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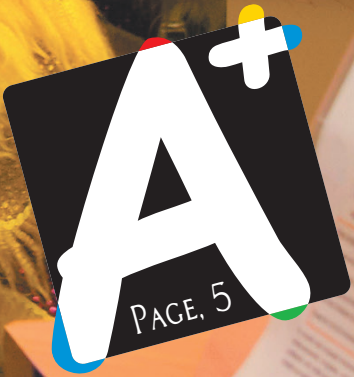


Adam, Anya, Zachary Chua gather around the Chinese Lion at the Potomac Library on Saturday, Feb. 16.

Potomac ALMANAC

Impressive, Not Scary

NEWS, PAGE 3



Adapting ‘Mamma Mia’
NEWS, PAGE 3

Making Memories
NEWS, PAGE 7

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7 10818 Hillbrooke Lane
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5 9200 Falls Chapel Way
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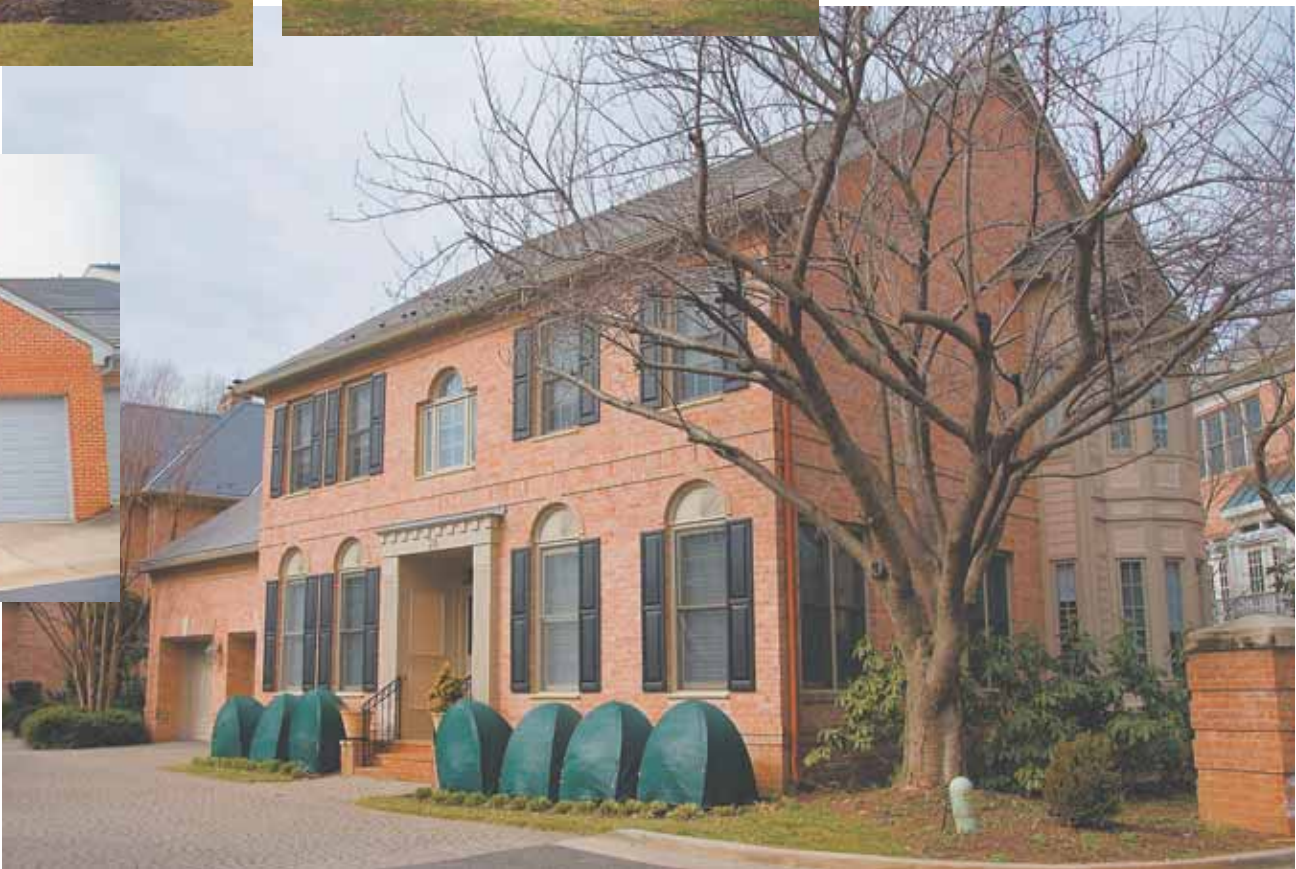
3 11120 Fawsett Road — \$1,050,000



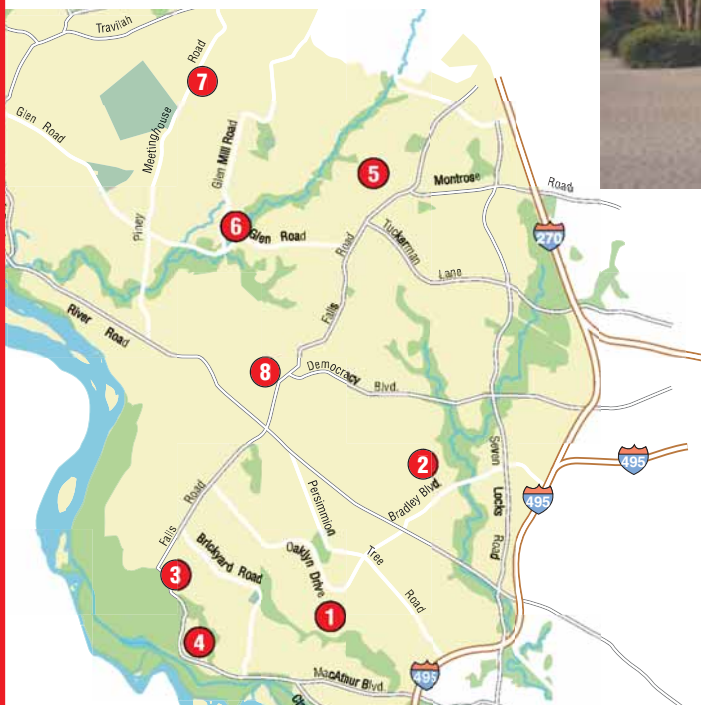
8 10300 Chapel Road
— \$875,000



4 7822 Hidden Meadow Terrace
— \$1,042,000



1 24 Sandalfoot Court — \$1,100,000



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1 24 SANDALFOOT CT	4	..	4	.	1	POTOMAC	..	\$1,100,000	Detached	0.15	20854	AVENEL	12/13/18
2 26 MERCY CT	5	..	4	.	1	POTOMAC	..	\$1,060,000	Detached	0.46	20854	MCAULEY PARK	12/10/18
3 11120 FAWSETT RD	4	..	3	.	1	POTOMAC	..	\$1,050,000	Detached	1.29	20854	FAWCETT FARMS	12/03/18
4 7822 HIDDEN MEADOW TER ...	4	..	3	.	1	POTOMAC	..	\$1,042,000	Townhouse	..	0.10	20854	RIVER FALLS	12/14/18
5 9200 FALLS CHAPEL WAY	7	..	5	.	1	POTOMAC	..	\$1,040,000	Detached	0.33	20854	COPENHAVER	12/27/18
6 10425 GLEN RD	5	..	3	.	1	POTOMAC	\$950,000	Detached	0.93	20854	GLEN MILL VILLAGE	12/07/18
7 10818 HILLBROOKE LN	5	..	3	.	1	POTOMAC	\$935,000	Detached	0.17	20854	PINEY GLEN VILLAGE	12/17/18
8 10300 CHAPEL RD	5	..	4	.	0	POTOMAC	\$875,000	Detached	1.13	20854	POTOMAC HILLS	12/17/18

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PHOTOS CONTRIBUTED

Students rehearse “Mamma Mia” at The Connelly School of the Holy Child in Potomac for opening performance on Feb. 23.

Holy Child Adapts ‘Mamma Mia’ for All Audiences

Opening performance will be sensory friendly for people with special needs.

BY PEGGY MCEWAN
THE ALMANAC

Students at The Connelly School of the Holy Child in Potomac will spend the next two weekends singing and dancing to the tunes of ABBA when they present “Mamma Mia” as their annual upper school musical.

The opening performance on Feb. 23 will again be sensory friendly, the fourth year the school has opened the show to members of the autistic and special needs community.

“We always have about 50 or so people attend [the special performance] and the show grows bigger every year,” Caitlin Chalke, director of communications at the school wrote in an email. “Those that come with their family to enjoy the show are ex-

tremely appreciative of this offering.”

The sensory-friendly play has lower sound level, a brighter auditorium with lights on but dimmed, a shortened running time, a quiet room for patrons who need a break and the audience is permitted to talk, walk around, dance, and come and go from the auditorium, Chalke wrote.

“It’s a little different but worth the effort,” freshman Kelsey Kley, who has the part of Lisa, one of the bride’s friends in the show, said. “It’s really nice to see all the kids’ smiling faces.”

Despite the original play’s somewhat risqué subject matter, director Elsbeth Fager said “Mamma Mia” works for the students because they are using a newer version of the script created for young performers.

“This summer [they] came out with an amateur version for younger performers,”

Fager said, “The script is a little different.”

Based on the songs of ABBA, a Swedish pop group of the 1970s, long before Holy Child students and many of their parents were born, “Mamma Mia” tells the story of a young woman getting married at her mother’s Greek Taverna.

The bride longs to have her father walk her down the aisle at the wedding but she does not know who her father is. Thus, begins the intrigue of learning his identity.

All this is told using songs from the ABBA repertoire. “We found it to be a great celebration of love, laughter, family and friendship,” Fager said.

Holy Child is a small school for girls in grades 6-12, but that is one of its strengths according to Chalke.

“What’s so great about Holy Child is, since we are a small school [325 students] we

encourage all the students to participate,” she said.

The show, including sets and technology, is student run, supported by school faculty, Fager said.

The Feb. 23 performance will be at 11 a.m., with face painting, games, and treats for families attending beginning at 10 a.m. Admission is free for this special performance.

Regular performances will be at 7 p.m. Friday, March 1 and at 2 p.m. and 7 p.m. Saturday, March 2.

A children’s disco party room with face painting, popcorn, games, and photo booth will open one hour prior to each performance.

Tickets are \$10 for adults and \$5 for students. The may be purchased at www.holychild.org/mamma-mia/.



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Chloe Yu concentrates on Chinese painting as part of the library’s Chinese New Year Celebration.



Crowd Pleaser

Michael Evangelista and Ve Thai as The Lion and Michelle Evangelista in the Choy Wun Dance Troupe perform Saturday, Feb. 16 before a crowd at the Potomac Library.

OPINION

Be Part of the Pet Almanac

The Pet Almanac, a twice-yearly special edition, will publish the last week of February, and photos and stories of your pets with you and your family should be submitted by Friday, Feb. 22.

EDITORIAL We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to

adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a managing pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature,

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Whoo Lives Here? Startling, magical moments.

BY ELISABETH WAUGAMAN

We are so lucky to live here because we have such interesting neighbors. With a suet feeder, we have the constant company of a wide array of feathered friends — song sparrows with their ribbons of brown feathers cascading down their white chests; red headed house finches; and perky, little wrens, who will happily make their nests in your mailbox or your flower baskets. Shakespeare admired the tiny wren for its great courage. A wren will fuss shrilly and fly intimidatingly close if you approach its nest.

There is the adorable downy woodpecker, not much bigger than a sparrow with its martial black and white plumage and the males wearing a jaunty little red cap; the madcap flicker with its black bib, polkadots, and red cheeks; and even the majestic punk-rocker, pileated woodpecker, as large as a crow, in black and white attire, a great streak of black eyeliner and a red feathered cap tapering off in an awesome spike; the ostentatious flaming-red cardinal and his shy bride, the English starling so scintillatingly, beautiful when young. Starlings and house sparrows were brought to this country by the well-intentioned Eugene Schieffelin, who wanted us to have all of Shakespeare's birds. Sadly, "the best laid schemes o' mice an' men/Gang aft a-gley."

There's also the lovely, but loathsome, bluejay, so pleasing to the eye, but a devil at heart, whom I never like to see because of his murderous proclivities. (Better not to know....) Cold weather brings Canadian robins and snow birds. What an "infinite variety" resides in that aerial world beyond our windows.

This year for the first time since we moved here in 1985, we have bluebirds. Decades ago, bluebirds faced extinction, but enough people rallied to their cause and built nesting boxes for them that their population has survived. I'll never forget the beautiful snowy owl, seemingly dressed in ermine, who sat on a branch outside our kitchen window, or the flock of cedar wax wings, looking like a group of masked bandits, who rested for a moment in our backyard while migrating. In warmer weather an arrogant, majestic red-tailed hawk haunts our backyard watching for chipmunks. Mourning doves sometimes drop by, so aptly

named for if their mate dies, they never take another. One year, a mourning dove nested on our kitchen window sill, necessitating the construction of a black construction paper barrier so as not to scare the mother away from her nest. To the mother's great distress, her baby was so homebound that in order to get him to leave the nest, she was forced to stop feeding him; but he would not leave the nest. Finally, in despair, watching the now big baby ignore his mother's calls to see the world, I banged on the window. The baby, now the size of the mother, flew away before realizing what he had done. "All's well that ends well."

The largest bird ever to visit our yard was a heron who noticed we had a small pond, which I had dug and edged with a rim of uncemented stones. As he lifted one long leg to perch on the edge and observe the goldfish, the stone tilted, shifting him rapidly to an awkward position requiring the opposite wing to rapidly extend to compensate for the imbalance. With his weight shifted, the stone evidently shifted again, creating a lurch in the opposite direction at which point the no longer statuesque heron decided to lift off with the remnants of his dignity. Like Ichabod Crane, he never returned.

After years of happy goldfish, I finally gave up after an invasion of goldfish-eating frogs, who arrived from I wonder where. Who knew tiny frogs would grow big enough to eat goldfish? Or was it a raccoon? Probably not since the frogs were undiminished.

THE OTHER DAY on Hackamore Drive, I saw a young peregrine falcon, perhaps the same one who was pursuing an old crow, on a previous day, followed by another crow attempting to help his beleaguered friend. What a ruckus that was. Every now and then, the buzzards like to alight on the trees behind our house. Although, or perhaps because, they clean up carrion, they are not the most pleasant of fowls to keep company with; however, when vulture populations tank, there are environmental

problems — such as the spread of disease. So hats off to the vultures for doing a job nobody else wants or even appreciates. On a macabre note, a group of feeding vultures is called "a wake." And on a humorous note, a bunch of vultures in trees is called "a committee."

The summer months are always filled with the antics of ruby-throated hummingbirds, who can fly like helicopters, straight up and down, hovering, or even zig-zagging with their wings a blur, beating so fast they hum, hence their name. With a feeder at the window, you can watch aerial antics that would shame any other bird or plane. We used to have hordes of them. We had one chap so territorial that we put up a feeder on the other side of the house so the females could eat in peace, only to discover he was bouncing from one side of the house to the other like a tennis ball over a net. Adding a third feeder, did make his life a bit more difficult, but not enough.

Walking our rescue dog Benji, I have discovered we also have many four-footed neighbors less visible than our feathered friends. I've been lucky enough to see a beautiful red fox more than once. Because of their long fur, we don't realize how small foxes are — less than 10-20 lbs; but suburban foxes are even smaller. Foxes supposedly have the most diverse diets in the animal world. They eat everything from birdseed, to earthworms, insects, fruits, berries, rodents, including rats, and, yes, sadly, birds — but not on the disastrous scale of cats. A fox's bark sounds a bit like a small dog with a cold. I've recently noticed scat in the neighborhood that suggests we might now also have coyotes, "a marvelous, witty fellow," in residence. Coyotes are extremely shy and very clever, revered by Native Americans as the trickster. If they have moved into the neighborhood, this is very bad news for our foxes.

We also have possums. One night, I put an apple pie out to cool on the front steps, opened

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SEE JOYS OF LIVING, PAGE 6

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Black History Month: A Look at African American Art

Promoting and preserving a part of history.

BY MARILYN CAMPBELL

Despite his predilection for visual arts, Allen Carter, an African American boy growing up in pre-civil rights era Arlington, might not have been granted entrance into some the nation's museums due to segregation. Still, he persisted, and years later he became a lauded artist, distinguished teacher and mentor to underprivileged children. And in February — African American History Month — his work is being shown in an exhibit, "Big Al Carter: A Retrospective," at the Fred Schnider Gallery of Art. While his work is part of the permanent collections of both the Smithsonian Institution and the Corcoran Gallery of Art, this is the first exhibit of Carter's work in the Washington, D.C. area since his death in 2008.

"Big Al's family has given us an incredible gift by sharing his art, allowing us to continue to reflect on his life, his art and his message for future generations," said Marty Schnider, president of Fred Schnider Investment Group and founder of Fred Schnider Gallery of Art.

As a painter, printmaker, sculptor and muralist, Carter, also known as "Big Al" drew inspiration from his life experiences,

art history and everyday life. He believed that his life's purpose was to use art to heal. "Art is my emotion. Art is my memories. Art is my life. I create the essence," he once said.

"He paints poor people, he paints people who are fishing or people who are having dinner at the table ... his work is very vast," said Carter's daughter, Cecilia Carter.

Carter's exhibit is particularly noteworthy to some African-American art historians who point to a recent study showing that just 2.4 percent of all acquisitions and gifts and 7.6 percent of all exhibitions at 30 prominent American museums have been of work by African American artists. The recent Andrew W. Mellon Foundation Art Museum Staff Demographic Survey of 181 art museums in North America found that African Americans are greatly under-represented in mainstream art museums as directors, curators, conservators and educators. Those who study African American art say that solving this dilemma requires a year-round approach.

"We can't just focus on it during Black History Month," said African American art historian Crystal Johnson, Ph.D. "These two statistics go to hand-in-hand and prove what we already know. We need more African American students to explore their ar-



President of Fred Schnider Investment Group, LLC and Founder of the Fred Schnider Gallery of Art, Marty Schnider with Allen "Big Al" Carter's daughters, Cecilia Carter (left) and Flora O. Stone (right)

tistic talents and we need more students to take chance on a non-mainstream career and pursue jobs in museum administration. In order to make any changes, we need to have a seat at the table."

One such aspiring decision maker is recent a George Mason University graduate who landed a position as the co-curator of an exhibit at Howard University. "I'd worked with an exhibition, but I've never had the chance to curate before. I was excited and

nervous," said Kourtney Riles of the exhibit called, "An Examination of Feminist(s) Subjectivity in Modern and Contemporary African American Art."

Art plays a vital, but often overlooked role in African American history, not just during Black History Month, but all year long, advises Angela Black, who has taught art history. "Art is a way of preserving our history," she said. "It tells our story and we need more professionally trained artists who can do that."

Carter's exhibit, which features rarely seen artwork from his daughters' private collection, runs through March 3 at the Fred Schnider Gallery of Art, 888 N. Quincy Street, Arlington. Several pieces will be available for sale.

"The exhibit and his work reflect everything that he's been through, what he's seen, and what other people have been through and seen," said Big Al's daughter Flora O. Stone, Carter's daughter.

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Joys of Living Midst the Natural World

FROM PAGE 4

the door, and found myself looking at possum preparing for a bite of tart. Fortunately, he did not faint dead away, which is what happens when a possum “plays dead” — they literally pass out, look, and smell dead. (Don’t ask.) We have also had moles revealing their presence with tunnels running through the yard, shrews that look like mice with long noses and have conferred their names to abrasive women because they (the shrews) make high pitched, twittering noises and are very territorial.

IN WARMER WEATHER, bats and larks dip and soar in the twilight, both helping rid us of noxious insects. I also used to hear a bobcat frequently at night in the warmer weather. Its cry is perfect for Halloween. As far as mice are concerned, one year we had a not so unique experience, I was told, with field mice who had painstakingly moved piece by piece about 5 lbs. of cat kibble from our neighbor’s garage into various, nooks, crannies, pipes, and tubes of our car in our garage. How hopeless they must have felt upon discovering their store “ever lost;” their little souls “full of discord and dismay.” Unfortunately, I further, inadvertently shocked the world of field mice one day when the weather was beginning to get cold. I was trying to get rid of an old, leaky outside water hose that I had not used for some time. When I started to unroll it from the wind-up housing, a small field mouse emerged, carrying her tiniest — about the size of a third of a raisin — babies. It looked like there were 10. They had no fur; their tiny eyes were not yet open. They were newbies, no question. They were hanging all around her like a large necklace. Desperately trying to get them to safety, she plunged to the ground in an act of adrenalin fueled courage (which we call “hysterical strength”) that would be the equivalent of my jumping from a second story window clinging to 10 newborns. With lightning speed, she disappeared under the cement step close by, having saved all the babies but one. Horrified by what I had inadvertently done, I ran inside, grabbed a tissue

and a paper cup, ran back outside, put the newbie inside the cup swaddled by the tissue so at least he wouldn’t be on the cold ground, and left, hoping that his mother would retrieve him. When I checked the cup a short while later, the newbie was gone. “Love conquers all.”

We all know about the deer population. But at one point, we even had a deer that looked like a cow because of large white spots on the body. This aberration is the result of inbreeding. Our befuddling “Cowdeer” seems to have been a brief phenomenon — evidently, not the best adaptation for natural selection.

One of my funniest mammal experiences was discovering a small child, about three years of age, judging by his size, running around in circles holding onto the bird-feeder post causing the bird seed to fly out everywhere. Wondering how he got into our backyard, I suddenly realized I was looking, not at a child, but at a very large raccoon, who disappeared as soon as I opened the door.

There was also the monkey I saw, but was afraid to mention, which turned out to have escaped from his cage at a neighbor’s recently back from Africa. And of

course, we all know about the squirrels, who like to sashay slowly in front of any dog on a leash. Recently I have noticed squirrels missing tails or with fur damaged tails. A new predator?

One story I have never been able to resolve involves a family desperately in need of marriage counseling and/or child therapy, who had the most earsplitting quarrels one would ever want to hear in the attic over our heads. Squirrels? Raccoons? Whoever they were, they didn’t return after a wire mesh screen was tightened. A friend with the same problem bravely opened the attic loft door just long enough to fling several boxes of moth balls into the attic before slamming the door shut. This act of bravery expelled the unwanted guests, but left the house smelling of naphthalene for a disquieting period of time. Perhaps, not the best approach to getting rid of unwanted guests in the attic.

When we first moved into River Falls, we had a constant migration of displaced ani-

mals because of construction in nearby Avenel. The most surprising was a large black snake who was very persistent about trying to move in. He would squeeze under the garage doors and drop through screen doors. We were literally haunted by a large, long, black snake. You never knew where he might turn up next. On another occasion, I saw a strange sight in the backyard which required close examination because my mind could not comprehend what my eyes were seeing, which turned out to be frog legs sticking straight out of a snake’s mouth. I ran to the garage, returned with a broom, and gave the snake a wallop below where the frog seemed to be lodged. The next few seconds are a blur that ended when I saw the frog blinking in the bright sunlight. The snake was nowhere insight. The year we had the terrible drought, many of us had toads seeking shelter in window wells, a toad strategy that required various human stratagems to assure they could get out.

ONE AFTERNOON, a gigantic, scary, prehistoric creature lumbered past our house on a mission. It was the biggest snapping turtle I have ever seen. Probably the biggest snapping turtle anybody has ever seen. It went straight into the neighbors’ freshly mulched front yard to lay its eggs. Not a good choice. To save her from being run over on Brickyard Road, my son and I, worried the entire time about retaining all our digits, managed to get her into a large, paper yard disposal bag. It took the two of us to lift the bag, whose bottom threatened to give way at any moment. As we carried her across the road, her neck seemed to be growing like a snake coming out of a gigantic eggshell, growing at an alarmingly rapid rate like Alice in Wonderland’s neck after drinking the magic potion. The rapid elongation of the turtle’s neck necessitated constant realignment of our fingers along the edge of the bag, which started to tear. Fortunately, we made it across the road before the bag gave way. When we dropped it, the ancient snapping turtle slowly exited and disappeared down the hill to the stream without so much as a word of thanks.

At times we have had strange animal sightings like that of the aforementioned monkey. I will never forget the day my neighbor Ellen Kruse knocked on our door asking me to verify what she was looking

at. I looked out to see what, after googling, I discovered to be a wallaby, not in the best shape, poor thing. It was starving and was seen by many trying to get food from garbage bins. I called the National Zoo. I was told that under no circumstance could they help because the animal might have a disease that could wipe out the entire population of the zoo, I was then told, “You would not believe the number of calls we get like this. People import wild animals illegally. When the animal gets too big or poses other problems, they simply turn them loose.” Her list included feathered as well as furry foreigners. This leads me to the stories of the mountain lion, or perhaps African lioness given the information from the zoo. It was seen by many in the neighborhood years ago. One neighbor tooling around at night on a small motorbike only escaped because he was able to flee downhill. A tracker was unable to catch it. Like the wallaby, it disappeared.

We used to have wonderful butterflies — tiny, iridescent, blues flitting about in dancing pairs that made the whole garden sparkle, small whites that reminded you of the snow, majestic monarchs, black swallowtails. Now they are all gone because people spray for fear of mosquitos. One morning, I went out into the backyard when we still had numerous locust trees that all came down later during the derecho. I looked up to see the sunlight filtering through the leaves and what looked like glittering threads of diamonds running through the tree branches in every direction. Countless spider webs had caught infinite dew drops that sparkled with rainbow colors everywhere I turned. The rays of sunlight filtered through leafy shadows and the dewdrops refracted the colors of the rainbow with the magic of a walking dream thanks to the industrious work of spiders in the trees. It is a magical moment requiring the synchronicity of time, light, temperature, and silken threads floating in the air. A startling, magical moment.

Keep your eyes and ears open for the neighbors who don’t greet you with a verbal hello. They will make your life a lot more interesting.

The writer is a resident of River Falls since 1985. She has written a children’s book, a book about women’s names, and has blogged for Psychology Today, Nameberry, The Freelance History Writer, and Atlas Obscura.

I suddenly realized I was looking, not at a child, but at a very large raccoon ...

LETTERS TO THE EDITOR

Need To Study Helicopter Noise

To the Editor

The following is an open letter to Gene L. Dodaro, Comptroller General of the United States, U.S. Government Accountability Office.

Dear Comptroller General Dodaro:

We write to request that the Government Accountability Office (GAO) conduct a study of helicop-

ter noise within the Washington metropolitan area. Many of our constituents live with the impacts of regular helicopter noise that interrupts sleep patterns, causes their homes to shake and negatively impacts their quality of life. While disturbances from helicopter noise have been a longstanding problem for some, others have noted recent increases in the frequency and severity of helicopter

noise in their neighborhoods. We understand that helicopter activity is an essential part of law enforcement, military and medical operations and appreciate the critical efforts of employees serving in those sectors. However, we also believe that, through information collection, analysis and coordination, we can identify strategies to minimize the negative impacts of helicopter activity with-

out impeding the work of the agencies operating helicopters within the region.

We have engaged with constituents, federal agencies and local governments on the problem of helicopter noise in our region. A number of questions have emerged that can only be addressed through a formal study. Among other issues your study may find relevant, we ask that

your study include an analysis of the following issues:

❖ The types of helicopters that generate the most noise and the make of the helicopters flying over the Washington metropolitan area;

❖ Current helicopter flight paths within the Washington metropolitan area, including an analysis of

SEE LETTERS, PAGE 10



Making Memories

Harper Leigh, Sloane Avery and Ellis-Marie Coleman Jefferson participate in the Potomac Library's "Make a valentine" craft program on Thursday, Feb. 14.



Angela and Allison Zhang hold up their handiwork. The craft program was part of the library's Library Lovers' Month celebration.



Andrew Zhang creates a heart out of paper for Valentine's Day.

PHOTOS BY
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NEWS



Joyce and Anna Yam are Pandas.



The Chinese Lion entertains the audience.



Young Ja Kim, Hwa Kyung Yang, and Young Mi Lee are Korean folk dancers.

Lunar New Year Celebration

Heather Lee, Wing Lau, Jennifer (Cho) Partlow, and Cathy Chang perform The Ribbon Dance at the Potomac Community Center on Sunday, Feb. 17.

PHOTOS BY
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www.PotomacCommunityVillage.org

ENTERTAINMENT

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

ONGOING

Art Exhibit: Breakout Color.

Through March 2, 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.

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. Visit www.glenechophotoworks.org

THURSDAY/FEB. 21

Renaissance's Art Start Class.

10:30 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. This one-hour, packed class will include guided instructions for a drawing and creating a craft using a non-toxic polymer clay. 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.

The Doctor Is In. 7-9 p.m. at the Potomac Community Center, 11315 Falls Road, Potomac. Montgomery County residents may not want to return to the practice of medicine offered in the 1880's, but they will be entertained and informed when Clarence Hickey as Dr. Edward Stonestreet "makes a house call" to attendees at Potomac Community Village's monthly meeting and reflects on his life and historic times. For more information, to volunteer or get volunteer help, contact 240-221-1370, info@PotomacCommunityVillage.org or check out www.PotomacCommunityVillage.org.

Poetry Contest Deadline. The Gaithersburg Book Festival will be celebrating its 10th anniversary, and is hosting a poetry contest for high-schoolers in D.C., Maryland and Virginia. To participate in the poetry contest, students must be enrolled in grades 9-12 at a public or private school, or be in a homeschool program, for the 2018-19 school year. First- and second-place winners receive \$250 and \$100, respectively. This contest replaces the previous short story contest. Details can be found in the Festival website at gaithersburgbookfestival.org/gbf-programs/poetry-contest. The



Read Gainsford and Tobias Werner

deadline for submissions is Feb. 21, 2019. Visit www.gaithersburgbookfestival.org.

FRIDAY/FEB. 22

Washington Conservatory

Concert. At Westmoreland Congregational UCC, 1 Westmoreland Circle, Bethesda. The concert features pianist Jaewon Lee performing favorite sonatas by Beethoven (Sonata No. 8, op.13 "Pathetique;" Sonata No. 26, op. 81a "Les Adieux;" and Sonata No. 23, op.57 "Appassionata"). Admission by donation, with all proceeds going to the performer. Call 301-320-2770 or visit washingtonconservatory.org.

SATURDAY/FEB. 23

Family Bingo and Potluck Night.

5:30 p.m. at St. James' Episcopal Church, Parish Hall, 11815 Seven Locks Road, Potomac. Join St. James' for a family-friendly night of bingo with white elephant prizes. St. James will provide a potluck dinner and drinks, free-will offering accepted. To bring a dish to share call 301-762-8040 or email office@stjamespotomac.org.

Play in a Day. 8 p.m. at Imagination Stage, 4908 Auburn Ave., Bethesda. Six professional area theatre companies will write, direct, rehearse and perform original plays based on similar themes in only 24 hours. The plays will be presented at the 15th annual Play In A Day, produced by the Bethesda Urban Partnership and Bethesda Arts & Entertainment District. The event kicks off Friday, Feb. 22 when playwrights and directors come together to receive their assigned themes and props. Playwrights then work through the

night to create their 10-minute masterpieces. As the sun comes up, rehearsals begin as teams of directors and actors prepare anxiously to make the 8 p.m. performance deadline on Saturday, Feb. 23. Participating theatre companies include: Adventure Theatre MTC (Glen Echo, MD); Flying V (Bethesda, MD); Happenstance Theater (Rockville, MD); Imagination Stage (Bethesda, MD); The Keegan Theatre (Washington, D.C.) and Rorschach Theatre (Washington, D.C.). Tickets are \$15 at www.bethesda.org and at the door at 7 p.m.

National Philharmonic presents

"The Debut." 8 p.m. at The Music Center at Strathmore's Concert Hall. The National Philharmonic celebrates composer Leonard Bernstein's centennial with "The Debut," featuring pictured three-time Grammy-award winning cellist Zuill Bailey and Grammy-nominated violinist Roberto Diaz. Conducted by Piotr Gajewski, the orchestra will perform Robert Schumann's Manfred Overture; Miklós Rózsa's Theme, Variations and Finale, Op. 13; Richard Strauss' Don Quixote; and Richard Wagner's Prelude to Die Meistersinger. Tickets are \$32-\$84; young people 7-17 are free. Visit www.nationalphilharmonic.org or call 301-581-5100.

SATURDAY/MARCH 2

Conservatory Concerts Series.

8 p.m. at Westmoreland Congregational UCC, 1 Westmoreland Circle, Bethesda. Cellist Tobias Werner and pianist Read Gainsford will perform Samuel Barber's Sonata in C Minor, Op. 6 and Rachmaninoff's Sonata in G Minor, Op. 19. Guests are invited to

Conservatory Concerts Series

Cellist Tobias Werner and pianist Read Gainsford will perform Samuel Barber's Sonata in C Minor, Op. 6 and Rachmaninoff's Sonata in G Minor, Op. 19. Both artists are members of the Pressenda Chamber Players, the Ensemble in Residence at the Conservatory. Guests are invited to attend Wine & Words after the concert for complimentary beverages and an informal Q & A with the artists. Saturday, March 2, 8 p.m. at Westmoreland Congregational UCC, 1 Westmoreland Circle, Bethesda. Free, suggested donation of \$20. Families are welcome at all concerts. Call 301-320-2770 or visit washingtonconservatory.org for more.

attend Wine & Words after the concert for complimentary beverages and an informal Q & A with the artists. Free, suggested donation of \$20. Families are welcome at all concerts. Call 301-320-2770 or visit washingtonconservatory.org.

FRIDAY/MARCH 8

Family Bingo Night. 7-9 p.m. At Clara Barton Community Center, 7425 MacArthur Blvd., in Cabin John. Admission is free. Bingo cards are \$5 each. Pizza slices and drinks will be on sale. Local celebrity callers – State Del. Marc Korman and former District 1 County Councilmember Roger Berliner – will call numbers and keep the action moving. Call 240-777-4910.

Concert: Bethesda Songwriting Contest Finalists. 7:30 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. The fifth annual Bernard/Ebb Songwriting Awards, produced by the Bethesda Arts & Entertainment District, features a live concert performed by the competition finalists. Tickets begin at \$15 at www.bethesda.org.

MARCH 8-APRIL 14

Photography Exhibit: "Visions, Reflections." Saturdays, 1-4 p.m.; Sundays, 1-8 p.m. at Photoworks, at Glen Echo Park, 7300 MacArthur Blvd, Glen Echo. Photoworks presents "Visions, Reflections" by Roberto Frenandez Ibanez. Three of the four selected series do without the camera as an instrument to create images. They convey the artist's concern for the coexistence of humans with nature, the knowledge derived from observing it, and the

use of the photographic medium as a material that not only changes when it is exposed to light, but can be transformed, tuned, and textured by techniques and laboratory processes. Visit www.glenechophotoworks.org.

SATURDAY/MARCH 9

Opening Reception: "Visions, Reflections." 5-7 p.m. at Photoworks, at Glen Echo Park, 7300 MacArthur Blvd, Glen Echo. Photoworks presents "Visions, Reflections" by Roberto Frenandez Ibanez. Three of the four selected series do without the camera as an instrument to create images. They convey the artist's concern for the coexistence of humans with nature, the knowledge derived from observing it, and the use of the photographic medium as a material that not only changes when it is exposed to light, but can be transformed, tuned, and textured by techniques and laboratory processes. Visit www.glenechophotoworks.org.

FRIDAY/MARCH 15

Washington Conservatory Concert. 7 p.m. At Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. The concert features Washington Conservatory Faculty Spotlight on soloists and ensembles. Call 301-320-2770.

DANCING

Weekly International Folkdancing. Thursdays, 7:30-11 p.m. at Church of the Redeemer, 6201 Dunrobbin Drive, Bethesda. Circle and line dances from Eastern Europe. Lesson at 7:30, followed by requests. Glen Echo Folkdancers welcome beginners of all ages; no partner needed. Wear comfortable shoes. \$7. Call 301-466-3018 or visit www.dancingplanetproductions.com.

Thang Ta. Wednesdays, 6-7 p.m. at Sutradhar Institute of Dance and Related Arts, 1525 Forest Glen Road, Silver Spring. Learn the ancient art of the sword and spear. \$25. Visit www.dancesidra.org.

Weekly Blues Dance. Thursdays 8:15-11:30 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd. Capital Blues presents rotating DJs and instructors with beginner workshop 8:15-9 p.m., no partner necessary. \$8 for all. capitalblues.org

Weekly Swing Dance. Saturdays, 8 p.m.-midnight. The DC Lindy Exchange presents a swing dance with live music in the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Beginner swing dance lesson at 8 p.m., followed by dancing. Admission \$16-\$18, age 17 and under \$12. Visit www.glenechopark.org.



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Enough About Cancer



By KENNETH B. LOURIE

At least that was my intention when I sat down to write this column. I was planning on highlighting a couple of my pet peeves: One was about people who back into parking spaces, an all-too common practice (which does not make perfect) that irks me no end and often inconveniences me while idling in my car waiting for the driver to crane his neck and coordinate his mirrors while backing into a head-first space, all while blocking my passage.

The second peeve also involves cars, but this action has potentially far more dangerous consequences: Drivers who, while motoring along, completely ignore my car's blinkers/indicator lights – WHEN THEY'RE FLASHING.

I was taught that when driving a vehicle and needing to turn/switch lanes, I was to indicate that to other drivers by using my blinkers, look into my mirrors and then move right or left accordingly. Moreover, when I observed those same lights flashing in other vehicles, I was to respect their intentions and give them a wide berth. I was not to speed up and interfere with their indications. Unfortunately, the exact opposite often happens.

Though I am still respectful when drivers flash their blinkers, it often happens that when many of my driving brethren see those lights, they react much the same way as a bull does when he sees red: they SPEED UP, and in their vehicle's acceleration, they put me and my passengers at risk. If it has happened once – which it has – it has happened a thousand times.

Unfortunately, neither of these car-related "misbehaviors" has been able to block out one of my key cancer anniversaries: Feb. 20, 2009, and as such, I will now be returning to the scene of the semi crime. And though I am not Billy Shears 20 years after the band taught me how to play, I am a lung cancer survivor who 10 years ago on Feb. 20 learned that I had cancer. That was the day when my primary care physician called me at work, about noon-ish on a Thursday to discuss the results of my previous week's surgical biopsy.

After declining the offer to come to his office, I encouraged him to just tell me – which he did: the growth was malignant. Dumbfounded, I asked for further details, which he politely deferred to an oncologist (a specialty with which I was totally unfamiliar), with whom, while we spoke on the phone, my primary care physician scheduled a Team Lourie appointment for the following Thursday.

This officially ended the diagnostic process which had been going on since I showed up at the Emergency Room on Jan. 1, 2009 complaining of pain in my right side, an inability to take a deep breath and difficulty bending over.

With an inconclusive X-Ray to not corroborate, an otherwise healthy patient with no family history of anything relevant – especially cancer, the doctor was perplexed. Fifty days later I learned I had cancer. And so I remember that day/date, a day which will go down in infamy, so to speak – in my family anyway.

The intervening days, as I have written about recently, were spent investigating the cause of my original symptoms. Eventually all test results led to one conclusion: non-small cell lung cancer, stage IV.

Meaning metastatic and inoperable, meaning "terminal." It was Feb. 20 when I learned my fate. (The following Thursday, Feb. 27, is another anniversary; that's when we met my oncologist for the first time and learned that my life would never be the same, or last nearly as long.)

But yet here I am, alive and reasonably well, writing about nonsense, mostly, instead of cancer, for this week, anyway. Good therapy for sure, and a nice change of pace.

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

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Obituary

Obituary

Dorothy Ellen Hornick Messenger, 79, of Quicksburg, VA passed away February 11, 2019 at Dutch Haven Assisted Living in Maurertown, VA. She was born May 25, 1939 in Elkins, WV and was a daughter of the late Adam John and Bertie Ellen Phillips Hornick. Dorothy worked for Verizon. She attended Bethesda Mennonite Church near Broadway. On June 3, 1957 she married Nathan Messenger, who preceded her in death August, 2011. Surviving is one son, Jeffrey Messenger and wife Cheryl of Quicksburg; grandchildren, Hannah, Joshua, and Timothy. Dorothy was preceded in death by three brothers, James, Eli, and Ralph Hornick; six sisters, Opal, Ruby, Virginia, Elaine, Madeline, Gladys. Rev. Jonathan Good and Jeffrey Messenger conducted the funeral service 10:30 AM Saturday at Bethesda Mennonite Church. Burial was Tuesday, 10 AM at Culppeper National Cemetery. The family received friends at Bethesda Mennonite Church Friday evening from 6 – 8 PM. Arrangements are entrusted to Grandle Funeral Home in Broadway. Online condolences may be left for the family at www.grandlefuneralhome.com

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News

Health Outcomes: Great Disparities

County health officials recently released the first Report on Maternal and Infant Health for Montgomery County.

The report includes information and data on maternal and infant health topics in the county and identifies the Department of Health and Human Services (DHHS) role in providing education and services to reduce adverse pregnancy-related outcomes and improve maternal and infant health among county residents.

"Maternal and Infant Health in Montgomery County, Maryland, 2008-2017" highlights where the county stands in comparison to the state and the nation on maternal and infant health topics.

The data can be used to establish evidence-based, innovative practices; policy analysis; drive practice innovation; policy analysis; preventative methods; health promotion messages; and planning activities related to public health. The information brings attention to areas of success and weakness, which can be analyzed by stakeholders to design

appropriate programming and interventions to address gaps in outcomes.

MAIN FINDINGS of the report include:

- ❖ The county's population has become more diverse over time; the non-Hispanic Black and Hispanic populations have increased while the non-Hispanic White population has decreased.

- ❖ The county performs better on most maternal and infant health indicators than Maryland and the U.S.

- ❖ Non-Hispanic Blacks have higher percentages of preterm and low-weight births than other population subgroups.

- ❖ Non-Hispanic Blacks have higher rates of infant and fetal death than other population subgroups.

- ❖ Though there is a decreasing trend of severe maternal morbidity (e.g. severely complicated pregnancies and deliveries) in the county, non-Hispanic Blacks and Hispanics experienced 60 percent and 46 percent greater risks respectively than their non-Hispanic White counterpart.

LETTERS TO THE EDITOR

FROM PAGE 6

which neighborhoods are most impacted by helicopter noise;

- ❖ The frequency of flights over neighborhoods, including information on each agency operating helicopters, the times of flight and flight altitude;

- ❖ The number of flights that occur during the day and at night;

- ❖ The altitude at which helicopters currently fly within the Washington metropolitan area today compared to the altitude at which helicopters operated within the Washington metropolitan area in the past;

- ❖ Potential causes of the increase in the severity and frequency of helicopter noise in the Washington metropolitan area;

- ❖ The degree of coordination that currently exists among the various government and non-governmental entities operating helicopters in the Washington metropolitan area regarding flight paths, altitudes and other pertinent considerations; and

- ❖ Viable options for noise mitigation, potentially including modifications to current training practices that would reduce the number of training hours that must be completed in the Washington metropolitan area and modifications to night training times so that pilots do not fly when most residents are sleeping.

We appreciate your attention to this matter and ask that you respond to our request for a study within 30 days of the date of this letter.

Eleanor Holmes Norton, Don Beyer, Jamie Raskin, Anthony Brown, David Trone
Members of Congress

Addressing Alzheimer's

To the Editor:

The Alzheimer's Association estimates there are more than five million Americans living with Alzheimer's disease and more than 16 million Alzheimer's caregivers. As the Alzheimer's Ambassador to U.S. Sen. Chris Van Hollen, it is my honor to represent them. In Maryland, at least 294,000 caregivers provide more than 334,000,000 total hours of unpaid care to 110,000 of our residents who live with Alzheimer's.

That is why we at the Alzheimer's Association are enormously grateful to Senator Van Hollen and his colleagues in Congress for passing the Building Our Largest Dementia (BOLD) Infrastructure for Alzheimer's Act at the end of 2018. BOLD will allow effective Alzheimer's public health interventions to be implemented across the country while establishing Centers of Excellence to expand and promote innovative and effective Alzheimer's interventions. State and local health departments will receive vital funding to carry out the Public Health Road Map, including promoting early detection and diagnosis, reducing risk, and preventing avoidable hospitalizations.

I lost my mother to younger-onset Alzheimer's disease in 2002, and our family would've benefited greatly had these opportunities been available to us then. We have much work to do to find an effective treatment and eventually a cure, but in the meantime it becomes more and more important that Congress continue to act in passing the necessary legislation – such as BOLD – that gives those living with Alzheimer's disease and their caregivers all the support they need and deserve. Thank you, Senator Van Hollen, for once again showing your great allegiance and support to this important cause.

Visit alz.org/nca to learn how you can get involved in the fight to end Alzheimer's.

Sue Wronsky
Potomac

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