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Potomac

ALMANAC

HomeLifeStyle

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Part of the Potomac River as seen from the bridges out to Olmsted Island and the Great Falls overlook. Tina Cappetta is the new superintendent of the C&O National Historical Park.

184.5 Mile Long Park Gets New Boss

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Day On for MLK Day

PAGE 3

Tolls a Go?

UPDATE, PAGE 4

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8 12312 Glen Mill Road — \$1,000,000



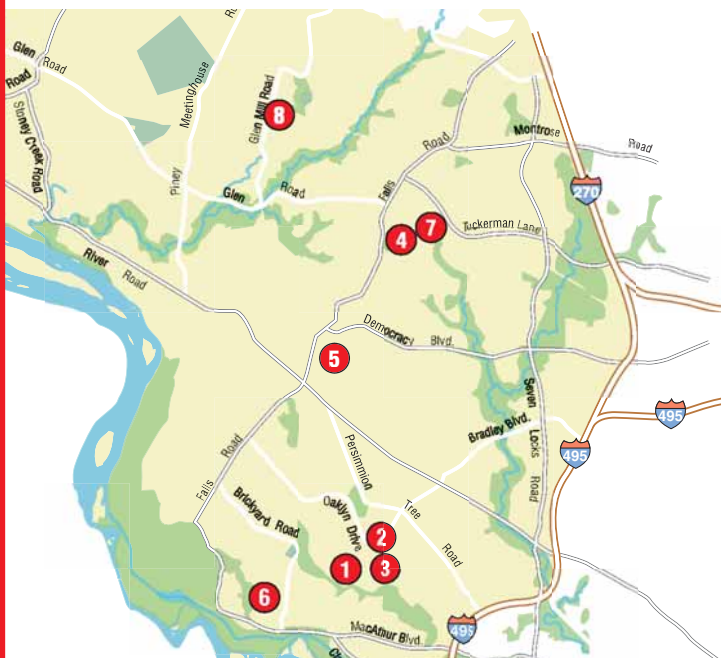
5 10113 Ormond Road — \$1,050,000



4 11224 Fall River Court — \$1,057,500



7 11308 Willowbrook Drive — \$1,025,000



| Address | BR | FB | HB | Postal | City | Sold Price | Type | Lot AC | PostalCode | Subdivision | Date Sold | |
|------------------------------|----|----|----|--------|------|-----------------|------------------|----------------|------------------|-------------------|-----------------------|----------|
| 1 9714 BEMAN WOODS WAY | 4 | .. | 4 | .. | 1 | POTOMAC | \$1,200,000 | Detached | 0.14 | 20854 | AVENEL | 10/09/19 |
| 2 9405 WING FOOT CT | 6 | .. | 5 | .. | 1 | POTOMAC | \$1,180,000 | Detached | 0.43 | 20854 | AVENEL | 10/09/19 |
| 3 8312 TURNBERRY CT | 4 | .. | 3 | .. | 1 | POTOMAC | \$1,125,000 | Townhouse .. | 0.16 | 20854 | AVENEL | 10/16/19 |
| 4 11224 FALL RIVER CT | 5 | .. | 4 | .. | 1 | POTOMAC | \$1,057,500 | Detached | 0.31 | 20854 | PINE KNOLLS | 10/10/19 |
| 5 10113 ORMOND RD | 5 | .. | 4 | .. | 2 | POTOMAC | \$1,050,000 | Detached | 0.66 | 20854 | POTOMAC VILLAGE | 10/11/19 |
| 6 7501 RIVER FALLS DR | 5 | .. | 3 | .. | 2 | POTOMAC | \$1,030,000 | Detached | 0.41 | 20854 | RIVER FALLS | 10/11/19 |
| 7 11308 WILLOWBROOK DR | 5 | .. | 2 | .. | 2 | POTOMAC | \$1,025,000 | Detached | 0.59 | 20854 | OLDFIELD | 10/01/19 |
| 8 12312 GLEN MILL RD | 5 | .. | 5 | .. | 1 | POTOMAC | \$1,000,000 | Detached | 0.96 | 20854 | POTOMAC OUTSIDE | 10/23/19 |

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2 9405 Wing Foot Court — \$1,180,000

1 9714 Beman Woods Way — \$1,200,000

NEWS

184.5 Mile Long Park Gets New Boss

New superintendent for C&O Canal National Historical Park.

BY PEGGY MCEWAN
POTOMAC ALMANAC

The National Park Service announced the appointment of Tina M. Cappetta as the next superintendent of the Chesapeake and Ohio National Historical Park, replacing Kevin Brandt who retired from the position last fall. Brandt served 23 years in the position.

Cappetta is considered a committed team-builder and park manager. She brings more than 31 years of experience to the position which she begins on Jan. 21.

Currently Cappetta is superintendent of Fort McHenry National Monument and Historic Shrine, Hampton National Historic Site and Star-Spangled Banner National Historic Trail, a position she's held since 2011. In this role, she gained grant support for field trips for Baltimore City fourth



ALMANAC FILE PHOTO

Part of the Potomac River as seen from the bridges out to Olmsted Island and the Great Falls overlook. Tina Cappetta is the new superintendent of the C&O National Historical Park.

graders, created a living history employment program for youth and led a curriculum-based edu-

cation and paddle program with partners.

"Tina has built successful teams

and strong partnerships throughout her career," acting National Capital Area Director Lisa Mendelson-Ielmini said. "I admire the spirit of collaboration she brings to her relationships with National Park Service employees, partners, stakeholders and volunteers." Cappetta previously served as superintendent at Women's Rights National Historical Park in Seneca Falls, New York where she led the rehabilitation of the Wesleyan Chapel. Earlier experience includes chief of interpretation and resources management at Booker T. Washington National Monument, Westlake Corner, Virginia; education specialist at Jean Lafitte National Historical Park and Preserve, Jefferson Parish, Louisiana; and park ranger at Colonial National Historical Park in Yorktown, Virginia and Gettysburg National Military Park.

"I look forward to returning to C&O Canal where I served as chief

of resources management 15 years ago, Cappetta said. "Although a lot has changed, a lot has stayed the same — C&O Canal is a fascinating and beautiful park with exceptional staff, dedicated volunteers, committed partners and wonderful communities. I'm honored and eager to lead the team in the park's next chapter, including celebrating its 50th anniversary in 2021."

Cappetta earned a bachelor's degree in government and politics from the University of Maryland. She holds certificates in the context of environmental policy from George Washington University and legislative studies from the Government Affairs Institute at Georgetown University.

She and her husband, Ron Batchelor, who works for the Dept. of Agriculture in Washington, D.C., have three children—a senior in high school and two attending University of Maryland Baltimore County.

Martin Luther King Jr. Day of Service planned for Monday

BY PEGGY MCEWAN
POTOMAC ALMANAC

Though Monday, Jan. 20 is a holiday in honor of Dr. Martin Luther King Jr., for many it will be "a day on, not a day off."

Across the nation, people will celebrate the day by volunteering to make their communities better places to live. Montgomery County is no exception.

The County and several churches, schools and volunteer organizations have volunteer opportunities planned.

The County program will be held from 1-3 p.m. Monday at the Bethesda North Marriott Hotel and Conference Center, 5701 Marinelli Road, North Bethesda.

Participants can choose from any of several service projects, many suitable for all ages, such as creating greeting cards, packaging food boxes for the elderly, even putting together fleece blankets for those in need of warmth.

There will be a volunteer fair as part of the activities, allowing residents to learn about the County's many year-round volunteer opportunities and Phi Beta Sigma Fraternity, Inc., Tri Sigma Alumni Chapter will collect coats for those in need at the site.

Registration is required for all activities at the Marinelli Center. Visit montgomerycountymd.gov/volunteer-center to register.

Montgomery Parks also announced volunteer opportunities for MLK Day Monday.

"Volunteers play a critical role in keeping our parks clean and safe. Each year, during Martin Luther King Jr. Day of Service, Montgomery Parks hosts between 10 to 15 park and stream clean-ups," said Henry Coppola, Montgomery Parks Volunteer Services Coordinator. "Cleanups are a great opportunity for people of all ages to get out into their local parks and make a direct impact to their neighborhoods and the environment. The cleanups are also a chance to learn about how our actions affect downstream waterways including the Chesapeake Bay and Atlantic Ocean."

Opportunities in the parks include removing trash or non-native invasive plants at various parks and trails throughout the county to see if cleanup will be happening at a favorite park, visit www.MontgomeryParks.org/MLK.

Close to Potomac Locust Grove Nature Center, 7777 Democracy Blvd. will host a drop-in volunteer

opportunity from 10 a.m. to 2 p.m. for individuals or families to work on projects to improve the nature center grounds. All the projects are outdoors, and participants should dress appropriately for the weather. The projects are approved for Student Service Learning (SSL) hours. Volunteers under 14 must be accompanied by an adult.

Montgomery Parks began organizing MLK Jr. Day of Service clean-ups in 2012. Since then, more than 2,623 volunteers have removed more than 47 tons of trash and recyclables from parkland, according to a press release.

A list of all MLK Day of Service volunteer opportunities can be found at www.MontgomeryParks.org/MLK.

NEWS BRIEFS

Maryland Approves Plan for Toll Lanes on I-270, I-495

The Maryland Board of Public Works on Wednesday, Jan. 8, approved Gov. Hogan's revised plan to add toll lanes to the Capital Beltway and I-270 in a public-private partnership. The revised plan reverses some of Hogan's earlier

changes and emphasizes collaboration with local stakeholders.

Here are major provisions of the plan approved Wednesday:

- ❖ The plan returns to a phased, incremental approach. The first phase of the project is limited to the widening the American Legion Bridge and I-270 to I-70, giving the state more time to collaborate with local officials and consider alternatives to widening I-495 in Montgomery County.

- ❖ The state may not acquire residen-

during the holiday weekend include:

- ❖ Search for stars and planets while sipping hot chocolate at a Star Party at Agricultural History Farm Park.

- ❖ Draw inspiration from nature and make art work from recycled materials to be displayed at Black Hill Visitors Center.

- ❖ Join fellow adults on a winter birding excursion at Black Hill Regional Park.

- ❖ Bring your children to a nature-themed Sunday Storytime at Brookside Nature Center.

- ❖ Get a jump on summer planning at the Summer Camp and Skating Expo at Cabin John Ice Arena or Wheaton Ice Arena.

- ❖ Grab your racquet and hit the courts at Wheaton Indoor Tennis or Pauline Betz Addie Tennis Center.

tial properties along the expansion corridor until the three-person Board of Public Works gives final approval to a public-private partnership with a private concessionaire.

- ❖ There will be free access on toll lanes for all publicly owned buses.

- ❖ Montgomery, Frederick and Prince George's counties can enter into individual memoranda of understanding with the state and private concession-

SEE BULLETIN, PAGE 4



K9 Aquatic Center



Something to bark about!

Our Doggy Daycare is now open in Potomac, MD!

A camper day includes playtime with friends, treadmill, swimming, one on one walk, and lots of TLC! Add fun and friends in your dog's life! Senior dogs are welcome! Puppy training classes also available if needed.

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BULLETIN BOARD

FROM PAGE 3

aire that set out individual revenue-sharing agreements. Money will begin flowing to the counties as soon as the toll roads open.

❖ The state will be required to fund and complete a feasibility study for a proposed monorail between Frederick and Montgomery counties.

IN THE FACE of the climate crisis, this approach misses the mark, said Josh Tulkin of the Sierra Club. "Transportation is the leading source of climate pollution in Maryland. Our transportation strategy must, first and foremost, focus on reducing vehicle miles traveled and expanding mass transit."

MoCo Rec Job Fairs

Montgomery County Recreation is hiring part-time seasonal employees to work during the 2020 summer season, and as part of the recruiting process the department will host job fairs. Available positions include lifeguards, camp counselors, camp directors and mainstream companions. Part-time/seasonal pay is \$13 an hour and increases based on experience. Applicants must be at least 15 years of age. Bilingual applicants are encouraged to apply. The job fairs are scheduled as follows:

❖ Saturday, Jan. 18, 2 - 6 p.m. at the Olney Indoor Swim Center, 16605 Georgia Ave., Olney.

❖ Wednesday, Feb. 26, 5 - 8 p.m. at the Gwendolyn Coffield Community Recreation Center, 2450 Lyttonsville Rd., Silver Spring.

For questions about the job fairs, contact rec.customerservice@montgomerycountymd.gov.

FRIDAY/JAN. 24

Candidate Filing Deadline. The Board of Elections wishes to remind anyone who is planning to run for office that the deadline to file as a candidate for the 2020 Primary Election is 9 p.m., Friday, Jan. 24, 2020. Montgomery County individuals interested in running for Board of Education (Districts 2, 4, and At-Large) may file a Certificate of Candidacy with the Montgomery County Board of Elections at 18753 N. Frederick Avenue, Suite 210, in Gaithersburg. Candidates for all other offices on the 2020 Primary ballot should contact the Maryland State Board of Elections for deadlines and filing locations. The Montgomery County Board of Elections is open from 8:30 a.m. to 5 p.m. from Monday through Friday, and will be open to accept filings on Friday, Jan. 24, from 8:30 a.m. to 9 p.m. To arrange an appointment, contact Christine Rzeszut at 240-777-8585. For more information, call 240-777-

8500, visit www.777vote.org, the Maryland State Board of Elections' website at elections.state.md.us.

SATURDAY/JAN. 25

Washington Gardener Seed Exchanges. 12:30-4 p.m. At Brookside Gardens, Wheaton. These seed swaps are in-person and face-to-face. You bring your extra seeds and swap them with other gardeners. Everyone will leave with a bag full of seeds, new garden friends, and expert planting advice. Registration fee is \$20 per person. Friends of Brookside members, Friends of Green Spring members, and current Washington Gardener subscribers receive a discount rate of \$15 per person. Register at WGSeedExchange-BR.brownpapertickets.com.

SUNDAY/JAN. 26

40th Annual Women's Legislative Briefing. 12:30 p.m. At The Universities at Shady Grove, Building II, 9630 Gudelsky Drive, Rockville. The Montgomery County Commission for Women will host its 40th annual Women's Legislative Briefing. The theme will be "Women Voices and Votes Count." Barbara Harrison, a journalist who worked at NBC4 for over 30 years, will be the keynote speaker. Attendees will have the opportunity to participate in a variety of breakout sessions addressing timely topics such as voter engagement, racial equity and the 2020 Census, sexual assault and domestic violence prevention, women's health, economic justice, women in the criminal justice system, human trafficking prevention, and women leaders breaking ground in their field. Session participants will hear from members of the Maryland General Assembly, community leaders who influence policymaking, and representatives of organizations that advance the status of women and girls. To pre-register, visit: <https://wlb2020.eventbrite.com/> or call 240-777-8300, visit www.montgomerycountymd.gov/cfw

SATURDAY/FEB. 8

Getting Answers About Dementia. 11 a.m. to 1 p.m. At Ingleside at King Farm, 701 King Farm Boulevard, Rockville. Caring for a loved one living with dementia can be both rewarding and stressful. Are you asking yourself these questions: How do I balance my own needs with those of my loved one? Is my loved one thriving in their current environment? What happens when I can no longer provide the right care and support? Enjoy brunch while you learn:

- ❖ How to talk with family about making a move to assisted living;
- ❖ Taking care of myself when caring for another;
- ❖ Discussing the future—family member

and caregiver.
RSVP at 240-206-6263 or email infoIKF@Inglesideonline.org.

HIGH SCHOOL POETRY CONTEST

The Gaithersburg Book Festival announces its annual high school poetry contest is now open for submissions. First and second place winners will receive \$250 and \$100, respectively. Third place and fan favorite winners will receive \$50 and \$25, respectively. Winners will be unveiled at the Gaithersburg Book Festival on May 16, 2020, at its new, temporary location – Bohrer Park at Summit Hall Farm, 506 S. Frederick Ave., Gaithersburg.

To participate, students must be enrolled in grades 9-12 at a public or private school, or be in a homeschool program, for the 2019-2020 school year. Additionally, entrants must reside in Maryland, Virginia or the District of Columbia. Poems must be the original work of the student and must not have been previously published online or in print. Poems must be submitted electronically via web at <https://tinyurl.com/yvvgdpl> by midnight ET on Thursday, February 20, 2020. Complete rules and regulations can be found online at <https://www.gaithersburgbookfestival.org/gbf-programs/poetry-contest/>. Questions can be emailed to writingcontest@gaitersburgbookfestival.org.

SUPPORT GROUPS

Cancer Support Groups. Held at Hope Connections for Cancer Support, Beaumont House at FASEB, 9650 Rockville Pike, Bethesda. Free. Weekly support groups for people with all types of cancer, caregivers, people with advanced cancer and a bereavement group. An ovarian/gyn support group and group for young adults with cancer are offered twice a month, as are monthly groups for people with breast cancer, bladder cancer, blood cancers, and gastrointestinal cancers. Orientation sessions are held every Monday at 11 a.m. and the second and fourth Thursday of each month at 6 p.m. in Bethesda. RSVP at 301-634-7500 or info@hopeconnectionsforcancer.org.

The Alzheimer's Association's Memory Cafes offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. The memory cafe in Rockville (4860 Boiling Brook Parkway) operates the third Wednesday of each month from 2:30-4 p.m. Pre-registration is required. Contact Lindsey Vajpeyi at 240-428-1342 or lvajpeyi@alz.org.

Suicide Grief Support Group. At JSSA, 6123 Montrose Road, Rockville. This ongoing bereavement support group is for those who have lost a loved one to suicide. This group meets every first and third Monday. No charge. Pre-registration is required to attend. Call 301-816-2708.

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HOME LIFE STYLE

A Classic Blue sofa is complemented by other shades of blue in this living room designed by Keira St. Claire



PHOTO BY JOHN COLE

Beautiful, Bold, Soothing: Classic Blue

Dependable, stable and calming are the characteristic of the Color of the Year for 2020.

BY MARILYN CAMPBELL
THE CONNECTION

Dependable, stable and calming are the characteristic of the Color of the Year for 2020. For the past 21 years, Pantone Color Institute has announced a “Color of the Year,” which the self-proclaimed authority on color says will be on trend during the year ahead. Local designers share how the color can be used in a home’s interior.

“Classic Blue is a beautiful and bold, yet soothing color reminiscent of the evening sky and the deep blue ocean,” said Keira St. Claire of Anthony Wilder Design/Build in Bethesda, Maryland. “Soft, rich and versatile, this color has the potential to inject creative confidence into your interiors.”

From an accent wall in a child’s bedroom, throw pillows or a kitchen backsplash to a home’s front door, mailbox or shutters, Allie Mann, designer and senior interiors specialist at Case Design/Remodeling suggests a variety of ways to use classic blue. “Perhaps as a ceiling color to draw your eye up or add interest,” she said. “As a powder room wall color or vanity, this bold color will work well in the tiniest of spaces including the back of a bookcase or built-in, a reading nook, a laundry room or mudroom or as cubbies.”

Whether bold or subtle, St. Claire said the design options are plentiful. “Opt to incorporate this color in your home with decorative accents like throw blankets, pillows, rugs, and artwork and even kitchenware to add a pop of color without feeling over-saturated,” she said. “Repurpose old pieces [or furniture]. A fresh blue lacquered coat of paint would magically transform an old chair or dresser into a unique statement piece.”

For the courageous homeowner, St. Claire suggests a bolder approach. “Paint your walls or refinish your kitchen or bathroom cabinets in blue or upholster a large piece of furniture like a sofa or armchair in



PHOTO BY STACY ZARIN GOLDBERG

For this Arlington, Virginia breakfast room, designer Allie Mann incorporated Pantone’s color of the year by using Classic Blue fabric on the chairs, window seat cushion and pillows.

blue,” she said. “Introduce other complementary colors like olive greens, golds or magenta to really offset the color and make a statement. Classic blue doesn’t have to be the only pop of color.”

Adding the color gradually is what Amanda Mertins of Patina Polished Living in Alexandria, Virginia suggests. “Infuse it into your home and fashion design in bits and pieces,” added “Maybe you paint an accent wall classic blue and let that be the focus. The color blue is kind to many colors and therefore easy to use in a room as an accent color. You can also mix varying shades of blue.”

“Classic blue is just that, it’s classic and timeless and can be weaved into many design schemes,” said Mann. “Do not be afraid of color.”

FREE, open to all
Potomac Community Center, 11315 Falls Road

Thursday, January 16, 7-9 pm

Come and enjoy a performance by the Churchill High School Musicians Group.

Details at 240-221-1370
www.PotomacCommunityVillage.org

SMITHSONIAN ASSOCIATES

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The Science of Sleep

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In collaboration with WebMD

Wednesday, January 29, 2020

6:45 p.m.

S. Dillon Ripley Center

1100 Jefferson Drive SW, Washington, DC 20560

Metro: Smithsonian (Mall exit)

A good night’s sleep might be a dream for some but how sleep impacts our health is a reality. Hear Dr. John Whyte, WebMD’s chief medical officer, answer questions like, can too little sleep -- or too much -- sleep might be a sign of a serious health condition such as diabetes, cancer, thyroid conditions or heart disease?



Do melatonin supplements help? Can you benefit from a new pillow? How much sleep do you need and, what your sleep pattern might reveal about your health.

Dr. Whyte answers these questions and more, and shares a sleep quiz to help you determine if you’re getting quality sleep.

Tickets: \$30 Member / \$45 Non-Member

<https://smithsonianassociates.org/ticketing/tickets>

Nonmembers can use Promo code “SLEEP30” to receive the member rate (\$30)



For more information please call
202-633-3030

CALENDAR

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

NOW THRU JAN. 29

Three Artists' Works. At Artists & Makers Studio 1, 11810 Parkland Drive, Suite 201, Rockville. Artists & Makers Studios shows off the talents of three unique metro-area artists in January 2020. They include the works of Lori Anne Boocks, Stephen Boocks, and Allen Hirsh. It's a small (art) world after all in the new miniature work of Lori Anne Boocks. Supported by a cast of model railroad figures, Boocks explores current events, imaginary large-scale installations, and how people experience art. Playful and often personal, her sparse dioramas invite you to leave our big noisy world behind and lean in for intimate adventures in "slow looking" where art becomes backdrop, mirror, and lens. Stephen Boocks uses a variety of processes associated with composers of minimalist music to create works that only ask to be considered and enjoyed as shapes, lines, and colors, without any specific agenda. Allen Hirsh draws inspiration for his mathematically transformed images from numerous antecedent artists, among them Washington painters of the color field school. Viewing hours are 10 a.m. to 4 p.m. Tuesday-Saturday, and Sundays/Mondays by chance or appointment.

NOW THRU MARCH 1

Action and Reaction by Mark Goldman. At Sandy Spring Museum, 17091 Bentley Road, Sandy Spring. Action and Reaction by Mark Goldman captures the most iconic moments in sports. This photographic exhibition showcases the intensity, athleticism, and success behind the action of D.C. area professional and collegiate level sports teams, while also revealing the competitiveness, heart, and emotion behind each player's reaction. Hours: Thursday, 10 a.m. – 8 p.m., Friday 10 a.m. – 5 p.m., Sunday 11 a.m. – 4 p.m., and the First Saturday of each month 10 a.m. – 5 p.m. Visit the website: www.sandyspringmuseum.org

NOW THRU MARCH 1

Art Dolls: Figurative Sculptures Tell a Story. At Sandy Spring Museum, 17091 Bentley Road, Sandy Spring. Reception: Sunday, Jan. 12, 1 p.m. – 3 p.m. This exhibit features the work of students enrolled in doll making classes at Montgomery College taught by Wendelin Daniels. The students explore mixed media art and the human form through the design and creation of original art dolls. The dolls span a wide range of persona, from portrait dolls of historical figures to fantasy dolls, and everything in between. Hours: Thursday, 10 a.m. – 8 p.m., Friday 10 a.m. – 5 p.m., Sunday 11 a.m. – 4 p.m., and the First Saturday of each month 10 a.m. – 5 p.m. Visit the website: www.sandyspringmuseum.org

FRIDAY/JAN. 17

Whiskey Rocks Celebration. 10 a.m. to 7 p.m. At Clarksburg Village Liquor and Wine Store, 12051 Chestnut Branch Way, Suite 1, Clarksburg. The daylong event attracts hundreds of whiskey lovers who want to purchase limited release and highly sought after whiskey products, including Old Rip Van Winkle 10 Year, O.F.C. 1994 by Buffalo Trace, Weller Full Proof, Weller 12 Year, Orphan Barrel Rhetoric Library Pack and more. There will be a combination of timed product releases, tastings, engravings, barrel picks, bottle signings and an exclusive whiskey lunch with Maker's Mark Master Distiller Denny Potter. Visit the website: www.whiskeyrocks.com



Waltz Dancing at Glen Echo Park

Waltz Dancing with Trio con Brio at Glen Echo Park on Sunday, Feb. 2.

SUNDAY/FEB. 2

Waltz Dance. 3:30-6 p.m. At Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The ensemble Trio con Brio will provide a lively mix of folk waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polka. The 45-minute dance lesson begins at 2:45 p.m. with a half-hour introductory Waltz workshop and a more advanced move presented the last 15 minutes. Social dancing follows until 6 p.m. Admission is \$13, \$5 for full-time students with student ID. No partner required. Call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, go to www.WaltzTimeDances.org or e-mail info@WaltzTimeDances.org.

[/www.montgomerycountymd.gov/ABS/WhiskeyRocks/](http://www.montgomerycountymd.gov/ABS/WhiskeyRocks/)

SATURDAY/JAN. 18

Chopin — The Growth of Genius. 8 p.m. At the

Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Join pianist extraordinaire Brian Ganz as he celebrates the 10th year in his monumental quest to perform the complete works of the great Romantic composer Frédéric Chopin. Ganz explores early waltzes, polonaises, nocturnes and marches to demonstrate the seed of Chopin's genius, followed by mature examples of the same genres. Featured will be masterpieces such as the great Polonaise-Fantaisie, the Funeral March, the brilliant Waltzes, Op. 34 and the gloriously expressive Nocturnes, Op. 27, along with the surprisingly engaging youthful efforts that made them possible. Tickets \$29-\$79; free for those 7-17. Visit www.nationalphilharmonic.org or call 301-581-5100.

JAN. 18 TO JAN. 20

Weekend of Service. At the Rock Creek watershed. Rock Creek Conservancy will host its 10th annual MLK Weekend of Service in honor of Rev. Dr. Martin Luther King, Jr. Conservancy volunteers will gather at sites across the Rock Creek watershed to serve their communities by picking up trash and removing invasive plants along the 33-mile length of Rock Creek and its tributaries. Visit www.rockcreekconservancy.org.

JAN. 18-19

"The Wizard of Oz." Saturday at 4 p.m. and 7:30 p.m.; Sunday at 1 p.m. and 4 p.m. At the Randolph Road Theater, 4010 Randolph Road, Silver Spring. Dorothy (Molly Sylvester) and Toto (Jillian Zweig) travel down BRAVO's yellow brick road in the upcoming production of "The Wizard of Oz" at Randolph Road Theater. Tickets are \$23 and are available at showtix4u.com or at the door.

Jupiter Symphony. Saturday at 8 p.m.; Sunday at 3 p.m. At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. With Orli Shaham on piano and Piotr Gajewski, conductor. Mozart's Piano Concerto No. 20, one of Beethoven's favorites, has a verve and intensity that one seldom associates with the musical genius. It is no wonder that Beethoven not only favored this concerto, but also wrote a cadenza that evokes, in a Beethovenian way, the energy and intensity of the work. The Symphony No. 41, nicknamed

"Jupiter," is a towering and majestic work. The Overture to Il re Pastore (1775), written when he was 19, is quintessential Mozart—a microcosm of drama, elegance and ease. Pre-concert lecture Saturday, 6:45-7:15 and Sunday, 1:45-2:15 p.m. Sunday, meet the musicians, 2-2:30 p.m. \$29-\$79; free for those 7-17. Visit www.nationalphilharmonic.org or call 301-581-5100.

MONDAY/JAN. 20

Martin Luther King Jr. Day of Service. 1-3 p.m. At Bethesda North Marriott Hotel, 5701 Marinelli Road, Bethesda. Participants will be able to choose from a great variety of projects benefiting organizations that serve a variety of community needs, from hunger to services to veterans. Representatives from multiple nonprofits and government agencies will have representatives on hand to discuss their organizations' missions and year-round volunteer opportunities. Check the Calendar (<https://montgomerycountymd.galaxydigital.com/calendar/2020/01>) for January to see these opportunities and more happening for that weekend and on MLK Day.

Rockville's MLK Celebration. 11 a.m. to 1 p.m. At Richard Montgomery High School, 250 Richard Montgomery Drive, Rockville. Diverse performances, awards and a keynote speech focused on the theme of "Light in the Midst of Darkness" will highlight Rockville's 48th annual Martin Luther King Jr. Day celebration. Barbara Harrison, longtime reporter at Washington's NBC4, will present the keynote speech. There will be volunteer community service activities beginning at 11 a.m., along with information booths and free refreshments. To register to volunteer or to learn more about the celebration, visit www.rockvillemd.gov/mlk or contact Janet Kelly at 240-314-8316 or jkelly@rockvillemd.gov.

Montgomery County MLK Festival. 4-6:30 p.m. At Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Montgomery County celebrates Dr. Martin Luther King's life through dramatic readings, musical and dance performances in a special tribute. The event, produced by the Rev. Dr. Martin Luther King Jr. Commemorative Committee and the Montgomery County Office of Human Rights, will be hosted by Wisdom Martin of Fox 5 Morning with his son. A visual arts exhibit prepared by Montgomery County Public Schools students interpreting "Children of the Dream" will be displayed. There will be performances by Dem Raider Boyz Step Squad, the Akhmedova Ballet Academy, Kelvin Dukes, and a special performance by Ronnie Diamond Hoard – former lead singer of the Ohio Players. Local artist Vohn Higgonbotham will lead and perform with the Dr. Martin Luther King, Jr. Middle School and the Vast Expressions of Song Ensemble. Visit the website <https://www.strathmore.org/events-and-tickets/mlk-tribute>

JAN. 24 TO FEB. 2

"A Raisin in the Sun." Jan. 24, 25, 31, and Feb. 1 at 8 p.m.; Jan. 26 and Feb. 2 at 2 p.m. At F. Scott Fitzgerald Theatre, 603 Edmonston Drive, Rockville. Set in Chicago's South Side in the 1950s, this racially relevant classic depicts the dreams and ambitions of the Younger family as they await and receive a life-altering insurance check. Faced with daily tensions, prejudices, and a harsh reality, the family struggles to maintain dignity amid the chaos. Tickets: Adults \$22 / Seniors (62+) and Students \$20. Visit www.rockvillemd.gov.

SATURDAY/JAN. 25

Washington Gardener Seed Exchanges. 12:30-4 p.m. At Brookside Gardens, Wheaton. Washington Gardener magazine, the publication for DC-area gardening enthusiasts, is hosting the 15th annual Washington Gardener Seed Exchange at Brookside Gardens. These seed swaps are in-person and face-to-face. You bring your extra seeds and swap them with other gardeners. Everyone will leave with a bag full of seeds, new garden friends, and expert planting advice. Registration fee is \$20 per person. Friends of Brookside members, Friends of Green Spring members, and current Washington Gardener subscribers receive a discount rate of \$15 per person. Register at WGSeedExchange-BR.brownpapertickets.com.

Stand-Up Silver Spring. 8 p.m. and 10 p.m. At Cissel-Saxon American Legion Post 41, 8110

SEE CALENDAR, NEXT PAGE

LIBRARY EVENTS

PRESCHOOL STORYTIME

Thursday, Jan. 16: 10:30am - 11:00am
Potomac Library, 10101 Glenolden Drive, Potomac.
Phone: 240-777-0690
AGE GROUP: PRESCHOOL AND KINDERGARTEN
EVENTS TYPE: STORYTIME
Come join our children's librarian for stories, songs and rhymes.

PLAY DATE AT THE LIBRARY

Thursday, Jan. 16: 11:00am - 11:30am
Potomac Library, 10101 Glenolden Drive, Potomac.
Phone: 240-777-0690
AGE GROUP: PRESCHOOL AND KINDERGARTEN,
BABIES AND TODDLERS
EVENTS TYPE: GAMES AND PLAY
This is a drop-in social playtime for toddlers/
preschoolers/Kindergarten and their caregivers.

POTOMAC ENGLISH CONVERSATION CLUB

Saturday, Jan. 18: 11:00am - 12:30pm
Potomac Library, 10101 Glenolden Drive, Potomac.
Phone: 240-777-0690
AGE GROUP: ADULT
EVENTS TYPE: LANGUAGE LEARNING BILINGUAL
Join us as we practice English conversation in a friendly and relaxed setting. New members are always welcome. No registration. Join us any time! For more information call 240-777-0690.

READ TO A DOG

Tuesday, Jan. 21: 4:30pm - 5:30pm
Potomac Library, 10101 Glenolden Drive, Potomac.
Phone: 240-777-0690
AGE GROUP: ELEMENTARY SCHOOL AGE
EVENTS TYPE: READING PROGRAMS
Looking for a great opportunity to improve your little reader's language skills and interact with cool furry friends in the process? Then "Read to a Dog" is for you.

DAVIS SCRABBLE@ ROUND ROBIN

Tuesday, Jan. 21: 2:00pm - 3:00pm
Davis Library - *Davis 1*, 6400 Democracy Blvd., Bethesda; 240-777-0922
AGE GROUP: SENIORS, ADULT
EVENTS TYPE: GAMES AND PLAY
Join us for a monthly Scrabble@ game!

LITTLE FALLS PRESENTS: SUSTAINABLE GLENSTONE

Wednesday, Jan. 22: 1:00pm - 2:30pm
Little Falls Library, 5501 Massachusetts Ave., Bethesda; Phone: 240-773-9520
AGE GROUP: SENIORS, ADULT
EVENTS TYPE: SPECIAL EVENT
Join Paul Tukey internationally recognized sustainability consultant for an overview of what it took to build the expanded Glenstone Museum in Potomac including the planting of 8,000 trees on Glenstones nearly 300 acres. Mr. Tukey will also discuss sustainability ideas to use at home and in your community. This program is free and open to all and is presented as a collaboration between the Little Falls Library and Little Falls Village. To RSVP please email info@littlefallsvillage.org or call 301-320-3267.

FAMILY STORYTIME

Thursday, Jan. 23: 10:30am - 11:00am
Potomac Library, 10101 Glenolden Drive, Potomac.
Phone: 240-777-0690

AGE GROUP: PRESCHOOL AND KINDERGARTEN,
BABIES AND TODDLERS
EVENTS TYPE: STORYTIME
A 25-30 minute program designed to delight children of all ages. Filled with diverse stories and activities that promote and develop language skills and imagination.

PLAY DATE AT THE LIBRARY

Thursday, Jan. 23: 11:00am - 11:30am
Potomac Library, 10101 Glenolden Drive, Potomac.
Phone: 240-777-0690
AGE GROUP: PRESCHOOL AND KINDERGARTEN,
BABIES AND TODDLERS
EVENTS TYPE: GAMES AND PLAY
This is a drop-in social playtime for toddlers/
preschoolers/Kindergarten and their caregivers.

POTOMAC ENGLISH CONVERSATION CLUB

Saturday, Jan. 25: 11:00am - 12:30pm
Potomac Library, 10101 Glenolden Drive, Potomac.
Phone: 240-777-0690
AGE GROUP: ADULT
EVENTS TYPE: LANGUAGE LEARNING BILINGUAL
Join us as we practice English conversation in a friendly and relaxed setting. New members are always welcome. No registration. Join us any time! For more information call 240-777-0690.

AUTHOR JUDITH WELLES - PICTORIAL POTOMAC

Saturday, Jan. 25: 2:00pm - 3:00pm
Potomac Library, 10101 Glenolden Drive, Potomac.
Phone: 240-777-0690
AGE GROUP: ADULT
EVENTS TYPE: MEET THE AUTHOR
Local historian Judith Welles will provide glimpses of her new photographic history of Potomac titled Images of America: Potomac.

DANCE AND LAUGHTER FOR TOTAL WELLNESS -

Monday, Jan. 27: 11:00am - 12:00pm
Potomac Library, 10101 Glenolden Drive, Potomac.
Phone: 240-777-0690
AGE GROUP: SENIORS
EVENTS TYPE: HEALTH AND WELLNESS
Attention Seniors! Want to stay healthy and pursue wellness while having fun?

HOOKS AND NEEDLES

Monday, Jan. 27: 4:30pm - 5:30pm
Potomac Library, 10101 Glenolden Drive, Potomac.
Phone: 240-777-0690
AGE GROUP: ALL AGES
EVENTS TYPE: MAKERSPACE ARTS, CRAFTS AND HOBBIES
Are you looking to join a knitting/crocheting circle? All levels of experience are welcome!

TEEN WRITERS' CLUB - WITH NEAL GILLEN

Tuesday, Jan. 28: 6:30pm - 8:00pm
Potomac Library, 10101 Glenolden Drive, Potomac.
Phone: 240-777-0690
AGE GROUP: TEENS
EVENTS TYPE: WRITERS GROUP
Teens ages 13-18 with a passion for writing are invited to join our Teen Writers' Club.

BABY AND TODDLER STORYTIME

Thursday, Jan. 30: 10:30am - 11:00am
Potomac Library, 10101 Glenolden Drive, Potomac.
Phone: 240-777-0690
AGE GROUP: BABIES AND TODDLERS
EVENTS TYPE: STORYTIME
A storytime for our youngest library users and their caregivers.

POTOMAC ALMANAC

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Still Waiting for "Canswers"



By KENNETH B. LOURIE

As I half expected, with my oncologist out on vacation this week, he and the endocrinologist didn't speak. As a result, after sitting in the examining chair, the first question the doctor asks is "So you have thyroid cancer?" I snickered and said something like "Hopefully," before I began to elaborate. Though she had access to my medical records, I can't say she was prepped and ready for our appointment. As she listened to my story, I could she see was simultaneously trying to review my medical history on her computer. In fact, as I hemmed and hawed in response to some of her medical questions, I kept saying/pointing to her computer for her to get the proper answer.

Nevertheless, eventually we were able to move forward in the determination of exactly what kind of cancer I have: thyroid cancer or lung cancer - or both (it's possible, she said). To that end-result, the doctor performed a biopsy on my "Adam's Apple" tumor, as I call it. The biopsy I had two weeks prior was from a lymph node. The results from which caused my oncologist to call me with his "exciting news." Apparently, those results were not enough for the endocrinologist (who had never seen me before) to make a definitive judgment, so in her office, that day, this second biopsy was performed. Fine with me since a second biopsy from a different tumor is absolutely moving the ball forward, as if is so often said these days; I just hope it leads to a touchdown instead of another possible fumble.

For the last nearly 11 years, I've been diagnosed with non small cell lung cancer, stage IV. Now after two biopsies, not so much. Right now, the assessment of my cancer status is somewhere between a definite maybe and a confirmed I don't know.

Will I now know - in another week's time (when the results of this most recent biopsy are confirmed) whether my non small cell lung cancer is actually thyroid cancer or will there be additional biopsies, additional diagnostic scans, injections of isotopes, etc., to make a once-and-for-all confirmation of what the heck is going on (or has been going on) in my body? If so, it's been a long time coming. I first went to the Emergency Room Jan. 1, 2009 so it's sort of an anniversary of sorts as I write this column. I'd just as soon we get it right this time, if in fact it was ever wrong.

I have a few questions, some of which were answered by the endocrinologist. Yes, I can have two types of cancer. Could my lung cancer have changed to become thyroid cancer? No. And the underlying curiosity/question: During this cancer life that I have lived, I have been told - and seen multiple times on discharge-type paperwork I've received that I have "metastatic cancer" meaning that the cancer has moved. Moreover, when one considers the staging aspect, my cancer was stage IV. Stage IV means, among "relevancies," (like inoperable) that the cancer has moved from its "primary" location. I remember asking my oncologist where did my lung cancer come from (I'm a lifelong non-smoker with no cancer history in my immediate family). His answer, if I recall correctly, and I may not due to "chemo brain," a confirmed side effect of chemotherapy) was that he didn't know, and if I further recall correctly, he wasn't particularly interested in finding out and accordingly no additional tests were ordered. Perhaps we misunderstand the need to know now or misunderstood the answers we were given then (Feb., 2009). But as of this past Friday, Team Lourie is sort of wondering as was the endocrinologist.

As of this moment, our focus is on hearing back from the endocrinologist. Until then, we'll try to move forward. What's done is done and we'll hear back when we hear back. I have what I have (and have had what I've had) and right now, all we can do is wait.

That being said, we are having a little difficulty restraining ourselves. We can't get past the fact that my oncologist called us in the first place, and in the last place, if he wasn't so sure, why call us and get our collective hope sky high? Why go out on such a presumptive limb? In spite of that call, somehow, we have to internalize and compartmentalize and try to synthesize fact from fiction. So far, it's proving extremely difficult.

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

CALENDAR

FROM PAGE 6

Fenton Street (blue awning off Fenton Street Parking Lot), Silver Spring. Come on out for the hilarious Nick Hopping, Haywood Turnipseed, Reem Seliem and Elizabeth Norman. Seating is theatre style and general admission. Arrive early for your favorite seats. Post 41 has a full bar and light concessions (movie snacks). You can also bring in your own food to the venue. Doors open 30 minutes before the show. Tickets: \$10 - 25. Visit the website <https://www.improbablecomedy.com>

MONDAY/JAN. 27

Butterfly Gardening. 8 p.m.
At Brookside Gardens, Visitors Center/Education Building, 1800 Glenallan Avenue, Wheaton. With a bit of planning and a few simple

tweaks, you can transform your patch of the world into a haven for butterflies. Whether you garden in a container or on several acres, you can make a difference – come and learn how. Speaker Marie Rojas has been providing Integrated Pest Management services for homeowners, nursery growers and property managers through her company, Borders & Butterflies, for over 20 years. Free. The Facebook event page is - <https://www.facebook.com/events/577986419688672/>

SATURDAY/FEB. 1

Pressenda Chamber Players. 8 p.m. At Westmoreland Church, One Westmoreland Circle, Bethesda. The Conservatory Concert Series presents the Pressenda Chamber Players: string sextet and quintets. Guests are invited to attend Wine & Words after the concert for complimentary beverages and an informal Q & A with the

performer. For more information: 301-320-2770 or washingtonconservatory.org.

SUNDAY/FEB. 2

Waltz Dance. 3:30-6 p.m. At Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The ensemble Trio con Brio will provide a lively mix of folk waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polka. The 45-minute dance lesson begins at 2:45 p.m. with a half-hour introductory Waltz workshop and a more advanced move presented the last 15 minutes. Social dancing follows until 6 p.m. Admission is \$13, \$5 for full-time students with student ID. No partner required. Call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, go to www.WaltzTimeDances.org or e-mail info@WaltzTimeDances.org.

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