

## WELLBEING PAGE 5

Mee Lee, 4, and Aliza, 5, get a hug from the dog (Connie Shen) at the Year of the Dog Lunar New Year celebration Sunday at the Potomac Community Recreation Center.



Candidates For 6th District News, Pace 7



2 ♦ Potomac Almanac ♦ February 7-13, 2018

## News

# Celebrating Lunar New Year

### Year of the Dog at Potomac Community Recreation Center.

By Peggy McEwan The Almanac

t was a colorful evening of food, music, family, friends and tradition as many local area residents celebrated the Lunar New Year at Potomac Community Recreation Center Sunday, Feb. 4. The event celebrated the Year of The Dog,

which begins on Friday, Feb. 16. "People born in the Year of the Dog are

friendly and loyal," Connie Shen said.

Shen was dressed as a big dog, much to the delight of the many children who wanted to give her a pet and have their pictures taken with her.

The party began with a buffet dinner of Asian foods in the gymnasium of the recreation center. In the large meeting room, booths were set up with Asian artisans demonstrating their crafts including calligraphy, Chinese knotting and handmade musical instruments.

Holly Xiao, of Northern Virginia, said she made each of the instruments including the gourd flute called Hulusi which she later played during the after-dinner performances.

"I grew this gourd myself, in my back yard," she said.

As dinner ended, members of the Hung Tao Choy Mei Kung Fu Academy took to the stage playing a Chinese thunder drum and other percussion instruments as a prelude to the highlight of the evening, the Lion Dance.

"The Lion Dance is supposed to draw all the evil things away, so we will have a better year," said Peter Shum, of Silver Spring.

"[It] is the most popular because it is much easier to manage. You can do it with two to four people," he said. "For the dragon dance you need a lot of space, it is 60-70 feet long and you need 20-30 people."

At the end of the Lion Dance, children were invited to feed the lions what look like bok choy.

"If you feed the lions, it brings good luck," Shum said.

After the Lion Dance, there were performances by members of many of the area's cultural societies including Chinese, Korean, Mongolian and Vietnamese.

"We called the celebration Lunar New Year, not Chinese New Year this year because we wanted to be more inclusive," said Kristen Fang, the evening's master of ceremonies.

The celebration was sponsored by Montgomery County Recreation and the Coordination Council of Chinese American Associations, Washington, D.C. It was the second year it was held at the Potomac center. Last year, several people said, the event

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William Lukens, 6, of Potomac, poses with a panda (Chen Tian Hua) at the Luna New Year celebration Sunday at the Potomac Community Recreation Center.

Рнотоѕ ву

Peggy McEwan/

THE ALMANAC



The Lion Dance was featured at the Lunar New Year celebration at the Potomac Community Recreation Center Sunday, Feb. 4.

was so crowded it was hard to move around. "We couldn't come inside [the gym] because it was so crowded," said Nina Chien, of Potomac. "We had to watch through the

windows." This year attendees had to make reservations through the Recreation Department's web site and there was food and seating for all.

"It's really an important holiday for Chinese people," Chien said. "And the kids love it."

Women from the Korean Culture and Art Center of Maryland line up before performing a Korean Folk Dance at the Lunar New Year Celebration Sunday.



Students from O-mei WuShu Center demonstrate martial arts skills at the Lunar New Year celebration.

## OPINION Parks Works for Water Quality Protection

By Ginny Barnes WMCCA President

y and large, sewers are constructed in stream valleys as they are the lowest point in any landscape. This is one of the reasons WMCCA has opposed wholesale extension of sewer in low density areas of the county. First, the forest is cleared beside the stream. Heavy machinery is brought in to dig and install the pipe. Sewer pipes cross

WMCCA

and recross streams and finally hook up to a central distribution carrier like the Dulles Intercep-

tor. Once sewers are installed, the stream will be altered forever. Their presence underground acts as a conduit, draining natural wetlands. They can leak and break, spilling sewage and creating a widespread health hazard.

The Washington Suburban Sanitary Commission (WSSC) operates and maintains more than 5,400 miles of sewer pipeline in Montgomery and Prince George's counties. Most of these pipes were constructed in the late 1940s and '50s and are nearing the end of their useful lives.

The WSSC is engaged in several visible sewer rehab projects. One such is underway in Cabin John Creek. We've seen the equipment staged along River Road near the Beltway. Sewer rehabilitation is invasive but with most of our stream valleys in parkland, it gives Park engineers like our speaker a chance to partner with WSSC in creating wetlands and replanting as the heavy machinery pulls out.

Another recent visible project involved Parks partnering with the county Department of Transportation (DOT) when the bridge over Watts Branch on Piney Meetinghouse Road was replaced. The construction did impact the stream but offered a chance to restore a more natural streambank and plant trees on it after the project was complete. The result is visible from the new bridge.

With controversial proposals like the mid river intake, an attempt to bypass the silt in Watts Branch that enters the Potomac River at the WSSC Water Filtration Plant intake on River Road, we need to be talking about how to clean up the polluted stormwater coming into Watts Branch rather than simply bypassing it with a long straw into the river. As a

#### LETTER

### Next WMCCA Meeting

Andy Frank, supervisor of the Environmental Engineering Section of Montgomery Parks will be guest speaker at the Wednesday, Feb. 14 West Montgomery County Citizens Association meeting.

Frank's group is responsible for all engineering aspects of construction on parkland. Since Parks owns the vast majority of stream valleys throughout Montgomery County, they are involved with a many water quality projects. Almost all of the ICC Environmental Mitigation work was done on parkland, and a large portion of the WSSC Consent Decree work impacts Parks. They also implement their own Water Quality projects in support of their NPDES MS4 Permit through Maryland Department of the Environment (MDE).

The Feb. 14 meeting will be held at 7:15 p.m. at the Potomac Community Center. The public is always welcome to attend. If

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

source of drinking water for about three million people in the region, Watts Branch deserves better. With what we know now about merging biological and engineering expertise, making Watts Branch cleaner is well worth the effort.

## Update on Ten-Year Water & Sewer Plan

By Ken Bawer

Some good news: due to the actions of the Montgomery Coalition to Stop Sewer Sprawl, of which WMCCA is a founding member, the next round of meetings on Montgomery County's draft Water & Sewer Plan (https:// www.montgomerycountymd.gov/water/supply/county-water-plan.html#2017draft) the full County Council work session — has been postponed until Feb. 27.

The Water & Sewer Plan guides waste treatment and drinking water service for the entire county. At stake: the ability to preserve the Agricultural Reserve and its adjoining low-density areas (where we live) which protect our drinking water.

We will again be meeting with County Council staff and the Department of Environmental Protection (DEP) to demand changes in the draft Water & Sewer Plan to limit sewer line extensions into low density and rural areas. Sewer line extensions would threaten the quality of 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.

One action that DEP is currently taking, and that could be codified in the new W&S Plan unless we act, is the use of bogus "septic sanitary surveys" in a back-door effort to sprawl sewer lines into low density and rural areas. The most egregious aspect is that properties are being declared public health problems and recommended for sewer service that do not even have failed or potentially failing septic systems. We have sent letters to both DEP and County Executive Ike Leggett asking that these sham "septic sanitary surveys" be temporarily halted. While the WMCCA Board is working this issue, individuals can also help. Please send a short note to County Executive Leggett at ocemail@montgomerycountymd.gov and copy County Council the at County.council@montgomerycountymd.gov with a message such as:

"I am asking for a common sense pause in DEP septic surveys, including the on-going North Potomac Highlands Septic Survey, until such time that the public and Council can vet the survey process and have the opportunity to provide feedback.

"I am outraged that the County wants to push sewer pipes into low density areas which will threaten our clean streams. WSSC spilled more than 9 million gallons of raw sewage into streams in the last 3 years, 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."

Do not allow DEP's flawed "septic survevs" to sprawl sewer lines into our long protected low density and rural areas."

So that we can see how effectively our message is reaching our elected officials, please copy kbawer@msn.com.

## WMATA Must Keep Its Commitment

The County Council sent a letter to Paul J. Wiedefeld, General manager and chief executive officer of the Washington Metropolitan Area Transit Authority (WMATA), asking WMATA to keep its commitment to eliminate the Red Line turnback at the Grosvenor-Strathmore station by July 1.

WMATA has backed away from this commitment that was part of a WMATA Board of Directors resolution. The complete text of the letter is below.

#### Dear Mr. Wiedefeld,

As members of the Montgomery County Council, we were troubled to hear that WMATA

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has backed away from its commitment of Board Resolution 2015-37 to eliminate the Red Line turnback at the Grosvenor-Strathmore station, and that the Red Line turnback is not addressed in the proposed FY19 budget.

Many of our constituents are affected by this Red Line turnback. Riders do not like to Grosvenor to continue to go north on the Red Line. The turnback severely diminishes service to the White Flint, Twinbrook, Rockville, and Shady Grove stations, hurting ridership in a time when we are working hard to provide people reliable transit options. We understand the fiscal constraints WMATA has

faced recently. However, one of the primary reasons for the turnback originally was a lack of rail cars, and now there are rail cars available. Please keep WMATA's commitment to eliminate the Red Line turnback by the established July 1, 2018 deadline.

Furthermore, when more new rail cars are board and then reboard the train at acquired, please allocate them to the elimination of the turnbacks on the east side of the Red Line, so that our residents boarding and alighting at the Forest Glen, Wheaton, and Glenmont Metro Stations finally get the full service that they deserve. Thank you for your prompt attention to this important matter.

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## Wellbeing $Feeding the Flu \quad \mbox{What to eat when fighting the flu.}$

By Marilyn Campbell

lu season is in full swing and, according to the latest statistics from the Centers for Disease Control and Prevention, it's packing a powerful punch. According to the most recent CDC report, the flu is widespread in most states, and healthcare providers report an uptick in influenza-related hospitalizations and deaths.

### "One of the best sources for protein when you have the flu is real, bonebased soup."

- Sara Ducey, Professor of Nutrition and Food, Montgomery College

> While The thought of eating might be unappealing to someone who is battling the flu, nutritionists and health care providers say certain nutrients are essential for keeping up one's strength. Soothing and healing ingredients are key allies when fighting this season's virus.

lost (adj): 1. unable to find

the way. 2. not appreciated



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Courtesy of Sara Ducey **Turmeric**, powdered ginger, honey and almond or coconut milk can create a soothing and healing drink for those who are battling the flu, says nutritionist Sara Ducey.

"The thing you need most is water," said Sara Ducey, professor of Nutrition and Food at Montgomery College. "You need sufficient water to bring nutrients to your cells and take away the waste. As you hydrate it gives your immune system more of a boost."

Protein, says Ducey, will help one's body build and maintain strength. "It's important for supporting the immune system and for helping your body breakdown medicines like Tylenol,

......

Questions



Fresh ginger can be a soothing ingredient for those who have the flu.

bacterial properties. sources for protein when you have the flu is real, bone-based soup, not ramen noodles

Garlic is credited

with having anti-

that have chicken flavoring." Bone broths, like those made from chicken or beef, offer hydration, protein and amino acids, added Ducey. Broth can be sipped or used as the base for a soup. "It's a natural healing and restorative food," she said. "At this point, everyone can assume that they're going to get the flu and prepare some bone-based broth ahead of time and keep it on hand in the freezer. You can

also buy boxes of it." Fresh ginger can work as an anti-inflammatory, soothe an upset stomach and boost ist Debbie Hynes of Practical Ayurveda. "Warm water with grated ginger and honey can soothe a sore throat or upset stomach," she said.

Foods that are high in Vitamin C like orange juice, particularly a variety that contains pulp, can boost your immune system, says Ducey. "It's a powerful antioxidant which is important for keeping your muscles strong especially when you're sick."

Garlic is another ingredient that Hynes likes to include in flu-fighting recipes. "It has antibacterial properties, especially when it's raw," she said. "I add it to chicken broth along with chili flakes to sip when someone in my family has a stuffy head. The combination can clear the sinuses. And if you can stand to eat it, raw garlic has the strongest antibacterial properties."

Turmeric works as an anti-inflammatory and antioxidant, says Hynes. "It's been known for those properties in Chinese medicine for centuries," she said.

Ducey uses the spice in a creamy drink she creates called Golden Milk. "I take a cup of milk, a teaspoon or two of honey and a little black pepper and put it in the microwave to warm it," she said. "You can use almond or coconut milk if you can't tolerate dairy. Turmeric is very poorly absorbed by the body, so adding a little black pepper helps absorb it. It sounds bizarre, but it's strangely comforting."

ke Tylenol," she said. "One of the best one's immune system	, says nutrition
estions about "aging in place"?	
See our website: www.PotomacCommunityVillage.org come to two free programs "Herb and Dorothy," a documentary film rsday, Feb. 15, 7 pm at the Potomac Library ansportation Options for County Residents es, Feb. 20, noon at the Potomac Comm Ctr carn more: 240-221-1370 info@PotomacCommunityVillage.org	ComparBank-issued,1-year1.18-month2-year2.
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## Entertainment

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

#### ONGOING

The Wonder People. Through Feb. 25 at Photoworks Gallery, in Glen Echo Park, 7300 MacArthur Blvd. "The Wonder People" exhibit is a series of portraits of children and adults caught in the global refugee crisis. Photographer Dorte Verner captured the exhibited photographs of people from Afghanistan, Burundi, Central African Republic, Democratic Republic of Congo, Iraq, Kurdistan, Myanmar, Rwanda, Somalia, South Sudan, Syria and more over the past one and a half years. Visit www.glenechopark.org.

#### WEDNESDAY/FEB. 7

Meet Harriet Tubman. 7 p.m. Davis Library, 6400 Democracy Boulevard, Bethesda. Janice Curtis Green will play Harriet Tubman and reenact Tubman's story introducing the child and the woman who became the hero of the Underground Railroad. Call 240-777-0922 or visit www.montgomerycountymd.gov/ library/.

#### FEB. 7-MARCH 3

**"US FOUR."** Various times at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. "US FOUR" features artwork by Katty Biglari, Yolaine Rilhac Brochard, Nora Maccoby and Grazia Montalto. Visit bethesda.org.

#### FRIDAY/FEB. 9

**Opening Reception.** 6-8 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. "US FOUR" features artwork by Katty Biglari, Yolaine Rilhac Brochard, Nora Maccoby and Grazia Montalto. The exhibit will be on display from Feb. 7-March 3, 2018. Visit www.bethesda.org.

#### SATURDAY/FEB. 10

Extreme Chopin. 8 p.m. in Strathmore's Concert Hall, 5301 Tuckerman Lane, North Bethesda. Join pianist Brian Ganz this Valentine's Day weekend on Feb. 10 as he continues his unprecedented journey through the complete works of Frédéric Chopin with "Chopin's Hidden Gems & All Time Favorites." Ticket prices are \$28-\$88; free for ages 7-17. Visit www.nationalphilharmonic.org or call 301-581-5100.

#### FEB. 10-MARCH 18

"The Princess & the Pauper – A Bollywood Tale." Various times in Imagination Stage's Annette M. and Theodore N. Lerner Family Theatre, Auburn Avenue, Bethesda. In this Bollywood-inspired musical adaptation of the classic Mark Twain novel, commoners work long hours to support the luxurious lifestyle of the palace royals. Rani, a shy dressmaker's daughter, dreams of ruling the Sultanate with generosity and justice. Meanwhile, a corrupt Wazir plots to steal the throne, and a spoiled Princess Razia longs wistfully for freedom beyond the palace walls. Tickets start at \$10. Visit

#### TUESDAY/FEB. 13

**Pancake Supper.** 6-7:30 p.m. at St. James' Episcopal Church Parish Hall, 11815 Seven Locks Road, Potomac. Join the St. James' community for a Shrove Tuesday pancake supper prepared by the Men's Prayer Breakfast Group. A free-will offering will be accepted. Call 301-762-8040 or visit stjamespotomac.org.

www.imaginationstage.org

#### THURSDAY-SUNDAY/FEB. 16-19

Mid-Atlantic Jazz Festival. 1750 Rockville Pike, Rockville. The festival provides live musical performances, workshops and seminars. See www.midatlanticjazzfestival.org.

#### SATURDAY/FEB. 17

Play in a Day. 8 p.m. at Imagination Stage, 4908 Auburn Ave., Bethesda. Six professional Washington, D.C. area theatre companies will write, direct, rehearse and perform original plays based on similar themes in only 24 hours. General admission tickets are \$15 and can be purchased online at www.bethesda.org.

#### SATURDAY-SUNDAY/FEB. 17-18

**Contemporary Landscapes.** 10 a.m.-5 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Arcade room 302/ 303, Glen Echo. Create a stylized representational mosaic landscape filled with texture and dimension while exploring a range of compositional techniques including working with perspective, foreground and background effects, and light and shadow. Tuition \$275. A separate supply fee of \$65 payable to instructor the at the first class. To register, visit bit.ly/2r5SYRc.

#### SUNDAY/FEB. 18

**Concert.** 3 p.m. at the John Kendall Recital Hall, Potter Violins, 7711 Eastern AveTakoma Park. National Philharmonic Chamber Players, under the direction of National Philharmonic Concertmaster Colin Sorgi, the National Philharmonic Chamber Players perform the works



Those attending the fundraiser will hear a doxology by His Grace Bishop Irinej, Serbian Orthodox Diocese of Eastern America.



Photos courtesy of St. Luke Serbian Orthodox Church HRH Crown Prince Alexander and HRH Crown Princess Katherine of Serbia will be guests of honor at the fundraiser.

thodox Church, 10660 River Road, Potomac;

8 p.m. Dinner and Program at Saints Peter &

Dress is semi formal attire, black tie optional.

Tickets are \$100 and can be purchased online in

at

annualfundraiser. Proceeds from the fundraiser

benefit The St. Luke Serbian Orthodox Church.

Paul Antiochian Church, 10620 River Road,

✤ 7 p.m. Cocktail Reception

only

## St. Luke Serbian Orthodox Church Hosts Fundraiser

arishioners of the St. Luke Serbian Orthodox Church on River Road in Potomac will host a fundraiser on Friday, Feb. 9, at 6:30 p.m. featuring special guests His Grace Bishop Irinej of Serbian Orthodox Diocese of Eastern America, HRH Crown Prince Alexander and Crown Princess Katherine of Serbia, and the Hon. Zeljka Cvijanovic, Prime Minister of the Republic of Srpska.

The evening includes:

♦ 6:30 p.m. - Doxology at St. Luke Serbian Or-

of Robert Schumann, Igor Stravinsky, Thomas Ades and Arnold Schoenberg. Kids 7-17 free; adult tickets are \$20 and can be purchased at classicalmusicconcert.org/event/ national-philharmonic-chamberplayers-4/. Visit www.nationalphilharmonic.org.

#### FRIDAY/FEB. 23

Application Deadline. The Bethesda Painting Awards is downtown Bethesda's annual juried art competition that exclusively honors painters from Maryland, Virginia and Washington, D.C. \$14,000 in prize monies are awarded to the top four painters annually. Visit www.bethesda.org/bethesda/ painting-application.

Potomac.

advance

#### SATURDAY/FEB. 24

Lunar New Year Celebration. 2
 p.m. at Potomac Library, 10101
 Glenolden Drive. Montgomery
 County Public Libraries will hose
 Chinese New Year at the Potomac
 Library to celebrate the Lunar New
 Year 4716. Free. Visit
 montgomerycountymd.gov/library/.
 "Porgy and Bess." 8 p.m. in
 Strathmore's Concert Hall, 5301

Tuckerman Lane, North Bethesda. The National Philharmonic's 2017-2018 season at The Music Center at Strathmore celebrates Black History Month with George Gershwin's groundbreaking opera, "Porgy and Bess." The simply staged concert opera, conducted by Philharmonic Chorale Artistic Director Stan Engebretson, tells the story of Porgy, a street beggar in Charleston, S.C., who pines for his romantic interest, Bess. \$25-\$82; free for ages 7-17. Visit www.nationalphilharmonic.org or call 301-581-5100.

www.svluka.org/

- MARILYN CAMPBELL

Live Comedy. 8 p.m. at The Highwood Theatre, 914 Silver Spring Ave., Silver Spring. Silver Spring Live is a showcase of the top comedy talent that Silver Spring has to offer. \$20 in advance (\$25 at the door); \$10/\$15 for students with ID. Visit www.improbablecomedy.com.





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## News

## Candidates for 6th District

## Filing deadline is Feb. 27.

By Peggy McEwan The Almanac

ith almost a month left before the Feb. 27 filing deadline for candidates for the upcoming elections, many candidates are already actively running.

"This is the when you have to get your name ID up and raise money," said Christopher Hearsey, a Montgomery County Democrat running for Maryland's Sixth Congressional District.

So far there are 10 candidates from the two major political parties registered on the Maryland State Board of Elections website www.elections.md.us.

Four Republicans, Kurt Elsasser from Washington County; Amie Hoeber, Montgomery; Lisa Lloyd, Montgomery; and Bradley Rohrs, Montgomery; are in the running to replace Maryland's current Sixth District Congressman John Delaney, who has declared as a presidential candidate for the 2020 election.

Six Democrats, Andrew Duck, of Frederick County; Nadia Hashimi, Montgomery; Christopher Hearsey, Montgomery; Roger Manno, Montgomery; Aruna Miller, Montgomery; and David Trone, Montgomery; are registered.

All the major party candidates will vie for the right to represent their party in the general election during the primary election June 26. Libertarian candidate Kevin Caldwell, of Frederick County and Green Party candidate George Gluck, Montgomery County are unopposed so will not be on the primary ballots.

Local businessman Trone opened his Montgomery County campaign office in Potomac Thursday evening, Feb. 1.

Almost 100 people, including staff and volunteers enjoyed a light supper and heard the candidate lay out the main points of his platform.

Ruth Tockman, of Potomac, was among the attendees. She said she was invited but didn't quite know how she got in the invitation list.

"I will be a Trone supporter," she said. Louis Solomon, of Bethesda, said he was there to see what was going on.

"I'll take notes then compare them to other sources," he said. "I'll be glad to listen, there are certain problems I'm inter-

### Panel on the Opioid Crisis

Democratic Congressional candidate David Trone will be hosting a community service event this weekend on the Opioid Crisis.

#### ROCKVILLE OPIOID COMMUNITY SERVICE EVENT

Saturday, Feb. 10, 12:30 p.m., The Johns Hopkins University Montgomery County Campus, Room 121, 9605 Medical Center Drive, Rockville. Free parking is available on-site. The panel will include: Emily Keller,

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PHOTO BY PEGCY MCEWAN/THE ALMANAC David Trone with Potomac resident Mike Tofigh during the opening of Trone's campaign headquarters Thursday, Feb. 1. Trone is a Democrat running for Maryland's Sixth Congressional District.

ested in."

Mike Tofigh, of Potomac, said he was interested in Trone's foreign policy.

"he did great with the [Muslim] ban," Tofigh said. "He donated money and got lawyers [to help people.]"

A quick survey of other candidates showed that, of those who responded, most were working from home or "borrowed" office space as they get their campaigns in gear.

Lloyd said she does not have an official campaign office.

"This is a very grassroots campaign," she said. "I show up anywhere there is a group of people [to talk about the election]."

Hoeber said she has a temporary campaign headquarters in Rockville, Elsasser said he is working from home as is Rohrs.

"We are trying to keep things simple now," Rohrs said.

Hashimi said she is working from home and a couple of rooms in her husband's Silver Spring office.

"We're doing that to be budget friendly," she said.

Hearsey is using "a little space in my apartment," he said.

Duck, Manno and Miller did not respond.

Hagerstown City Councilwoman; Cynthia Terl, Community Engagement Director at Wells House, Inc. and Frederick County Local Health Improvement Priority Behavioral Health Workgroup; Korey Shorb, Executive Director, The Ranch Drug and Alcohol Addiction Treatment Center; Meghan Westwood, LCSW-C, Executive Director, Maryland Treatment Centers, Inc.; and Chris Frenier, Founder of the F.A.C.T. program (Fostering Alternative Choices in Thinking).



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### "Chronic Ken"



#### By KENNETH B. LOURIE

Nearly nine years into a "13 month to two-year" prognosis, I can hardly believe my good fortune. And though I rarely look a giftoncologist in the stethoscope, I am happy nonetheless to count my blessings as I continue to look ahead rather than stress behind, and try not think about what was said and when.

At the initial "Team Lourie" meeting with my oncologist, I was told that there was no cure for lung cancer. I could be treated though. As to whether I might live beyond two years, I remember my oncologist responding to our desperate query by saying: "Could you be the one? Sure." Reassuring it wasn't, but hopeful? It sort of was.

As the years have passed and research into lung cancer has grown, an interim step to a cure has evolved: treating lung cancer as a chronic (has opposed to acute/dire) disease, similar to diabetes, as an example. Not as yet curable, but manageable over a longer period of time. A disease with which, I'm fond of saying, one can live. Live beyond the applicable word because, I have to tell you, at the beginning of my treatment, based on what my oncologist had described, living was a long way from what he was anticipating my outcome would be. Nevertheless, I began treatment the following week and the rest is history you regular readers have been privy to since June of '09 when I first published a "cancer" column (as I call them).

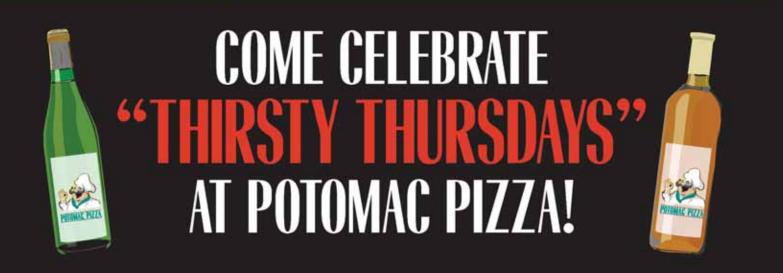
Feb. 20, 2018 will be nine years since my internal medicine office called me at work with the results of my previous week's biopsy. He said the tumor was malignant. I remember asking him what that meant. (Duh!). He said he'd rather let the oncologist answer any questions and referred me to the doctor, the same doctor with whom I've been a patient all these years. Sure enough, a week later we heard the news: non-small cell lung cancer, stage IV. And I've been up to my whatsis in real or imagined anxiety ever since.

And I'm still present and accounted for as are more and more of us previouslycharacterized-as-terminal, non-small cell lung cancer "diagnosees." We are not just patients any more. We are survivors, surviving longer than ever before. We are not cured but neither are we dying. Our treatments are modified when the results warrant it and life continues to go on. As much as a cure would be, and continues to be, the goal, life continues, relatively normally, for many of us. It's unlikely however, that we'll ever get out from underneath the weight of our cancer diagnosis. Rather than dying from it though, we're now able to live with it months/years longer than many patients previously diagnosed within the disease.

So what's the next step? Maybe a bigger, bouncier, longer step than before, but more than likely, more of the same, moving forward, one step at a time. To one whose present was hardly a given nine years ago and whose future seemed like a taken – away, being able now to actually live in the present without fearing/forfeiting the future is the opposite scenario many of us lung cancer patients, especially those of as staged as IV, ever imagined. Day by day was the best we could muster.

Now we're mustering months and years and living longer more fulfilling lives. We're not victims anymore nor are we victimized by our circumstances. We're advocating and being advocated for. We don't exactly have lung cancer on the run, but we may have it on the trot. I don't know if I'll live to see a cure but I have lived long enough to have given myself a nickname, one which I'm most proud to have earned.

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



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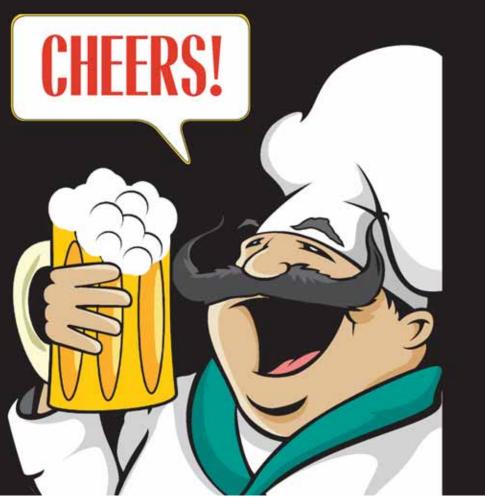
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