions, such as the frequency or length of stay for overnight guests. "In a retirement community, your

grandchildren might only be able to visit for two weeks. Condos provide more of an independent feel," said Miller. "Owning a condo allows them the opportunity to pay the condo fee and come and go as they please and someone else takes care of the maintenance."

Another reason is proximity, with a condominium community more likely than a retirement community to be in an urban environment like Arlington, Reston or Tysons.

Among the most favored luxury condominium properties in Northern Virginia, says Miller, are The Palladium of McLean, Midtown at Reston, the Porto Vecchio in Old Town Alexandria, and the Turnberry Tower in Arlington.

"There are many other high-rises that appeal to the 55 and older crowd due to convenience and lots of amenities and that are walkable," she said.

Gerontology experts offer perspective for retirees who are looking to buy a new home. "The main thing is to consider safety," said Beverly Middle, DNP, RN, Assistant Professor of the College of Health and Human Services in the School of Nursing at George Mason University. "Communities where there are other older adults tend to have services in place to support them."

Middle recommends using evidence-based design when creating dwellings suitable for seniors. "It's a new science that's geared toward older adults and is very specific to their needs," she said.

Addressing retirees' desire to live a vibrant and active life that takes freedom and safety into consideration, some retirement communities are working to broaden their appeal to a wider group of seniors. For example, Sunrise Senior Living, based in McLean, created a Live With Purpose program which offers residents structured programs that include activities for volunteering and learning.

"No matter your age, each of us has interests, desires and activities that make us feel whole and help contribute to a meaningful, healthy life," said Rita Altman, senior vice president of Memory Care & Program Services for Sunrise.

## Tax Relief Could Help Seniors Stay in Their Homes

Legislation that could enable many seniors 65 and older to defer increases on property taxes was presented in Montgomery County Council this week.

Lead sponsors Montgomery County Council Vice President Roger Berliner, Councilmember Sidney Katz and Councilmember Hans Riemer, along with co-sponsors Council President Nancy Floreen and Councilmembers Marc Elrich, Nancy Navarro and Craig Rice, today introduced legislation that would provide seniors with tax

relief and help them meet their property tax obligations in Montgomery County.

Expedited Bill 10-16 would enable seniors 65 and older, with individual or combined gross incomes of \$80,000 or less, to defer increases on property taxes on their principal residence until they sell their home. Interest on the deferred taxes would accrue at a 0 percent interest. Under the income threshold of \$80,000, which is the senior median income in Montgomery County, the eligibil-

ity criteria would capture approximately half of senior households in the County.

The legislation is modeled after similar programs in Howard County; Washington, D.C.; Boston; Minneapolis; Boulder County, Colo. and King County, WA.

"The County Executive has asked our Council to significantly increase property taxes, a request that my colleagues and I will be grappling with over the course of the next several weeks," said Council Vice President Berliner in

a statement. "But we know that most seniors live on fixed incomes and they worry that property tax increases will force them out of their homes and out of the county. We want our seniors, the fastest growing demographic in our county, to be able to stay in their homes as long as possible. This legislation would promote that goal by giving seniors the option to defer increases on property taxes until they sell their home."

Councilmember Katz is aware many seniors are considering re-

maining in Montgomery County, and in their homes, rather than retire elsewhere. He wants to make sure they are in a better position to have that option.

"Many seniors are disproportionately affected by the current tax structure," said Councilmember Katz. "This legislation is one way to address this and help our seniors to be able to continue to enjoy their home."

More information about Bill 10-16 is available at <http://tinyurl.com/h2cml6d>.