

News, Page 2

News

Transforming Lives Main Street to provide housing for disabled adults.

By Susan Belford THE ALMANAC

Jillian otomac's Copeland is a woman who provides innovative solutions for tough problems. She wanted her son Nicol to have the best possible education; thus, she founded and led

The Diener School, a school serving special needs children from kindergarten through sixth grade. For the past three years, she has been anxious about what his future would look like. After extensive research, she and her husband Scott have launched a plan for an inspirational new development called Main Street. In their desire to seek the best possible life situation for their son, they hope to change the world for the better for young adults with disabilities, their families, and the community.

On Dec. 13, the Rockville Planning Commission passed approval for Main Street to be built. "This meeting was historic," said Copeland. "It was a wonderful gathering of our local special needs community. We were deeply grateful to have the support of all members, friends and family. We have felt an incredible and palpable energy from the extraordinary support for our mission and it feels great. Thanks to everyone for helping our dream of Main Street become

The statistics tell the story: More than 500,000 young adults with autism will enter adulthood in the next decade. Fifty thousand young adults with disabilities will graduate from high school each year. Seventy-five percent of these young adults live with family members, 20 percent who are over 60 years of age. Nearly one in three adults is disconnected with no community participation in the past year. In the State of Maryland, 6,924 adults are currently waiting for daily living supports from the Developmental Disabilities Administration.

"Main Street will be an inclusive community where adults with and without disabilities will thrive," said Copeland. "Main Street's philosophy is 'multi-age, multistage'; a setting that bridges abilities, ages and economics and fosters a culture of inclusion. What makes Main Street different from other housing projects for adults with disabilities is this is a community-focused model. It will be a mix of different ages and abilities to create organic, meaningful interactions and opportunities that inspire the pathways to friendship and independence. Enriching onsite activities will remove the physical barriers often associated with group homes."

The 2020 completion plans for Main Street reveal a 70apartment complex located in the heart of Rockville Towne Center. Twentyfive percent of the units will be de-

with disabilities. The first floor of the building will house a large comfortable lounge, game rooms, wellness center, classrooms, kitchen, computer lab, cafe and more. Main Street is located within walking distance of public transportation, restaurants, the li-

brary, movie theatres, shopping and multiple activities.

The Copeland's vision is long-range and innovative, nurturing the whole person as he or she grows and becomes more and more independent. Main Street's core values are: Live, learn, play, work and thrive. Thus, not only will Main Street provide the

Scott and Jillian Copeland with (from left) Ethan, 16; Danny, 22; signed and designated for adults

apartments and supports for independent and affordable living but it will meet its core values through innovation and thoughtful planning. When a young adult moves into his or her space, the following will be provided: Partnerships with local universities and organizations to offer social, educational and therapeutic programming; gathering rooms in the building to provide space for meeting friends and joining an array of planned activities; flexible, affordable spaces for nonprofits and resource-oriented organizations to access Main Street residents and the growing Rockville community; and vocational supports — from job coaching to

> ride shares to provide residents the tools they need for meaningful employment. An attached neighborhood coffee shop will offer employment opportunities while supporting the caffeine habits of Rockville's public and private sectors.

The special needs community is optimistic about the inclusive and innovative new residence for their children and others. Ellen Jennings said, "Main Street represents hope — having normalcy, knowing that my child is around his friends and peers in a safe place – and that he has a path for life. I feel happy knowing he will be living independently. It's going to be great and we are all going to help make it happen."

Joyce and Nelson Migdal said, "The stars are aligned to make this a go. We have all been aspiring, dreaming and hoping that something like this would become a real-

ity — andMain Street is the answer to our prayers."

Nicol Copeland will be going from the Ivymount School to Riverview School in Cape Cod for the next few years. He told his mom, "I am sad to be going to Riverdale — but happy because I know once I leave there, I will have Main Street as my new home."

To learn more about Main Street, visit www.mainstreetconnect.org.



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

Social Lunch

Thurs, Jan. 4, at noon, Tally Ho Restaurant Participants pay for their own meal

"Words, Phrases and Nursery Rhymes" Free! Thurs, Jan. 18, 7 p.m. Potomac Library

To learn more: 240-221-1370 www.PotomacCommunityVillage.org

News

Bravo To Present 'Fiddler On The Roof, Jr.'

At the Randolph Road Theater.

By Susan Belford The Almanac

iddler on the Roof, Jr." tells the tale of the preservation of family traditions, relationships, love and marriage. Bravo Productions' presentation pulls together more than just the story-line; it encompasses three generations of involvement from the same family.

"Bravo Productions," said Executive Producer Laurie Levy Issembert, "has always been a family-oriented performing arts organization. Children are taught the art of musical theatre production and performance, while their parents are encouraged to share the experience with their children and work on some aspect of the show. 'Fiddler on the Roof, Jr.' with a cast of 30 children and four performances at the Randolph Road Theatre on Jan. 13-14, expands that family feel to include grandparents."

"Fiddler on the Roof" is a musical set in Imperial Russia in 1905. It is based on "Tevye and his Daughters" and other tales by Sholem Aleichem. The story centers on Tevye, the father of five daughters, and his attempts to maintain his Jewish religious and cultural traditions as outside influences encroach upon the family's lives. He must cope both with the strong-willed actions of his three older daughters, who wish to marry for love — each one's choice of a husband moves further away from the customs of his faith — and with the edict of the Tsar that evicts the Jews from their village.

Will Sexter is performing as Tevye in this production. Playing Tevye in "Fiddler on the Roof, Jr." is part of a parallel educational journey for Will as an 8th grade student at the Charles E. Smith Jewish Day School. Though Fiddler's overwhelming appeal is that it translates to every culture worldwide,



Will Sexter as Tevye in Bravo Productions' "Fiddler on the Roof Jr.," Jan. 13-14, at the Randolph Road Theater.

Dr. Kevie Bier with grandson, Will Sexter, who stars as Tevye in Bravo Productions' "Fiddler on the Roof Jr."



Will can relate to this particular storyline because his Jewish forebears came from Russia and Eastern Europe and undoubtedly led a life similar to his theatrical family. Will's previous credits with Bravo Productions have been as Smee in "Peter Pan Jr.," Mr. Mayor in "Seussical Jr.," and Prince Eric/King Triton in "Disney's The Little Mermaid, Jr."

As in Fiddler's theme of family relationships, Issembert has had a theatrical rela-

tionship with Sexter's family since before Will was born. Since 1997, Issembert has worked with Will's three aunts Gabriella Bender-Laskow, Diana Bender-Bier, Sara Bender-Bier and Will's grandfather, Dr. Charles J. (Kevie) Bier on over a dozen productions. Diana is now a member of the Emory Dance Company and continues to dance and choreograph at the college level. Issembert was the producer at the Musical Theater Center (MTC) in Rockville for 15

Tickets

Tickets for "Fiddler on the Roof Jr." at the Randolph Road Theater are \$21 available through showtix4u.com or \$25 at the door.

Upcoming auditions for Bravo's next production, "Disney's Beauty And The Beast Jr.," are on Jan. 27. Details are posted on its website – www.bravoproductions.org.

years and during that time, Gabriella, Diana and Sara were cast in such student productions as "Seussical," "Annie," "Children of Eden," "High School Musical," "Footloose," "Fiddler on the Roof," "Charlotte's Web," "Anything Goes" and "Peter Pan." Kevie Bier will be backstage again, serving as stage manager for his grandson in Bravo's upcoming Fiddler . He says, "Although some of the demands are a lot for a senior citizen like me, the underlining theme of the show is tradition — and I am there for Will and Laurie — and for Bravo Productions."

One of the most unforgettable shows due to a variety of mishaps for both Issembert and Will's grandfather Kevie Bier - was the Rockville Musical Theater Center's "Peter Pan." This show had many humorous and scary moments - and it created not-to-be-forgotten memories for all. Bier, who practices internal medicine at Washington Preventive Medicine and Longevity came on board as stage manager for "Peter Pan" because of the use of Broadway's flying specialists, Foy, to lift Peter, Wendy and Michael up into the audience sky. Bier also served as production doctor and was called upon to tend several serious injuries on that production, but ironically, none involved in the flying. Peter Pan (Valerie Issembert and now Bravo's artistic director), threw a theatrical "bomb" offstage which Bier caught on the chin. He ended up in the emergency room where he was promptly treated and returned for the second performance of the day. Peter Pan herself met with an ankle injury while dueling on Captain Hook's boat and Bier gave her a quick off-stage shot to ease the pain and flew her back onstage. At Bravo Productions, "the show must go on" and "up" in "Peter Pan."



Welcoming in the New Year

Ice skaters on the C&O Canal practice ice hockey, slide around, skate, and brave the cold while catching up in the new year.

Photo by Deborah Stevens/The Almanac

OPINION

Help Protect C&O Canal National Park

By GINNY BARNES WMCCA President

he Potomac Subregion is fortunate to have one of our borders be a National Park along a great river. The same river supplies drinking water to over 4 million people in the Washington metropolitan area. The WSSC water filtration plant on River Road collects water entering the river from the Watts Branch stream. Because Watts Branch collects and carries excessive stormwater runoff, a midriver intake is being proposed that will severely impact the National Historic Park (NHP) and the river it-

WMCCA has opposed the new intake in favor of cleaning up the Watts Branch. Stabilizing flowing water is crucial to maintenance of the towpath and canal as well.

WMCCA

Recently, a contract was awarded to repair and stabilize a variety of historic structures along the Montgomery County

section of the canal in order to preserve the towpath and canal for current and future visitors. It includes Swains Lock (MP 16.9 Breach), Great Falls Tavern (Level #20 and Lock #19), Olmsted Island (Lock #18 and Lock #17), Carderock (Culvert #15), Lock #10 (Rock Run Culvert), and Level #7. During construction, visitors will be directed to follow local detours around the work areas. Beginning this winter, the work will be completed in the Spring of 2019. Portions of the repairs will be conducted intermittently to minimize the number of de-

How will this affect local users of the NHP? You may have noticed removal of hazardous, dead or diseased trees is underway throughout the park and that the canal is dewatered

Next Meeting

At the next West Montgomery County Citizens Association meeting, Kevin Brandt, superintendent of the C&O Canal National Historical Park, will discuss changes at the park. Bring questions and concerns to the meeting. The public is always welcome to

If schools are closed because of inclement

Canal NHP is a treasure we as a community need to help preserve and protect. Keeping up with changes, needs, and impacts to the park helps our community be a vital part of one of the most diverse and frequently visited parks in the National Park system.

ZONING VIOLATIONS (Illegal Uses/Activities & Occupancy Limits)

By Barbara Hoover

At our December General meeting we learned zoning compliance in Montgomery County is "complaint driven," so it takes vigilant neighbors to bring concerns to the attention of authorities. These include improper uses/activities in residential, business, and other zones and violations of building restrictions such as setbacks, lot coverage, and height limits. The Department of Permitting Services (DPS) will investigate alleged zoning violations involving such topics as home occupations, commercial vehicles on residential properties, illegal signs, and Special Exceptions.

If you are concerned about possible zoning violations, there are two ways to file a com-

- ❖ By telephone Call 311 in Montgomery County; Outside of Montgomery County, call 240-777-0311. Your complaint may require multiple departments to investigate and MC 311 is equipped to coordinate the investiga-
- On line at the DPS website: https:// permittingservices.montgomerycountymd.gov/ DPS/Home.aspx. Go to the bottom of the page and click on "Submit an Online Complaint".

UPDATE ON 10-YEAR COMPREHENSIVE WATER SUPPLY AND SEWERAGE SYSTEMS PLAN

By Ken Bawer

The full County Council is expected to vote on a proposed updated Water and Sewer Plan (https://www.montgomerycountymd.gov/ water/supply/county-waterplan.html#2017draft) as soon as January, 2018. The Water and Sewer Plan guides waste

in places we are not used to seeing. The C&O ral, suburban, and urban areas of Montgomery County. At stake: our ability to support the Agricultural Reserve and its adjoining low-density areas which protect our drinking water.

> Representatives from WMCCA, Conservation Montgomery, and Montgomery Countryside Alliance have been meeting with County Council staff and councilmembers to build support for changing the draft Water & Sewer Plan to limit sewer line extensions into low density and rural areas of the county — this includes the Agriculture Reserve and WMCCA neighborhoods. Unfortunately, sewer line extensions will become easier to approve with language in the draft plan. This would threaten drinking water for 4.3 million Washington, D.C. area residents. Once sewer service is available, water quality and the environment inevitably degrade due to rezoning, higher density development, increased impervious surfaces, and increased stormwater runoff resulting in increased sediment and contaminants in streams.

> We are also engaged in a vigorous effort to educate about the enormous downsides of the sewer lines themselves. Not only does their astronomically expensive construction often entail destruction of habitats in our environmentally sensitive stream valley parks, WSSC sewer lines have spilled about 2 million gallons of raw sewage in 2015 and another 2 million gallons in 2016. And the situation dramatically deteriorated this past year: more than 5 million gallons of raw sewage were spilled in 2017. (https://www.wsscwater.com/customerservice/emergency-sewerwater-problems/ sanitary-sewer-overflow-reports.html)

> While WMCCA, as an organization, is working hard to stop unwarranted sewer extensions, individuals can also help. Please send a short note to the County Council County.council@montgomerycountymd.gov with a message such as the following and please copy WMCCA at kbawer@msn.com:

> "Do not allow the County's Water and Sewer Plan to sprawl sewer lines into our long protected low density and rural areas. I am outraged that WSSC spilled more than 5 million gallons of raw sewage into streams in 2017 and more that 4 thousand gallons in the last 3 years into Muddy Branch and Watts Branch where my friends, neighbors, and children walk and play."

weather, the meeting will be cancelled. treatment and drinking water service for ru-Local Government Stepped Up

In light of national changes.

BY ROGER BERLINER Council Outgoing President

Montgomery County Council President Roger Berliner, who concluded his one-year term as council president last month, reflected on the work the council did in 2017. His statement was edited for space.

s my year as serving as president of this body comes to a close, allow me to share a few reflections on our year together as a council and on the past year generally.

year. There was a seismic change at the national level and this shift created an atmosphere of uncertainty and — for many — fear. This was true across the country and it was certainly true here. The actions of the Trump Administration consistently threatened, and continue to threaten, our community's core values.

From day one of the New Year, we found ourselves at the forefront of the resistance. The words of the Pledge of Allegiance suddenly took on greater meaning: "one nation, under God, indivisible." With that command in mind, we stood with our immigrant community and for public safety. And in the face of an uptick

2017 has certainly been an unprecedented in hate crimes that many, including our police chief, laid at the doorstep of the President, we came together to reaffirm our county's commitment to the safety of all Montgomery County residents, denounced racism, anti-Semitism and Islamophobia, and provided funding to protect our houses of worship.

> Local government, while always relevant to the day-to-day life of our residents, became even more significant. To the fabric of our society, to individuals fearing for their safety, to families facing a myriad of challenges, to the well-being of our environment, and to modeling and practicing civility in our actions and

> > SEE YEAR IN REVIEW, PAGE 7

POTOMAC ALMANAC

www.PotomacAlmanac.com

Newspaper of $\bf Potomac$ A Connection Newspaper

An independent, locally owned weekly newspaper delivered to homes and businesses.

1606 King Street Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

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

Potomac Almanac is published by Local Media Connection LLC

> **Five Time First Place Award-Winner Public Service** MDDC Press Association

Four Time Newspaper of the Year

An Award-winning Newspaper in Writing, Photography, Editing, Graphics and Design

4 * POTOMAC ALMANAC * JANUARY 3-9, 2018

ENTERTAINMENT

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

ONGOING

Silver and Gold Exhibit. Various times through Jan. 6 at The Waverly Street Gallery, 4600 East West Highway, Bethesda. 301-951-9441.

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.

Ceramic Classes. Various dates and times. VisArts, 155 Gibbs St, Rockville. An opportunity to try the new ceramic workshops. Visit www.visartsatrockville.org/ceramics.

SATURDAY/JAN. 6

Art Retreat. 10 a.m.-3:30 p.m. in the Buchanan Room, VisArts, 155 Gibbs St., Rockville. \$50. Visit www.visartsatrockville.org/

An Evening of Russian Jewels. 8 p.m. at the Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. Pianist Alexander Paley, internationally acclaimed concert soloist and soloist with orchestras throughout the US, Europe, China and South America, returns for his only annual concert in the DC area. Visit www.westmorelanducc.org/.

SUNDAY/JAN. 7

Meet the Artist. 3-5 p.m. at the River



Art Exhibit

Nancy Butler's art will be on display at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. "Points of View," will feature paintings by Sara Becker, Nancy Butler, Helen Gallagher, Caroline Orrick, Ann Rossilli, Elizabeth (Penny) Smith and Maureen Ward. Exhibit will be on display Jan. 10-Feb. 3. Call 301-215-7990 for more.

Road Unitarian Universalist Congregation, 6301 River Road, Bethesda. Judith L. Smith will be displaying her "Journeys!" exhibit. Call 202-234- 4887 or email soleilart8@aol.com.

FRIDAY/JAN. 12 Meet the Artist. 6-9 p.m. at the Waverly Street Gallery, 4600 East West Highway, Bethesda. "Going for a Walk," paintings by Leni Berliner. Call 301-951-9441.

Meet the Artists. 6-9 p.m. at Gallery B. 7700 Wisconsin Ave., Suite E. Bethesda. "Points of View," will feature paintings by Sara Becker, Nancy Butler, Helen Gallagher, Caroline Orrick, Ann Rossilli,

Elizabeth (Penny) Smith and Maureen Ward. Exhibit will be on display Jan. 10-Feb. 3. Call 301-215-

MONDAY/JAN. 15

Special Tribute Ceremony. at 3:30 p.m. at the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. This special presentation will celebrate Dr. Martin Luther King Jr's life through readings, music, dance performances and a choral performance by the Carlton Reese Memorial Unity Choir. Visit www.strathmore.org.

FRIDAY/JAN. 19

Fine Arts Quartet and pianist. 8

p.m. at Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. Fine Arts Quartet and pianist Alon Goldstein will be featured as part of the Washington Conservatory Concert Series. Email hschonberger@ washingtonconservatory.org or call 301-320-2770.

SUNDAY/JAN. 21

Design Seminar. 1-3 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Subject: "How to Integrate Artwork into your Home." Call 301-215-7990.

Hot Jazz Jam Session. 3-6 p.m. at The Potomac River Jazz Club at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Bring and instrument and sit in with the Conservatory Classic Jazz Band or just come on by to listen and enjoy. \$10 admission, free for jammers and students. Info at 301-762-3323 or PRJC.org.

Need **Space** for your **Class or Program?**

We have a 3700 sq. ft. bright, carpeted room with high ceilings.

Excellent Potomac location; right off I-270 at the Montrose exit #4. Off-street parking (two lots); Ride-On bus stop #47 in front.

> Early morning time slots available. Other times may be available as well.

Contact the rental manager at

301-762-8040

newton@stjamespotomac.org







Have questions about your hearing? We are here to help!

Come see us for:

- Free baseline hearing screening
- Free consultation
- Risk-free 30-day hearing aid trial

9800 Falls Road, Suite 5 Potomac, MD 20854



Kathy Grace, Au.D.

Call for appointment: 301-339-8583

www.auditoryservices.com

CONTECTION

Newspapers & Online NEW YEAR,

NEW ADVERTISING OPTIONS!

JANUARY

1/10/2018	HomeLifeStyle
1/17/2018	A+ Camps & Schools
1/24/2018	Neighborhood Outlook
1/31/2018	Connection Families; Winter Fun, Food, Arts & Entertainment

1/31/2018.....Valentine's Dining & Gifts I

2/7/2018......Wellbeing - National Children's Dental Health Month

Email SALES@CONNECTIONNEWSPAPERS.COM for more specials, digital advertising options and pricing.



Have The Connection emailed directly to you every week! www.connectionnewspapers.com/subscribe

Newspapers & Online
703-778-9431

vw.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households

**Alexandria Gazette Packet
 **Fartas Connection
 *Alregion Connection
 **Guite Station Collision Connection
 **Guite Station Connection
 **Central Wer
 **Country Meri
 **Chartality Connection
 **Mount Vernon Gazette

Potomac Almanac
 Potomac Almanac
 Reston Connection
 Springfield Connection
 Venna Validor Connection

WELLBEING

Ready for the Cold

Preventing, recognizing and treating hypothermia and frostbite.

BY MARILYN CAMPBELL

rigid temperatures and the chill of winter can usher in dangerous health conditions, particularly for those most vulnerable: the elderly and young children. Two of the most prevalent coldweather ills are hypothermia and frostbite. For those who have to be outside when it is dangerously cold, knowing the warning signs and prevention techniques for these conditions are the keys to keeping them at bay, say health care providers.

"Even a typical winter in this area can be dangerous," said Amy Talbot, Ph.D, of George Mason University. "But extreme conditions can make it even worse for those most vulnerable."

Hypothermia, which occurs when one's body core temperature drops, can develop more quickly than many people realize, says Talbot. "Obviously feeling very cold is a warning sign, but also shivering and experiencing signs that the cold is affecting your brain, so feeling disoriented, stumbling or losing balance easily, unusual speech pattern or changes in personality."

Frostbite is when the skin and underlying tissue are damaged by cold temperatures, says Beth Lowe,

RN, a private-duty nurse in Arlington. "During the beginning stages of frostbite, you might see your skin turn red and you'll feel numb or tingling or stinging," she said. "The main thing to remember is not to try to re-warm your own skin, because you can do more damage. It's best to seek emergency medical treatment."

Dressing in layers and wearing shoes that are appropriate for extreme cold are keys to preventing hypothermia and frostbite, advises Carolyn Johnson, Ph.D. of Montgomery College. "When it's extremely cold you want to wear



Record cold temperatures can lead to frostbite and hypothermia.

Photo by Marilyn Campbell

clothing that traps your body temperature and protects you from cold air and wind," she said. "A basic formula to keep in mind: a base layer that should be made from a fabric that wicks away moisture. The second layer should trap heat so it should be made of a polyester fleece over something similar. The top layer should be waterproof and windproof."

Lowe recommends avoiding cotton clothing during the extreme cold because if it gets wet, it can make you cold. "Many of these preventative measure are things that most people already know, but may not think about until it's too late," she said.

Another preventative component, says Talbot, is nutrition. Both food and liquids can help keep one's body warm. "Skipping a meal can make you more susceptible to hypothermia and frostbite," she said. "It's important to eat carbs and protein for energy when you're going to be outside for a prolonged period of time, like if you're hiking or playing sports."

If you believe that you are beginning to develop

frostbite or hypothermia, Lowe says in order to avoid advancing the seriousness of the condition, move your body by doing jumping jacks or some other vigorous movement and get out of the frigid elements. "There's no set amount of time that it takes for [hypothermia or frostbite] to develop, so it's important to keep an eye on those who are most vulnerable. But once you notice the warning signs you can try to stop the conditions before they advance, by drinking plenty of fluids, eating carbs and getting inside to a warmer temperature."

-LOCAL SHELTERS

For those who are not able to seek shelter, social service providers in Virginia and Maryland are ramping up efforts to provide shelter to those who need to get out of the cold. For more information:

Fairfax County

703-691-2131 or fairfaxcounty.gov

City of Alexandria 703-548-7500 or alexandriava.gov

Montgomery County 240-777-3289 or

montgomerycountymd.gov

Arlington County 703-228-1300 or 703-228-1010 publicassistance.arlingtoncounty.gov



lost (adj): 1. unable to find the way.2. not appreciated or understood.3. no longer owned or known

Helping Animals Find Their Way Since 2001 Volunteers needed for adoption events, fostering, transportation, adoption center caretaking and more.

Adopt/Donate/Volunteer

www.lostdogandcatrescue.org

OPINION

Year in Review

From Page 4

our public discourse. We marched, we spoke out on social media, and we legislated from the dais seeking to heal the divisions intentionally created.

Yet in the midst of this great national turmoil, we continued to do the work that was — and is — ours alone to do. And we did it for the most part with professionalism, collaboration, and good spirit. As a nine-member body, we will never agree on everything, but generally, I thought that we exemplified the civility that is one of the bedrock principles of our county's political culture.

We balanced our budget without raising taxes and our fiscal responsibility was once again recognized by the bond rating agencies who unanimously reaffirmed our AAA bond rating. We did this while fully funding the Board of Education's \$2.52 billion operating budget that will continue class size reductions and fund initiatives to help close the achievement gap. We also added money to the operating budget to expand pre-k, one of the most important steps we can take to set children on a path to educational success.

We supported those in greatest need by maintaining and strengthening our strong safety net, supporting our county's nonprofits that do such important work, raising the minimum wage in order to help low wage workers support their families, and as a result of a great deal of hard work by the Food Council, we received a strategic plan to end hunger and began its implementation. And we addressed the threat to our public safety posed by the scourge of MS-13.

AT THE SAME TIME, we recognized that the best way to meet the needs of our community going forward is to grow our tax base rather than rely on increasing tax rates. We supported our Economic Development Corporation as it continued to grow and

mature and implemented a number of measures to help small businesses thrive here. We created and funded a Business Solutions Group to build upon the good work of the Small Business Navigator; we created a microloan program for aspiring entrepreneurs; and increased funding for the small business Impact Assistance Fund to help businesses negatively impacted by county construction projects. Small business is big business in Montgomery County and their success is critical to our economic future.

THIS YEAR marked the long-anticipated groundbreaking of the Purple Line, a muchneeded transit and community revitalization project decades in the making, and plans for key BRT corridors moved forward. At the same time, the council also increased funding for road resurfacing that affirms our commitment to a core local government responsibility. And we look forward to partnering with the state going forward to address the unacceptable congestion our residents endure every day on the beltway and 270 all the way to the American Legion Bridge.

At the same time as our President continues to do everything he can to weaken environmental protections at the national level, our council took several strong positions and actions to help fight climate change. It is, as a resolution before us even today states, a global emergency. We urged the state to ban fracking, something our council banned years before in Montgomery County; we urged our investment boards to divest from investments in fossil fuels that undermine our commitment to this work; supported increased use of renewable energy; and adopted a new green building code that will increase energy efficiency and sustainability. Our commitment to the environment and a sustainable future has made our county a national leader in this realm.

OBITUARY

Marcus Goodman Raskin

Marcus Goodman Raskin, 83, an aide to President John F. Kennedy who left government to co-found and co-direct the Institute for Policy Studies in 1963 and became a leading liberal intellectual and activist, died on Sunday, Dec. 24, 2017 in Washington, D.C. He was a professor at George Washington University's School of Public Policy and Administration, the author of more than 20 books, and a member of the editorial board of the Nation.

Raskin leaves his beloved wife, Lynn Randels Raskin, a passionate environmental activist to whom he has been lovingly married since 1985 and who was by his side at his passing, and four children, Erika Raskin Littlewood (and her husband, Dr. Keith Littlewood), Jamie Raskin (and his wife, Sarah Bloom Raskin), Noah Raskin (and his wife, Heather Maurer) and Eden Raskin Jenkins (and her husband, Brandon Jenkins). Raskin is survived by nine grandchildren, Emily Littlewood, Zachary



Littlewood, Maggie Littlewood, Hannah Raskin, Tommy Raskin, Tabitha Raskin, Mariah Raskin, Boman Raskin and Daisy Raskin — and a

tenth on the way. He also is survived by a great-grandson, Gray Lopatin.

There will be a Memorial Service on Monday, Feb. 12 at the Sixth and I Historic Synagogue in Washington, D.C. More details will be available in January from the office of Maryland U.S. Rep. Jamie Raskin and from

The family thanks the thousands of friends and mourners who have been in touch and asks that, in lieu of flowers, contributions be sent to the Institute for Policy



Announcements

Announcements

We pay top \$ for STERLING,

MEN'S WATCHES, JEWELRY, COSTUME JEWELRY, FURNITURE, PAINTINGS AND CLOCKS.

Schefer Antiques 703-241-0790 theschefers@cox.net





LANDSCAPING LANDSCAPING

GARDENER

Energetic gardener, Speaks French & English. Spring/Summer Cleanup, weeding, planting, edging, mulching, maintenance. Excellent Potomac references.

301-980-8258

Find us on Facebook and become a fan!

www.Facebook.com/ connectionnewspapers

DINNECTION

Newspapers & Online The Connection to Your Community

www.connectionnewspapers.com



703-778-8431

I'm Very Seldom Wrong, But This Time I'm Write



By KENNETH B. LOURIE

Since I don't have to write for a deadline this week (12/27/17 papers have already gone to press), maybe I'll write for pleasure. Not that writing this column is ever not my pleasure, but it is time-sensitive, at least on a weekly basis. And though that "weekliness" can occasionally induce some pressure, mostly I can manage it. Besides, it contributes to what you read and my feelings about having written. As such, my columns are rarely about the past, well, only in so far as it gives the present and future concerns some context. Generally speaking however, I am writing about extremely-current events. It's not exactly real time, but the timing is exceptionally real.

This sort of holiday break occurs at The Connection every year as we condense our publication schedule and finish/publish three weeks of newspapers in nine business days. And even though this "condensation" is nothing new for any of us long-sitting employees, it does present its own unique set of challenges, yet it is a schedule which has stood the test of time. Time which eventually leads to pleasure.

And time off is part of what drives this midto-late December rush. Because in the newspaper business, especially considering the 24/7 news cycle, with which we are all familiar, even for a weekly publication – for both editorial and sales, you are mostly on. So getting a chance to publish and then pause, gives us all an opportunity to refresh and recharge. And since I'm honeymooning, so to speak, (see column dated 12/13/17 titled "As Good As It Gets"), I have nothing particularly cancercentric to write about and/or worry about, well, top of mind anyway. There's plenty of cancer stuff bottom of mind though. The difficulty is keeping it there.

The problem/reality is, even when you're meandering around in your head, in order to write, there is a cancer section which inevitably fights its way to the top. It's not as if I have a multiple personality disorder: Kennywithout-cancer and Kenny-with-cancer (my website, by the way:

www.KennyWithCancer.com), but sometimes I think I must. Thinking one could totally compartmentalize the facts and fissures that a "terminal" lung cancer diagnosis/"13 month to two year" prognosis imposes is an admirable, much talked about goal but in truth, it's probably unrealistic and likely leads to that dual personality. But who's kidding whom? It's hard/IMPOSSIBLE to know.

So for the moment, I can pretend/presume that Kenny-without-cancer is front and center, top of mind and in control, free to wander aimlessly in print and ponder his fate as if nothing much - other than one's own mortality, is effecting his judgment. Ah, one can dream. And oddly enough, I have been dreaming more, and sleeping longer and deeper, too. I'm sure it's simply a coincidence that having five weeks off from any cancerrelated activities/obligations, and likewise having nine days off from any newspaper-related activities has contributed to this semi peace and quiet. A quiet which will soon end when we leave for two days in Pennsylvania to spend Christmas with my wife Dina's cousins, which, along with the cheesesteak I plan on eating, provides it's own sort of comfort and

Still, any port in the cancer storm provides a welcome respite from the – with apologies to Shakespeare - slings and arrows of outrageous misfortune (Shakespeare's quote was "fortune"), however real or imagined. To be sure, cancer is no joke, neither is being diagnosed with a "terminal" form of it: non-small cell lung cancer, stage IV, at age 54 and a half. But making fun of it and the circumstances surrounding it, has been my stock and trade since I first went public – in print, in June 2009. The means I've justified to prevent my premature end. So far, so good.

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

POTOMAC PIZZA LUNCH COMBOS

\$9.99 PIZZA COMBO

- ANY TWO SLICES OF PIZZA WITH UP TO 3 TOPPINGS EACH
- CHOICE OF ONE:
 - SMALL TOSSED SALAD
 - CUP OF SOUP
 - SMALL FRIES
- SMALL FOUNTAIN DRINK

\$10.99 SUB COMBO

- ANY SUB, SANDWICH OR WRAP*
- CHOICE OF ONE:
 - SMALL TOSSED SALAD
 - CUP OF SOUP
 - SMALL FRIES
- SMALL FOUNTAIN DRINK

*Additional charge for Tuna Steak.

Combos available Monday thru Friday, 11am–4pm. Additional charge for priced condiments and Tuna Steak. Good for dine-in and carryout only. Not valid with other offers.

POTOMAC PIZZA.

www.potomacpizza.com

Dine-in, Carry-out, Delivery & Catering Serving Our Communities Since 1978



CHEVY CHASE CENTER 301 951 1127

COLLEGE PARK 240 582 5242

POTOMAC PROMENADE 301 299 7700

TRAVILLE VILLAGE CENTER 301 279 2234