

Potomac ALMANAC

The founder of Lucky Dog Animal Rescue, Julianne Pham, with Luis a Lucky Dog waiting to be adopted.

A person wearing a dark, textured sweater is holding a small, light-colored dog. The dog is wearing a colorful, knitted beanie with stripes in shades of blue, yellow, red, and green. The background is a plain, light-colored wall. The text "Lucky Dogs Show Off at Cabin John Shopping Center" is overlaid on the image in a large, white, serif font.

Lucky Dogs Show Off at Cabin John Shopping Center

ADOPT DON'T SHOP, PAGE 5



Adding 4 Toll Lanes to American Legion Bridge and 495 through Potomac/Bethesda?

PAGE 3

Give Locally

PAGE 7

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PHOTOS BY DEB STEVENS/THE ALMANAC

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4 9128 Orchard Brook Drive
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8 9104 Falls Chapel Way
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3 1103 Churchview Place
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1 8909 Maxwell Drive
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2 11201 Angus Place
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5 9117 Bells Mill Road
— \$775,000



Address	BR	FB	HB	Postal	City ..	Sold Price	Type	Lot AC	PostalCode	Subdivision	Date Sold
1 8909 MAXWELL DR	5	..	3..	1	POTOMAC	\$825,000	Detached	0.35	20854	OLDFIELD	09/18/19
2 11201 ANGUS PL	4	..	3		POTOMAC	\$800,000	Detached	0.33	20854	POTOMAC OUTSIDE	09/20/19
3 1103 CHURCHVIEW PL	4	..	3..	1	ROCKVILLE	\$799,000	Detached	0.19	20854	ORCHARD RIDGE	09/12/19
4 9128 ORCHARD BROOK DR	4	..	2..	1	ROCKVILLE	\$794,900	Detached	0.25	20854	FOX HILLS WEST	09/05/19
5 9117 BELLS MILL RD	5	..	3..	1	POTOMAC	\$775,000	Detached	0.33	20854	PINE KNOLLS	09/27/19
6 12500 PARK POTOMAC AVE#604S	2	..	2..	1	POTOMAC	\$770,000	Unit/Flat/Apartment		20854	PARK POTOMAC CODM	09/09/19
7 8803 POSTOAK RD	4	..	2..	2	POTOMAC	\$768,000	Detached	0.20	20854	HIGHLAND STONE	09/24/19
8 9104 FALLS CHAPEL WAY	3	..	2..	1	POTOMAC	\$750,000	Detached	0.25	20854	FOX HILLS WEST	09/26/19

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NEWS

Adding Four Lanes, All Tolled, to 495?

Governors pitch private partnership to widen American Legion Bridge and include toll lanes on the Beltway.

BY KEN MOORE
THE ALMANAC

Gov. Larry Hogan (R-Md.) knew how to pitch his plan to widen the American Legion Bridge and add privatized toll lanes around the Beltway.

"The project is expected to cut commuting time in half for many travelers, reduce congestion in the regular lanes by 25 percent, provide 40 percent more lane capacity over the old bridge, and include bicycle and pedestrian paths across the Potomac River," claimed Hogan, in a joint statement made with Gov. Ralph Northam (D-Va).

In addition to widening the American Legion Bridge, the project will replace the existing lanes in each direction across the Potomac River and add two new Express Lanes in each direction for approximately three miles between the George Washington Memorial Parkway in Virginia to the vicinity of River Road in Maryland, according to Hogan and Northam.

The two governors made the announcement at the annual Capital Region Transportation Forum on Nov. 12, 2019.

"Without these improvements, our horrendous congestion will only get worse," said Pete Rahn, Maryland Secretary of Transportation.

"The project is expected to cut commuting time in half."

— Larry Hogan, Maryland governor

A joint plan between Maryland and Virginia would widen the American Legion Bridge and the Beltway, adding two toll lanes in each direction.

CONSTRUCTION COULD BEGIN as early as 2021, said the governors.

"A new bridge means commuters will get to work and back home faster," said Northam. "Our teams have identified a way to fix one of the worst traffic hot spots in the country."

"The 'Capital Beltway Accord' is a once-in-a-generation achievement for the capital region. A bipartisan, commonsense, interstate agreement such as this has eluded elected leaders throughout the region for many decades," said Hogan.

The two governors had statistics ready to show the capacity of the current problem regarding traffic at the bridge, which they called "one of the worst traffic choke points."

"The American Legion Bridge has been operating beyond its capacity for nearly four decades. Daily traffic has grown 390 percent since the bridge opened in 1962, with

235,000 vehicles using it daily. More than 40 percent of the region's population travels this segment of the Capital Beltway, and the region expects to grow by another 1.2 million people by 2040," they said.

CRITICISM BEGAN this past week.

"The question is whether the state will allow the public a close look at the contracts before they're signed or will Maryland Department of Transportation claim that the fine print in proprietary," said Citizens Against Beltway Expansion.

There is also room to question the merits and efficacy of such a ten-year, multi-billion-dollar construction project.

"New capacity fills up in as little as five years," as well as placing more cars on connecting roads, said Stewart Schwartz of the Coalition for Smart Growth.

"It's time for officials and media to recognize that more lanes do not relieve con-

gestion," Schwartz said.

Environmental damage could be significant in terms of climate change and water quality. Both Potomac and Great Falls, Va., have been zoned low density area to protect the health of the Potomac River and the quality of the region's drinking water.

The Potomac River Water Filtration Plant on River Road in Potomac, operated by Washington Suburban Sanitary Commission, extracts 100 million gallons of water a day from the Potomac River and delivers it to millions of people in the region.

Express Lanes built on the Virginia side have caused a choke point at Georgetown Pike, because the lanes end abruptly, and are not matched by increased traffic capacity on the American Legion Bridge or the Beltway in Maryland.

"This is once-in-a-generation project that will improve accessibility throughout the region," said Virginia Secretary of Transportation Shannon Valentine. "We in Virginia look forward to working hand-in-hand with Maryland to deliver this transformative transportation solution."

The Fairfax County Board of Supervisors approved a letter to the Maryland Department of Transportation State Highway Administration in May 2019: "The County believes that the capacity needs across the Potomac River must be addressed to alleviate the existing congestion and to ensure that the region remains economically vibrant," wrote the Supervisors.

"New capacity fills up in as little as five years."

— Stewart Schwartz,
Coalition for Smart Growth

ate the existing congestion and to ensure that the region remains economically vibrant," wrote the Supervisors.

"Approximately 239,000 vehicles

use the bridge on an average weekday, resulting in substantial congestion and delay for those residing and working in our localities. Use of the bridge is expected to increase over the next 25 years, further exacerbating the problem. Addressing the capacity of the bridge is essential to the quality of life and economic development for our region."



ALMANAC FILE PHOTOS BY MARY KIMM



On the left is Carderock Springs Elementary School, one of many buildings that would be impacted by the widening.



Imagine this: Four more lanes, two in each direction, here on the Beltway just on the Maryland side of the American Legion Bridge.

Cooking with Children this Thanksgiving

Holiday meal prep can help create life-long memories.

BY MARILYN CAMPBELL
THE ALMANAC

Mashing sweet potatoes for a soufflé and drizzling spoonfuls of olive oil over carrots for roasting are Sarah Pardo's earliest memories of cooking with her mother and younger sister during the holidays.

"Some of the things I made then became a family tradition," said Pardo, who is now a nutritionist in Falls Church. "I still make sweet potato soufflé every Thanksgiving."

From establishing tradition and making memories to building confidence and expanding one's palate, the holidays are a perfect time to include children in holiday meal preparation, says Pardo and other culinary aficionados. Bringing children into the kitchen using kid-friendly tools and recipes gets little ones excited about the feast, creates a sense of independence and offers an opportunity to learn about nutrition.

"Thanksgiving is all about tradition and family," said culinary instructor Terri Carr of Terri's Table in Potomac. "I started cooking with my son Nick when he was four or five. I bought him a Cookie Monster apron and we would bake and decorate cookies and give them to friends. We created a lot of special memories."

Allowing children to help with meal planning helps them to feel invested, especially if their favorite fare is included. Enticing children into trying new dishes that they claim to dislike might be made easier if they had a hand in the preparation. "You can also encourage them to try something new or introduce the food groups that make up a balanced meal," said Pardo. "Take them shopping with you and let them help you find the ingredients."

Advanced planning might be necessary for parents who tend to find preparing for a holiday meal stressful. "When you're in a frenzy to get the meal cooked before guests arrive, it might seem easier to do it yourself than have your kids

trying to help," said Jessica Bernard, a personal chef in Alexandria. "You can include them in the prep work, even the day before. They can wash vegetables or measure ingredients."

"Kids particularly would love making mashed potatoes," added Carr. "When parents do the prep work, kids can put the dish together."

Cooking is not the only task involved in a holiday meal. Creating a centerpiece or the table or choosing decorative items to display will help them to feel included in the festivities. "Kids can set the table so that they realize that it's a special day," said Carr. "Get

them involved in decorating. You can set the table a day or two in advance and kids can make crafts to incorporate in the table setting. Decorating the house ahead of time gets everyone in the mood for the holiday."



PHOTO COURTESY OF TERRI'S TABLE

Baking holiday cookies with her son when he was four, became a family tradition that continues today.

"I started cooking with my son Nick when he was four or five. I bought him a Cookie Monster apron and we would bake and decorate cookies ... we created a lot of special memories."

—Terri Carr, Terri's Table

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Lucky Dog

Dog Adoption Event in Potomac

On Saturday, Nov. 16, Lucky Dog held an adoption event at Pet Value in Cabin John Shopping Center in Potomac. The event was sponsored by The Shade Store.

Find out more at www.luckydoganimalrescue.org/
www.theshadestore.com/showrooms/maryland/potomac-cabin-john-village



Jesse Decker and Reese Holbrook with Aldo, Lucky Dog waiting to be adopted.



Volunteer Bradley Steiner with Helga, Lucky Dog waiting to be adopted.



The Shade Store sponsored the adoption event at Potomac Pet Value at Cabin John Shopping Center, and offered cider, cupcakes and a raffle.

www.theshadestore.com/showrooms/maryland/potomac-cabin-john-village.



Volunteer for Lucky Dog Animal Rescue Evan Kaufman



Volunteers are showing the dogs for adoption to potential homes.

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Happy Thanksgiving!

from your friends and neighbors at Potomac Community Village...

As we all give thanks for what we have, consider volunteering - right here in our Potomac community. PCV volunteers choose how, where and how often they want to serve.

For all your questions call 240-221-1370
www.PotomacCommunityVillage.org

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- Potomac Almanac
- Preston Connection
- Springfield Connection
- Vienna/Dalton Connection

HOLIDAY ENTERTAINMENT

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

Holidays and Christmas

NOV. 22-24

Mayfield Market Christmas Bazaar. Friday, Nov. 22 from 6-8 p.m. (Alumnae preview); Saturday, Nov. 23 from 9 a.m. to 5 p.m.; and Sunday, Nov. 24 from 10 a.m. to 3 p.m. At Connelly School of the Holy Child, 9029 Bradley Blvd., Potomac. The Mayfield Market is a shopping extravaganza that encourages the community to get a jumpstart on their holiday shopping. More than 60 vendors will be selling their jewelry, clothing, home décor, hostess and children's gifts, personalized items, holiday decorations, and much more to make your shopping the easiest and best ever. Holy Child's Fathers' Club will also be cooking up some food at our new concessions stand this year. Visit www.holychild.org

NOV. 22 TO DEC. 31

Garden of Lights. At Brookside Gardens, 1800 Glenallan Ave., Wheaton. Nov. 22 & 23: 5:30-10 p.m.; Nov. 24: 5:30-9 p.m.; Sunday - Thursday: 5:30- 9 p.m.; Friday - Saturday: 5:30 - 10 p.m.; Closed November 25-28 & December 24-25. Step into a magical winter wonderland illuminated with more than one million dazzling colorful lights shaped into hand-crafted, original art forms of flowers, animals and other natural elements. Stroll from garden to garden enjoying twinkling tree forms, sparkling fountains, and whimsical winter scenes. To avoid long lines, consider visiting on a weeknight, when Garden of Lights is less crowded. Admission: \$25-\$30 per car/van.

DEC. 15-16

"The Nutcracker." Sunday at 2 p.m. and 7 p.m.; Monday at 8 p.m. At The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Presented by the Virginia National Ballet. Treat yourself to Virginia National Ballet's full-length, traditional production of The Nutcracker. Featuring gorgeous scenery, costumes, and choreography, enjoy world-class professional, international dancers accompanied by the students of Virginia National Ballet School. VNB is led by Artistic Director Rafik Hegab, 2019 Winner of the Seefeldt Award for Outstanding Individual Artist. Tickets: \$37 adults, \$25 children (ages 17 and under). Visit www.virginianationalballet.org.



Enjoy the Garden of Lights at Brookside Gardens in Wheaton from Nov. 22 to Dec. 31.

Garden of Lights at Brookside Gardens

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DEC. 20-26

"The Nutcracker." At the Robert E. Parilla Performing Arts Center, Montgomery College, 51 Mannakee Street, Rockville. Presented by the Maryland Youth Ballet, this year's production will be new staging and choreography by Artistic Director Olivier Muñoz, newly appointed in 2019. Show times are Dec. 20 at 7 p.m. Dec. 21 at 1 p.m. and 5 p.m. Dec. 22 at 1 p.m. and 5 p.m. Dec. 23 at 1 p.m. and 5 p.m. Dec. 24 at 11 a.m. Dec. 26 at 3 p.m. and 7 p.m. Advance tickets Online - \$27 Children/Seniors (12 & under or 65+), \$34 Adults, \$27 Groups 10+. At-the-Door tickets - \$32 Children/Seniors (12 & under or 65+), \$38 Adults. Visit www.marylandyouthballet.org.

EVENTS IN ALEXANDRIA

FRIDAY/NOV. 29

Black Friday Alexandria. Held in Old Town Alexandria and Del Ray. Alexandria's alternative Black Friday experience features more than 40 independent boutiques kicking off the holiday shopping season with one-of-a-kind deals on designer and coveted merchandise, including home décor, chic fashions, gourmet food, classic toys and gifts for dogs. Store offers vary, with special discounts throughout the day and more than 10 boutiques opening by 7 a.m., including fibre space, Pacers, The Shoe Hive, Red Barn Mercantile and Bloomers. Visit the website: visitalexandria.com/blackfriday or visit www.VisitAlexandriaVA.com/holidays.

FRIDAY-SATURDAY/DEC. 6-7

The Scottish Christmas Walk Weekend. At various Old Town Alexandria locations. The Campagna Center presents the 49th Annual Scottish Christmas Walk Weekend and Parade. The parade is Dec. 7 at 11 a.m. and begins at St. Asaph and Wolfe Streets and concludes at Market Square with a massed band concert. Admission: Free for parade and Heather and Greens Sales; \$180-\$290 for Taste of Scotland; \$40 for Holiday Home Tours. In 1749, the City of Alexandria was officially established by three Scottish merchants and named after its original founder, John Alexander, also of Scottish descent. Through your support of the events of The Scottish Christmas Walk Weekend, you provide vital support to Campagna Center programs that serve more than 2,000 children, teens, and adults throughout the year. Visit the website: <https://www.campagnacenter.org/scottishwalkweekend>

SATURDAY/DEC. 7



Olga Aru, a native of Ukraine, is dancing her second season as a soloist with Virginia National Ballet.

The Nutcracker" at Strathmore

Dec. 15-16, Sunday at 2 p.m. and 7 p.m.; Monday at 8 p.m. At The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Presented by the Virginia National Ballet. Treat yourself to Virginia National Ballet's full-length, traditional production of The Nutcracker. Featuring gorgeous scenery, costumes, and choreography, enjoy world-class professional, international dancers accompanied by the students of Virginia National Ballet School. VNB is led by Artistic Director Rafik Hegab, 2019 Winner of the Seefeldt Award for Outstanding Individual Artist. Tickets: \$37 adults, \$25 children (ages 17 and under). Visit www.virginianationalballet.org.

Boat Parade of Lights. Parade begins at 5:30 p.m.; Dockside festivities 2 to 8 p.m. At Waterfront Park, 1 King Street, Alexandria. Parade viewing areas: Founders Park (351 N. Union St.), Alexandria City Marina (0 Cameron St.), Waterfront Park (1 King St. and 1A Prince St.), Point Lumley Park (1 Duke St.), Shipyard/Harborside Park (1 Wilkes St.), Windmill Hill Park (501 S. Union St.) and Ford's Landing Park (99 Franklin St.). Admission: Free; \$ for food/drink and some activities. Visit AlexandriaVA.com/boatparade

Schedule in Old Town (2 to 8 p.m.)

- ❖ Holiday music
- ❖ Letters to Santa postcard station from Penny Post
- ❖ Holiday ornament activity from AR Workshop Alexandria (2 to 4 p.m.)
- ❖ Bookmark making station from Old Town Books (4:30 to 8 p.m.)
- ❖ Torpedo Factory Art Center Holiday Festival
- ❖ Santa arrives by fireboat at the Alexandria City Marina (3:30 p.m.)
- ❖ Alexandria Holiday Boat Parade of Lights begins (5:30 p.m.)

EVENT IN GREAT FALLS

SUNDAY/DEC. 1

2019 Celebration of Lights. 3:45-6:30 p.m. At the Village Field in Great Falls (behind the Post Office). Celebrate the beginning of the season with the 29th Annual Christmas Tree Lighting. Enjoy hot cocoa and cookies next to the fire as you listen to local children's choral groups sing seasonal music. The petting zoo and pony rides will keep your kids busy until Mr. and Mrs. Claus arrive by antique fire truck to light the tree. The timeline is as follows:

3:45 p.m. - Great Falls United Methodist Preschool
4:00 p.m. - Village Green Day School
Pony Rides and Petting Zoo begin
4:15 p.m. - King's Kids Preschool
4:30 p.m. - Siena Academy
4:45 p.m. - St Francis Creche Preschool
5:00 p.m. - Santa and Mrs. Claus arrive to light the

tree
5:15 p.m. - Forestville ES Ensembles
5:30 p.m. - Great Falls ES
5:45 p.m. - Colvin Run ES Singalong
6:00 p.m. - Live Nativity (pony rides and petting zoo close)
Volunteers are needed between 4-6 p.m. Contact info@celebrategreatfalls.org if you are available. After Santa and Mrs. Claus arrive in an antique fire truck to light the Great Falls Tree, they will meet all children who wish to share their holiday wishes.

EVENT IN RESTON

FRIDAY/NOV. 29

Reston Holiday Parade. 10 a.m. At Reston Town Center, Reston. The 29th annual Reston Holiday Parade – one of USA Today's 10 Best – plus tree lighting, sing-along, horse-drawn carriage rides, and more all day. Rain or shine. Schedule: 12:30 – 4:30 p.m.: Visits and photos with Santa & Mrs. Claus;
11 a.m. – 6 p.m.: Mini-train rides on Market Street;
5 p.m.: Dance Performance at Fountain Square;
6– 6:30 p.m.: Tree Lighting & Sing Along;
6:30– 10 p.m.: Horse-drawn Carriage Rides. Visit www.restontowncenter.com/holidays.

EVENTS IN TYSONS CORNER

NOW THRU DEC. 24

HGTV's Santa HQ. At Tysons Corner Center, 1961 Chain Bridge Road, McLean. Kids can explore the wonder of Santa in the digital age with HGTV's Santa HQ at Tysons Corner Center! This holiday, check out the interactive Elf Academy at Santa HQ. You can try on the latest elf looks with Santa's Magic Mirror, create your very own Elf-ID Card and scan yourself on the Naughty or Nice O'Meter. Plus, new this year, spend less time in line and more time on holiday fun with a Fast Pass. Prices and times vary. Visit the website: www.tysonscornercenter.com/SantaHQ

Potomac Calendar

NOW THRU DEC. 7

The Allure of Color. At Waverly Street Gallery 4600 East West Highway, Bethesda. Featuring recent work by Grace E. Peterson. Open Wednesday-Sunday, 12-6 p.m. Ample parking in the county lot next door; park free on the weekends. The Bethesda Metro takes you almost to the door. Call 301-951-9441.

WEDNESDAY/NOV. 20

Potomac Adult Book Discussion. 1 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Adult book discussion. *Little Fires Everywhere* by Celeste Ng. Ask for the book at the Circulation Desk. No registration needed. New members welcome.

Button Jewelry. 4-5 p.m. At Potomac Library, 10101 Glenolden Drive, Potomac. Learn how to upcycle buttons and turn them into unique jewelry! All supplies will be provided on a first-come first-served basis. Children under 8 years old must be accompanied by an adult. Free. Call 240-777-0690.

NOV. 20-21

Sophia Loren in Person. 7:30 p.m. At the Robert E. Parilla Performing Arts Center, Montgomery College, 51 Mannakee Street, Rockville. Ms. Loren will reminisce about her life and career, with a live interview on stage, hosted by Entertainment Tonight's Bill Harris. Amazing film clips will be shown, and your questions will be answered by Ms. Loren herself. Tickets \$100. Call the Box Office: 240-567-5301 or visit www.montgomerycollege.edu/pac.

THURSDAY/NOV. 21

Mr. Jon & Carrie Lewis. 4:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Mr. Jon & Carrie make music for kids and their families that inspire fun, laughter, and dancing. They will bring a smile to your face. The program is generously sponsored by the Friends of the Library, Potomac Chapter.

Fighting Hunger with Empty Bowls. 6-8 p.m. At VisArts, 155 Gibbs Street, Suite 300, Rockville. Empty Bowls is an international grassroots effort to fight hunger. Guests keep a bowl as a reminder of all the empty bowls in the world. Early Bird ticket \$35; Online ticket \$25; At the Door Ticket \$30. Visit www.visartscenter.org.

OPINION

Give Locally in Potomac

Nonprofits with local mission seek help now and through the year.

Potomac is one of the wealthiest communities in the nation. The average annual family income in Potomac is \$275,715, with 55 percent of married couple families in Potomac earning more than \$200,000.

EDITORIAL

But close to 68,000 people (6.7 percent) in Montgomery County live below the poverty level. That's \$20,420 for a family of three.

These families may be on the brink of homelessness, families who must choose between medical bills, car repair, heat and food. Some of these are children who may not be sure that they will have a meal between the meals they get in school.

Hundreds of homeless students attend the public schools, and their needs are greater.

We list many kinds of nonprofits; find what appeals to you, and pitch in for Thanksgiving and beyond.

What are we missing? Please send suggestions for other nonprofits we should feature.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Potomac: Where to Give Locally

❖ **Manna Food Center**, Where Do You Drop Off Food? Manna's temporary warehouse is located at 8341 Beechcraft Ave, Gaithersburg, MD 20879. 301-424-1130, www.mannafood.org. See website for many ways to help

Manna Food Center, the main food bank in Montgomery County, strives to eliminate hunger through food distribution, education, and advocacy. Mana provides food to 32,000 individuals each year and helps distribute rescued food to soup kitchens, food pantries and emergency shelters county-wide. Nearly every social service organization in Montgomery County relies on Manna to provide food to their clients.

❖ **Mercy Health Clinic**, www.mercyhealthclinic.org, 7 Metropolitan Court, Suite 1, Gaithersburg, MD 20878, 240-773-0300

Mercy Health Clinic in Montgomery County is a totally free clinic serving the uninsured of the community. It serves around 2,000 patients annually through the efforts of more than 50 volunteer physicians and over 100 medical and administrative volunteers. "At Mercy, we believe that we all benefit when everyone in our community has access to health care."

❖ **Interfaith Works**, www.iworksmc.org, 114 West Montgomery Ave., Rockville, MD 20850.

Interfaith Works provides shelter, food, and clothing to low-income and homeless neighbors.

❖ **Potomac Community Resources**, <http://pcr-inc.org/> 9200 Kentsdale Drive, Potomac, MD 20854, 301-365-0561.

Potomac Community Resources, Inc. promotes the full inclusion into community life of teens and adults with developmental differences by providing over 35 therapeutic, recreational, social, educational, and respite care programs. Donations to PCR make a difference in the lives of individuals with developmental differences and their families. Eighty-six percent of every dollar that is donated goes directly to its programs.

❖ **Montgomery County Coalition for the Homeless**, www.mcch.net, 600-B East Gude Drive, Rockville, MD 20850, 301-217-0314.

Montgomery County Coalition for the Homeless (MCCH), a community-based nonprofit organization,

is a leading provider of permanent housing, intermediate housing, emergency shelter, and supportive services for people experiencing homelessness. MCCH programs serve 1,600 men, women and children each year, providing 60 percent of the emergency shelter beds in the county.

❖ **Shepherd's Table**, www.shepherdstable.org, 8210 Dixon Ave., Silver Spring, MD 20910, 301-585-6463.

Shepherd's Table is a nonprofit organization in downtown Silver Spring, supported by volunteers, religious organizations, government, businesses, foundations, and individual donors. Shepherd's Table provides help to people who are homeless or in need by providing basic services, including meals, social services, medical support, clothing, and other assistance.

❖ **Fisher House**, www.fisherhouse.org, Fisher House Foundation, Inc., 12300 Twinbrook Pkwy, Suite 410, Rockville, MD 20852, 301-294-8560, info@fisherhouse.org

The Fisher House program supports members of the military and their families when they travel great distances for specialized medical care. Fisher House Foundation donates "comfort homes," including at Walter Reed in Bethesda, built on the grounds of major military and Veterans medical centers. These homes enable family members to be close to a loved one at the most stressful times.

❖ **Friends in Action**, www.iworksmc.org/friends-in-action, 114 West Montgomery Ave., Rockville, MD 20850, 301-762-8682.

Friends In Action recruits and trains a network of people from all faiths and ethnic backgrounds. Volunteer mentoring teams are linked for one year in a supportive relationship to a needy family in their community.

The goal of the program is to help the family identify their strengths and develop attainable and manageable goals that guide them toward financial independence and personal well being.

❖ **Montgomery Countryside Alliance**, P.O Box 24, Poolesville, MD 20837, 301-461-9831, www.mocoalliance.org, info@mocoalliance.org

Montgomery Countryside Alliance promotes sound economic, land-use and transportation policies

that preserve the natural environment, open spaces and rural lands in Montgomery County's Agricultural Reserve for the benefit of all Washington Metropolitan area residents.

❖ **ArtStream**, www.artstream.org, 8401 Connecticut Ave. Ste 1230, Chevy Chase, MD 20815, 301-565-4567

ArtStream performances feature adult actors with intellectual and developmental disabilities including autism and other social and behavioral needs.

Actors, volunteer mentors and theatre professionals work as a team to create original performances for live audiences. Drama and life-skills classes, programs in military hospitals.

ArtStream is based in Chevy Chase and holds programming throughout the region.

❖ **Spirit Club**, 10417-B Metropolitan Ave. Kensington, MD 20895, 03-883-4364, spirit-club.com

Spirit Club Foundation Inc. is a non-profit organization organized to ensure that people with disabilities and other health-related challenges have the opportunity to exercise and learn about fitness and nutrition in an integrated setting.

❖ **MCPAW** (Montgomery County Partners for Animal Well-Being) is the non-profit partner of the Montgomery County Animal Services and Adoption Center (MCASAC) working through MCASAC to keep homeless pets healthy and happy while awaiting adoption.

Goals are: Reduce the number of animals that come to MCASAC; Pamper, protect and provide emergency veterinary care for animals inside MCASAC; Educate and engage the community in causes for animal welfare. <http://www.mcpaw.org/>

❖ **C&O Canal Trust**, www.canaltrust.org

By giving to the C&O Canal Trust, you will be joining a growing movement of citizens across the country who are taking personal responsibility for the future of "America's best idea" — our national parks. Give thanks for the C&O Canal you enjoy today, and invest in its future.

❖ **Potomac Riverkeeper Network** works to protect the public's right to clean water in our rivers and streams; to stop pollution to promote safe drinking water; to protect healthy river habitats; and to enhance public use and enjoyment.

3070 M Street, NW, Washington, DC 20007. 202-888-2037

www.potomacriverkeepernetwork.org

An Idiot Servant No More



By KENNETH B. LOURIE

Given the extremely sad experience I shared with you all in last week's column: "Chino Lourie, Rest in Peace," this column will be an attempt to bounce back to my usual and customary reality, one oddly enough that has nothing to do with cancer (well, much, anyway). Instead it has to do with unexpected joy.

The joy to which I refer has to do with a subject which typically provides me little joy: I refer to our two automobiles, a 2000 Honda Accord and a 2018 Audi A4. The former inherited from my parents, payment-free but rarely hassle-free, the latter not free of payments, unfortunately, but free of hassle since its maintenance is covered by the warranty.

Nevertheless, for the past few years, off and mostly on, both cars have had an indication that all was not right. Each had illuminated dashboard warning lights (aka "idiot lights") constantly reminding the driver that attention to some detail was required. For the Honda, it was twofold, a "Main't Req" light and a "Brake" light "were dashing." For the Audi, it was "onefold," an icon which looks like an upside down horseshoe, sort of, which I learned, after thumbing through the owner's manual, meant low tire pressure, appeared directly under the speedometer. Since I felt no give or take with the Honda and saw no evidence of low tire anything with the Audi, I learned to take their reminders in stride and figured I'd wait until their respective next service calls to respond to them.

Those service calls have now occurred. And I am extremely glad - and relieved to say, that their necessary/underlying repairs have been made. Glad/relieved not so much because the repairs/obvious safety issues have been addressed. Rather, glad/relieved that in making those repairs, the dashboard warning lights are no longer illuminating their disdain with the idiot behind the wheel: me, neglecting them.

No more, after starting either car, will my initial focus be on the dashboard to see if miraculously the warning lights have disappeared and finally stopped their incessant, non-verbal badgering. No more will I be forced to ignore their illumination and attempt to compartmentalize their visual reminders that all is not well under the hood (so to speak). And finally, no more will I have to worry that one day - or night, the other mechanical shoe will drop and I or my wife, will be left stranded on the road somewhere waiting for a tow truck to drag us to our car-repair maker.

And though this dashboard-warning-light-turn-off is really a turn-on, I am still able to keep its effect in perspective. It's not a cure for cancer and neither it is a cure for my "stable" issue as written about multiple times recently ("Please Relief Me" and "Apparently, Not a Stable Genius"). However, as we say in sales: "I'll take a yes;" as they say on the high seas: "Any port in a storm;" and has been said for the last century: "Don't look a gift horse in the mouth." For the official record, I am not horsing around in the least when I say how thrilled I am now that everytime I start our cars, I see no lights reminding me what an idiot I've been. As a cancer patient I don't need that kind (or any other kind, quite frankly) of negativity in my life, or in my car either. Eliminating it from my activities of daily living adds a bounce to my step and a joie to my vivre.

I realize I may be over stating the significance of this momentous occasion, but when cancer takes over your life, it does so emotionally before it does so physically. As such, finding relief is HUGE. Moreover, solving a problem however insignificant in the scheme of things it appears to be, provides the building blocks of success that, as a cancer patient, help strengthen your foundation as you navigate your daily routine. A routine which is already filled with enough challenges. So yes, I am going to make a mountain out of a molehill. And I am going to fill myself up with as much positivity, nonsensical or otherwise, as possible.

I need to be pulled forward, not dragged backward.

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

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