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# Potomac ALMANAC

Lindsay Meyer (Narrator) and William Jeffreys (Joseph) star in the Har Shalom Players production of "Joseph and The Amazing Technicolor Dreamcoat."

## 'Joseph' Returns To Har Shalom

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PHOTO BY SORELL SCHWARTZ

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## NEWS

# ‘Standing Together’

Local women join thousands for the Women’s March on Washington, sharing their feelings.

BY PEGGY MCEWAN  
THE ALMANAC

There were plenty of pink hats in Potomac Saturday morning as women, girls and men grabbed coffee and sandwiches before heading to Washington for the Women’s March.

The purpose of the March, according to [womensmarch.com](http://womensmarch.com), was to signal to the Trump administration “... and to the world that women’s rights are human rights. We stand together, recognizing that defending the most marginalized among us is defending all of us.”

Barbara Bernstein of Potomac and seven others including friends from Boston, her husband and children were headed into D.C. to make their opinions known.

She was marching for many issues, she said, but most importantly for tolerance.

“I have two gay children, one graduating from college” she said. “Places can discriminate and now they feel emboldened. We had the most qualified person to ever run for president run against a man who told us the size of his penis in the debates.”

Bernstein knit seven pink hats for her group to wear and even sent one to her sister in Paris, who was marching there.

“I knit so many hats I have a callus on my finger,” she said.

The hat she knit for friend Chris Nickerson was more mauve than pink. That was not because she was less committed to the cause than others, Bernstein said, it was because local shops ran out of pink yarn.

“I’m horrified by Trump,” she said.

Hans Hogrefe, of Washington, D.C. sat outside Vie de France sipping a hot drink, before going to the march. He was taking his 14-year-old daughter.

“She was very interested in going,” he said. “But I also wanted her to go. I think it’s a very good time, I want her to practice her right as a citizen.”



Barbara Bernstein, of Potomac, and Chris Nickerson, a friend from Boston, stop for coffee and sandwiches on their way to the Women’s March in Washington Saturday.

PHOTO BY PEGGY MCEWAN/THE ALMANAC

Linda Rieger, who lives in River Falls, was not able to go to the march because of an eye injury. She did go to a civil rights training meeting in Vienna, Va. on Friday.

“The point is that those [trained] now have the knowledge to continue their fight for the issues they are concerned with ... mostly it is social justice and the freedom of press and holding their local governments accountable .... All of these groups are now watching what is going to happen and they will be ready to hold the Trump administration accountable.”

Rieger is hopeful that Trump will listen to many voices even those who disagree with him.

“Trump says that he is the great negotiator. To be a negotiator you have to understand all sides and be trusted to follow through with his

promises to be the president for all Americans and the leader of the free world,” she wrote. “He desperately wants to be successful and all should hope that he will be.”

Katherine Dwyer, a Potomac teenager, said she wanted to go to the march but was not sure she could.

“I want to go,” she said. “I don’t believe the decisions this country has made are positive for the future.”

Heather Lambert, of Ithaca, N.Y., whose parents live in Potomac, and her cousin Hannah Gard, from Kocomo, Ind., went to the march together.

“It was awesome,” Lambert said. “People were positive. There were men, women, people of every color and race. I liked it, it was very sophisticated.”

She said she marched for a number of issues: climate control and reproductive rights were on the top of her list.

“We should have rights for our bodies,” she said.

Gard said she did not march for any one issue. She too was impressed with the march.

Her impression of the day was how peaceful it was. “It was everyone standing together,” she said.

## Bomb Threats Extend Locally

Montgomery County Jewish Community Center among those targeted.

BY PEGGY MCEWAN  
THE ALMANAC

The Bender Jewish Community Center of Greater Washington in Rockville was among the Jewish centers across the nation to receive bomb threats in the last two weeks.

The calls were made on Jan. 9 and 18, according

to the Jewish Telegraphic Agency website. All threats were false according to the website.

“We did get a call in the first round,” said Michael Feinstein, chief executive of the Rockville JCC. “But we did not get a call in the second.”

Feinstein said they evacuated the center in response to the call in which a person who, he said, sounded like an older woman, said, “There is a bomb in the building.”

He said the protocol is to keep the caller on the phone as long as possible and get as much information as possible. The hope is to learn where the bomb is and when it will go off. In the case of the Jan. 9

SEE BOMB THREATS, PAGE 7

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



# Planning To Meet on Proposed Country Inn

Civic groups voice opposition to proposed expansion of Old Angler's Inn.

BY PEGGY MCEWAN  
THE ALMANAC

Several Potomac area civic and homeowners associations have joined together to express objections to a proposed country inn on the site of Old Angler's Inn on MacArthur Blvd.

They object to the building of a 9,000-square-foot venue, separate from the existing Inn, which will operate as a special events venue. The new space, called a country inn, will have a commercial kitchen and four guest suites which can be rented on a nightly basis.

A letter to the editor of the Potomac Almanac, signed by representatives of five community associations: River Falls Homeowners Association, Civic Association of River Falls, Brickyard Coalition, West Montgomery County Citizens Association and Woodrock Homeowners Association, said, "the purpose of the facility is to host weddings receptions, banquets, corporate events and business meetings."

The proposal is for a facility that can handle 280 guests.

The groups are objecting because they do not believe the proposed venue fits the description of a country inn and have concerns about increased noise, traffic and parking problems along MacArthur Blvd.

Mark Regis, co-owner with his wife Sara of Old Anglers Inn, said those concerns are legitimate, but he has had studies done to measure the impact of noise and traffic and they have all come in well below what is required by Montgomery County.

As for parking, he said, the plans call for 80 parking spaces for the

new building.

In a letter on the restaurant's website addressed to "neighbors, friends and patrons" of Old Angler's Inn, Sara and Mark Regis explain their view of the restaurant's future and the use of the 7.5 acres it is situated on:

"After a thorough review of the different possibilities including subdividing the land into 1/2 acre lots, a clear plan for development has emerged that is intended to allow Old Angler's to meet its full potential while preserving a majority of the surrounding land in its natural state. It is our intention to develop the property into a Country Inn. We envision a small but functional building for private events and overnight accommodations for approximately eight guests."

Mark Regis explained in a phone conversation that he believes the country inn is a natural extension of what his family has provided at Angler's Inn for almost 60 years.

"I'm trying to create something that is a natural extension of what's here."

It's going to have the same look and feel of the existing Angler's Inn," he said. "Most of the property will remain in its [present] natural state."

Susanne Lee, representing West Montgomery County Citizens Association, said there is a long list of reasons to oppose the plan but it boils down to this: "It's just the wrong place to put a 300 capacity banquet facility," she said.

Mark Regis said the opposition wants people to believe that "everyone" is against the new venue but that is not the case. He said he has received a lot of support.

One neighbor, Billy Belt, who lives in River Falls, wrote in support of the extension of Old



Proposed development.

Angler's Inn.

"Old Angler's Inn is not inconsistent with our neighborhood. Neither is the proposed addition. I note that Rockwood Manor, [also on MacArthur Blvd, near Old Angler's Inn] which also hosts large gatherings, is also not inconsistent with our neighborhood.

Indeed, these facilities lend a unique charm to our surroundings."

The Montgomery County Planning Board will hold an open meeting on the Old Angler's Inn request under the name Maryland Catering Feb. 9 at 7:30 p.m. at 8787 Georgia Ave., Silver Spring.

Citizens are urged to express their concerns via mail to the Office of Zoning and Administrative Hearings, 100 Maryland Ave., Room 200, Rockville, MD 20850.

Email can also be sent to Casey Anderson, Planning Board chairman at MCP-Chair@mncppc-mc.org.

## New Administration Could Impact Local Businesses

Locals enter a wait-and-see period.

BY MARILYN CAMPBELL  
THE ALMANAC

A period of uncertainty is the way that some are characterizing the current business climate in Potomac.

"It's still too early to tell what will happen under the new administration," said Adam Greenberg, president, Potomac Chamber of Commerce and owner of

Potomac Pizza. "If they roll back taxes that could be good for everybody because people feel like they can spend more money."

Greenberg predicts that residents could invest those dollars into their homes. "When people have more money to spend they can redo their kitchen, put in a sprinkler system, paint their house, replace their roof, or take on another project that they've been putting off," he said. "Landscaping and construction are businesses that we've seen deteriorate over the last few years."

Those home improvement projects could

lead to a boost in the food industry as well. "There would be more construction workers and landscapers in the area and they have to have lunch and could buy it at one of the local restaurants," said Greenberg.

Convenience and quality will continue to be a key to the success of small businesses in Potomac Village where banks, real estate office and medical practices are most prevalent, says Dr. Tristram Kruger, D.D.S., past president of the Potomac Chamber of Commerce. "Getting in the car and riding to Home Depot would probably be a little less expensive than going to the hard-

ware store in the Village, but when you're in the middle of a project ... speed is of the essence, so those types of stores that are in the spaces in the Village are invaluable, but they've got to be convenient."

"The land is so expensive out here that it's hard for small businesses," he continued. "For mom and pop shops, delis and other small businesses, it's pretty tough, especially when people can shop online or go to a big box store."

There are a variety of nearby alternatives to large, chain stores for those who want convenience while supporting small busi-

SEE OUTLOOK, PAGE 11



# OPINION

## Lessons from the Wilderness

BY THE REV. MARK MICHAEL  
RECTOR, ST. FRANCIS EPISCOPAL CHURCH

New Year's Day was bright and sunny, and my sons and I decided to start things off right with a hike along the C & O Canal. We weren't the only ones with the idea, and after finally finding a place to park, we ambled down a hill to find the towpath packed with bikers and dogs. After about a quarter mile of steering my 5-year old out of the way of potential collisions, we were pleased to see a dirt path leading into the woods toward the river.

A few paces in we discovered ourselves on the Billy Goat Trail. I'd been told about this trail before, the haunt of thrill-seeking ramblers for over a century. But this was our first encounter, and after about an hour's journey, my sons and I are definite fans.

We loved the views of the river, of course, and climbing and descending the hills. The boys are still talking about walking along the face of the cliff, and climbing from rock to rock (the spaces between much better suited for a goat's hoof or a kid's shoe than my floppy boots). They clambered over some rock outcroppings, shimmied up a log, and found a rock slide. Such a trail demands a walking stick, my 7-year-old insisted. His brother claimed to spot a short cut, which landed us, laughing, in a clump of briars.

I loved watching my sons laugh and skip, their cheeks flushed from the exertion. It was altogether different from a trip to a neighborhood park, where the platforms all have railings and the ground is cushioned with a spongy mat of reprocessed tires. This was play risky and dangerous enough that I marveled that the Park Service could still get away with it in this

litigious age. The Billy Goat Trail seemed to give kids the space to be kids, with plenty of berth for the dirt, blood and howling that make real fun.

A series of recent studies conducted among Norwegian preschoolers have shown that children instinctively seek out risky experiences in play. The researchers categorized these experiences as great heights, high speed, dangerous tools, dangerous elements (like fire and deep water) mock aggression and getting lost. If the children's play environment does not naturally present these kinds of experiences, one study noted, children will try to adapt the environment to facilitate them. It's comforting to know my boys aren't the only ones who jump over railings and go up slides the wrong way — and let's not even get into the repurposing of otherwise benign objects into swords.

SEE LESSONS, PAGE 10

### IN THE SOUND OF THE BELLS



Vietnam was represented at the global village by Doan Duong with artwork, food and dolls.



PHOTOS BY COLLEEN HEALY/THE ALMANAC

Participants in the Bullis School's geography bowl included, back row, Faculty Coordinator Michael Chellman, Eleanor Sun (6th grade), Zach Klein (8th gader), Thomas Bentivoglio (7th grade), Nick Essepian (8th grade, Bullis Champion), Dillon Malkani (6th grade), Rodney Rice (7th grade, Bullis Runner-Up), front row, Dilan Mendiratta (4th grade), Benjamin Brazier (4th grade), Anthony Caine (5th grade), and Will Simpson (5th grade).



Switzerland was represented by Ephraim Shaw.

## Visiting a Global Village



Botswana offered food and was put together by Changu Newman, Maungo Matenge, Lenah Marisa, Pearl Newman, and Kearoma Mogotsi.

The Bullis school hosted a global village where students celebrated countries from around the world with booths showing the food, music and crafts from their countries.

— COLLEEN HEALY



The Israel booth was created by Nicole Zuckerman.

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PHOTO BY STEW REMER

Some of the Joseph cast in rehearsal. From left, front row are Sydney Ashin, Jordan Miller, Matthew Strauch, Syliva Fine, Reese Effross, Lila Segal, Mark Chen, Caroline Kaye; second row: Sue Alterman, Andy Zuckerman, William Jeffreys, Kevin Teichman, Stacy Silberman, and Michelle Hessel; third row: Tekoa Sultan-Reisler, Gabriella Fine, Shelly Basen, Toby Holtzman Jeff Ashin, Rob Milanich, Lauren Menkes, Barbara Weckstein Kaplowitz, Kandy Hutman; fourth row: Hazzan Henrique Ozur Bass, Meryl Cohen, Donald Hurwitz, Paul Loebach, Andrew Strauch, Brett Kaplowitz, Jennifer Miller, Nessa Raskin, Amy Eisenberg, and Ed Hutman.

## ‘Joseph’ Returns to Har Shalom

**Musical set for this weekend.**

BY SUSAN BELFORD  
THE ALMANAC

The musical production “Joseph and the Amazing Technicolor Dreamcoat,” the tale of Joseph, his 11 brothers and the “coat of many colors” is returning to Har Shalom for a repeat performance. This musical story of Joseph from the Bible’s Book of Genesis was the first production performed by the Har Shalom Players (HSP) in 2006.

The theatre group has continued to draw crowds each year with their family performances that feature casts of children and adults. Previous productions have included “Bye Bye Birdie,” “Beauty and the Beast,” “Fiddler on the Roof,” “Shrek The Musical” — and

more.

“Joseph and the Amazing Technicolor Dreamcoat” will be performed at 8 p.m. on Saturday, Jan. 28 and at 4:30 p.m. on Sunday, Jan. 29. The cast of 41 includes children and teens from eight area schools.

“I love that Joseph is entertaining, fast-moving and fun,” Artistic Director Shelly Horn said. “But I also love that it tells a story and shares messages about hope and forgiveness. This year seemed like a good time to reflect back to our beginning and repeat our original show. When we did the show in 2006, we were just learning to work together and we had to reach out to pull together a cast. Now, 11 years later, we have many HSP members who audition each year and we continually add actors from other community theater groups to our casts.”

“Joseph” is an enduring operetta with little spoken dialogue; it is sung-through with music of many styles — an Elvis-inspired Rock

and Roll “Song of the King,” a western “One More Angel in Heaven,” a 1920’s Charleston, “Potiphar,” a Calypso, “Benjamin Calypso,” and 1950’s music — “Go Go Go Joseph.”

“There is so much joyful music in the score, almost wall-to-wall joy,” Vocal Director Paul Rossen said. “My favorite song is called ‘Stone the Crows’ and it epitomizes what I love about the music: constant motion, exciting ensemble parts and pretty tunes.” Rossen is new to the HSP. “HSP is so welcoming. Everyone seems like a family and all are willing to try new things and step out of their comfort zone. It’s also the biggest collection of comedians I’ve ever worked with. People should see the show for the great work of the cast. The ensemble has been singing their heads off, the actors playing Joseph’s family are laugh-out-loud funny and the leads (the Narrator, Joseph and Pharaoh) are tremendous. The kids are great

SEE ‘JOSEPH’ RETURNS, PAGE 7

## Smart Home Technology in 2017



Smart home technology has taken hold and is here to stay. It’s becoming simpler and more affordable for homeowners to incorporate smart home technology components into their homes. Here are some of the more popular technologies we are seeing today.

**Voice Control.** Voice control products are available for use in virtually every aspect of your home including thermostats, lights, and music systems, just to name a few.

**Attractive Networking.** The unappealing Wi-Fi routers of the past are no more. Today’s nicely designed routers can be left out in the open allowing them to perform better than those hidden away.

**Bigger Touch Panels.** The latest touch panels are larger than ever before, often with 12-inch, full-color screens.

**Motorized Shades.** Motorized window treatments are becoming more and more popular and can often be integrated into a complete home technology system.



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# WINTER FUN & ENTERTAINMENT

## JAN. 27-FEB. 26

### Faculty and Students Exhibit.

Various times at Glen Echo Park, 7300 MacArthur Blvd. Exhibition focuses on the relationship between teacher and student, showcasing work from the faculty and students. Reception is Saturday, Feb. 11, 4-6 p.m. Photoworks is located on the first floor of the North Arcade building across from the Dentzel Carousel. Call 301-634-2222.

## JAN. 20-FEB. 19

**Goldilocks Puppet Show.** Various times at Glen Echo Park, 7300 MacArthur Blvd. Story is told with rod puppets and giant hand puppets, this production keeps the audience guessing while including all the favorite elements of the classic children's fairytale. Call 301-634-2222.

## FEB. 3-MARCH 19

### Ella Enchanted Theater

**Production.** Various times at Glen Echo Park, 7300 MacArthur Blvd. Based on the Newberry Honor book by Gail Carson Levine. Baby Ella of Frell is given the "gift" of obedience and cannot disobey any direct order,

which leads to challenges. Call 301-634-2222.

## SATURDAY/FEB. 4

### Pokémon: Symphonic Evolutions.

7:30 p.m. at The Strathmore Music Center, 5301 Tuckerman Lane. All-new orchestral arrangements and carefully-timed visuals draw from recent and classic Pokémon video games. \$49-\$89 Visit [www.strathmore.org](http://www.strathmore.org) for more.

## SATURDAY/FEB. 5

**Art and Political Action Exhibit.** 4-6 p.m. Glen Echo Park, 7300 MacArthur Blvd. Photographer Gabriela Bulisova's photography series documents the effect of mass incarceration on families and children. Lecture: \$15. Post-Lecture Dinner and Discussion with Artists: \$60 Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org) for more.

## THURSDAY/FEB. 9

**Katie Mahan, Piano.** 7:30 p.m. at The Mansion at Strathmore, 10701 Rockville Pike. From Bach to Gershwin to Debussy to Bartók to her own, solo piano arrangements. Visit



PHOTO CONTRIBUTED

## Winter Exhibit At Photoworks

**Photoworks exhibition at Glen Echo Park, 7300 MacArthur Blvd. Focuses on the relationship between teacher and student, showcasing work from the faculty and students.**

[www.strathmore.org](http://www.strathmore.org) for more.

## THURSDAY/FEB. 16

**Historical Home Tours.** 11 a.m. at The Mansion at Strathmore, 10701 Rockville Pike. A guided tour for adults illuminating the history, architecture and personal stories of the Mansion at Strathmore. The tour lasts approximately 45-60 minutes. Free. Please note: Tickets will not be mailed. There will be a will call list at the door. Private tours for larger groups are also available by appointment for a \$30 fee by calling 301-581-5102 or emailing [historictours@strathmore.org](mailto:historictours@strathmore.org).

## THURSDAY/MARCH 23

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## CALENDAR

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

## ONGOING

### 2016 Inaugural Video Art

**Exhibition.** 5-7 p.m. at Glen Echo Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Photoworks showcases a group of female visual artists who use video to reveal the personal, the intimate and the artistic. Desires, dreams and fears are all visually explored in Photoworks' Inaugural Video Competition and Exhibition, curated by Na'ama Batya Lewin. Free. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org).

### Playful and Spirited: Paintings

**and Glasswork.** Throughout January at Bethesda Library, 7400 Arlington Road. Featured artists are Patricia Dubroof and Jill Tanenbaum. Meet the artists on Thursday, Jan. 5, 5-7 p.m.; Tuesday, Jan. 10, 11:30 a.m.-1:30 p.m.; Wednesday Jan. 25, 6:30-8:30 p.m.; and Sunday Jan. 29, 3-5 p.m. 301-385-4039

**Two for the Road.** Through Feb. 4 at the Waverly Gallery, 4600 East-West Highway. A Photographic Journey by Kate Stillwell and Wil Scott who used their cameras to record the unfolding of these captured moments of people, places, and events encountered on their travels. Artists Talk: Saturday, Jan. 28, 1-3 p.m. Call 301-951-9441.

**Artful Attire.** Through Feb. 5 at Glen Echo Park, in the Popcorn Gallery, 7300 MacArthur Blvd. Features wearable art and sculptural jewelry. Free. Visit [glenechopark.org](http://glenechopark.org).

**Club Friday.** Through March 17, 7-9 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. Children grades 3-6 are invited to participate in games, crafts, movies, sports and more. Membership fee is \$88. [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec).

**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. [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. [capitalblues.org](http://capitalblues.org)

**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. [www.glenechopark.org](http://www.glenechopark.org).

### Argentine Tango with Lessons.

Most Sundays, 6:30-11 p.m. in the Back Room Annex at Glen Echo Park, 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. [www.glenechopark.org](http://www.glenechopark.org), 301-634-2222.

**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. [www.glenechopark.org](http://www.glenechopark.org), 301-634-2222.

**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. [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. [www.pgip.org](http://www.pgip.org).

### 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. [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. 301-983-8838 [www.popovers.com](http://www.popovers.com).

**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. [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 [artglasscenteratglenecho.org](http://artglasscenteratglenecho.org).

### 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. [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com).

**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. [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).

## THURSDAY/JAN. 26

### PLYOGA Innovative Workout.

11 a.m.-1 p.m. at the Potomac Community Recreation Center, 11315 Falls Road. This workout blends two essential fitness disciplines for results on a whole new level. Eight sessions \$80. Jeanne@JFit.fit or [activemontgomery.org](http://activemontgomery.org) under activity #23196.

## SATURDAY/JAN. 28

**Smart Mom, Rich Mom author.** 2 p.m. at Potomac Library, 10101 Glenolden Drive. Nationally recognized author, Kimberly Palmer Valuable information for busy moms of young children. Free. Call 240-777-0690 or email [riverfallschat@yahoo.com](mailto:riverfallschat@yahoo.com) for more.

## JAN. 28-29

### Chinese gold medal pianist.

Saturday, 8 p.m., and Sunday at 3 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane. Rachmaninoff's Piano Concerto No. 2 with Haochen Zhang and Antonín Dvořák's Symphony No. 8 in G Major led by Philharmonic Music Director and Conductor Piotr Gajewski. \$23-\$78 and are free for children age 7-17. Visit [www.nationalphilharmonic.org](http://www.nationalphilharmonic.org) or call 301-760-4403 for more.

## FRIDAY/FEB. 3

**Gourmet Cooking Class.** 6-9 p.m. at St. Francis Episcopal Kitchen, 10033

River Road. Gourmet chef Lisa Wilson will hold a hands on cooking class for 12 participants making Salmon Coulbiac and learning about California wines along with a wine tasting. \$40. Call 301-299-4296.

## SATURDAY/FEB. 4

**American Swing Music and Dance Association.** 11 a.m.-1 p.m. at Glen Echo Park 7300 MacArthur Blvd. Swing dancing. \$20. Visit [www.gottaswing.com](http://www.gottaswing.com) for more.

**Pressenda Chamber Players Concert.** 8 p.m. at Westmoreland Congregational UCC Church, 1 Westmoreland Circle. Free. No tickets. (Suggested \$20 donation welcome at door). 301-229-7766.

## JAN. 28-29

**'Joseph and The Amazing Technicolor Dreamcoat.'** Saturday, 7:30 p.m. and Sunday, 4:30 p.m. at Congregation Har Shalom, 11510 Falls Road. A cast of 41 including children and teens from eight area schools are featured. \$22 for adults and \$16 for children (12 and under). Visit [www.tinyurl.com/hsjosephitx](http://www.tinyurl.com/hsjosephitx) or call 301-299-7087.

## JANUARY 25-FEBRUARY 26

**Caroline or Change.** Various times at the Round House Theatre, 4545 East-West Highway. Bethesda. Play follows a black maid working for a middle-class Jewish family in Louisiana. When a small amount of money goes missing, buried tensions threaten to rip two families apart. Call 240-644-1100 or visit [RoundHouseTheatre.org](http://RoundHouseTheatre.org) for more.

## FRIDAY/MARCH 3

**Songwriting Awards Concert.** 7:30 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave. The third annual Bernard/Ebb Songwriting Awards, produced by the Bethesda Arts & Entertainment District, will feature a live concert performed by the competition's finalists, which includes Matthew Hemmer from Bethesda, in the Pop/Electric category. Visit [www.bethesda.org](http://www.bethesda.org) or call 301-215-6660.





PHOTO BY SORELL SCHWARTZ

**Rehearsing “Pharaoh’s Song” from left are: (front row) Gabriella Fine, Nessa Raskin, Amy Eisenberg, Tekoa Sultan-Reiser; (second row) Jennifer Miller, Shelly Basen, Paul Loebach, Meryl Cohen, Barbara Weckstein Kaplowitz; and (back row) Lindsay Meyers.**

## ‘Joseph’ Returns to Har Shalom

FROM PAGE 5

and we have a stellar orchestra led by Marci Shegogue.”

Other actors say they are enjoying the Har Shalom community, the interaction among the actors and the joy of experiencing the wonderful music in the show.

Stew Remer and Ken Lechter are founding producers of HSP. They also co-produced the first “Joseph” in 2006.

“We selected Joseph for a second time because of its timeless Biblical content and its wonderful story which can be appreciated by both children and adults on different levels,” Remer said. “Interestingly, we have almost the same production team for

our upcoming show that we had for our 2006 production. In addition, eight of our current cast members performed in our 2006 production; seven of them in the same roles.”

Lechter said, “We have been wanting to do a revival of Joseph for several years. It’s a very popular and familiar show with a Jewish theme. It is truly a charming show performed in a beautiful and unusual venue — almost theater-in-the-round — which involves the audience in some of the scenes.”

Tickets can be purchased on [www.tinyurl.com/hsjosephxix](http://www.tinyurl.com/hsjosephxix) or call 301-299-7087.

## Bomb Threats Extend Locally

FROM PAGE 2

call he said the phone number was blocked and the caller hung up without saying anything further.

The FBI is investigating the calls.

The Rockville JCC remained closed for about 90 minutes while Montgomery County Emergency Response personnel check for a bomb and the fire marshal allowed the building to reopen, Feinstein said.

In a press release, the Jewish Community Center Association of North America said 27 centers in 17 states received bomb threats on Jan. 18. The Jan. 9 calls were made to 16 institutions, mostly in the North-

east and South. The second round of calls were spread across the country.

Feinstein said the JCC has a plan to evacuate to other facilities nearby and when the call came in they did evacuate.

“We did the whole drill,” he said.

That included moving about 200 preschoolers across the street to another location, he said.

Feinstein said he has been at the JCC of Greater Washington for 10 years and he has not seen a cycle of bomb threats like those of mid-January during that time.

“If the goal is to accomplish fear and disruption, they are succeeding,” he said.

### SCHOOL NOTES

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

**Philip Satin**, of Potomac, from the Class of 2017 was named to the fall 2016 High honors list at Pomfret School (Pomfret, Conn.).

The following students from Potomac made the dean’s list for the fall semester of the 2016-17 academic year at Bucknell University (Lewisburg, Pa.): **Nicholas Barpoulis, Duncan Botti, Ayesha Lilaoonwala, Katherine Lunceford, Marisa Morakis, Madeline Romm, Caroline Slowinski, John Slowinski and Trevor White.**

**Johannes Van Der Merwe** and **Thomas Oggier**, of Potomac, made the dean’s list at Ohio Wesleyan University (Delaware, Ohio) in fall 2016.

**Justin Arnold, Margaret McGowany, and Kathryn Kunkle**, of Potomac, made the dean’s list at James Madison University (Harrisonburg, Va.) for the fall 2016 semester.

**Alexander Ndongo-Seh**, of Potomac, a senior at Randolph-Macon Academy (Front Royal, Va.), received the varsity football Most Valuable Player Award.

**James Hughes Harrison, Todd Michael Erickson and Megan Ann Scanlan**, of Potomac, graduated from Clemson University (Clemson, SC).

**Brian Kilner**, of Potomac, was named to The University of Scranton’s (Scranton, Pa.) dean’s list for the 2016 fall semester.



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# Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

IN NOVEMBER 2016, 40 POTOMAC HOMES  
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## November, 2016 Sales, \$775,000~\$835,000



3 12429 Over Ridge Road — \$830,000



8 1993  
Milboro Drive  
— \$787,500



7 12500 Park  
Potomac Avenue  
#404 S — \$795,000



4 9829  
Wilden Lane  
— \$813,000



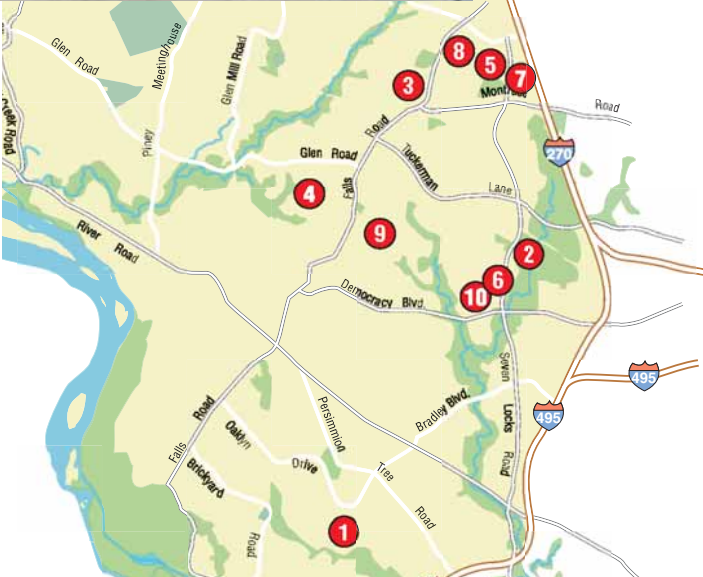
2 7819  
Oracle Place  
— \$835,000



9 9113 Bells  
Mill Road —  
\$785,000

Address .....	BR	FB	HB	.....	Postal City	.....	Sold Price	...	Type	.....	Lot AC	..	PostalCode	.....	Subdivision	.....	Date Sold	
1 9476 TURNBERRY DR .....	4	..	3	..	1	POTOMAC	.....	\$835,000	...	Townhouse	.....	0.09	.....	20854	.....	AVENEL	.....	11/04/16
2 7819 ORACLE PL .....	4	..	3	..	2	POTOMAC	.....	\$835,000	...	Townhouse	.....	0.05	.....	20854	.....	BELLS MILL SPRINGS	.....	11/18/16
3 12429 OVER RIDGE RD .....	5	..	2	..	1	ROCKVILLE	.....	\$830,000	...	Detached	.....	0.29	.....	20854	.....	COPENHAVER	.....	11/15/16
4 9829 WILDEN LN .....	5	..	2	..	2	POTOMAC	.....	\$813,000	...	Detached	.....	0.23	.....	20854	.....	BEDFORDSHIRE	.....	11/15/16
5 12 SCOTCH MIST CT .....	4	..	3	..	1	POTOMAC	.....	\$805,000	...	Detached	.....	0.31	.....	20854	.....	POTOMAC WOODS EAST	...	11/28/16
6 8007 GRAND TETON DR ....	3	..	3	..	1	POTOMAC	.....	\$800,000	...	Townhouse	.....	0.16	.....	20854	.....	INVERNESS FOREST	.....	11/30/16
7 12500 PARK POTOMAC AVE#404 S 2 ..	2	..	2	..	1	POTOMAC	.....	\$795,000	...	Hi-Rise 9+ Floors	.....	.....	.....	20854	.....	PARK POTOMAC	.....	11/30/16
8 1993 MILBORO DR .....	4	..	3	..	1	POTOMAC	.....	\$787,500	...	Detached	.....	0.27	.....	20854	.....	POTOMAC WOODS	.....	11/30/16
9 9113 BELLS MILL RD .....	5	..	3	..	0	POTOMAC	.....	\$785,000	...	Detached	.....	0.33	.....	20854	.....	PINE KNOLLS	.....	11/18/16
10 8016 GRAND TETON DR ....	4	..	3	..	1	POTOMAC	.....	\$775,000	...	Townhouse	.....	0.23	.....	20854	.....	INVERNESS FOREST	.....	11/01/16

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## OPINION

# Forming Friendships and Professional Connections

BY ANILA KHETARPAL  
ROTARY CLUB OF POTOMAC

It started with the vision of one man — Paul P. Harris. The Chicago attorney formed one of the world's first service organizations, the Rotary Club of Chicago, on Feb. 23, 1905 as a place where professionals with diverse backgrounds could exchange ideas and form meaningful, lifelong friendships. Rotary's name came from the group's early practice of rotating meetings among the offices of each member. Rotary has taken on some of the world's toughest challenges and helped a wide range of international and service organizations. Rotary is the only Non-Governmental Organization represented at UN.

### ROTARY CLUB OF POTOMAC

Visit [www.Rotary.org](http://www.Rotary.org) to learn more.  
Who is a Rotarian?  
We are your neighbors, friends, community leaders and global citizens uniting for the common good and taking on some of the world's most pressing challenges. We come together to create positive, lasting change in our communities and around the world. Our differing occupations, cultures, and

countries give us a unique perspective. Our shared passion for service helps us accomplish the remarkable.

What's the Rotary Belief? We believe that each one of us has a capacity to make a difference in this world. Rotarians serve humanity with varied contributions of time, talent and treasure and so can you.

How does Rotary work? Its impact starts with its members — people who work tirelessly with their clubs to solve some of our communities' toughest challenges. Their efforts are supported by Rotary International and The Rotary Foundation, which turns generous donations into grants that fund the work of our members and partners around the world. Rotary is led by its members — responsible leaders who help to carry forward the organization's mission and values in their elected roles and an army of volunteers.

How much does Rotary cost? As a member of the club it's roughly a \$2/day commitment which includes dollar a day for charitable giving. Though Rotarians are often extremely generous in giving their time, talent and treasure; anything beyond that is voluntary.

How do we use our funds? Responsible

leadership means more than just doing good work — it means making the most out of every donation we receive. The key to the Rotary Foundation's success is that each grant is initiated by a Rotary Club usually in partnership with a Rotary Club in the local or international community receiving the benefit of the grant. The grants require both the commitment of Rotarian time, work and financial contributions of the partner clubs. This results in a very low overhead for the actual project delivery and a high level of transparency.

What causes do we support? We identify specific causes to target and maximize our local and global impact. Each community has its own unique needs and concerns. Through our network of resources and partners; clubs focus their service efforts in promoting peace, fighting disease, providing clean water, saving mothers and children, supporting education, and growing local economies. As a member, anyone can suggest a project or cause close to their heart.

How to get involved? The Rotary Club of Potomac is the oldest club in our area started in 1960. It's a club with a very deeply enriched membership with Dr. John Sever, known as the father of Rotary's flag-

ship project of world polio eradication as well as Sara Torrence, one of the first female members in Rotary and many past district governors. Avenel resident Vijay Khetarpal is a past president of the Rotary Club of Potomac and Membership chair. To answer any questions about Rotary involvement; Vijay can be reached via cell 301-785-7100 or email [Khetarpalvijay@gmail.com](mailto:Khetarpalvijay@gmail.com). Chris Good is the current president of the Potomac Rotary and Invites you to join him for breakfast on Wednesdays 7:15-8:30 a.m. at Founding Farmers, 12505 Park Potomac Ave., Potomac. Please go to [www.Rotary.org](http://www.Rotary.org) and learn more about Rotary International and its magical contributions to our world.

Rotary is a great way to meet likeminded people with shared interests, make lifelong friends around the globe, and have a lot of fun while doing good in this world. The yearlong celebration of The Rotary Foundation and its 100 years of Doing Good in the World culminates at the Atlanta convention this summer. You are welcome to join us Atlanta from June 9-14, to celebrate our successes and remember our history of making peace a priority.

## THE CONNECTION

Newspapers & Online

### UPCOMING SPECIAL SECTIONS

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2/1/2017.....Wellbeing - National Children's Dental Health Month  
2/8/2017.....HomeLifeStyle  
2/8/2017.....Valentine's Dining & Gifts II  
Valentine's Day is February 14  
2/15/2017.....A+ Camps & Schools  
2/22/2017.....Connection Families: Pet Connection

#### MARCH

3/1/2017.....Wellbeing  
3/8/2017.....HomeLifeStyle Real Estate & Remodeling Pullout

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# Celebrating Chinese New Year

A Chinese New Year celebration was held at the Potomac Community Center on Saturday, Jan. 21.



Arisa Karst with The Rooster, Xianhua Fang. It's the year of the Rooster.



Chiao-Chiao Liu and Donna Yan, Tibetan Dancers



The Potomac Community Center was filled for the Chinese New Year celebration.

PHOTOS BY DEBORAH STEVENS/THE ALMANAC



Tibetan Dancers perform at the Potomac Community Center.



Panda Liantg He, Kaylia and Lei McCabe

## Lessons from the Wilderness

FROM PAGE 4

The researchers couldn't identify precisely why children seek these experiences (though some have suggested they might present evolutionary advantages). But they appear to be associated with a wide range of emotional, social and physical benefits. Risky play helps children to cope more effectively with stress and to develop more determination. It increases creativity and the ability to self-assess, and helps children understand limitations and human mortality. Risky play is also associated with improved social skills and a more positive and pro-active attitude toward life.

Risky play forms character. God has made us, it seems to me, so that we thrive through facing challenges and learning our limits, coming to terms with death and danger, facing fear and, ultimately learning to trust in Him. There is a strain of delight in wild places that runs through the Bible. Psalm 104 traces God's watchful care over the created world in its great diversity. "The high mountains are for the wild goats;" verse 18 notes, "the rocks are a refuge for the rock badgers." I doubt that the Potomac cliffs shelter many rock badgers, but it sure can be fun to trace the paths of the

wild goats.

It's also notable that several of the Bible's greatest leaders were formed through periods of struggle in the wilderness. Alone and facing the elements of a harsh desert climate, Moses received the revelation from God that called him to lead God's people to freedom. David gained courage and wisdom to be a great king defending his sheep from wild animals. Elijah, and then Jesus after Him, withdrew into the wilderness early in their times of service to listen for God's voice and to learn more about their own gifts and responsibilities. Jesus' 40 days, which Christians will soon mark again in the season of Lent, was a time of testing and endurance. The time was not fun like an afternoon's ramble on the Billy Goat Trail. But like my sons, Jesus departed from it renewed and full of confidence, with a message to share.

This is a wonderful community for children and their parents. As newcomers, my wife and I are continually surprised by the quality and diversity of organized activities available here for our sons. But we're also grateful that there's still space for play that's at least a little wild and dangerous. Our children will need both kinds of experiences to grow up faithful, confident and strong.

### 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.

#### VOLUNTEERS NEEDED

Volunteers are needed to **assist sexual assault, domestic violence victims, and their families** through the Victim Assistance and Sexual Assault Program (VASAP) of the Montgomery County Department of Health and Human Services. Interviews are currently being conducted for a December 2016 training session. 240-777-1355 or [www.montgomerycountymd.gov/vasap](http://www.montgomerycountymd.gov/vasap).

#### BEGINS JAN. 23

**Job Search Training for Seniors.** 9 a.m.-4 p.m. JCA's Career Gateway Program can help hone a resume, polish networking and interviewing skills, use Internet job search resources more effectively, and turn age and experience to an advantage. Each session of the Career Gateway features 30 hours of small-group classroom instruction over five days, comprehensive take-home materials, practical exercises, and a long-term mentor. \$75. Session III takes place Jan. 23, 25, 27, 30, Feb. 1, 2017. Call Ellen Greenberg at 301-255-4215 or email [egreenberg@AccessJCA.org](mailto:egreenberg@AccessJCA.org).

#### BEGINNING JAN. 24

**Environmentally Sound Gardening.** 9:30 a.m.-2:30 p.m. at the Agricultural History Farm Park, 18410 Muncaster Road, Derwood. Classes meet Tuesdays, Wednesdays and Fridays and continue into March. Faculty and staff of the University of Maryland Extension, as well as other experts in the green industry present horticulture lectures that cover a variety of topics. Registration deadline is Friday, Dec. 30, 2016. Class size is limited and filled on a first-come, first-served basis. The training fee is \$325. Call 301-590-2836 to register.

#### THURSDAY/JAN. 26

**Raising Adult Children and Grandchildren.** 7-9 p.m. at the Bolger Center, 9600 Newbridge Drive. Clinical social worker Roberta Drucker shares professional experience in counseling those who seek support on life issues. Specialized training is particularly applicable to adult parents and children sharing a home. Call 240-221-1370 for more.



# NEWS Outlook

FROM PAGE 3

nesses, a factor which makes it difficult for Potomac-based businesses, says David D. Freishtat, an attorney with of Shulman, Rogers, Gandal, Pordy & Ecker and an adjunct professor at University of Maryland's School of Architecture, Planning and Preservation "There are so many retail opportunities in village stores close to Potomac like Bethesda or Kentlands that have improved in recent years and where rent is lower," he said. "With competition like that Potomac will remain what it is. It can't grow."

The current period of economic uncertainty also extends to the outlook for the local real estate market. "It's really hard to predict this one with the new administration," said Andrea Alderdice, secretary, Potomac Chamber of Commerce. "Not knowing always slows down the market. It will

**"If they roll back taxes that could be a good for everybody because people feel like they can spend more money."**

— Adam Greenberg, president of Potomac Chamber of Commerce and owner of Potomac Pizza

be a wait and see. It could be great, but we just don't know."

The real estate market will remain stable going into spring, predicts Nancy Itteilag of Washington Fine Properties. "The real estate market is steady," she said. "You get a lot more in Potomac for the same amount of money that you would in the city. I don't think sales are declining, but the prices have declined."

Itteilag expresses caution about using local sales trends as an indicator of what's happening in Potomac. "It gets distorted when you listen to the real estate reports for Washington because they're lumping everything together," said Itteilag. "So many of the homes in Potomac are priced at one million dollars and higher."

Proximity to downtown Washington is a factor that can determine how long a home remains on the market, says Itteilag. "I think that houses that sell faster are closer in, and homes that sell faster are those that are redone and updated," she said. "People no longer are buying homes with plans to remodel them, so the single best thing that someone can do to if they're thinking of selling their house is to redo their kitchens and baths so they can enjoy until they decide to sell. And when it's time to sell, they're ready to go."

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## Whew



By KENNETH B. LOURIE

How do you spell relief? ROLAIDS? Hardly. I spell relief: "Mr. Lourie, your scan remains stable." News, as I'm extremely fond of continuing to say, "I can live with." And despite the fact that I'm ending the previous sentence with a preposition, I'm sure you can appreciate how relieved I am to be 'stable,' and how amazing it is to hear my oncologist characterize me as his "miracle" (not possessive really, more descriptive). So life goes on, for another three months anyway, until my next scheduled diagnostic scan which this time will include an MRI of the abdomen as well as the CT of the lungs to give my oncologist a bit more information to more thoroughly evaluate my condition/status. Having been there and done both previously, the prospect doesn't really concern me. Although it's easy to be a big shot now, three months out, especially after receiving a good report. Perhaps my columns in April will be a bit more realistic — given that my life will once again be on the tomography/resonance-imaging-line.

Planning for the future however begins with yours truly assessing the present and wondering why I was so nervous the days before the scan and of course the two days after, until we saw the oncologist and received the results. I mean it's not as if my life — and quality of life — isn't at stake when these scans are interpreted; nevertheless, stressing about it doesn't help, or should I say, doesn't enhance my prospects. Somehow, integrating/assimilating the stress and anxiety of it all and not giving cancer its due must remain a major part of the psychological solution. I can't give into it emotionally and for some reason, that's exactly what I did this past week. I need to learn from my mistake. Though I'm sure it's understandable under the death-defying circumstances, it's not helpful. It may even be harmful.

I should know better, and I have known better; that's what's peculiar here. Moreover, I'm usually up for the challenge. In fact, I take pride in my ability to take on the challenge. Heck, it's not exactly my first dance with the devil so what's the fuss? The 'fuss' is obvious but fussing over things/outcomes I can't control is not the process that works here. Going with the flow, taking the good with the bad (and vice versa), not putting any part of the cart before the horse meaning: not presuming any negative facts not yet in evidence and most importantly, as the band "Wet Willie" sang in the 1970s, you've got to "Keep on Smilin'." Humor may not truly be the best medicine, but laughing and joking is hardly the problem.

Cancer is the problem, but sometimes the patient/me is the problem. As Moe Howard said to his brother Shemp in a Three Stooges short entitled "Pardon My Backfire:" "Every time you think you weaken the nation." And though I don't want to weaken my nation/resolve with respect to my underlying disease, occasionally, as perhaps happened this past post-scan week, I get caught up in my own circumstances and think too much, and lose some cohesion and poise. Neither of which a cancer patient can afford to lose. I know — as a cancer patient/survivor — that if I do receive bad/disappointing news, it will be bad enough when I receive it so thinking/worrying that the news will be/could be bad before I actually learn that it's bad is a complete waste of valuable emotional wherewithal. Wherewithal that I'll possibly need later should the news in fact be bad. What my survival has taught me is that even after initially receiving some very discouraging life expectancy statistics for lung cancer patients from my oncologist back in 2009 when I was originally diagnosed, one might still have a future. I'm living proof of that. And it just might be the present that provides the means, justified or not.

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



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