

Local Designers Help Light Up the Season
HomeLifeStyle, Page 9









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# News

# Vision Zero County offers plan to reduce fatalities on local roads.

By Peggy McEwan The Almanac

n hopes of eliminating severe and fatal collisions on county roadways, County Executive Isiah Leggett announced the implementation of Vision Zero, a plan to reduce those collisions by 35 percent for vehicle occupants, bicyclists and pedestrians by November 2019 and an overall goal of zero severe and fatal collisions by 2030.

"Vision Zero is an audacious goal," Leggett said in a press release. "It is one that we can all embrace and champion together in order to bring to zero the number of heartbreaking deaths and serious injuries due to traffic collisions. We have made progress. With Vision Zero, we can strengthen our efforts."

In 2010 the county began a Pedestrian Safety Initiative. Under that program, between 2010 and 2016 there were 250 fewer severe and 33 fewer fatal collisions compared with the previous five-year average, Leggett pointed out. Now the county is taking its efforts to vehicles.

The county will focus on county roads and continue working with the state of Maryland to reduce severe injuries and fatalities on state roads.

Many heavily traveled roads in the county are state roads, according to Lorraine Driscoll, a county spokesperson.

"State roads are the ones with route numbers," she said. "This effort is focused on county roads because that is what we can do."

River Road, which runs through Potomac is a state road, Maryland Route 190. Falls Road, too is a state road, Maryland Route 189, up to the intersection with River Road, then it is a county road until it joins MacArthur Boulevard.

The Vision Zero concept for roadway safety originated in Sweden in 1997, "founded on the belief that loss of life is not an acceptable price to pay for mobility," according to the Center for Active Design, a

nonprofit organization that uses design to foster healthy and engaged communities. Vision Zero has been adopted by more than two dozen jurisdictions in the United States, mostly by large cities. Montgomery County is one of the first counties in the United States to adopt Vision Zero, according to the Leggett press release.

The two-year plan includes 41 specific action items to expand safety efforts. Action items are organized into five areas: Engineering, Enforcement, Education and Training, Traffic Incident Management; and Law, Policy and Advocacy.

A detailed report outlining the two-year plan was also released when Leggett made his announcement of the program Nov. 1. The 42-page document gives details of the action items and includes data in the form of charts and graphs showing current collision trends. No Potomac roads are included in the "high injury network" of roads outlined in the report. Those included are rated "low-medium."

"In developing this Two-Year Action Plan, collision data collected by the Montgomery County Police Department (MCPD) covering 2012 to 2016 were analyzed. There were 1,849 collisions that resulted in

1,996 severe injuries and 174 fatalities to drivers, passengers, pedestrians, bicyclists. During this period, the number of severe collisions declined 37 percent, but fatal collisions increased 58 percent. The majority of the increase was for vehicle occupants. The

data presented in this plan a n does not include every severe and fatal collision that occurred in the county during the analysis period. The main areas excluded are the interstates, I-495 and I-270, and the City of Takoma Park. These areas were omitted for two reasons. First, MCPD's records did not include reports from the de-

partments listed .... Second, this action plan is designed to focus on areas where the County Government can best use its resources on roadways it maintains and can do enforcement," the plan states.

A few notes from the Action Plan include:

Severe and fatal collisions are concentrated on the county's busiest, fastest, and widest roads. All severe and fatal collisions occurred on 18 percent of the roadway network; 69 percent of severe and 76 percent of fatal collisions occurred on roadways with speeds 35 MPH or above.

❖ Eliminating severe and fatal collisions requires acknowledging and acting on the fact that certain communities are impacted more than others. Communities with higher rates of poverty, persons of color, and younger residents have higher collision rates in the county. To address this inequity, the county will prioritize its resources to invest in the communities most affected by traffic collisions and proactively engage with community mem-

bers to address their con-

❖ Education and enforcement are most effective when targeted towards the environmental and behavioral factors that contribute to a collision. Further details about the factors highlighted below can be found in the supplemental data analysis document available on the County's Vision Zero website.

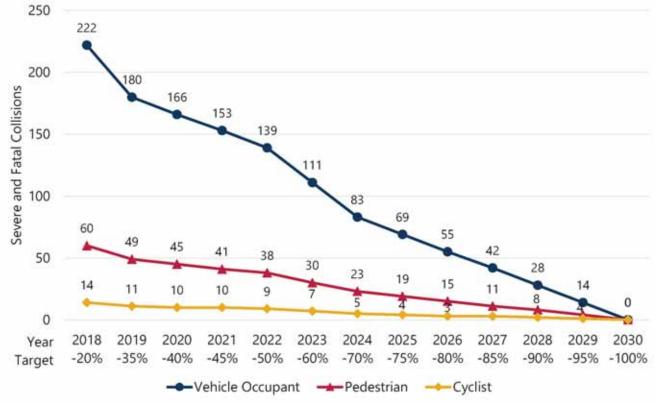
The county's youngest and oldest residents were most at risk for severe and fatal collisions.

❖ Seatbelt use was three times lower in fatal crashes compared to severe crashes. Helmet use for motorcycle and moped operators was nearly equal for both crash types.

The working group that developed the plan included the Montgomery County departments of Transportation, Police, Fire and Rescue Service, Public Information, County Stat and other agencies. The Pedestrian, Bicycle, and Traffic Safety Advisory Committee and the general public considered and commented on the Action Plan during development.

The Two-Year "Vision Zero" Action Plan and other resources can be found at montgomerycountymd.gov/visionzero.





The road to zero severe and fatal collisions by 2030.

# **OPINION**

# Be Part of Children's Issue 2017

# Get creative and send art, poetry and more.

uring the last week of each year, this newspaper devotes its pages to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. Even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection (including Children's Gazette,

EDITORIAL Children's Almanac and Children's Centre View) is a tradition of well over a decade.

We welcome contributions from public and private schools, individuals and homeschoolers. We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

Some suggestions:

Drawings or paintings or photographs of

uring the last week of each year, this newspaper devotes its pages to the creativity of local students and children. The results are alkable. It is a keepsake edition for

- Short answers (50 to 100 words) to some of the following questions: If you could give your parents, family or friends any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? Describe one of the best or worst things that ever happened to you? What is the best gift you've ever been given? Ever received?
- ❖ Your opinion (50 to 100 words) about traffic, sports, restaurants, video games, toys, trends, politics, etc.
  - ❖ Poetry or other creative writing.
- News stories from school newspapers.
- Photos and text about activities or events.
- To be published, we must have the full first and last name of the student artist/writer.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Home schoolers' contributions are welcomed.

Please send all submissions by Friday, Dec. 1. The Children's Edition will publish the last week of 2017.

To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD or flash drive to: Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View), 1606 King Street, Alexandria, VA 22314.

Email submissions for the Children's Edition to the following editors:

- ❖ For Burke, Clifton, Fairfax, Fairfax Station, Great Falls, Herndon, Lorton, McLean, Reston, or Springfield, email to Kemal Kurspahic at kemal@connectionnewspapers.com.
- \* For Alexandria, Arlington, Centreville, Chantilly, Mount Vernon, or Potomac, Md., email to Steven Mauren at smauren@connectionnewspapers.com.

See last year's editions by visiting www.connectionnewspapers.com/PDFs/ and scroll down to Children's Edition.

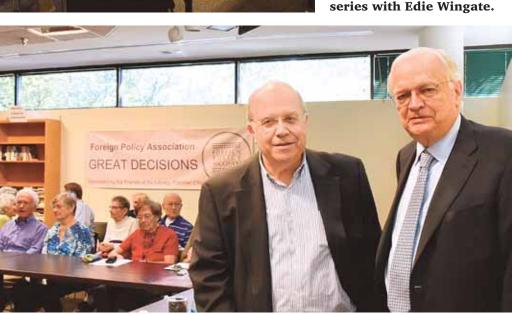


A crowd came out to hear Dr. John Merrill, visiting scholar at the U.S.-Korea **Institute of the Johns Hopkins University School** of Advanced International Studies, during the Great **Decisions Series at The Potomac Library on Thurs**day. Nov. 2. Formerly the head of the Northeast Asia Division of the Bureau of **Intelligence and Research** at the State Department, Merrill is also adjunct professor at Georgetown's School of Foreign Service. Neil Currie is the moderator and co-chair of the series with Edie Wingate.



Neil Currie, co-chair and moderator, with Dr. John Merrill, guest speaker, who discussed nuclear security especially as it relates to North Korea.

Photos by Deborah Stevens The Almanac



# POTOMAC ALMANAC

www.PotomacAlmanac.com

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### **PUBLISHER**

Mary Kimm mkimm@connectionnewspapers.com @MaryKimm

# EDITORIAL PHONE: 703-778-9415 E-MAIL:

almanac@connectionnewspapers.com

# EDITOR

Steven Mauren, 703-778-9415 smauren@connectionnewspapers.com

# ASSISTANT EDITOR

Mike Salmon

# msalmon@connectionnewspapers.com

CONTRIBUTING WRITERS
Susan Belford, Carole Dell,
Cissy Finley Grant, Carole Funger,
Colleen Healy, Kenny Lourie,
Peggy McEwan. Ken Moore

# Contributing Photographers

Harvey Levine, Deborah Stevens

# Art/Design:

Laurence Foong, John Heinly, Ali Khaligh

**Production Manager** Geovani Flores

# ADVERTISING

For advertising information sales@connectionnewspapers.com 703-778-9431

# ACCOUNT EXECUTIVES

Display Advertising: **Kenny Lourie** 301-325-1398
klourie@connectionnewspapers.com

### **Debbie Funk** National Sales & real Estate

703-778-9444 debfunk@connectionnewspapers.com

# **David Griffin**

Marketing Assistant 703-778-9431 dgriffin@connectionnewspapers.com

> **Jerry Vernon** Executive Vice President

# 703-549-0004 jvernon@connectionnewspapers.com

**CIRCULATION** circulation@connectionnewspapers.com

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# News



# **Drop In Art Activities**

Flynn and Charlie O'Neil and Toni and Reid Wilkinson participate in the Drop in Art Activities at the Candy Corner Studio at Glen Echo Park on Saturday, Nov. 4. See www.pgip.org.



Jessie and Jackie Wi work on their artwork.

# BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/ Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

### WINTER GUIDE AVAILABLE

The 2017-2018 winter issue of the Montgomery County Guide for Recreation and Parks programs is now available to the public. The Winter Guide features a wide variety of classes and programs designed to help participants stay active and have fun. Residents may register for classes and programs beginning Monday, Nov. 13. To view the Winter Guide online, visit www.montgomerycountymd.gov/rec/Resources/Files/publications/WinterGuide2017-2018.pdf.

# SATURDAY/NOV. 18

Rotary Club Tech Clinic. 10 a.m.noon at Potomac Library, 10101
Glenolden Drive, Potomac. One-onOne help with computer, tablet, or
smart phone for seniors. Sponsored
by Rotary Club of Potomac
(www.potomacrotary.org). Register
for a 30-minute appointment at the
information desk or at 240-777-0690.

# SATURDAY/DEC. 16

Rotary Club Tech Clinic. 10 a.m.noon at Potomac Library, 10101
Glenolden Drive, Potomac. One-onOne help with computer, tablet, or
smart phone for seniors. Sponsored
by Rotary Club of Potomac
(www.potomacrotary.org). Register
for a 30-minute appointment at the

# Chat with Leggett

County Executive Ike Leggett will hold a "virtual" town hall meeting on Thursday, Nov. 16, from 1 to 2 p.m. County residents may submit questions to the County Executive before and during the chat at www2.montgomerycountymd.gov/mcgportal alapps/LiveDisc\_List.aspx?discID=1

Questions and answers will be posted both during and after the chat.

information desk or at 240-777-0690.

### SUPPORT GROUPS

The Alzheimer's Association's Memory Cafes offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. The memory cafe in Rockville (4860 Boiling Brook Parkway) operates the third

Wednesday of each month from 2:30-4 p.m. Pre-registration is required. Contact Lindsey Vajpeyi at 240-428-1342 or lvajpeyi@alz.org.

Suicide Grief Support Group. At JSSA, 6123 Montrose Road, Rockville. This ongoing bereavement support group is for those who have lost a loved one to suicide. This group meets every first and third Monday. No charge. Pre-registration is required to attend. Call 301-816-2708

Because I Love You is a nonprofit organization dedicated to supporting parents of troubled children of any age. The group helps parents deal with drugs, runaways, truancy, verbal abuse, physical abuse, curfew violations and other misbehavior, as well as help parents deal with themselves, to manage and live their own lives without obsessing over their child's behavior. The group meets 7:30-9:30 every Thursday at Bethesda United Methodist Church

Room 209, 8300 Old Georgetown Road, Bethesda. Visit www.becauseiloveyou.org, email hbrite1@netzero.com or call 301-530-3597.

Adult Bereavement Groups. Dates and times vary depending on group members. Hospice Care, 518 S. Fredrick Ave., Gaithersburg. Peer driven support groups in those in need of support. Free. Contact Penny Gladhill at 301-990-8904, or Pennyg@hospicecaring.org.





# The Most Exciting New Senior Living Community Has Arrived in Rockville

Brightview West End is bringing *resort-style*, *maintenance-free living* to Montgomery County
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# Entertainment

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

### WEDNESDAY/NOV. 8

Students Performance. 8 p.m. at Montgomery College, 51 Mannakee St., Rockville. Student artists will come together to present what the American Dream means to them through music, dance, and theatre performance in "My aMeriCa: Perspectives on the American Dream." Visit www.montgomerycollege.edu/pac.

# FRIDAY/NOV. 10

Spencer Bates in Concert. 7-11 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road,

Potomac. Call 301-983-8838.

Meet the Artists. 7-9 p.m. at Gallery B, located at 7700 Wisconsin Ave., Suite E, Bethesda. Photography and digital art exhibits by Bob Bradford, Bob Elliott, Allen Hirsh and Samuel Shin, on display through Dec. 2. Visit www.bethesda.org.

# SATURDAY/NOV. 11

National Philharmonic Orchestra.

8 p.m. at the Strathmore, 5301 Tuckerman Lane, North Bethesda Performance includes three of Villa-Lobos's Bachianas Brasileiras, followed by J. S. Bach's Magnificat, featuring soprano Danielle Talamantes; mezzo-soprano Magdalena Wór; tenor Matthew Loyal Smith; and baritone Kerry Wilkerson. \$25-\$82 and are free for age 7-17. Visit nationalphilharmonic.org or call 301-

# NOV. 11-12

Student Art Exhibition. Various times at The Yellow Barn Studio & Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Students of Gonzalo Ruiz Navarro, a still-life artist from Spain. Call 240-626-4981 or email alex.bartman@outlook.com.

# SUNDAY/NOV. 12

New to You Sale. 9 a.m.-2 p.m. at the Congregation Har Shalom, 11510 Falls Road. Email pweltz@hotmail.com or call 301-983-1590.

Annual Artisan Marketplace. 11 a.m.-4 p.m. at the Silver Spring Civic Building, 1 Veterans Place, Silver Spring. Crafts, jewelry, food gifts and fine art from women who bring their cult, Potomacural traditions to life. With every purchase, this helps give the gift of empowerment to a woman pursuing her dreams. Visit www.ewint.org.

Owl Moon Raptor Festival. noon-4 p.m. at Black Hill Regional Park Nature Center, 20926 Lake Ridge Drive, Boyds. Hoot hoot hoot. Call 301-528-3480.

Students Performance. 2 p.m. at Montgomery College, 51 Mannakee St., Rockville. Student artists will come together to present what the American Dream means to them through music, dance, and theatre performance in "My aMeriCa: Perspectives on the American Dream." Visit www.montgomerycollege.edu/pac.

Dixieland Jazz Band in Concert. 3-

6 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Bring instruments and sit in with the



Conservatory Classic Jazz Band during the first set. \$10. Call 301-983-8838.

# **DEADLINE NOV. 16**

Rockville's Annual Food Drive. 5

p.m. at Rockville Community Center, 111 Maryland Ave., Rockville. Find a list of food requested by the drive, a list of holiday food items needed and more information at

www.rockvillemd.gov/holidaydrive. Technology Lecture. 7-9 p.m. at the Potomac Library, 10101 Glenolden Drive. Victor Resmovic, an IT consultant and cybersecurity and technology teacher, will speak on "Ten Things You Can Do Using the Cloud." Call 240-221-1370 or email info@PotomacCommunityVillage.org. **Jamie Sandman in Concert.** 7-10:30

p.m. at Margery's Lounge at

Normandie Farm Restaurant, 10710 Falls Road, Potomac. Call 301-983-

# NOV. 16-18

Musical Performance. Various times at Whitman High School, 7100 Whittier Blvd., Bethesda, Whitman High School's award-winning drama program presents the Golden Age musical comedy "On the Town." Go to whitmandrama.com to learn more.

### FRIDAY/NOV. 17

Meet the Artist. 10 a.m.-noon at the Dolley Madison Library, rooms 1 and 2, 1244 Oak Ridge Ave., McLean. Rachel Collins, a local watercolor artist, member of the National Watercolor Society, and teacher at the Yellow Barn Studio in Glen Echo, Call 301-215-6660 or visit

will be the presenter. Call 703 653-

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tation and a visit

from Santa Claus.

www.bethesda.org.

9519. Wayne Wilentz in Concert. 7-11 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Call 301-983-

# SATURDAY/NOV. 18

8838.

**Dinner of Champions.** 7 p.m. at JCC of Greater Washington, 6125 Montrose Road, Rockville. The annual event honors those who have achieved success in the world of sports, and those who have made extraordinary contributions to the community. The dinner benefits the Jewish Community inclusion programs for individuals with special needs. Individual tickets are \$275. Visit www.jccgw.org.

Rob Patrick in Concert. 7-10:30 p.m.





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# Entertainment

at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Call 301-983-8838.

# SUNDAY/NOV. 19

Meet the Photographer. 6:30-8:30 a.m. at Photoworks, 7300 MacArthur Blvd., Glen Echo. Photographer David Myershas will discuss art. \$100. Visit

www.glenechophotoworks.org. Tom Saputo in Concert. 6:30-10 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road, Potomac. He brings the piano to life. Call 301-983-8838.

# THURSDAY/NOV. 23

Turkey Chase. 8:30 a.m. at 9401 Old Georgetown Road at Spruce Street. The Turkey Chase 10K Run benefits the YMCA Bethesda-Chevy Chase, YMCA's Youth and Family Services and the Bethesda-Chevy Chase Rotary Club Foundation. Includes a two-mile walk/run; wheelchairs welcome. Registration is \$10 for the Kid's Run, \$20 for the 2 mile race, and \$35 for the 10K. See www.turkeychase.com.

# FRIDAY/NOV. 24

Terry Lee Ryan in Concert. 7-11 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710

Falls Road, Potomac. Call 301-983-8838.

### NOV. 25-DEC. 31

Winter Lights Festival. Sunday-Thursday, 6-9 p.m.; Friday-Saturday, 6-10 p.m. at Seneca Creek Park, 11950 Clopper Road, Gaithersburg.

Winter Lights is a 3.5-mile drive through a holiday light show at Seneca Creek Park with more than 360 illuminated displays. Additional events include Wine Under the Lights, Run Under the Lights, Leashes 'n' Lights, and, S'More Lights & Trolley Rides. Visit www.gaithersburgmd.gov/leisure/

special-events/winter-lights-festival.

### SATURDAY/DEC 2

# **Pressenda Chamber Players**

Concert. 8 p.m. at the Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. Washington Conservatory of Music Piano Trio Concert. Visit www.westmorelanducc.org/.

### **DECEMBER 2017**

Christmas Tree Sale. Cabin John Park Volunteer Fire Department, Station 10, 8001 River Road. Call 301-365-2255 or visit www.cjpvfd.org.

# Santa on Fire Engines Toy

Collection. A procession of fire engines run by the Cabin John Park Volunteer Fire Department, carry Santa on a tour of Potomac neighborhoods over the course of several evenings in December, collecting unwrapped new toys for needy children. Call 301-365-2255 or visit www.cjpvfd.org.

### **DEC. 1-23**

# Friends of the Yellow Barn. The

Yellow Barn Studio gives annual members show. Visit www.glenechopark.org or www.yellowbarnstudio.com. Call

# SATURDAY/DEC. 2

German Christmas Market. 10 a.m.-5 p.m. at 8617 Chateau Drive, Rockville. Traditional German food and gifts. Visit nextdoor.com/events/ 476521/

Winter Wonderland. 1-4 p.m. at downtown Bethesda. Santa will be in Veterans Park, 7800 Woodmont Ave. The celebration features holiday performances, a live ice sculpting presentation and a visit from Santa Claus. Call 301-215-6660 or visit www.bethesda.org.

The National Philharmonic

**Singers.** 8 p.m. at Christ Episcopal Church, 109 S. Washington St., Rockville. Under the direction of conductors Stan Engebretson and Victoria Gau, will present a holiday concert. Call 301-762-2191 or email info@cecrockville.org.

# **DEC. 9-10**

**The Mini-Nut.** 8 p.m. at Montgomery College Cultural Arts Center, 7995 Georgia Ave., Silver Spring. An abbreviated version of The Nutcracker, designed to introduce children to the performance by the Maryland Youth Ballet. \$18 children, \$23 adults. At-the-Door: \$20 children, \$25 adults. Visit www.marylandyouthballet.org.

# SUNDAY/DEC. 10

Jingle Bell Jog. 9-10:30 a.m. at the Rockville Senior Center, 1150 Carnation Drive. Registration is free for Montgomery County Road Runners Club, \$10 for non-members and \$5 for non-members under 18. See www.mcrrc.org.



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November 16, 2017 Six O'clock, pm Normandie Farm Restaurant

Honoring:

Citizen of the Year Dr. John Sever Business Person of the Year

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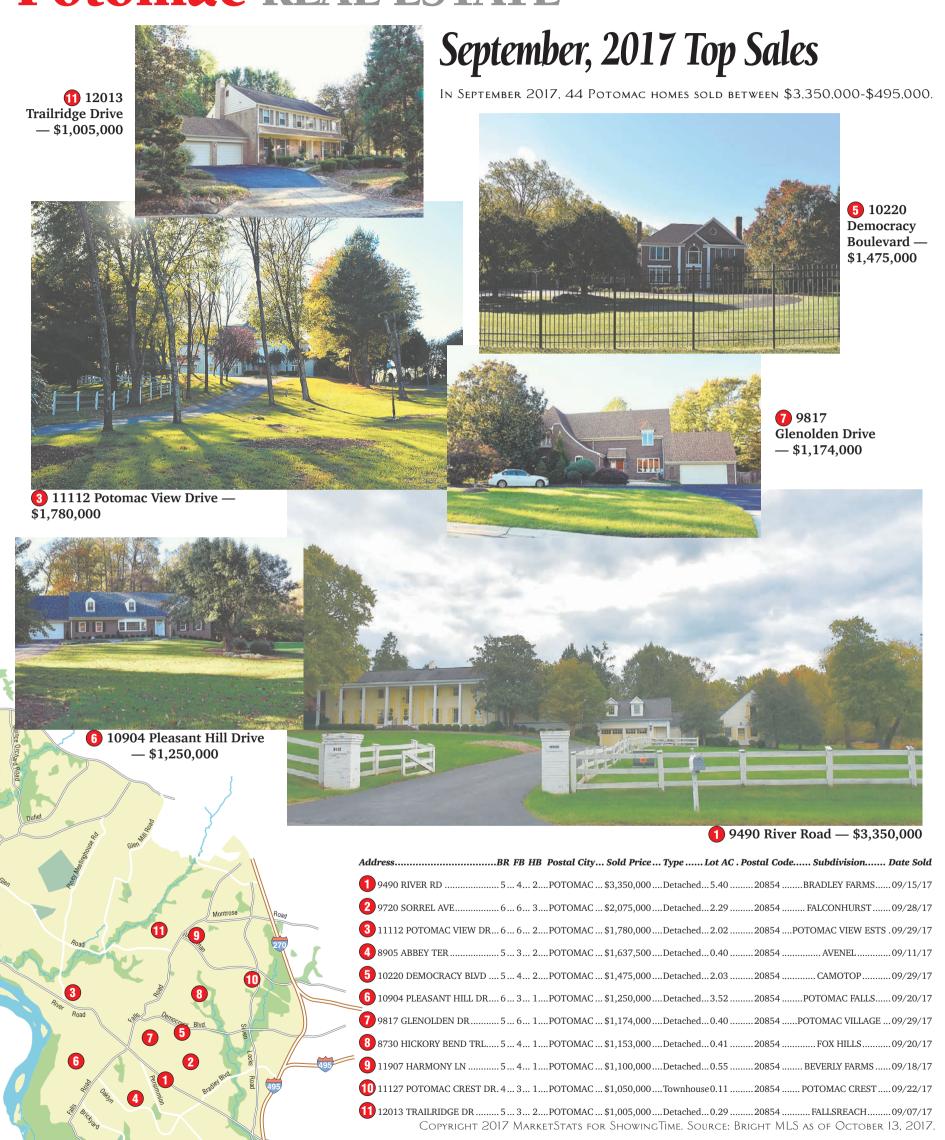
# Annual Awards Dinner

Please respond by Friday, November 10, 2017

Mr./Ms. \_ Phone No: Email: \_ Number of Individual attendees-\$58.00 per Person. \_ I am unable to attend. Please choose a dish for each individual: # of Chicken "Coq Au Vin \_\_\_\_# of Seared Barramundi w/ Almonds Meuniere (or) \_ # Roasted Vegetable Plate

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# Home Life Style

# Light Up the Season

BY MARILYN CAMPBELL

ome local designers are collaborating with patients at Children's National Health Center to deck the hall for charity. The tastemakers are creating holiday trees, mantle pieces, wreaths and a menorah for a community fundraiser called "Light Up the Season." The Creative & Therapeutic Arts Services at Children's National worked with the Children's Health Board to pair designers with patients for inspiration.

"We were very excited to learn about Light Up the Season and be able to take part," said Nadia Subaran of Aidan Design. "Over the years we've been regular participants in the DC Design House, another charity event benefitting Children's National. However, with this event we got the chance to interact and collaborate with the children that these events benefit. It's been a much more hands on experience for us. And who doesn't love decorating holiday trees?"

Subaran, along with Megan Padilla and Kelly Emerson also of Aidan Design created a holiday tree design called "A 'Wimpy' Tree – A Tree in Cartoons," which was inspired by a patient named Wesley and his favorite book series, "Diary of a Wimpy Kid."

"Our tree will explore a black and white theme in keeping with the graphic novel genre," said Subaran.

The design team says that they used 2and 3-D interpretations of classic Christmas décor combined with "striking graphic visuals, pops of color, and a good dose of wit, the tree will be both a throwback to a simpler time and on trend for young readers."

"A Guiding Light" is the name of the mantel design created by Kelley Proxmire of Kelley Proxmire, Inc. and inspired by a patient named Cheyenne. In creating her mantel, the designer said that she, "tied in biblical references to light, which are shown throughout the display, and incorporated Cheyenne's favorite color: red for a red, white and silver-themed mantel."

Two sisters named Leilah and Ava were the inspiration for a tree design called, "A Colorful Family Christmas" by Annie Elliott and Christy Maguire of Annie Elliott Interiors. "When asked what they liked best about Christmas, the girls agreed that being together with their entire family was tops," said Elliott. "In that spirit, they inspired our theme, 'A Colorful Family Christmas.' Playing board games, reading stories, sitting around a fire and decorating the tree also are favorite family activities. You'll see all

# Tastemakers create holiday trees, mantelpieces, wreaths and a menorah for charity.



Annie Elliott (right) and Christy Maguire (left) of Annie Elliott Interiors, (pictured with Leilaha and Ava) will collaborate on a holiday tree for Light Up The Season 2017.

of these holiday traditions reflected in our tree's decorations."

"Leilah and Ava have many favorite colors, but a winner for both is teal," added Maguire. "Therefore, teal drives the tree's color palette, and other of the girls' favor-

ites, purple, blue, and green, also are included."

Other area designers include Lena Kroupnik of Lena Kroupnik Interiors, Allie Mann and Alexandria Hubbard of Case Design/Remodeling, Inc., Camille Saum of Camille Saum Interiors of Bethesda, Md.; Victoria Sanchez of Victoria at Home, Susan Nelson and Todd Martz of Home on Cameron, Ashley Greer of Atelier Ashley Flowers of Alexandria; Pamela Harvey of Pamela Harvey Interiors of Herndon; Josh Hildreth and Tara Price of Josh Hildreth Interiors of Reston and Lisa Tureson of Studio Artistica in Oak Hill.

The holiday designs will be on display during a family-friendly community fundraising event to benefit Children's National at Four Seasons in Georgetown, 2800 Pennsylvania Avenue, NW – on Sunday, Dec. 3 from 1-4 p.m. There will be activities for all ages, such as holiday cookie decorating, ornament making, a visit from Santa and Children's National Dr. Bear mascot, musical performances and youth entertainers, silent auction, and light fare and libations. In addition, guests will be encouraged to write holiday cards for Children's National patients. Visit childrensnational.org/lightuptheseason for more.



# Thinking about "aging in place" in the Potomac home you love?

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10 Things You Can Do Using the Cloud Free. Thurs. Nov 16, 7 p.m. Potomac Library

details at 240-221-1370 www.PotomacCommunityVillage.org





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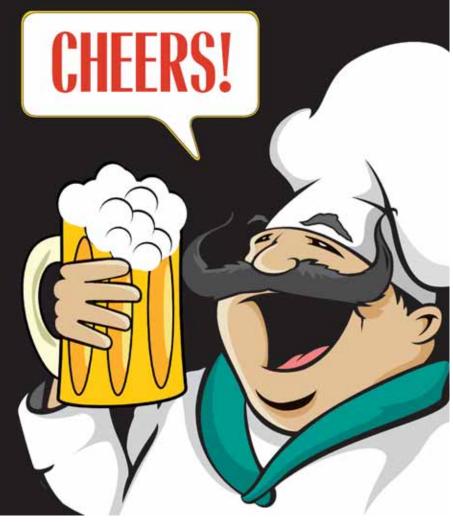
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# News



# **Dressed for** Halloween

Zoe Adelson, Susannah Katsans, Roxana Yazdankhah, and Sophia Derechin in Julie McDonald's Kindergarten class at Carderock **Springs Elementary** School on Tuesday, Oct.

> **Asher Zeitlin and** Ben Oppenheim





# 'Using the Cloud'

loud computing is the focus of a free, and open to all, program on Thursday, Nov. 16, hosted by Potomac Community Village at the Potomac Library.

Victor Resmovic, an IT consultant and cybersecurity and technology teacher, will speak on "Ten Things You Can Do Using the Cloud," including how "the Cloud" has impacted computer users, how they can benefit from it, and explain just what is meant by the Cloud - storing and accessing data and programs over the Internet instead of on a computer's hard drive.

Topics to be addressed also include Google and Alexa, Echo, Microsoft Office 365 as a preview of future software, cloud alternatives to cable TV and cloud safety. The program takes place from 7-9 p.m. at the Potomac Library, 10101 Glenolden Drive, Potomac, and is open to all, but RSVPs are requested, by Nov. 240-221-1370 info@PotomacCommunityVillage.org.

Potomac Community Village is an allvolunteer non-profit network of neighbors and friends geared to enabling older Potomac residents to age in place - to thrive in place and age in community — by creating social connections and providing volunteer services such as computer assistance, occasional transportation, simple home repairs and other services by neighbor helping neighbor. For more information, to volunteer or get volunteer help, email info@ PotomacCommunityVillage.org, call 240-221-1370, visit www.Potomac CommunityVillage.org or find the group on Facebook at www.Facebook.com/ PotomacCommunityVillage.



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# Infusion Schedule is all **Fowled Up**



By KENNETH B. LOURIE

Previously, chemotherapy only had anecdotally-described memory loss: "chemo brain" as proof of a missing fragment. Recently however, clinical studies have confirmed the link. Yet, I still feel as if I haven't forgotten that I don't recall any prior infusions occurring on the day after Thanksgiving, as my next infusion is presently scheduled. If I remember correctly, and there are occasional disputes, this would be the first Friday after a holiday when I've needed to be local, and infused. And yes, the Infusion Centers are open for business on the weekdays following major holidays.

Having recently had my quarterly, post-scan, face-to-face appointment with my oncologist and survived the ordeal, we moved on from discussing the scan results to being examined to scheduling future appointments - including a brain MRI and CT Scan, and of course, my next infusion. And looking at the calendar, Nov. 24 is that next date. Generally speaking, per previous conversations with my oncologist, rescheduling my infusions by a week or two, here or there, had not been much of a problem (my oncologist is a strong proponent of quality of life), and pretty much up to me. However, as I've gotten older and presumably wiser - and well aware of my creatinine level/kidney issues, my current infusion schedule is what it is for a reason – protecting my kidneys. Moving the infusion up a week or back a week is not an arbitrary, Kenny-made decision any more, despite my holiday wish least. Sure enough when I asked my oncologist if he had any thoughts on my possibly rescheduling my next infusion to five weeks or seven weeks (vs. the current six weeks) he had a specific preference: five weeks. This would mean infusing the Friday before the follow ing Thanksgiving Thursday (the effect of which would likely cause some eating challenges for yours truly - on my favorite meal of the year no less) rather than extending the infusion interval to

His thinking, as he explained it to us was: he didn't want me to wait any longer for my infusion/medicine than was absolutely necessary. Not that I don't realize how precarious my situation is but I am sort of going merrily along of late. His rebuke, so to characterize, to me about not extending my next interval to seven weeks reminded me yet again of the seriousness of my underlying diagnosis. The last thing one can do is take cancer's inactivity for granted. Even though I've been stable for four years since I was last hospitalized in August 2013, I do have an incurable disease: non-small cell lung cancer, stage IV, and I was initially characterized as "terminal," so hardly am I "N.E.D.", no evidence of disease.

So my next infusion date is up to me, just not as 'up' as I thought it was/has been. Either I can keep my original six-week interval infusion appointment as currently scheduled or I can advance one week to five weeks (my previous regular interval). Extending it to seven weeks is not recommended. According to my oncologist, this is good news. Since my creatinine level/kidney function has not appreciably improved while extending the interval from five to six weeks, shortening the interval back to five weeks is not a concern to him which means my kidneys are up to the challenge, which is very reassuring since kidney damage is permanent.

And even though waiting a seventh week for my next infusion might allow my kidneys more time to filter the chemotherapy a bit longer, it might also give the cancer some time to activate and we certainly don't want that.

However, nothing lasts forever, and cancer cells in particular are pretty resourceful and often figure out what's being done to them and start doing something else which leads to different treatment. At the moment, the drug I'm infusing, alimta, is working miracles. Perhaps the next drug will be as successful, perhaps not; and that of course is the problem, the unknown.

What I do know is this: a definite is better than a maybe. If I infuse the previous Friday, I definitely won't feel like eating on Thursday. If I infuse on the Friday after Thanksgiving, maybe I won't feel like driving. So what! A bird in hand ...

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

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