

Potomac ALMANAC

Victorian Dance Ensemble
performs at the Great Falls
Tavern Visitor Center.

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MARCH 1-7, 2017

ONLINE AT POTOMACALMANAC.COM

When Thinking of Remodeling, Think Long-Term



When I meet with a new client about their home remodel, I can feel the excitement in the air. After all, our homes are our oasis and personalizing them to fit our needs only enhances our enjoyment. When thinking about a remodel, I always encourage homeowners to consider not only today's needs but also what their needs may be ten years from now and twenty years from now. Remodeling is a big investment and you want it to work for you for the long haul. So how do you do that? By incorporating adaptable spaces and components into the design.

Some adaptable design features can be enjoyed by anyone at any time, such as pull out sliding cabinet drawers or right height toilets. Others can be there "just in case" such as adding tile behind a bathroom vanity should the cabinets need to be removed to allow for a wheelchair at some point. Incorporating these into your current remodel saves the hassle of having to make costly changes down the road. With some careful planning, you can have a remodel that not only works for you now, but for many years to come.



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build team has completed thousands

of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications.

Visit GlickmanDesignBuild.com or call 301.444.4663 to learn more.

ENTERTAINMENT

Email community entertainment events to 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 for more.

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.

Ella Enchanted Theater

Production. Through March 19, various times at Glen Echo Park, 7300 MacArthur Blvd. Based on the Newberry Honor book by Gail Carson Levine. Baby Ella of Frel is given the "gift" of obedience and cannot disobey any direct order, which leads to challenges. Call 301-634-2222.

Ballroom Dancing. 1-3 p.m., every Wednesday in March, at North Potomac Senior Center, 13860 Travilah Road, Rockville. Come out and practice the international style Ballroom Dance, like Waltz, Viennese Waltz, Tango, Paso Doble, Quickstep and Slow Foxtrot, Latin Dancing, such as Cha Cha, Rumba and Samba, also social dances, such as swing. This is a volunteer-led practice. Free.

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.

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 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.

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

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.

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, 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, 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.

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.

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.

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.

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.

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 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.

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 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. 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.

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.

Strathmore Launches Food,

Beverage Program. Partnership kicks off 2017 focusing on creative, upscale bar cuisine, sharable drinks, expanded service with Ridgewells. Visit www.amphystrathmore.com or call 301-581-5100.

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 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.

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 or call 301-215-6660.

SATURDAY/MARCH 4

Just Friend's Duo. 7-11 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road. Call 301-983-8838 for more.

TUESDAY/MARCH 7

Coffee, Cookies, Conversation, & Coloring. 1:30 p.m. at Potomac Library, 10101 Glenolden Drive. Meet people, enjoy a beverage and cookies, and express, adult coloring is known to reduce stress. Visit www.montgomerycountymd.gov/library/ for more.

FRIDAY/MARCH 10

Family Bingo Night. 7-9 p.m. at Clara Barton Community Center, 7425 MacArthur Blvd. Bingo cards for all ages to play, local celeb callers, pizza and drinks, prizes. Bingo Cards \$5 each. Visit www.FriendsCBCC.org or call 240-777-4910.

Potomac After Hours. 9:15-11 p.m. at Potomac Community Recreation Center, 11315 Falls Road. This is a special program "Choice Night" for 6th-8th graders. Please join other middle schoolers for active and creative fun. \$5. Register online at ActiveMontgomery.org under activity #28443. Call 240-777-6956 for more.

FRIDAY/MARCH 17

St. Patrick's Day Skate. 4:45 -6:15 p.m. at Cabin John Ice Rink, 10610 Westlake Drive, Rockville. Wear green to get reduced admission. \$7. Call 301-765-8620 for more.

SATURDAY, MARCH 18

Spaghetti Dinner. 5-8 p.m. at Potomac United Methodist Parish Center, 9908 South Glen Road. The all you care to eat dinner selections are prepared and served by Boy Scouts and Scout parents in casual, family style seating. \$10, \$40 per family. For additional information, or to purchase tickets in advance, contact Virginia Horton at virginia.horton6@gmail.com.

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Civil War-era Dance

The Victorian Dance Ensemble perform at the at Great Falls Tavern Visitor Center on Sunday, Feb. 26. The Chesapeake & Ohio Canal National Historical Park hosted Dr. Larry Keener Farley and his 19th-century dance ensemble for an afternoon of Civil War-era dance.



Gilmore's Light Ensemble has Frenchie Mallet on the accordion, Stephen Adamski on the banjo, and Ellen Jimerson on the Hammered Dulcimer.

Sue Cornbower and Marcella Peyre-Ferry.



PHOTOS BY
DEBORAH STEVENS
THE ALMANAC

Book Talk To Commemorate Women's History Month



PHOTO BY STEVE HIBBARD/THE ALMANAC

Author Rosemary Reed Miller to discuss "The Threads Of Time, The Fabric Of History."

BY STEVE HIBBARD
THE ALMANAC

Author Rosemary Reed Miller, 77, of Washington, D.C., will be speaking at the Potomac Library on Saturday, March 18 at 2 p.m., about her book, "The Threads Of Time, The Fabric Of History: Profiles Of African American Dressmakers And Designers From 1850 To The Present." In commemoration of Women's History

Month, she will be sharing research that she conducted on African-American women who were clothing designers, quilters, and milliners. "I was mainly interested in women in the 1800s; I found that nobody had done work on women in the past," said Miller, who took five years to research and write the book. Prior to that, she was a reporter at The Washington Post and The Washington Star; and ran a clothing shop in the District called Toast and Strawberries for 37 years.

She's been promoting her book to the Congressional Wives Club, the Kojo Nnamdi Show on NPR, and local libraries.

A highlight of the book is Elizabeth Keckley, a former slave who designed dresses for First Lady Mary Todd Lincoln, wife of Abraham Lincoln. "It put her in a very esoteric level because everybody wanted to come to her," she said. Back in

the 1850s, ball gowns could cost between \$100 and \$200. The dress she designed for Lincoln's inauguration is shown in the First Ladies Exhibit at the Smithsonian Institution.

Another highlight is designer Ann Lowe, whose client was Jackie Kennedy when she married in 1953. "Jackie wanted a plain dress; that's what was happening in France at the time, and her mother and Jack Kennedy got into it, and he canceled that and asked for a rather fancy, lots of details dress," she said. "Ann Lowe was known for doing designs with a lot of details and flowers, and so she ended up getting the job for the wedding party; which had 11 women and children."

With the exception of The Washington Post, she said newspapers at the time gave all sorts of details about the dress, but no

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Book author Rosemary Reed Miller in her home on Upshur Street, NW, in Washington, D.C.

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OPINION

Renewing an Old Promise

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

A few weeks after I moved to Potomac, one of my parishioners, Ellie Cain, presented me with a Potomac flag. There was no one more suited to make the presentation. Ellie has been here since before there really was a Potomac. She moved here as a girl in the late 1930s, when River Road was still a dirt road and the crossing of Falls and River was still Offutt's Crossroads to most people. Her family played an important role in the development of the community. Over the years, Ellie has had a hand in most of our longstanding community institutions, including the designing of the town flag.

You could not be blamed for knowing about the existence of the town flag, for reasons I will get to in a few paragraphs. But Ellie and a group of friends designed it around 40 years ago, and she still flies it on occasion from the front porch of her farmhouse on Piney Meetinghouse Road. Perhaps a few other longtime residents do as well. The flag has a Kelly-green background and a diagonal gold cross (like the Saint Andrew's Cross on the flag of Scotland). In the middle is a black rider on horseback, surrounded by a gold hunting horn. "Potomac, Maryland" is lettered in a red on a white scroll at the bottom.

It's quite a handsome flag, really. The colors, Ellie explained are green, for the rolling hills around us, and the other colors are borrowed from Maryland's state flag, where they figured originally in the family crests of the

Calverts and the Crosslands (if I remember my fourth-grade history class correctly). There was easy consensus among the design committee about back in the late '70s (or was it the early '80s?) about the colors and the symbols. This, they felt, represented this community they had come to know and love, one found at a major crossroads, and bound together by a love of things equine.

We're still at the crossroads, of course, as we are so often reminded while waiting for the traffic light to turn at rush hours. Tens of thousands of people pass through our community every day, bound for work and school, headed for the thrills of the city or seeking a rustic escape. But it has been some decades since the hunting horn has sounded in this zip code, and when I saw some horseback riders about a mile out of town last Saturday, it struck me as more of an oddity than a symbol of our common way of life.

It was once otherwise, Ellie told me. Her father, Mike McConihe, moved out to this area with a group of his friends because the D.C. authorities had forbidden riding in Rock Creek Park, and they brought a way of life with them. They envisioned a community moving along at a slower pace, houses with enough acres for stables, bridle paths between the farms.

Ellie hasn't had horses on her farm for some decades herself, but there were once quite a few of them. She's very fond of a picture in the parlor painted by a local artist of her children, all three in their riding gear, mounted on ponies in the backyard. She and her daughter Sukie treated me to a good hour of horsey tales from the old days of Potomac, of kids standing along the road to watch the hunters pass on crisp fall afternoons, and lazy summer Sun-

days of pony club meetings in a field behind the elementary school. Horseback riding brought character lessons too, learning to face your fears and to control your emotions.

I was most struck by the way they described horseback riding as a force that brought the community together. People didn't tend to sell ponies in those days, but would pass them on to other friends whose children were the right size for them, like hand-me-down coats. Fox hunting was much more about laughter and storytelling than the capture of an elusive beast. Bridle trails implied trust, people who didn't worry about neighbors passing through the corners of their property and would work together to keep them clear and open.

Much of that is gone these days. Though my sons would love to have a pony, our lot isn't large enough for pasture, and yours probably isn't either. The bridle trails through the woods behind my house have grown up in brambles. The commute takes longer and we tend to different forms of entertainment that are rather less sociable.

One doesn't see people flying the town flag anymore because it's harder for us to identify with what the flag means to represent. The flag envisions a community where the crossroads symbol meant more than a traffic device, but suggest a gathering of people, open to each other, bound by common interests, mutual respect, even, dare we say, a kind of love.

I will fly Ellie's flag from the rectory porch. And even though I don't expect to hear the hunting horn anytime soon, I will do what I can to work and pray for a new way for people to come together in this community, so the flag's old promise can be renewed. I hope you'll join me.



A kiss is just a kiss unless it is delivered by a big white dog with a big pink tongue as Leila Pohl from Brighten Beach, Fla. found out. She and her grandmother, Linda, of Potomac, stopped to admire this wildly dreadlocked dog called Cubby and the affection was mutual.



PHOTOS BY CAROLE DELL

Where's the Snow?

Potomac residents filled the courtyard in the village on Friday, Feb. 24, savoring each moment of a week of springtime in February. Enjoying the sun and a Starbucks, Bob and Grace Rood, left, of Flaps Restaurant fame, brought their pooch, Cubby, named for the Chicago Cubs. She is a Komondor breed from Hungary. The dogs are used to guard livestock and are gentle, affectionate and fearless.

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www.PotomacAlmanac.com

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NEWS

Lunch and Learn About Cuba

A first-hand account of growing up in Castro's Cuba, emigrating alone to the United States as a teenager, and making a life first in Chicago, then New York and finally Maryland is what Potomac Community Village (PCV) members and guests will hear from speaker Simon Babil at a free brown bag luncheon presentation open to all in the community.



Simon Babil

Two years after Castro came to power, Babil was the first in his family to leave Cuba and arrive in the U.S. at age 15, with one suitcase and \$5 in his possession. Babil brings alive the refugee story with his recounting of having to learn English in his first two years in Chicago and finally reuniting with his family in New York where he studied electrical engineering.

Babil will also speak on his family's experience as part of Cuba's Jewish community, and the impact of the Castro revolution on this Cuban Jewish commu-

nity.

As part of Babil's assignment as a PCV volunteer helping a neighbor unpack and move boxes, he had a happy encounter with another former Cuban resident whose family had also left the island nation.

PCV's Brown Bag Lunch and Learn with Simon Babil is on Friday, March 10, from 12:30 - 2 p.m. at the Potomac Community Center, 11315 Falls Road, Potomac. Bring a brown bag lunch. PCV will provide beverages and dessert. While reservations are not required, it will be helpful to call 240-221-1370 or email info@PotomacCommunityVillage.org.

Potomac Community Village is a non-profit "aging-in-place" all-volunteer network of friends and neighbors, providing programs and services so members can live active and healthy lives, while living in their own homes and neighborhoods. For more information, to volunteer or get volunteer help, contact 240-221-1370, info@PotomacCommunityVillage.org or check out www.PotomacCommunityVillage.org or www.Facebook.com/PotomacCommunityVillage.

SCHOOL NOTES

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

Victor de Avila, of Potomac, has been granted the Veronica Founder's Scholarship to study Communication at Alvernia University (Reading, Pa.) in the fall. de Avila is currently a senior at Thomas Sprigg Wootton High School.

Julianna Leslie Klein, of Potomac,

who is majoring in secondary education, was named to the dean's list at Clemson University (Clemson, S.C.) for the fall 2016 semester.

Jenna Anne Levenson, of Potomac, who is majoring in secondary education, was named to the dean's list at Clemson University (Clemson, S.C.) for the fall 2016 semester.

Mohit Bisbey, of Potomac, a sev-

enth grade student at Randolph-Macon Academy, earned a place on the president's list for the second quarter of the 2016-17 school year.

Mohit is the son of Samuel and Jyoti Bisbey.

Megan Ann Scanlan, of Potomac, who is majoring in marketing, was named to the dean's list at Clemson University (Clemson, S.C.) for the fall 2016 semester.

Free special programs...

Morning Coffee & Conversation

Thursday, March 9, 10 - 11:30

Tally Ho Restaurant, Potomac Village

Brown Bag Lunch & Learn

Friday, March 10, 12:30 - 2

Potomac Community Center

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details at 240-221-1370

www.PotomacCommunityVillage.org

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WELLBEING

Beware Early Allergy Season

**Experts offer suggestions
for preventing and treating
allergy symptoms.**

BY MARILYN CAMPBELL
THE ALMANAC

Those experiencing Itchy, watery eyes and seemingly endless sneezing know that spring allergy season is getting an early start this year thanks to this season's mild winter weather.

"Everything is blooming early because of the warm weather," said Dr. Barbara Mackie, M.D., allergist, of Privia Medical Group in Vienna. "People are spending more time outside because the weather is lovely, but they're experiencing allergy symptoms."



PHOTO COURTESY OF
BARBARA MACKIE

Allergist Dr. Barbara Mackie, M.D. advises patients who normally have seasonal allergies to begin taking medication early.

pollens that are associated with grass, trees and weeds," said Dr. Victoria A Garrison, M.D. a Student Health Services physician and a professor in the School of Nursing at George Mason University in Fairfax, "In areas that are damp or humid, mold spores can also be a factor. When people have allergies to these substances, the immune system will react and cause symptoms like sneezing, watery, itchy eyes, runny nose, sore or itchy throat, congestion and fatigue."

"Mild winter temperatures cause plants to pollinate early," added Maureen Moriarty, DNP, assistant professor of Nursing at Marymount University in Arlington. "This problem may be compounded by a rainy spring season, leading to increased mold levels that can drive allergy symptoms in sufferers through fall months."

Instead of waiting for full-blown symptoms, Mackie recommends beginning medications early. "What I usually tell patients who normally have seasonal allergies is to take their maintenance medications early so they're covered when allergy season hits," she said.

"Being prepared can often help slow down symptoms of allergies," added Kathy Grilliot, director of Clinical Education Respiratory Therapy Program at



PHOTO BY MARILYN CAMPBELL/THE ALMANAC

A mild winter has led to early plant blooming and an early allergy season.

Northern Virginia Community College's Medical Education Campus in Springfield.

"Before the season starts, it is a good idea to start taking a nasal steroid. This medication takes a few weeks to gain full effect so starting before the allergens are everywhere can really help to control symptoms. Eyes can also have allergic reactions, so see a specialist to have a good eye drop for allergen control."

For those who might be perplexed by the distinction between allergies and a common cold: "If it's lasting more than three days with no fever, it's probably not a cold," said Mackie.

Some precautions that allergy sufferers can take to decrease their exposure to allergens include wearing a face mask when outside during times when the pollen count is high and resisting the urge to open car and house windows when the weather is warm, especially if the wind is blowing. "Take off your shoes when you enter your house so that allergens don't get spread around the house," said Grilliot. "Be aware where you place clothing that has been outside when you enter your house to prevent allergens from entering your home."

"I advise patients to rinse their hair and take a shower to get the pollen off before going to bed at night," added Mackie. "Otherwise you're getting pollen on your pillowcase and sheets and breathing it in all night."

There are certain times of day when allergy sufferers should avoid being outside. "Mid-morning, afternoon and early evening are peak times for pollen," continued Mackie. "When it's windy, don't go out because of the pollen."

Pets can spread pollen as well. "Dogs get spring fever too and want to be outside, but they can bring pollen into the house," said Mackie. "Wipe off their coats and paws when they come inside."

"Everything is blooming early because of the warm weather. People are spending more time outside because the weather is lovely, but they're experiencing allergy symptoms."

— Dr. Barbara Mackie, M.D., Allergist, Privia Medical Group

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Book Talk

FROM PAGE 3

mention of the designer. “Nobody touched it; it was amazing. It just shows you subtle racism. The Post was the only one who mentioned her name and this was a major wedding,” she said.

The book, which profiles 38 people, spans the 1800s to the 1950s, with some current designers thrown in. The all-Black women are mostly from America, but three of them, Hazel Blackman, Claudia Robinson, and Pamela Botchway, are from Jamaica, and Ghana, respectively. There’s current designer Tracy Reese, who made dresses for First Lady Michelle Obama. And local fashion designer Sahara, who sells to Neiman-Marcus, who will be showing her designs using models from the audience at the library talk.

Miller lives with her partner of 20 years, John Howard, a retired attorney. She has two grown children: daughter Sabrina, who works in real estate; and son Paul (DJ Spooky), an artist in residence at the Metropolitan Museum of Art.

The book talk, sponsored by Friends of the Library, Potomac Chapter, will be held Saturday, March 18 at 2 p.m., at Potomac Library, 10101 Glenolden Drive. Call 240-777-0690.

“Threads of Time: African-American Women Designers through History” retails for \$24.99 on Amazon.com and Kindle in slightly different versions.

BULLETIN BOARD

Email announcements to 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.

WEDNESDAY/MARCH 1

Ash Wednesday Services. 7 a.m., noon, 5:30 p.m. and 7:30 p.m. at St. James’ Episcopal Church, 11815 Seven Locks Road, Potomac. St. James’ will hold four Eucharist services with imposition of ashes on Ash Wednesday. Call 301-762-8040 or visit stjamespotomac.org.

MONDAY/MARCH 6

Application Deadline. There is an opportunity to serve on the Solid Waste Advisory Committee. Access vacancy announcements for boards, committees, and commissions at www.montgomerycountymd.gov/boards/index.html. Read instructions carefully on that page, with a link to the vacancy announcements.

TUESDAY/MARCH 7

Quarterly Meeting. 9:45 a.m.-12:15 p.m. at ICPRB Offices, 30 W Gude Drive, #450, Rockville. The Interstate Commission on the Potomac River Basin will hold its quarterly business meeting. In addition to regular commission business, the group will receive a report updating efforts in developing a basin-wide comprehensive water resources plan and a presentation on how ICPRB staff are providing better ways to measure the health of tidal and nontidal waterways. Meetings are open to the public, but require a reservation. Contact Bo Park at 301-274-8101 or bpark@icprb.org.

WEDNESDAY/MARCH 8

Part One of Lenten Study Series and Dinner. 6:30 p.m. at Emmanuel Lutheran Church, 7730 Bradley Boulevard, Bethesda. Join the “Seven Locks” churches Wednesday evenings during Lent for dinner and then a study led by the pastors of the churches. The March 8 topic is “Baptism.” Call 301-365-5733 or visit elcbethesda.org.

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Still

"Dating"



By KENNETH B. LOURIE

It's not as if I haven't written about this date: 2/27, before (try last week, Ken), but as I sit at my desk and stare at the calendar hanging on the wall to my front right, the date jumps out at me. Not that I approach it with any fear or trepidation, but I do approach it for days, weeks and even months, calculating my past and contemplating my future. Cancer has a way of marking time, and leaving marks — figuratively and literally.

Mostly I have weathered the cancer storm, eight years and counting/hoping. And as much as I don't want to define myself as a cancer patient/survivor and live my life waiting for the other shoe to drop, it's difficult not to when your feet are so swollen from years of chemotherapy that you're now forced to wear your sneakers without laces. What I lose in support, I gain in comfort. Shoes I can't wear any more. The leather soles don't cushion my feet enough to not fatigue my legs. The shoe can't drop if I'm not wearing it, right? Hardly. It can drop at any time. Certainly it can drop after my quarterly scans, hearing that tumor and/or fluid growth has recurred or anytime in between when new symptoms appear and persist (for two to three weeks, my oncologist has advised). The trick is; heck, there is no trick.

And as much as I'd like to live this date as any other, the date on which one is diagnosed with non-small cell lung cancer, stage IV and given a "13-month to two-year" prognosis by an oncologist, is a date that cannot be lived normally. February 27, 2009 is a date, to invoke Franklin Delano Roosevelt, that will live in my infamy. February 27, 2009 was a Friday. We had scheduled a mid-morning appointment. My brother, Richard (my one surviving immediate family member), met my wife, Dina and I (Team Lourie as I've become accustomed to calling us) in the lobby of the HMO and together we took the elevator up to the third floor (can you say somber?) where we were to meet an oncologist — a man whom I had never met or heard of before, to learn exactly what the previous week's biopsy being malignant, meant.

After the awkward introductions, the oncologist spent the next 10 minutes or so examining me in an adjacent room. Upon completing the examination, we all reassembled in the doctor's office where he proceeded to review/read the results/assessments from the previous seven weeks of tests/examinations from the pulmonologist, the radiologist, the thoracic surgeon and the associated diagnostic procedures completed: X-Rays, CT Scan, P.E.T. Scan, and of course, the biopsy. The medical opinions started off bad and got worse: stage IV, non small cell lung cancer, a "terminal" disease. In listening to the reports, there seemed to be little doubt as to the diagnosis. And so it was clear to my oncologist how to proceed: chemotherapy infusions to begin as soon as possible; to occur every three weeks for six cycles with face-to-face appointments and CT Scans to follow. And though it wasn't, and it hasn't been pretty, generally it has — presumably, kept me alive and in reasonably good spirits, all things considered, and some of those things considered have included some non-Western alternatives.

So here I am, nearly eight years to the date when my old life (pre-diagnosis) ended and my new life — as a cancer patient, began. I wouldn't call it a metamorphosis, more like an upheaval. Somehow though, as the time, treatment and routine passed, I began to assimilate and integrate my new reality into my age 54 and a half head and figure a way forward. I can't say it's been fun, but the more I can laugh and find humor in my less-than-ideal circumstances, the more positive I can be about the negative. A negative which has already done enough damage on its own.

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

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