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Potomac ALMANAC

WELLBEING
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Music for a New Year

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Fire Yields \$800,000 in Damage

NEWS, PAGE 3

Former Blacksmith Shop for Sale

NEWS, PAGE 3

Kyle Morrison, Aline Nguyen-Trang, Teacher Alice Wong, Jane Morrison, and Kent Kan perform Chinese zither music at the Potomac Library on Saturday, Feb. 2.

PHOTO BY DEBORAH STEVENS/THE ALMANAC REAL ESTATE, PAGE 2 ♦ ENTERTAINMENT, PAGE 6 ♦ CLASSIFIEDS, PAGE 6

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Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

December, 2018 Sales, \$1,100,000~\$1,430,000

IN DECEMBER 2018, 42 POTOMAC HOMES
SOLD BETWEEN \$2,700,000-\$420,000.



3 8038 Cobble Creek Circle — \$1,305,000



6 9513 Purcell Drive — \$1,180,000



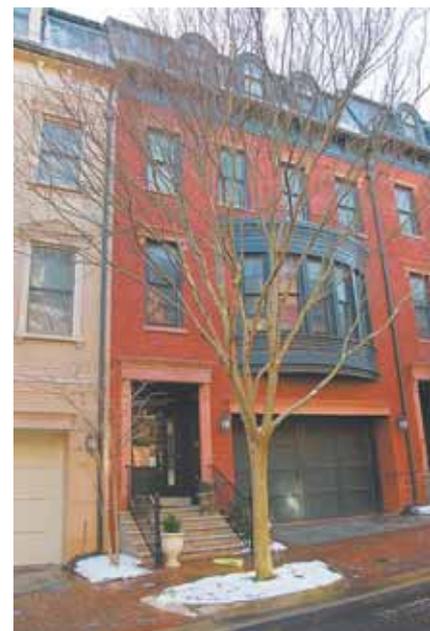
5 10901 Cripplegate Road — \$1,220,000



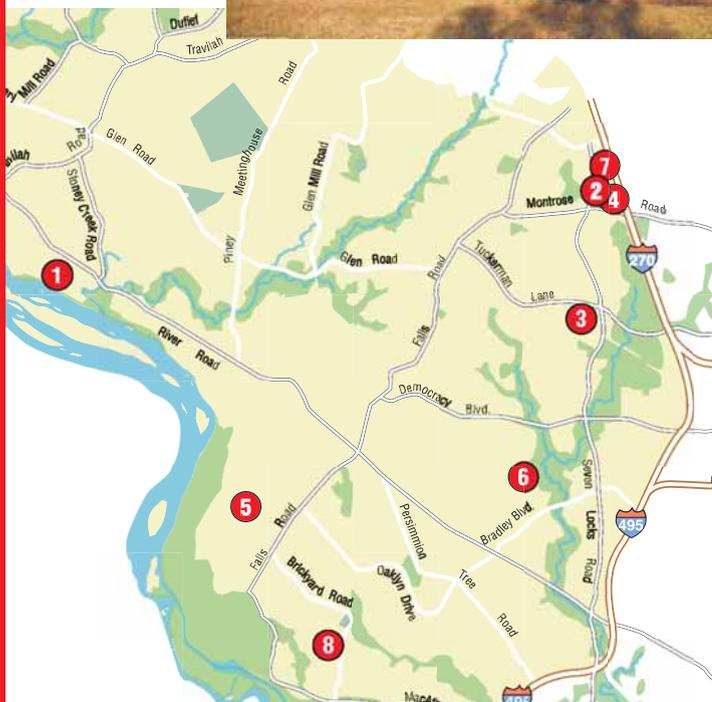
2 12412 Ansin Circle Drive — \$1,350,000



8 7704 Masters Drive — \$1,100,000



4 12439 Ansin Circle Drive — \$1,250,000



Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	PostalCode	Subdivision	Date Sold
1 11504 DALYN TER	6	4	2	POTOMAC	MD	\$1,430,000	Detached	0.68	20854	MERRY GO ROUND FARM	12/14/18
2 12412 ANSIN CIRCLE DR	4	3	2	POTOMAC	MD	\$1,350,000	Townhouse	0.04	20854	PARK POTOMAC	12/07/18
3 8038 COBBLE CREEK CIR	5	4	1	POTOMAC	MD	\$1,305,000	Detached	0.21	20854	POTOMAC CREST	12/21/18
4 12439 ANSIN CIRCLE DR	4	3	2	POTOMAC	MD	\$1,250,000	Townhouse	0.05	20854	PARK POTOMAC	12/17/18
5 10901 CRIPPLEGATE RD	4	3	2	POTOMAC	MD	\$1,220,000	Detached	2.00	20854	POTOMAC FALLS	12/03/18
6 9513 PURCELL DR	4	4	1	POTOMAC	MD	\$1,180,000	Detached	0.50	20854	MCAULEY PARK	12/05/18
7 12500 PARK POTOMAC AVE #906N	3	3	0	POTOMAC	MD	\$1,130,000	Unit/Flat		20854	PARK POTOMAC	12/28/18
8 7704 MASTERS DR	5	3	1	POTOMAC	MD	\$1,100,000	Detached	0.35	20854	RIVER FALLS	12/21/18

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PETE PIRINGER/MCF&RS PHOTOS

More than 60 firefighters battled the blaze on Chapel Road.

The Feb. 1 fire produced \$800,000 in damage to this home at 10100 Chapel Road.

Fire Destroys Potomac Home More than 60 firefighters fight blaze.

BY PEGGY McEWAN
THE ALMANAC

An unoccupied house on Chapel Road in Potomac burned Thursday night into Friday, calling more than 60 firefighters into the frigid night.

On Saturday, Feb. 2 Cabin John Park Volunteer Fire Department posted on its Facebook page, “Early yesterday morning, CJPVFD and other fire rescue units responded to a house fire in Station 30’s area. Units on arrival found a vacant single-family home fully involved. Enduring below-freezing temperatures, firefighters promptly brought the fire under control. Great job to all personnel for their service and per-

severance under these harsh conditions.”

The fire caused extensive damage to the home causing Pete Piringer, chief spokesperson for Montgomery County (MD) Fire & Rescue Service to Tweet Friday: “Update (1220a 2/1) 10100 Chapel Rd, Potomac, limited fire Investigation due to structure collapse, it is likely fire originated in rear of house & involved 1st floor & extended elsewhere; Cause, under investigation; Damage \$800K structure, \$5K contents; house unoccupied; no injuries.”

The fire was so extensive that River Road was closed between Norton Road and Falls Road, because of fire department activity.

Fire hoses stretched across River Road causing the closure according to another Piringer Tweet.



River Road was blocked between Norton Road and Falls Road due to fire department activity on Chapel Road.



PHOTO BY DEBORAH STEVENS/THE ALMANAC

Zither Music for a New Year

Dr. Amy Trang, Kyle Morrison, Aline Nguyen-Trang, Teacher Alice Wong, Jane Morrison and Claire Chang at the Potomac Library on Saturday, Feb. 2. The Alice Gu-Zheng Ensemble performed Chinese zither music to celebrate Chinese New Year — the year of the pig. The ensemble, a non-profit organization, was founded in 2002 by Alice Wong and her husband, Kent Kan, who are the instructors.

Historic River Road House for Sale

Former blacksmith shop built around 1750.

BY PEGGY McEWAN
THE ALMANAC

Now is the time to own a piece of Montgomery County history and join the modern tiny house movement.

The historic stone structure, known as Magruder Blacksmith Shop, at 7835 River Road, near the intersection of River and Seven Locks roads, is for sale.

Long & Foster Realtors Attila Fehervari and Andy Greenspan, the property’s listing agents, put forth the details:

The property is a two-level home with one bedroom, one bath, on the upper level and one room – an

SEE HISTORIC, PAGE 5



PEGGY McEWAN/THE ALMANAC

Plaque attests to the age and possible history of the stone house on River Road at Seven Locks Road. The house is for sale for the first time since 1950.

OPINION

Facing the Future

BY GINNY BARNES
WMCCA PRESIDENT

For the last eight years, District 1 has been served on the County Council by Roger Berliner. The imposition of term limits and the election last November have brought us a new County Executive in Marc Elrich and a significant turnover in Council Members. The Council is made up of five districts and four at-large seats. As the legislative body of our County government, these nine members make laws and policies, approve funding and Master Plans, and even make changes to our Master Plans.

The public should keep a close eye on the Council agenda and work schedule. From cell towers and funding for our parks to sewer and water policy, they can alter our neighborhoods on a daily basis. As citizens, we have the right to lobby them and influence what they approve or reject. They in turn, depend on constituents to weigh in on issues affecting the quality of their lives.

WMCCA makes it a practice to work closely with elected and appointed officials on behalf of the Potomac Subregion. An opportunity to interact with these officials in a public forum is beneficial to all. Our community is wrestling with some weighty public health issues including the use of synthetic turf, impacts of stormwater runoff in our streams, and loss of tree canopy through development projects. Each of us has a responsibility to inform and monitor the decisions made by public officials. This is what makes democratic government function and serve the people it represents. Please come to our February meeting and be part of the government you elected.

HERITAGE GARDENS / SOUTH GLEN PROPERTIES, LLC

BY SUSANNE LEE
At WMCCA's January meeting, representa-

tives of Wormald Homes and Sage Life Senior Living presented an overview of their proposal for a major townhouse development at 10701 S. Glen Road (previously the 4th Presbyterian School site).

Based on the information presented at the meeting, the WMCCA Board subsequently voted to oppose the proposal. The 30-acre site is zoned RE-2 (single family residential each on a minimum of 2 acres). Townhouse developments are not allowed by right or pursuant to a conditional use approval in RE-2 zones. Instead, it appears the applicant may be seeking approval for a conditional use under the category of Group Living and in particular as an "Independent Living Facility for Seniors or Persons with Disabilities."

Based on the information presented, the proposal appears to be inconsistent with the requirements for such group living facilities and the Master Plan provisions regarding housing for the elderly. WMCCA looks forward to meeting with the staff of the Montgomery County Planning Board regarding their review of the additional specifics of the proposal.

SITE SELECTION FOR A NEW PUBLIC SAFETY RADIO COMMUNICATIONS TOWER IN POTOMAC

BY SUSANNE LEE

The county identified areas in Potomac and along the river where existing radio coverage for public safety agencies is inadequate. As a result, as part of its Public Safety System Modernization Project, the county identified two sites where communication towers could be erected that could fill these coverage gaps and meet the county's "95/95" coverage mandate: 95 percent coverage reliability in 95 percent of the county service area:

Fire Station #30, 9404 Falls Road, owned by the Cabin John Park Volunteer Fire Dept.; and,

Falls Road Public Golf Course, 10800 Falls Road, owned by the county.

Next Meeting

District 1 Council Member Andrew Friedson will discuss his upcoming term and listen to concerns from members and guests at the next meeting of the West Montgomery County Citizens Association on Wednesday, Feb. 13, 7:15 p.m. at the Potomac Community Center. This is his first time on the County Council and WMCCA looks forward to meeting him, learning what he considers vital to the community, and educating him on what makes Potomac special in Montgomery County.

As always, the public is welcome to attend. If schools are closed because of inclement weather, the meeting will be cancelled.

If the proposed tower was a privately owned tower, e.g., Verizon, the zoning code would bar construction on the fire station site because it fails to meet the county's minimum tower setback requirements established for health, safety, and neighborhood compatibility. It also violates the Master Plan requirements for the site. There are six structures that would fall within the setback and at least three of those are single family residential homes. Although taller, the golf course tower would not be adjacent to any homes and would easily meet the setback requirements.

There are no codified setback requirements established for public telecommunication towers erected by the county. In the absence of such standards, however, the county has always ensured that each of its towers meets the setback requirements established for private towers. Inexplicably, the county's Department of Technology Services proposes to reject this policy and approve the fire station site. We have reached out to County Executive Elrich's office to seek his intervention in ensuring that the health and safety standards necessary for private towers are applied in this case as well and the fire station site is rejected.

If you have any issues or concerns in your neighborhood, please contact WMCCA. We appreciate the input from our neighbors and are glad to review and address issues as they affect the Potomac Subregion Master Plan, zoning, and environmental threats to the "Green Wedge," our creeks and water supplies, and the Agricultural Reserve.

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.

SATURDAY/FEB. 9

Addiction Family Support. Saturdays, 9:30-10:30 a.m. at Second Chance Addiction Care, 9800 Falls Road, Suite 7, Potomac. Second Chance Addiction Care, a boutique substance abuse facility, offers free support for anyone with a loved one suffering from addiction. Contact Robert Roth at roth@secondchancecare.com or 301-983-5130. Visit www.secondchancecare.com for more.

MONDAY/FEB. 11

Budget Input Sought. 7-8:30 p.m. in the Executive Office Building cafeteria – terrace level, 101 Monroe St., Rockville. The Montgomery County Office of Management and Budget (OMB) invites residents to participate in an interactive budget forum using "Balancing Act" – a new, online tool. Register at www.montgomerycountymd.gov/omb/interactive-budget-development-forum.html.

TUESDAY/FEB. 12

1-1 Business Coaching Sessions. Empowered Women International will hold 1-1 Business Coaching Sessions each Tuesday, until the end of February in their Maryland Office, for Montgomery County residents. Spots are limited. Visit ewint.org for more.



PHOTO BY DEBORAH STEVENS/THE ALMANAC

Library Contest

Jerry Wang and Daniel Shan stand next to the Library Lovers contest table inside the Potomac Library on Saturday, Feb. 2. Whoever wins the contest gets to fill a bag up with books.

POTOMAC ALMANAC

www.PotomacAlmanac.com

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Historic Building

FROM PAGE 3

“all purpose room,” according to Fehervari - and kitchen on the main level. The main room has a fireplace with wood stove insert, though the house has electric heat and central air conditioning.

The smithy was built around 1750 by Ninian Magruder, a local landowner who died in 1751. It sits on one third acre and is for sale for \$530,000.

After his death, according to records on the Maryland Historical Trust website, the property stayed in the Magruder family until

1850. One subsequent owner, Harvey C. Shepard gave the blacksmith shop to Maria Embrey, a housekeeper on the estate. It stayed in the Embrey family until the 1950s when it was sold to the current owners.

The historic cottage was sold once, according to Greenspan, purchased by a local family in 1955 and has been in the same family since.

“They paid \$1,500,” Greenspan said. “It’s always been a rental since they’ve had it, and its time [to sell] has just come.”

The entrance to the house is on the back side, the original door, on the center of the front of the house was “buttressed to stabi-

lize it when River Road was being widened,” according to the Maryland Historical Trust website.

The website says, “[It] is an early example of stone construction, ... constructed of uncoursed rubblestone”

The building may have had other uses but there is substantial evidence that it was used as a blacksmith shop, the MHT write up says.

“An outside fireplace used by the smith in his trade was covered over many years ago. A double flue remains in the chimney,” according to the website. “During renovation hand-forged horseshoe nails were found



7835 River Road

around the grounds, and old-fashioned horseshoes were found in the basement.”

“The [shop] played a part in colonel trade and industry. As barrels (hogsheads) of tobacco were rolled along River Road to the port of Georgetown, the smithy served the needs of merchants and travelers as well as local residents,” the MHS website noted.

Fehervari and Greenspan can be reached at Long & Foster Real Estate 301-469-4700.

Potomac Community Village presents...

Bring a Friend Social Lunch
Tuesday, Feb. 12, 12 noon, Tally Ho Restaurant
Participants pay for their own meal
RSVPs preferred by Feb. 11, but not required

“Meet Dr. Stonestreet”
Rockville’s Civil War Physician
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My Own Sort of Groundhog Day



By KENNETH B. LOURIE

As it happens every year around this time, the monthly calendar turns to February, and I am reminded of the goings on in my life Jan. 1 through Feb. 27, 2009.

I was not, as yet, in the throws of having been diagnosed with non-small cell lung cancer, stage IV, but I was in pursuit of finding the cause of the shortness of breath and stinging pain in my side that first manifested on Jan. 1, 2009.

Cancer was the last word I expected to hear in late February after a biopsy confirmed the finding. Until I received that call from my primary care physician on Thursday, Feb. 20, advising me that the tissue biopsy was indeed malignant, I had been, since that New Year's Day visit to the Emergency Room, in a diagnostic dalliance to determine what had caused an otherwise, healthy 54-and-half-year-old man, to present with such symptoms.

The Emergency Room doctor was perplexed as the chest X-Ray I had taken that day was inconclusive. In addition, I offered no pertinent medical history to account for the symptoms I was experiencing. Eventually I was released and it was suggested that I return in a week, have another chest X-Ray then and see a pulmonary doctor. And so I did. After reviewing both X-Rays, and examining me, the pulmonologist was equally perplexed. I was healthy by all appearances and I had no family history of anything.

Out of curiosity – or bewilderment – the doctor told me to get a CT scan, which I did, approximately two weeks later, at the earliest available time. Within a day of having been CT-scanned, I was called by the pulmonologist and advised to schedule an appointment with a thoracic surgeon, a specialty with which I was totally unfamiliar.

Two weeks or so later, at the first available time, I saw the surgeon. Equally befuddled, by his own admission, after reviewing my two X-Rays and recent CT scan, he equivocated on the next step: ordering a P.E.T. scan, which he did not – until a few days later when he changed his mind and told me to make the arrangements; which of course I did, and again, it was approximately two weeks later that an appointment was available.

After receiving the results, the thoracic surgeon called me. He said, among other things: "Your scan lit up like a Christmas tree."

Not good as I later learned.

And so, a surgical biopsy was scheduled, upon availability, about two weeks later, which presumably would determine the cause of my original discomfort and confirm what all this diagnostic back and forth had been about.

Within a few days of my procedure, I received a phone call at work from my internal medicine doctor. He asked if I wanted to come to his office to discuss the results. I said "No, just tell me," figuring that a request to see him in his office meant bad news.

Sure enough, it was.

He told me that the sample was malignant. Stunned by the news, I remember asking: "What does that mean?" He might have mentioned cancer, I can't recall. He instead deferred and referred me to an oncologist, actually making the appointment for me for the following Thursday, only a week later.

Nearly two months had passed since the original Jan. 1 visit to the E.R.

Finally on Feb. 27, I was going to find out what's been going on – from an oncologist. And sure enough, on that following Thursday, my new-best-friend-to-be, lowered the boom: "Lung cancer."

My prognosis he said: "13 months to two years." Moreover, he advised: He "could treat me," but he "couldn't cure me." In simple terms, he told me I was "terminal."

Not that I don't already think about having cancer every minute of every day but especially so at this time of the year. This is when my world, as I knew it, came crashing down. Over and over, I review the days and weeks leading up to that first appointment with my oncologist and the impact the diagnosis has had on my life.

Granted, it's nothing to laugh about, but given that I've survived so long, it's certainly something to be grateful about.

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

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ONGOING

Photography Exhibit: "Place and Displacement." Through March 3, gallery hours at Photoworks in Glen Echo Park at 7300 MacArthur Blvd, Glen Echo. Featuring photos by Andrew Currie and Patricia Howard and curated by Fabian Goncalves Borrega. The show intertwines the series House to House and Suburbs by Pat Howard and Andy Currie. In both series, images of inhabited and desolated towns and suburbs share similar sense of alienation produced by powerless and meaningless life. Visit www.glenechophotoworks.org.

FEB. 6-MARCH 2

Art Exhibit: Breakout Color. Wednesday-Saturday, 12-6 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Gallery B presents its February exhibition, Breakout Color, featuring work by five painters, Nancy Arons, Sara Becker, Jennifer Howard, Christianne King and David Terrar. Visit www.bethesda.org.

FRIDAY/FEB. 8

Exhibit Reception: Breakout Color. 6-8 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Gallery B presents its February exhibition, Breakout Color, featuring work by five painters, Nancy Arons, Sara Becker, Jennifer Howard, Christianne King and David Terrar. Visit www.bethesda.org.

FRIDAY-SUNDAY/FEB. 8-10

The Musical Comedy Murders of 1940. Friday-Saturday, 8 p.m.; Sunday, 2 p.m. at the F. Scott Fitzgerald Theatre, 603 Edmonston Drive, Rockville. The Musical Comedy Murders of 1940 is a comedic mystery spiced with just a hint of piano and a dash of singing. Comedy and murder take center stage in this play, the music just makes a cameo appearance. \$20-\$22. Visit rlt-online.org/plays for tickets.

SUNDAY/FEB. 10

Concert: The Thirteen. 5 p.m. at Bradley Hills Church, 6601 Bradley Blvd., Bethesda. The all-star professional choir, The Thirteen, will perform an intimate concert titled "a word too small: love." Inspired by the art song tradition, The Thirteen sings music of the heart in this intimate concert featuring eight soloists and piano, featuring works by Johannes Brahms, Samuel Barber, Gustav Mahler, Daniel Elder, Caroline Shaw, Ted Hearne, Scott Ordway, Jocelyn Hagen and more. \$10-\$30. Purchase tickets at www.TheThirteenChoir.org.

MONDAY/FEB. 11

Create a Chinese Paper Lantern. 4:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. In celebration of Chinese New Year, children will create a Chinese paper lantern and decorate it. Children under 8 years will need adult supervision. No registration is required. Visit www.montgomerycountymd.gov/Library/branches/potomac.html or call 240-777-0690.

THURSDAY/FEB. 14

Make A Valentine. 4:30-5:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. A craft program for children to create Valentine's Day cards, bookmarks, and other crafts. In celebration of Library Lovers' Month. No registration is needed. Visit www.montgomerycountymd.gov/Library/branches/potomac.html or call 240-777-0690.

SATURDAY/FEB. 16

Potomac Library Chinese New Year Celebration. 10:30-11:30 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. The Hope Chinese School (Gaithersburg Campus) will perform. Lion Dance, Chinese painting, Chinese Zither, Tai Ji, Peking Opera, Kungfu (Wushu), Lute, Erfu and Hulusi will be featured. For all ages. No registration is required. Visit www.montgomerycountymd.gov/Library/branches/potomac.html or call 240-777-0690.

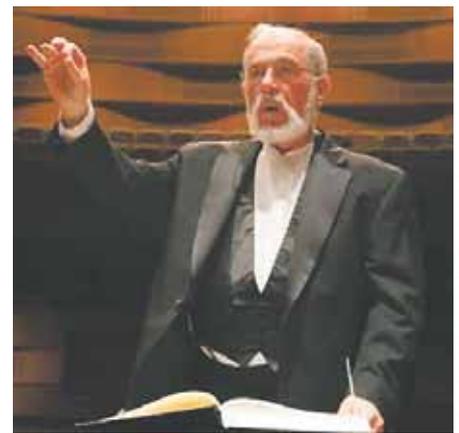


PHOTO BY DAVID FRIEDLANDER

Joel Lazar, Music Director, Symphony of the Potomac.

Symphony of the Potomac

The second program of the Symphony of the Potomac's 2018-2019 season, From the Gilded Age to the Jazz Age and Beyond, features the music of George Whitefield Chadwick, George Gershwin, Florence Price, and George Walker. Sunday, Feb. 10, 3 p.m. at the Cultural Arts Center, Montgomery College, 7995 Georgia Ave., Silver Spring. Advance tickets to the performance, \$15 (adults), \$5 (student/youth under 18), and \$10 (groups of 10 or more) are available from BoxOfficeTickets.com until Feb. 9. Tickets purchased at the door are \$20 (adults), \$17 (adults over 65), and \$5 (students with ID/youth under 18). Free admission to the Feb. 10 performance for federal employees and contractors – email queries.sotp@gmail.com with full name and the number of adult and children's tickets requested (two of each per ID). Visit www.symphonypotomac.org for more.

SATURDAY-SUNDAY/FEB. 16-17

One Acts and Scenes With Jewish Themes. Saturday, 8 p.m.; Sunday, 1 p.m. at Temple Beth Ami, 14330 Travilah Road, Rockville. The Jewish Community Theater of Montgomery County and The TBA Players present Jewish Theater Showcase: New One Acts and Scenes With Jewish Themes. Saturday, \$15; Sunday, \$10. Tickets at the door (cash, check, or charge) or online at Eventbrite.com (search for "Jewish Theater Showcase"). Email jctmc18@gmail.com.

SUNDAY/FEB. 17

Waltz Dance. 3:30-6 p.m. at the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Introductory Waltz Workshop from 2:45-3:30 p.m. Featuring the ensemble Tim Ball Trio playing a lively mix of folk waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polka. Admission is \$13, \$5 for full-time students with student ID. No partner required. Call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, go to www.WaltzTimeDances.org or email info@WaltzTimeDances.org.

Lunar New Year Celebration. 4:30-7:30 p.m. at Potomac Community Center, 11315 Falls Road, Potomac. The Lunar New Year Celebration is open to the entire community with performances, activities, ethnic appetizers, Dragon Dance and more. Call 240-777-6960 or visit www.montgomerycountymd.gov/rec/facilities/recreationcenters/potomac.html.
Middle Atlantic Song Contest Sampler. 7 p.m. at Island Pride Oasis restaurant, 617 South Frederick Ave., Gaithersburg. Eight winners will perform their winning songs and some of their other material. Tickets are \$18 in advance at www.focusmusic.org/buy-tickets and for FocusMusic and FSGW members; \$20 at the door.

THURSDAY/FEB. 21

Renaissance's Art Start Class. 10:30 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Renaissance's Art Start classes help develop children's imaginations and creativity along with working on small motor skills and hand/eye coordination. Free. Registration required. Call Cindy Gil at 240-777-0690.

WELLBEING

American Heart Month

Making healthy diet and exercise choices are two keys to preventing heart disease.

BY MARILYN CAMPBELL

Each time the door bell rang, a guest arrived, wearing red and bringing with her a new flavorful dish with an aroma that filled the already pungent air in Cassandra Pope's Arlington home. One by one friends strolled through the living room and into the kitchen bearing dishes like balsamic-grilled chicken breast, curried cauliflower steak and freshly made hummus. They had arrived for a potluck dinner and the theme that evening was heart health.

"My father died of a heart attack when he was 62, and when he was 57 he had a stroke," said Pope. "All nine of his siblings had massive heart attacks and all of them died of a heart-related illness. So I know that I need to focus eating better and exercising and losing weight. My friends always get together for dinner about once or twice a month and usually we have a theme. For February, we decided to combine Valentine's Day and heart health. We exchanged recipes so that we all have a stash of new recipes to try."

Cardiovascular disease remains one of the leading cause of death in the United States, and after decades of a steady decline in this country, it is once again on the rise, according to a study by the American Heart Association. The research also shows that approximately 80 percent of all cardiovascular disease can be prevented by adopting a healthy lifestyle and controlling high blood pressure, diabetes and high cholesterol. During February, American Heart Month, health care professionals are working to raise awareness of the importance of making healthy lifestyle choices and managing their health conditions.

"February is also Black History Month and these two recognitions go hand-in-hand," said Nikkia Wilkens, Fairfax County Health Department community outreach professional. "African Americans have some of the highest rates of hypertension and heart disease, [but] with the right steps, we can improve our heart health."

Some of the heart-smart lifestyle adjustments that Wilkens and other health care professionals advise include staying active and exercising regularly and monitoring one's salt intake. "Incorporate movement into your everyday activities, such as taking the stairs instead of an elevator," said Wilkens. "Maintain a healthy diet and skip the fried foods, and eat lots of

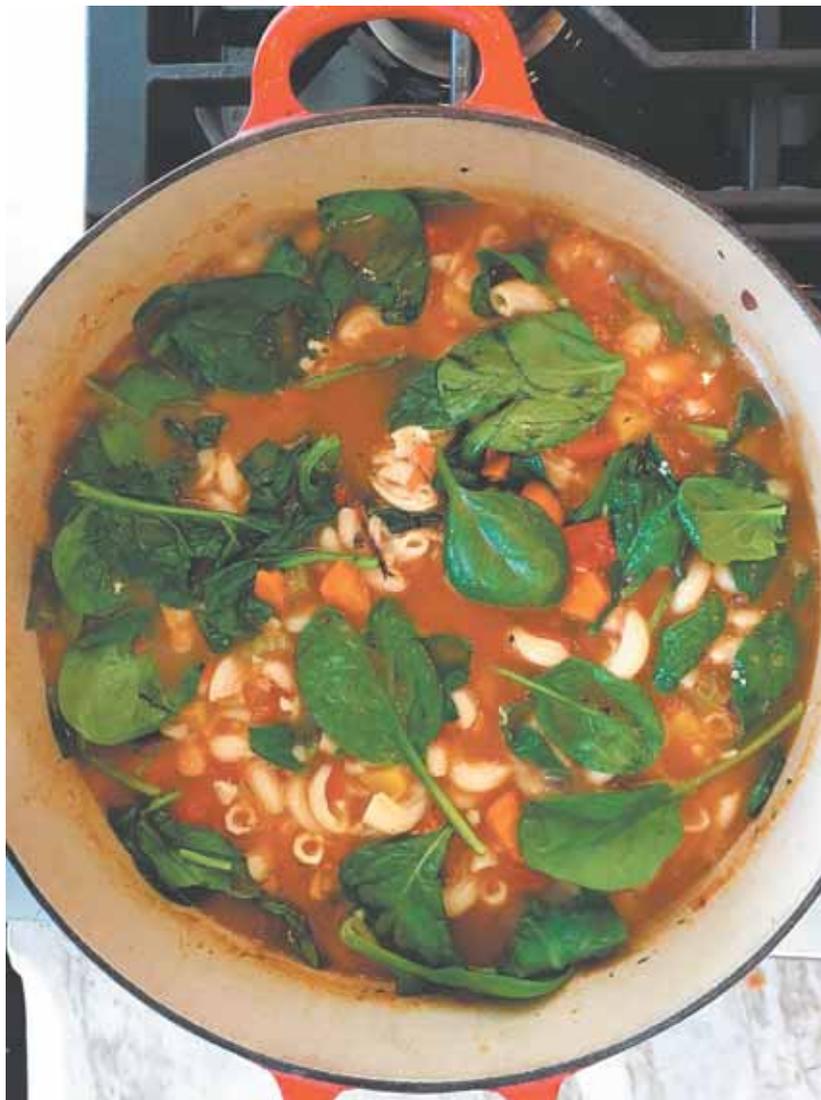


PHOTO CONTRIBUTED

Finding creative but tasteful ways to add vibrantly colored fruit and vegetables to one's diet can help prevent heart disease.

fruits and vegetables. Commit to eight hours [of sleep] a night and drink eight glasses of water each day."

While African-American have one of the highest rates of heart disease, the American Heart Association reports that anyone at any age can be affected by cardiovascular diseases and 80 percent of cardiac events can be prevented.

"Even making small changes like getting 30 minutes of exercise a day can improve not just your heart health, but your overall health as well," said fitness trainer Brendan Moore. "Find a type of exercise that you enjoy enough to do for 30 minutes that also gets you to break a sweat and do it everyday. The important thing is that you get your heart rate up. If you start to break a sweat, you know that you're exerting enough energy to have an impact."

Small dietary changes can be made gradually. "Watching your salt intake is really important," said dietician Caroline Knowles. "There are so many ways to prepare meals by using spices instead of salt so that you don't compromise the taste. With slow cookers and instant cookers there are so many options that you no longer have to fry food to enjoy that satisfying taste."

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POTOMAC COMMUNITY RECREATION CENTER

LUNAR NEW YEAR CELEBRATION

"YEAR OF THE PIG"

Sunday, February 17, 2019 • 4:30 – 7:30 p.m.

Share in the rich Asian culture of dance,
music, exercise and more!
Enjoy refreshments and appetizers.

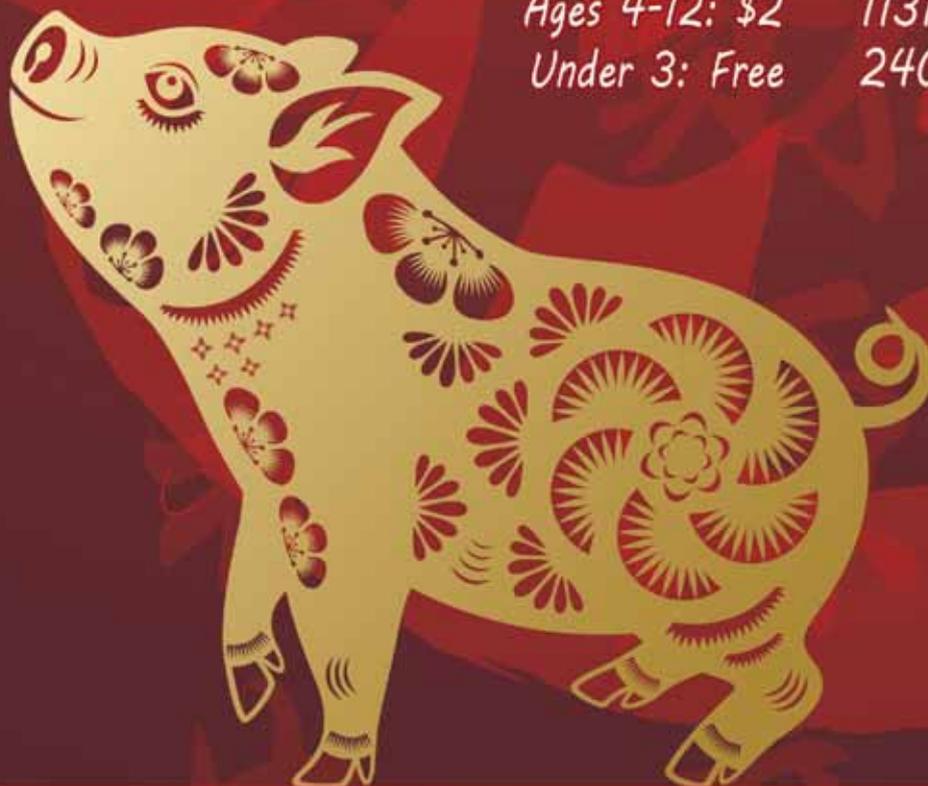
Registration required. Register in person
at the center or online at
ActiveMONTGOMERY.org, activity 63433.

Cost: Adults (13 & Up): \$5
Ages 4-12: \$2
Under 3: Free

Parking will be offsite at Congregation Har
Shalom (11510 Falls Road, Potomac).
Buses will be provided to transport
participants to and from the event
beginning at 3:30 p.m.

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