

News, Page 3

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News, Page 8

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Celebrating Mother's Day with Photos

s usual every year at this time, The Almanac calls for submissions to our Mother's Day photo gallery. Mother's Day is Sunday, May 12. This year we will continue to publish submissions through the May 22 edition. Photo submissions are due by Friday, May 17.

Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. We will not print your full address or contact information. You can upload photos and information directly www.connectionnewspapers.com/ mothersday/ email or editors@connectionnewspapers.com.

This is a fine time for submissions for our annual Father's Day galleries. Online at www.connectionnewspapers.com/fathersday/

Throughout the year, we ask for community submissions. Twice a year we ask you to tell us stories about your pets and how they have come into, touched and left your lives. The next Pet Almanac is the last week in July.

In late summer, we invite readers to share

what they know about their community for neighbors and newcomers alike.

And wrapping up the year, we gather writing and art from local students to fill our holiday edition. Each year, through an enormous effort by area teachers and school staff we receive more material than is possible to publish for most of our 15 editions.

In addition, regular contributions to our entertainment calendars, community bulletin boards, school notes, and business notes help us to share news in your community.

Calendar items:

www.connectionnewspapers.com/ Calendar/

Meanwhile it's election season, you can submit a Letter to the Editor here: www.connectionnewspapers.com/ contact/letter/

For a digital subscription to any or all of our papers:

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Submit Mother's Day photos online at www.connectionnewspapers.com/mothersday/

Or email to

editors@connectionnewspapers.com.

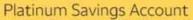
— Mary Kimm

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2 ♦ POTOMAC ALMANAC ♦ MAY 8-14, 2019 www.ConnectionNewspapers.com

News

PHOTOS BY PECCY MCEWAN/THE ALMANIAC



Taking their final bow, performers in Friday's Black History celebration sing "Love is a Must."



Aliyah Gleaton, 15, shares her talent for tap dance at the Black History celebration.

Potomac Group Celebrates Black History

BY PEGGY McEwan The Almanac

or the last ten years, Latisha Gasaway and her sisters Teresa and Latrice Gasaway have celebrated Black History in the spring in a big way.

They put together a Black History Celebration of original performances by students from the Scotland Community in Potomac to present it to the community.

"There were no Black History programs when we started in 2009, especially in the Bells Mill Elementary School area where my children went," Latisha said. "I wanted to encourage diversity in the Potomac area."

The Gasaway sisters are co-owners of Minds in Motion Child Care, LLC. with two locations, Gaithersburg and Potomac. They sponsor the celebration each year, including a family dinner after the performance.

"We planned to do this [earlier]," Latisha said. "But we cancelled it because we were afraid it would snow. We didn't want to have all this food left."

The food was a homemade fried chicken dinner with green beans, potato salad and other sides prepared by Mary Crawford, one of Latisha's aunts, and a few other relatives. Most of the servers were her aunts too.

"It's a family affair," she said. "We're from the Scotland Community, an historically African American community off Seven Locks Road."

This year's theme was: "When Hate is Loud Love is a Must." Each group performer mances among the night's ten acts. wore a black tee shirt with the theme on the front.

"With all that is going on in politics and [in local schools], we want to rise above it," Latisha said.



A drum line performance by students during the Black History performance held at Bells Mill Elementary School Friday.

About 40 children, students from Bells Mill Elementary School, Hoover Middle School and Churchill High School took part in the show. It was held in the cafeteria of Bells Mill Elementary.

"With children we always try to find out their talent and bring it forward," Latisha said.

To that end there were three solo r

Kiahna Johnson, 9, did a routine demonstrating her dance and gymnastic abilities. She is a competitive gymnast, hoping to go all the way to the Olympics.

Budding guitarist Noah Gleaton, 13, dem-

onstrated guitar riffs along with recorded music and Aliyah Gleaton, 15, demonstrated her tap talent.

Aliyah said this was her third year participating in the annual celebration.

"We like to show our talent and express ourselves," she said.

Journee Finney, 13, has been a part of the celebration "so many years," she said. "It originated as just something we should

This year she was part of three group performances: an African Dance, Wakanda Forever!, It's a Hard Knock Life and Glory.

The show opened with a chorus of voices



Competitive gymnast Kiahna Johnson, 9, sparkles as she performs during the Black History celebration at Bells Mill Elementary Friday, May 3.

singing Lift every Voice and Sing, which the children also signed, followed by a spoken word recognition of Colin Kaepernick, a song and parody of "It's a Hard Knock Life" from Annie, a recitation of "And Still I Rise" by Maya Angelou and a drum line perfor-

Bodur Hassan was the only recipient of this year's shout out for graduating seniors. She received a framed acknowledgement of her achievement and a \$3,000 scholarship from Minds in Motion.

"[The show] was wonderful,' Latisha said. "Out of the ten years, by far this was our best performance."

News



Photo by Ken Moore/The Almanac

Dozens watched multiple demonstrations involving cutting apart cars and other types of rescues and equipment.

Opening Doors to Firehouse

Cabin John Park Volunteer firehouse open house on River Road draws a crowd.

By Ken Moore The Almanac

hief Corrine Piccardi remembers a sign outside Cabin John Park Volunteer Department on River Road back in 1999.

"I was working in Potomac," she said, driving by the sign every day.

The sign said: "Volunteer Here."
Twenty years later, she's fire chief.

Since going to the fire department's open house, Piccardi has volunteered in the all volunteer department since that 1999.

"I never left," she said.

Emory Baird, three months old, was the youngest future swift water rescue volunteer to attend the Cabin John Volunteer Fire Department on Saturday, May 4, 2019.

So many people attended the open house, held at the River Road station on Saturday, May 4, 2019, that volunteers directed traffic and helped visitors park safely along River Road.

Fire and rescue workers gave multiple demonstrations of the department's work, including how to cut apart cars when the department responds to a critical automobile rescue.

Joshua and Jackson Bauduin, their

mother Carolyn Bauduin, watched as Piccardi gave play-by-play analysis of how the volunteers would respond to a critical automobile rescue.

The Baird family attended the open house because her older brother Hudson, 3 years old, "loves the fire trucks," said father Justin Baird.

"We encourage you to come over and look at the vehicle and look at the tools. Anybody can answer any questions that you have," said Piccardi.

Firefighter Patrick Khaghani took time with multiple families including the Bauduins, following the demonstration.

Khaghani has volunteered with the department for three-and-a-half years. Khaghani and many of his friends are kayakers and he wanted to get involved with swift water rescue.

His interest in volunteering started with "the sense of wanting to give back to the community."

"I get to take all these cool classes and the county is so awesome to train me," he said.

Swift water rescue volunteers take very rigorous training and very time consuming training at least a full day every month.

"They do it because they love it," said Piccardi.



Photo by Ken Moore/The Almanac

Justin Baird's daughter Emory Baird was born on Feb. 9, 2019. She attended her first Cabin John Park Volunteer Fire Department open house on Saturday, May 4, 2019 with older brother Hudson, 3, who loves fire trucks.



Photo by Mary Kimm

Charlyn Tanner with Florence of the Warrior Canine Connection, Dawn Fowler, and Lisa Mix with Mele. See www.WarriorCanineConnection.com



Photo by Mary Kimi

From right, Eva Seligson, Blanche Wong, and James Housel, all 2-yearsold, enjoy popcorn and a view of the demonstrations at the firehouse open house.

NEWS

Maryland Court Upholds Montgomery County's Restrictions On Lawn Pesticide Use

he Maryland Court of Special Appeals has ruled that Montgomery County's restrictions on certain lawn pesticides is legal. This ruling reversed a prior ruling from the Circuit Court of Montgomery County that said the provisions of Bill 52-14, which was approved by the County Council in 2015, could not go into effect because State law preemptied the County law. "This is about human safety," said County Executive Marc Elrich, who was a co-sponsor of the bill when he was a member of the County Council. "This is about the right thing to do. Some people have said if pesticides are harmful, federal and state legislators would have acted on this. That is not true. They have not acted on it, so we had to pass this law to protect our current and future generations. Now the courts have ruled that we had the right to do so."

The major provisions prohibit the use of certain pesticides on lawns; prohibit the use of certain pesticides on playgrounds, children's facilities and certain County-owned property; require the County to adopt an integrated pest management program for certain County-owned property; and require the Parks Department to take certain steps to reduce the use of certain pesticides. Following enactment of Bill 52-14, a lawsuit was filed by Complete Lawn Care, Inc., and other lawn care companies contending that Montgomery County could not impose this law because it would be counter to State law regarding pesticide use.

The Court of Special Appeals, in its opinion upholding the County's ban on the application of certain pesticides on lawns, said: "From 1958-1962, Rachel Carson wrote Silent Spring from her home

in Silver Spring. Carson's examination of the health impacts of DDT and other pesticides galvanized the public, and the next decade saw Congress enact a broad range of statutes that are foundational to modern environmental law. Montgomery County claims, in essence, that it is following in these footsteps, but we must determine whether it has done so consistently with State law.

"In 2015, the Montgomery County Council passed an ordinance restricting the use of certain pesticides for cosmetic purposes throughout the County. The Supreme Court held in 1991 that the principal federal law governing pesticides permits such local legislation. Wisconsin Public Intervenor v. Mortier, 501 U.S. 597 (1991). Here, we are asked to decide whether the County's legislation is impliedly preempted or in conflict with Maryland's Agriculture Article. We conclude that the ordinance does not run afoul of State law. Because the Circuit Court for Montgomery County found otherwise, we reverse both its injunction and declaratory judgment, and remand for an entry of a new declaratory judgment declaring the validity of the County ordinance."

The Montgomery County Attorney is reviewing the effect of the decision from the Court of Special Appeals on the implementation of the law and will advise the Department of Environmental Protection on the timing of enforcement.

Restrictions on the use of registered pesticides on private property were scheduled to take effect two years after the adoption of the law in order to give the County time to conduct extensive outreach and allow property owners

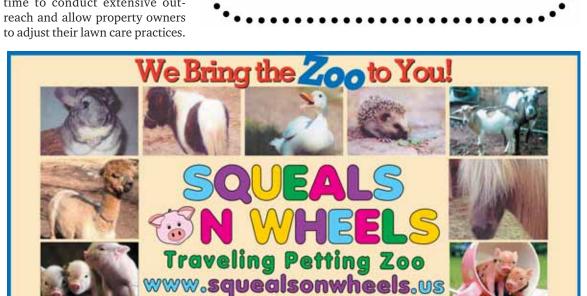


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ENTERTAINMENT

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

ONGOING

Art Exhibit: Birth of a Star. Through May 19 at VisArts, Gibbs Street Gallery, 155 Gibbs St., Rockville. Birth of a Star is a series of four sculptures depicting different stages of a star's life: Protostar, Red Giant, Supernova and Black Hole. These works combine carpentry and playful materiality with hand-drawn animations that are incorporated into each sculpture using screens and projection. Visit www.visartscenter.org for more.

Art Exhibit: John Schlesinger.Through May 19 in the Common Ground Gallery, VisArts Center, 155 Gibbs St., Rockville. John Schlesinger presents a site-responsive sculpture rooted in the ceiling and walls of the gallery made from locally-sourced demolition rebar, bent neon, and resin-soaked photographs representing waste from the local area. Visit www.visartscenter.org for more.

Art Exhibition: "Color in May." Through May 25, Wednesday-Saturday, noon-6 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Bethesda-based painter

Catherine Levinson has embraced her passion for art since attending the High School of Music and Art in New York City. Visit www.bethesda.org. **Art Exhibit: Here and Where.**

Through May 26 in the Kaplan Gallery, VisArts Center, 155 Gibbs St., Rockville. Richard L. Dana presents an optically explosive solo exhibition featuring recent digital prints that occupy the gallery in a variety of scales and configurations. Visit www.visartscenter.org for more.

Photography Exhibit: "Human

Landscapes." Through May 26, gallery hours at Photoworks, Glen Echo Park. Photoworks presents Human Landscapes featuring work by Alan Awakim, Hannah Fox, and David Pellegrini. Curated by Fabian Concalves Borrega, Human Landscapes is the conjunction of three photographic series. Visit

www.glenechophotoworks.org for more. **Teen Writers' Club.** Tuesdays through May 28, 6:30-8 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Teens (13-18) with a passion for writing are invited to join the Teen Writers' Club. Learn and practice new writing techniques, share your work, and learn how to critique other works with author Neal Gillen. Free. Email acsagillen@aol.com for more.

MAY 8-JUNE 8

Art Exhibit: "Dialogues." Gallery hours at Waverly Street Gallery, 4600 East West Highway, Bethesda. In his new exhibit, Cristian Ianculescu explores space as a medium for communication. His works use distance, posture, and rhythm to create volumes which facilitate or inhibit interactions. The intimate scale of the work allows the viewer to exercise the freedom of an outside observer, and maintain a god-like detachment. Visit www.waverlystreetgallery.com for more.

FRIDAY/MAY 10

Public Reception: "Color in May." 6-8 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, as well as at Studio B, 7475 Wisconsin Ave.; Triangle Art Studios, 7711 Old Georgetown Road; and Waverly Street Gallery, 4600 East West Highway, Bethesda. Bethesda-based painter Catherine Levinson has embraced her passion for art since attending the High School of Music and Art in New York City. She majored in art at City College in New York, eventually becoming a high school art teacher. In addition to teaching art, Catherine worked most of her career as a clinical social worker and psychotherapist, incorporating art into her practice, extensively relying on her artistic training as she worked with young children. Visit www.bethesda.org.

Artist Reception: "Dialogues." 6-9 p.m. at Waverly Street Gallery, 4600 East West Highway, Bethesda. In his new exhibit, Cristian Ianculescu explores space as a medium for communication. His works use distance, posture, and rhythm to create volumes which facilitate or inhibit interactions. The intimate scale of the work allows the viewer to exercise the freedom of an outside observer, and maintain a god-like detachment. Visit



Brahms & Schoenberg Sextets

The Pressenda Chamber Players, Washington Conservatory of Music's Ensemble in Residence, will perform works by Brahms and Schoenberg. Saturday, May 11, 8 p.m. at Westmoreland Church, 1 Westmoreland Circle, Bethesda. Admission is free, with a suggested donation of \$20. Guests are invited to attend Wine & Words after the concert for complimentary beverages and an informal Q & A with the performers. Call 301-320-2770 or washington conservatory, org

www.waverlystreetgallery.com for more.

FRIDAY-SUNDAY/MAY 10-12

Sherlock's Veiled Secret. Friday-Saturday, 8 p.m.; Sunday, 2 p.m. at F. Scott Fitzgerald Theatre, 603 Edmonston Drive, Rockville. Violet Sheridan, a young sculptress, is summoned to meet a retired Sherlock Holmes and learns some distressing information concerning her birthright. A case of blackmail puts in peril the life of Mr. Holmes as well as her parents, leaving Violet to deduce and out-wit to save Holmes and rescue her parents from danger. Adults \$22; seniors (62+) and students \$20. Visit fscottfitzgerald.showare.com for tickets.

SATURDAY/MAY 11

GardenMart. 9 a.m.-1 p.m. on the West Terrace of the Visitor Center at Brookside Gardens, 1800 Glenallan Ave., Wheaton. Silver Spring Garden Club's 78th Annual Plant Sale fundraiser. Plant sales and raffle. Proceeds benefit the Club's activities including free garden talks, park plantings, public garden program sponsorships and more. The National Capital Dahlia Society will also be participating. Rain or shine. Cash or check only. Visit www.facebook.com/events/427768014625084.

Library Book Sale. 10 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Come for the monthly Potomac Friends of the Library Book Sale featuring books, DVDs, and more available for children, teens, and adults. All are welcome. Call 240-777-0690 or visit montgomerycountymd.gov/library/branches/ potomac.html for more.

Potomac Conversation Club. 11 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Practice English conversation in a friendly and relaxed setting. New members are always welcome. Adults, seniors. No registration; join any time. Call 240-777-0690 or visit montgomerycountymd.gov/library/ branches/potomac.html for more.

MCDOT Day and Truck Show. 11 a.m.-3 p.m. at the MCDOT Depot, 17000 Crabbs Branch Way, Gaithersburg. Montgomery County residents are invited to visit MCDOT Day and Truck Show for a day of fun with trucks. Kids of all ages can enjoy demos on a wide range of vehicles, including a claw truck, gradall, bucket truck, dump truck and loader. Rounding out the on-site fleet will be a flusher truck, sidewalk snow removal equipment, skidloader, patch truck, leafing truck, plow truck, salt brine truck, backhoe, line painting truck and Ride On bus. Ample parking is available at the depot, which is also reachable by Ride On Route 59. Visit

www.montgomerycountymd.gov/dot-dir/ Resources/Files/

Public_Works_Day_Brochure_2019.pdf for more. Strathmore's Bloom Concert Series: Piotr **Pakhomkin.** 2 p.m. at Good Hope Neighborhood Recreation Center, 14715 Good Hope Road, Silver Spring. The concerts are part of a collaboration and partnership with Montgomery County Recreation and Strathmore. The concerts are free and family-friendly. Reserve tickets at www.strathmore.org. Visit MoCoRec.com for more about Good Hope.

rtist Talk: Richard L. Dana. 3-5 p.m. in the Kaplan Gallery, VisArts Center, 155 Gibbs St., Rockville. Join artist Richard L. Dana for an in-depth artist talk regarding his solo exhibition Here and Where. In addition to giving a guided tour of his exhibition, the artist will address subjects such as the content of his work, his sources of inspiration and the complicated processes he uses to create his artwork. Visit www.visartscenter.org for more.

Contemporary Conversations. 7 p.m. at the Chevy Chase Library located at 8005 Connecticut Ave. Prize-winning journalist and TV-radio commentator Bob Levey will be the guest for upcoming Contemporary Conversations series presented by Montgomery County Public Libraries (MCPL). Levey will discuss the status of journalism today and talk about his 37-year career as a reporter who covered all aspects of life in the nation's capital Additionally, Levy will talk about his recennovel, "Larry Felder, Candidate," which takes a close-up look at big-time newspaper and contemporary Washington-area politics. Free. Visit www.montgomerycountymd.gov/library/

Bernstein and Beethoven: Part I. 8 p.m. at The Music Center, Strathmore, 5301 Tuckerman Lane, North Bethesda. Renowned pianist Michael Brown will join Philharmonic Music Director and Conductor Piotr Gajewski and the National Philharmonic in performing Bernstein's Symphony No. 2 ("The Age of Anxiety"). After intermission, Beethoven's Symphony No. 5 in C minor, Op. 67. A pre-concert lecture will take place between 6:45-7:15 p.m. From 7-7:30 p.m., families can explore orchestral instruments with Philharmonic musicians. \$42-\$78; young people 7–17 are free. Visit

nationalphilharmonic.org or call 301-581-5100. Brahms & Schoenberg Sextets. 8 p.m. at Westmoreland Church, 1 Westmoreland Circle Bethesda. The Pressenda Chamber Players, Washington Conservatory of Music's Ensemble in Residence, will perform works by Brahms and Schoenberg. Admission is free, with a suggested donation of \$20. Guests are invited to attend Wine & Words after the concert for complimentary beverages and an informal Q & A with the performers. Call 301-320-2770 or washingtonconservatory.org.

SATURDAY-SUNDAY/MAY 11-12

Bethesda Fine Arts Festival.

Saturday, 10 a.m.-6 p.m.; Sunday, 10 a.m.-5 p.m. in Bethesda's Woodmont Triangle along Norfolk and Auburn avenues. The Bethesda Urban Partnership presents the 16th annual Bethesda Fine Arts Festival. The festival welcomes more than 120 contemporary artists from across the country to showcase and sell their original painting, drawing, photography, furniture, jewelry, woodwork, ceramics and more. Admission is free. Visit www.bethesda.org or call 301-215-6660. **Ballet: Rumpelstiltskin.** Saturday, 1 and 5 p.m.; Sunday, 3 p.m. at Robert E. Parilla Performing Arts Center, Montgomery College, 51 Mannakee St., Rockville. Experience the enchanted adventures of Rumpelstiltskin. Watch as the mysterious elf helps a miller's daughter turn straw into gold...for a price. Maryland Youth Ballet brings this classic fairy tale to life through the magic of dance. Also presenting, Christopher Doyle's award winning contemporary piece Summer and excerpts from the classic, Don Quixote. All ages. Q&A follows 1 and 3 p.m. performances. \$19-\$27. Visit www.brownpapertickets.com/ event/4097748 for tickets or www.marylandyouthballet.org.

SUNDAY/MAY 12

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 Blue Bamboo 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, or visit www.WaltzTimeDances.org.

TUESDAY/MAY 14

Teen Writers' Club. 6:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Teens ages 13-18 with a passion for writing are invited to join the Teen Writers' Club. Learn new writing techniques, get practice in different writing exercises, share work, and learn how to critique the work of others. Author Neal Gillen leads the club, which meets on the 2nd and 4th Tuesday of each month. Made possible through the collaboration and support of the Maryland Writers' Association. Call 240-777-0690 or visit montgomerycountymd.gov/library/branches/ potomac.html for more.

WEDNESDAY/MAY 15

Book Discussion. 1 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Behold the Dreamers by Imbolo Mbue. Ask for the book at the Circulation Desk. No registration needed. New members welcome. Adults. Call 240-777 0690 or visit montgomerycountymd.gov/library/ branches/potomac.html for more.

THURSDAY/MAY 16

Family Storytime. 10:30 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. These 25-30 minute programs are designed for children of all ages. Filled with diverse stories and activities that promote and develop language skills and imagination. These programs encourage children to develop a lifelong love of reading and learning, and introduce them to the culture of reading. All ages. Call 240-777-0690 or visit montgomerycountymd.gov/library/branches/potomac.html for more.

Meet a Live Kangaroo/Wallaby. 11 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac.Learn all about what they eat and where and how they live with Roos2U. Sponsored by the Friends of the Library Potomac Chapter. Free. Call 240-777-0690 for

SEE CALENDAR PAGE 7

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.

THROUGH MAY 23

- Budget Forums. 7 p.m. Residents and groups are invited to provide input into the County's next six-year capital construction budget by attending public forums that will be held in April and May by local citizen advisory boards. The forums will help define construction and planning priorities for the various regions in the County as officials develop the Fiscal Years 2021 to 2026 Capital Improvements Program (CIP) budget. Learn more at www.montgomerycountymd.gov/omb/openbudget.html and www.montgomerycountymd.gov/omb/publications.html
- ❖ Upcounty Tuesday, May 14 at BlackRock Center for the Arts, 12901 Town Commons Drive, Germantown, 240-777-8040.
- Mid-County Monday, May 20 at Mid-County Community Recreation Center, 2004 Queensguard Road, Silver Spring, 240-777-8101 or 240-777-6820.
- East County Thursday, May 23 at East Montgomery Regional Center, 3300 Briggs Chaney Road, Silver Spring, 240-777-8414.

THURSDAY/MAY 9

Elrich Hosts Online Chat. 1-2 p.m. Join County Executive Marc Elrich for an online chat via the Montgomery County website. Submit questions to the county executive before and during the online event at Live Discussion with County Executive Marc Elrich. Questions and answers will be posted online. Call the Office of Public Information at 240-777-6507 for more.

SATURDAY/MAY 11

"Grateful Shred" Party. 9 a.m.-noon at the Clara Barton Community Center (CBCC), 7425 MacArthur Blvd., Cabin John. Bring unwanted documents to the "Grateful Shred," and watch Allshred's massive shredder reduce papers to confetti, safe from fraud and identity theft. Admission is free, but for each of one-cubic-foot parcels of paper consider making a \$5 tax-deductible donation to the Friends of Clara Barton Community Center. No need to cull out paper clips, staples, rubber bands, binder clips,

CALENDAR

From Page 6

FRIDAY/MAY 17

Bike to Work Day 2019. Pit stop times vary, all over the region. Join more than 20,000 area commuters for a free celebration of bicycling as a fun, healthy and environmentally-friendly way to get to work. There are 115 Bike to Work Day pit stops to choose from. The first 20,000 to register and attend will receive a free Bike to Work Day T-shirt, enjoy refreshments and chances to win prizes. Visit www.biketoworkmetrodc.org.

Summer Enrollment Night. 6-8 p.m. at My Gym Potomac, 11325 Seven Locks Road, Potomac. Learn all about summer classes and camp, meet our teachers, play fitness games, practice gymnastics. Free. Call 301-983-5300 or visit www.mygym.com/potomac/articles/10518.

SATURDAY/MAY 18

Gaithersburg Book Festival. 10 a.m.-6 p.m. on the grounds of City Hall, 31 S. Summit Ave., Gaithersburg. The Gaithersburg Book Festival is a celebration of the written word and its power to enrich the human experience with a mission to foster an interest in reading, writing and literary conversation. The Festival attracts award-winning and best-selling authors, poets and songwriters from across the country to its park-like setting in the heart of Olde Towne Gaithersburg. Free to attend; open to everyone. Visit www.gaithersburgbookfestival.org.

Potomac Conversation Club. 11 a.m. at
Potomac Library, 10101 Glenolden Drive,
Potomac. Practice English conversation in a
friendly and relaxed setting. New members are
always welcome. Adults, seniors. No
registration; join any time. Call 240-777-0690 or
visit montgomerycountymd.gov/library/
branches/potomac.html for more.

Live Comedy. 8 p.m. at Silver Spring Black Box, 8641 Colesville Road, Silver Spring. Come for the sweetness, sass and swagger as Improbably labels, or folders. Don't include newspaper, plastic floppy disks, CDs, or X-rays, 3-ring binders, trash, or cardboard (take home any boxes you bring your paper in). Call 240-777-4910 or visit www.friendscbcc.org.

Conference: Journey to Hope. 9 a.m.-3:30 p.m. at Sibley Memorial Hospital in Conference Rooms 1 & 2 of Building A, 5215 Loughboro Road, NW, Washington D.C.. Sibley Memorial Hospital's Senior Association will present its Journey to Hope conference and expo to assist those caring for people with Alzheimer's and related disorders. Conference participants can learn tips to improve caregiver connections with the person suffering from memory and cognitive challenges while learning to take care of themselves. The event is free for Alzheimer's caregivers. Visit go.activecalendar.com/
SMHevents/event/4th-annual-journey-to-hope/.

Stamp Out Hunger Food Drive. Letter carriers will pick up donated food. Leave donations before your typical mail delivery time. All food stays in the local community. The top requested non-perishable food items are: cereal, pasta, pasta sauce or spaghetti sauce, rice, canned fruits and vegetables, canned meals (such as soups, chili and pasta), 100 percent juice, peanut butter, macaroni & cheese, canned protein (tuna, chicken and turkey), beans (canned or dry). You also can donate healthy, low-sodium, low-sugar items such as beans, oatmeal and other whole grains, and canola or olive oil. Specific questions regarding the Food Drive should be directed to 202-662-2489.

MONDAY/MAY 13

Separation and Divorce: What Do I Need To Know? 7-8:30 p.m. at Bauer Drive Community Recreation Center, 14625 Bauer Drive, Rockville. Local attorneys walk through the "ins" and "outs" of going through a separation and divorce in Maryland. Learn about: methods of dispute resolution, when and where to file, types of divorce and grounds, financial statements, alimony, property and equitable distribution, role of the attorney, and domestic violence/orders of protection. \$5. Register at www.eventbrite.com/e/separation-and-divorce-what-do-i-need-to-know-tickets-54310289538.

Comedy celebrates women with this all ladies line-up: Chanel Ali, Eryca Nolan, Michele Sometimes, Yasmin Elhady and Abby Mello. Special giveaways and beer served by Denizens. \$20 early; \$25 general admission; \$32 VIP. A limited number of free community tickets are available. Visit www.improbablecomedy.com.

SUNDAY/MAY 19

Potomac Hunt Races. Gates open at 10 a.m.; activities start at noon; race course closes at 7 p.m. at the Kiplinger estate in Poolesville. The Potomac Hunt Races is an annual tradition, celebrating the sport of steeplechase racing. Race day festivities include a car display, mounted police demonstrations, The RBC Kid Zone, and Vendor Village. All on-site parking must be purchased in advance. Visit www.potomachuntraces.com.

Multimedia Installation Practices with John Schlesinger. 1-4 p.m. at

VisArts Center, 155 Gibbs St., Rockville. Join artist John Schlesinger and explore his installation at VisArts' Common Ground Gallery. Participants may bring a piece of their own work and collaborate with John to modify and remake his installation. For those curious about installations, this is an opportunity to work inside one; try different strategies and collaborate freely without any risk. Visit www.visartscenter.org for more.

MONDAY/MAY 20

Off The Hook Stitching Club. 4:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Crocheting and knitting are both great ways to relax and spend time. Join other stitchers and share ideas while working on a project of one's own (bring tools and supplies). For ages 8 and up. All skill levels welcome. Meets once a month. No registration required. This program is sponsored by the Friends of the Library-Potomac Chapter. Call 240-777-0690 or visit montgomerycountymd.gov/library/branches/potomac.html for more.



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An expert is someone
who knows some of the worst mistakes that can be made in his subject
and how to avoid them.
-Werner Heisenberg

The Weak Before



By KENNETH B. LOURIE

Hardly am I Robert Johnson, but every time I'm about to be "CT-scanned," I feel like I'm at a crossroads.

And though I've never made a deal with the devil for good scan results (at least results with which I can live), I have to admit to making a momentary prayer of sorts when I see an email from my oncologist. An email that, given its arrival in my inbox, five days or so after my scan, is generally the one containing the results of the previous week's scan.

So, I take a deep breath and then exhale as I prepare to click until I see his words. More often than not, almost every time, in fact, his words: "CT scan looked good," as an example, have been encouraging. Although, as with many things, past results don't guarantee future performance – or a reasonable facsimile thereof.

Each good scan result (stable, shrinkage) does not portend another good result in the future. The results, both good or bad quite frankly, are kind of a limited offer. If it's good, it means your treatment is likely quo. If it's bad, it probably means things your treatment is about to change.

Whatever treatment protocol you start or stop or continue is only good, bad or indifferent until your next scan (when the rubber hits the road, so to speak). Which for me, according to my current bi-weekly immunotherapy infusion schedule, is every two months. So next week, the hammer comes down or rather the slide (the thing you lay on) comes out of the CT scanner and in and out I go.

Typically (meaning during my previous 10 years of chemotherapy), I have been mostly symptom free – other than the symptoms/side effects of the treatment itself, not from the underlying cancer cause. I have rarely felt anything and I certainly haven't/didn't/couldn't see anything.

It's/I'm different now.

Now I can see and feel something, that something, located under my Adam's apple is what precipitated the change from chemotherapy/alimta to my current immunotherapy/opdivo. The tumors in my lungs (mediastinum), which is where this whole mess began, remain stable. However, the appearance of the "Adam's apple" tumor changed my reason for living.

And my new life, or rather my new cancer life, has been tightened/shortened up. Now my infusions are every two weeks, instead of the most recent seven-week intervals (with alimta) and my CT scans which had occurred every 12 weeks are now only eight weeks apart.

All of which means I am constantly in the throws of some kind of cancer anxiety ("labbing," infusing, scanning, meeting with my oncologist).

Not that after 10 years, I am unaccustomed to this sort of "cancer-centricity," it's more that its crushing regularity is a constant reminder of my mortality.

And not that I'm "woeing" is me, hardly. I'm lucky to be alive. You all know I know that.

It's more the recurrence of "scanxiety" (not my word, although I thought it was when I first used it), the anxiety one feels waiting for the life and death scan results, especially so if the results come more frequently than previously. And believe me, that extra month is well worth not having to wait.

So the news of my possible negative (not good) scan results hopefully will be exaggerated, along with my demise. And in that exaggeration perhaps I can find some solace and humor.

'Solace' in that it turns out: what's all the fuss? Humor, in that "It's better to look good than to feel good, and you know you are, darlings," as when Billy Crystal invoked his inner Fernando Lamas in his famous bit from his 1985 year on Saturday Night Live! In summary, it's nothing until it's something, and even if it's something, it might not be anything.

This sort of confusing mental gymnastics is what occurs before, during and after these diagnostic scans. And until you hear back from your oncologist, you really don't know whether you're coming or going, or whether it's too little, too late.

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

Potomac REAL ESTATE

3 10614 Rivers Bend Lane — \$1,330,000

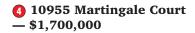


March, 2019 Top Sales

In March 2019, 46 Potomac homes sold between \$2,150,000-\$545,000.



3 12500 Park Potomac Avenue #1002 South — \$1,865,000





1 9820 Carmelita Drive — \$2,150,000