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The Science of Sleep

with WebMD's John Whyte 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



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News

Rainscapes Rebates And Advice Plan now for summer garden success.

Source: Montgomery County Department of Environmental Protection

anuary is a great time to reflect on your garden goals for the coming year, including plans for new landscaping. Knowing what you want to accomplish now will save time and help better position your project ahead of the spring rush.

So, time to get out your pen and paper and start making some notes about what you'd like to achieve by creating a new garden space. Have you identified issues with stormwater running through your yard, or are you looking to replace some of your lawn with pollinator-friendly native plants? A conservation landscape might be a great choice. Or maybe you'd like to do more to manage runoff from your rooftop and think that rain barrels or a rain garden (or both) would offer the perfect solution. Or perhaps you've decided it's time to replace a worn patio or driveway. Then why not consider permeable options?

RainScapes Rewards Rebates are available for many types of projects from the Montgomery County RainScapes Program. Learn more about the program requirements in order to take advantage of this great incentive program. Rebates of up to \$7,500 are available for residential properties, and up to \$20,000 for commercial, condos or homeowners associa-

www.montgomerycountymd.gov/ water/rainscapes/rebates.html

If you're able to develop a plan yourself, great. Plant guidance and much more can be found in the Resources section of the RainScapes website. You can also consult the RainScapes Rain Garden technical manual for example gardens (pp. 13-47). We require scale drawings so determine a scale and sketch out your project area on graph paper. Do your research on suitable plants and determine how many of each kind you'll need and where they will be placed in your design. Native plants will bring beauty and interest to your garden all year round when properly designed. Plans

SEE RAINSCAPES, PAGE 5 www.ConnectionNewspapers.com

News



Aiden Aliabadi, Maryam Parsa and Laleh Amiri representing Iran.



Rainer Wessely and Malia Jose representing Spain.



Farrah Malala, Vina Ranaivoarijaona and Raegan Lentz representing Madagascar.

International Night

International Night at Carderock Springs Elementary School was Wednesday, Jan. 15, 2020. There were many countries represented by students and their families.



Hammer Gebreyes and Y Dessalegne representing Ethiopia.



Juan Abril and Isabella Bonilla representing Colombia.



Adriana and Jackson Wagner representing Paraguay.



Morgan and Lamees Isaacson.

Council Update and Community Meeting on Vision Zero for Pedestrian and Bicycle Safety

ontgomery County Council will hold a briefing on pedestrian and bicycle safety and the implementation of the County's Vision Zero plan during its afternoon meeting on Tuesday, Jan. 28 at the Council Office Building in Rockville (100 Maryland Ave.). Recent pedestrian deaths reinforce urgency of enhanced safety measures.

The Council meeting will include representatives from the Maryland State Highway Administration, Montgomery County's Department of Transportation, the Montgomery County Police Department, Montgomery County Park and Planning, and Montgomery

County Public Schools.

Vision Zero is a multi-national road traffic safety project that aims to achieve a highway system with no fatalities or serious injuries involving road traffic.

The Council is also planning a Vision Zero town hall meeting on pedestrian and bicycle safety issues on Sunday, Feb. 9 at 2 p.m. in Wheaton to hear directly from residents about the safety issues on roadways, sidewalks and crosswalks.

Councilmembers continue to advocate for specific pedestrian and bicycle safety improvement projects throughout Montgomery County and have secured speed limit reductions on some state roads. So far in 2020 there have been three pedestrian deaths, and two of these deaths occurred last week on Maryland Route 355 (Rockville Pike).

Council President Sidney Katz said: "First and foremost, our condolences go out to all of the families who have lost loved ones on our sidewalks and roadways in Montgomery County. This month alone we have lost Jose Renan Guillen from Olney, Michael Louis Gamboa from Gaithersburg, and Brett Richard Badin from Rockville to pedestrian collisions. In addition to these deaths, there have been numerous crashes where pedestrians and bicyclists have sustained serious injuries.

"One of the Council's top priorities is creating safe, walkable com-

munities in our County, and we need to ensure that the needs of pedestrians and bicyclists are addressed."

The Council staff report on the Vision Zero briefing will be available on Jan. 24 on the Council's web

web page. www.montgomerycountymd.gov/ COUNCIL/

Detectives Investigate 2nd Fatal Pedestrian Collision in Rockville

On Thursday, Jan. 16 at approximately 6:33 p.m., officers from the 1st District, the Rockville City Police Department, and Montgomery County Fire and Rescue personnel responded to Rockville Pike (Route 355) near Wootton Park-

way for a report of a serious collision involving a pedestrian.

Preliminary investigation has determined that a 2014 Honda Accord was traveling south-bound on Rockville Pike approaching Wootton Parkway. For reasons still under investigation, the Accord struck an adult male pedestrian, who was attempting to cross Rockville Pike in a westerly direction. The pedestrian died at the scene. The adult male driver of the Honda and an adult female passenger in the Honda were not injured in the collision.

The driver of the Honda Accord is identified as 61-year-old

See Vision Zero, Page 5

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ENTERTAINMENT



The Har Shalom Players' Disney's The Little Mermaid music rehearsal (left to right): Front row: Rob Smart; Reese Effross

Second row: Emmunah Simkovich; Maya Lebowitz; Ella Arking; Lucy Ginsberg; Kandy Hutman; Jenna Rosenblatt; Lila Segal

Third row: Michelle Moses-Eisenstein; Vivi Arking; Shelly Basen (Maid, Princess, Sea Chorus; Quinn Creel; Ed Hutman; Gene Ridberg

Fourth row: Mickey Burstein

Har Shalom Players to Perform "The Little Mermaid"

Intergenerational performance includes cast and crew of 80.

By Peggy McEwan
Potomac Almanac

isney's musical tale of romance between Ariel, a mermaid princess who dreams of becoming human after falling in love with Eric, a human prince, will come to life this weekend when the Har Shalom Players take to the stage.

The fairy tale, loosely based on the Hans Christian Anderson tale, brings the story of true love's triumph to life with imagination and song.

With a cast and crew of more than 80 members, it's a multigenerational, performance, a hallmark of Har Shalom Players.

"They work on involving all age groups," publicist and member of the Players Barbara Kaplowitz said. "You will see parents and their kids in the show. My son and I have been in many."

This year's production is sponsored by the family and friends of Marsha Schwartz and is dedicated to the memory of this beloved and long-time member of Congregation Har Shalom and a shining talent in many past HS Players' shows.

The performance includes favorite songs by eighttime Academy Award winner, Alan Menken, lyrics by Howard Ashman and Glenn Slater including "Under the Sea," which won an Academy Award for Best Original Song, "Kiss the Girl" and "Part of Your World." Overall, the musical won a second Academy Award for Best Original Score.

In addition to Ariel and Eric, familiar characters Flounder, Scuttle and Sebastian float across the stage doing their best to help Ariel while intervening in the rivalry between King Triton and Ursula, the sea witch.



In memory of Marsha Schwartz

The musical will be staged in Congregation Har Shalom's Burke Sanctuary, 11510 Falls Road. Performances are scheduled for 8 p.m. Saturday, Jan. 25 and 4 p.m. Sunday, Jan. 26.

Tickets are \$22 for adults and \$18 for children 12 and under.

They may be purchased online at www.harshalom.org/mermaid. For information on group sales - 15 or more tickets - email play@harshalom.org or call Stew Remer at 301-233-1996. Ticket pick up and check-in begins one hour prior to the show.

Disney's The Little Mermaid is the 15th annual production from the Har Shalom Players. Past shows include: Annie, Bye Bye Birdie, Damn Yankees, Fiddler on the Roof, Hello, Dolly!, Joseph and the Amazing Technicolor Dreamcoat (original HSP show, 2004, revival 2017), The Music Man, Oliver!, Once Upon A Mattress, The Secret Garden, Seussical the Musical, Shrek The Musical, and The Wizard of Oz.

News

Meeting on Vision Zero for Pedestrian and Bicycle Safety

FROM PAGE 3

Kathatorn Nonceeya of Fallsgrove Boulevard in Rockville.

The pedestrian is identified as 32-year-old Brett Richard Badin of the 11800 block of Old Georgetown Road in Rockville.

This collision investigation is ongoing. Anyone with information is asked to call the Collision Reconstruction Unit at 240-773-6620.

Detectives Investigate Fatal Pedestrian Collision in Rockville

On Jan. 15, 2020, at approximately 8:41 pm, officers from the 1st District and Montgomery County Fire and Rescue Services personnel responded to the 12200 block of Rockville Pike for a personal injury collision.

The preliminary investigation revealed that a 2011 Nissan Sentra, driven by Adam Moche Aseraph, age 28 of Rockville, was traveling southbound on Rockville Pike when his vehicle struck Michael Louis Gamboa, age 40 of Gaithersburg, who was attempting to cross southbound Rockville Pike in an easterly direction. Aseraph remained on the scene after the collision.

Michael Louis Gamboa was transported to a local hospital where he succumbed to his injuries. Adam Moche Aseraph was not injured.

Anyone who may have witnessed the collision or has additional information is asked to contact the Collision Reconstruction Unit at 240-773-6620.

Detectives Investigate Fatal Collision Involving Pedestrian in Wheaton

On Monday, Jan. 6, 2020, at approximately 6:26 p.m., officers from the 4th District and Montgomery County Fire/Rescue personnel responded to the intersection of Georgia Avenue and Aspen Hill Road for a personal injury collision.

The preliminary investigation revealed that a 2008 Honda Civic, driven by Beverly Bowler Babcock, age 74, of Silver Spring, was traveling north on Georgia Avenue when the vehicle struck Jose Renan Guillen, age 75, of Olney, who was attempting to cross Georgia Avenue.

Jose Renan Guillen was transported to a local hospital where he succumbed to his injuries. Beverly Bowler Babcock was not injured.

Anyone who may have witnessed the collision or has additional information is asked to contact the Collision Reconstruction Unit at 240-773-6620

Rainscapes, Frogs, More

From Page 2

need to provide the size and spacing for each plant species. Put all this information in a list by species for easy reference. The How to Make a Planting Plan handout illustrates the basics of what makes a complete plan.

www.montgomerycountymd.gov/ DEP/Resources/Files/downloads/ rainscapes/fact-sheets/ How2MakePlantingPlanPRINT.pdf

Whether you're a do-ityourselfer, or plan to work with a contractor, RainScapes Program planners are available to help guide the process.

www.montgomerycountymd.gov/ water/Resources/Files/ rainscapes/How-to-Apply.pdf

Calling All Citizen Scientists

Would you like to learn how to tell the difference between the calls of the leopard frog and the green frog? How about distinguishing a tree frog call from the trill of an American toad? FrogWatch USA, a nation-wide volunteer frog and toad monitoring program, is gearing up for spring activities and "calls on" you to participate. Make it local by joining the Montgomery County FrogWatch USA Chapter's 7th year of monitoring. Contribute to citizen science while learning more about amphibians and the wetlands they live in. Classroom training starts in March and field trainings are scheduled for April, May and June.

Learn more here: https://mygreenmontgomery.org/frogwatch/.

Resources Maryland Natives Shade Garden Plant List

The University of Maryland Arboretum and Botanical Garden has developed a list of the plants featured in the Maryland Natives Shade Garden located on the College Park Campus.

arboretum.umd.edu/sites/default/files/douments/pdfs/ Maryland%20Natives%20Shade%20 Garden%20Plant%20List.pdf



Have a Conversation



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We are now offering the first 30 days on us when you move to Memory Support Assisted Living (subject to availability). CALL FOR MORE DETAILS.

ENTERTAINMENT

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. – 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

THURSDAY/JAN. 23

Family Storytime. 10:30-11 a.m. At Potomac Library, 10101 Glenolden Drive, Potomac. 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. Age group: Preschool and Kindergarten, babies and toddlers. Call 240-777-0690.

Play Date at the Library. 11-11:30 a.m. At Potomac Library, 10101 Glenolden Drive, Potomac. This is a drop-in social playtime for toddlers/ preschoolers/Kindergarten and their caregivers. Call 240-777-0690.

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.

The Pressenda Chamber Players will perform Feb. 1 at Westmoreland Church in

Saturday/Feb. 1, 8 p.m. At Westmoreland Church, One Westmoreland Circle, Bethesda. The Conservatory Concert Series

presents the Pressenda Chamber Players: string sextet and quintets. Featuring Aaron Berofsky; Kathryn Votapek (violin); Amadi

Azikiwe; Philippe Chao (viola); Jan Mueller-Szeraws, and Tobias Werner (cello). Guests are invited to attend Wine & Words

after the concert for complimentary beverages and an informal Q & A with the performer. Cost is \$20 suggested donation.



Tommy Masser (Prince Eric) and Sophia Anthony (Ariel) star in the 2020 Har Shalom Players' production of Disney's "The Little Mermaid."

"The Little Mermaid"

Jan. 25-26, Saturday at 8 p.m.; Sunday at 4 p.m. Disney's "The Little Mermaid" - a musical tale of the unlikely romance between a spirited sea nymph and her land-bound love interest — is the Har Shalom Players' 2020 show. Based on one of Hans Christian Andersen's most beloved stories and a popular animated film, the story follows the trials and tribulations of Ariel, King Triton's youngest daughter, as she pursues romance in the world above with Prince Eric. Throw in an evil sea witch, a helpful flounder, and a cunning crab and you'll be rooting for a happilyever-after-ending. This year's production is sponsored by the family and friends of Marsha Schwartz and is dedicated to the memory of this beloved and long-time member of Congregation Har Shalom and a shining talent in many past HS Players' shows. General Admission tickets are \$22 for adults and \$18 for children (12 and under). Chai Patron tickets, which include guaranteed front row seating, a voucher for intermission refreshments, reserved parking, and special recognition in the playbill, are \$180 each. Patron tickets, which include reserved/preferential seating, reserved parking, and special recognition in the playbill, are \$100 for adults and \$36 for children (12 and under). Visit www.harshalom.org/mermaid. For information on group sales (15 or more tickets), email play@harshalom.org or call Stew Remer at 301-233-1996. Ticket pick up and check-in begins one hour prior

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. Family Day – Mosaics. 1-3 p.m. At

VisArts, 155 Gibbs Street, Rockville. Cost is \$5 – \$20. In just two hours students will create their own mosaic by designing and then gluing down materials selected from our wide supply of beautiful glass and ceramic tiles. They will be making 63 x 63 trivets and provide grouting instructions and grout to take home. All children must be at least 7 years old to attend. Children under 12 must be accompanied by a paid adult. Companion tickets may be purchased for accompanying people to class or helping others with the project but companion tickets will not be given their own project. Everyone in attendance must have a ticket.

Meet the Author: Judith Welles. 2-3 p.m. At Potomac Library, 10101 Glenolden Drive, Potomac. Local historian Judith Welles will provide glimpses of her new photographic history of Potomac titled Images of America: Potomac. Call 240-777

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

"The Little Mermaid." Saturday at 8

SATURDAY/JAN. 25

Summer Camp Fair. 9 a.m. to noon. At Wheaton Community Recreation Center, 11701 Georgia Ave., Wheaton. The Summer Camp Fair is designed to assist families who are looking for summer camp opportunities for their children. Parents will have an opportunity to meet with recreation camp staff and instructors; ask questions; participate in demonstrations; and register their children for camp. Information on financial aid will also be available. To view a copy of the summer guide online, visit MoCoRec.com. Print copies of the summer camp guide are available at aquatic, senior and community recreation centers. Summer camp registration begins on Tuesday, Jan. 21. Register for camps online at ActiveMONTGOMERY.org. Or call 240-777-6840.

Potomac English Conversation

Potomac Library, 10101 Glenolden Drive, Potomac. Practice English conversation in a friendly and relaxed setting. New members are always welcome. No registration Join in any time. For more information, call 240-777-0690. Call

Washington Gardener Seed

Exchanges. 12:30-4 p.m. At Brookside Gardens, Wheaton. Washington Gardener magazine, the publication for DC-area gardening

JAN. 25-26

p.m.; Sunday at 4 p.m. Disney's "The Little Mermaid" — a musical tale of the unlikely romance between a spirited sea nymph and her land-bound love interest — is the Har Shalom Players' 2020 show. Based on one of Hans Christian Andersen's most beloved stories and a popular animated film, the story follows the trials and tribulations of Ariel, King Triton's youngest daughter, as she pursues romance in the world above with Prince Eric. Throw in an evil sea witch, a helpful flounder, and a cunning crab and you'll be rooting for a happily-ever-after-ending. This year's production is sponsored by the family and friends of Marsha Schwartz and is dedicated to the memory of this beloved and longtime member of Congregation Har Shalom and a shining talent in many past HS Players' shows. General Admission tickets are \$22 for adults and \$18 for children (12 and under). Chai Patron tickets, which include guaranteed front row seating, a voucher for intermission refreshments, reserved parking, and special recognition in the playbill, are \$180 each. Patron tickets, which include reserved/preferential seating, reserved parking, and special recognition in the playbill, are \$100

SEE CALENDAR, PAGE 7 www.ConnectionNewspapers.com

Club. 11 a.m.-12:30 p.m. At

6 * POTOMAC ALMANAC * JANUARY 22-28, 2020

The Pressenda Chamber Players

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

ENTERTAINMENT

From Page 6

for adults and \$36 for children (12 and under). Visit www.harshalom.org/mermaid. For information on group sales (15 or more tickets), email play@harshalom.org or call Stew Remer at 301-233-1996. Ticket pick up and check-in begins one hour prior to the show.

MONDAY/JAN. 27

0690.

Dance and Laughter for Total Wellness. 11 a.m. to 12 p.m. At Potomac Library, 10101 Glenolden Drive, Potomac. Attention Seniors! Want to stay healthy and pursue wellness while having fun? Featuring

Kumud Mathur. Call 240-777-

Hooks and Needles. 4:30-5:30 p.m. At Potomac Library, 10101 Glenolden Drive, Potomac. Are you looking to join a knitting/ crocheting circle? All levels of experience are welcome. Call 240-777-0690.

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/

TUESDAY/JAN. 28

Teen Writer's Club. 6:30-8 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 with Neal Gillen. Call 240-777-0690.

THURSDAY/JAN. 30

Baby and Toddler Storytime.

10:30-11 a.m. At Potomac Library, 10101 Glenolden Drive, Potomac. A storytime experience for our youngest library users and their caregivers. Call 240-777-0690.

Play Date at the Library. 11-11:30 a.m. At Potomac Library, 10101 Glenolden Drive, Potomac. This is a drop-in social playtime for toddlers/ preschoolers/Kindergarten and their caregivers. Call 240-777-

Maryland Wine Tasting. 7-9:30 p.m. At The Old Maryland Grill, 7777 Baltimore Ave., College Park. Experience an exclusive, multi-course dinner and Orin Swift wine tasting with a local wine expert at The Hotel at the University of Maryland's Old Maryland Grill. Cost is \$139. Visit the website: http:// www.thehotelumd.com/ winemakers-dinner

SATURDAY/FEB. 1

Chinese New Year Celebration. 10:30-12 p.m. At Potomac Library, 10101 Glenolden Drive, Potomac. The celebration includes a Lion Dance, Chinese painting, performances and

dancing. Free. Call 240-777-0690. $\ \ \, \textbf{Pressenda Chamber Players.} \ 8$ p.m. At Westmoreland Church, One Westmoreland Circle,



"Winter Woods" painting by artist Vian Borchert on exhibit at The Framer's Choice Gallery in Kentlands, Gaithersburg.

Winter Wonderland Paintings

Month of January, 10 a.m. to 5 p.m. At The Framer's Choice Gallery, 402 Main Street, Gaithersburg. For the month of January, the latest Winter Wonderland landscape paintings of acclaimed artist Vian Borchert are on exhibit at Framer's Choice Gallery's display window. Gallery is open daily. Free. Visit the website: https://www.vianborchert.com/exhibitions/ $244\hbox{-winter-land scape-painting s-on-exhibit-}2020\hbox{-fcg.html}\\$

Bethesda. The Conservatory Concert Series presents the Pressenda Chamber Players: string sextet and quintets. Featuring Aaron Berofsky; Kathryn Votapek (violin); Amadi Azikiwe; Philippe Chao (viola); Jan Mueller-Szeraws, and Tobias Werner (cello). Guests are invited to attend Wine & Words after the concert for complimentary beverages and an informal Q & A with the performer. Cost is \$20 suggested donation. 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, www.WaltzTimeDances.org or email info@WaltzTimeDances.org.

SATURDAY/FEB. 8

Mosaic Harmony 5th Annual

Interfaith Concert. 7-9 p.m. At Silver Spring United Methodist Church, 8900 Georgia Avenue, Silver Spring. Mosaic Harmony proudly presents the 5th Annual Interfaith Harmony Concert in Celebration of 2020 United Nations World Interfaith Harmony Week. Featuring performances by Adams Beat, Jayamangala, Metropolitan Washington Baha'i Chorale, Mosaic Harmony, Shir HaLev and Silver Spring UMC Choir. Free admission. Donations are being collected on behalf of UNICEF. For a complete list of programs go to: ifcmw.org.

SUNDAY/FEB. 9

Jud Caswell at Focus

Rockville. 7:30 p.m. At Tikvat Israel Congregation, 2200 Baltimore Road, Rockville, Jud Caswell is a talented multiinstrumentalist, wielding his guitar, banjo, whistle and cittern, who crafts songs that transport from a Maine old farmhouse, the salty shore and a wood full of birdsong. Tickets are \$18 in advance at https:// www.focusmusic.org/event-3675405 and for members, \$20 at the door.

Treat One, Get Two.



By KENNETH B. LOURIE

I'm sure you regular readers are waiting with bated breath for the confirmation of my updated health status. Unfortunately, for the moment anyway, we'll all have to wait a bit longer. Though the needle biopsy of my "Adam's Apple" tumor did indeed confirm thyroid cancer, stage 2, no such confirmation or clarification as to its origin was made, or whether it's been thyroid cancer that I've been living with all these years, instead of non small cell lung cancer, stage 4 or not. However, there is a path forward. Surgery to remove my thyroid gland, along with my "Adam's Apple" tumor, and possibly a lymph node is in the planning stage. As such, scheduled for next Friday is an appointment with a head and neck surgeon to determine my fitness for surgery. All we've been told so far is that the surgery is usually outpatient, arrive in the morning and leave that afternoon (maybe I'll bring along my dry cleaning). Apparently, this is the next step "on the road to find out" (Cat Stevens).

If I am indeed home that same evening, I've been told by my endocrinologist that the recovery period is approximately two weeks. At present I don't have any details of what 'recovery' exactly means/entails. If all goes according to the pre-surgical-actually-discussing- the-procedure-with-thesurgeon conversation, a month or so after the procedure, I will revisit my endocrinologist to have radioisotopes administered somehow. Once inside my body, I will be scanned by a machine looking exclusively for thyroid cancer. This will confirm, if I understand the process correctly, whether the tumors in my lungs are thyroid or lung cancer.

In the interim, I am to continue with my immunotherapy ("I. O.") and with any other appointments, scans, etc. I recall something that my oncologist said about my lung cancer tumors during his "exciting" phone call. He said that my tumors never really acted the way he anticipated, as if they weren't non small cell lung cancer at all. And sure enough, some of them, as confirmed by the first of my recent two biopsies were thyroid cancer. As I've been joking, this is what my oncologist gets excited about as opposed to what yours truly would get excited about: a World Series Championship. And also, as he said, thyroid tumors are more treatable, with more choices and better outcomes - which is exciting for me.

OKAY. So I have thyroid cancer and it's more treatable. Wonderful news. But do I still have lung cancer? If so, where's the future in that? Is it somehow no longer a "terminal" disease because I've outlived my original "13 month to two year" prognosis? Will I now be treated for thyroid cancer only to die of lung cancer? Moreover, am I now going to get treated twice, in two medical suites, one for each cancer? Have these multiple biopsies simply determined that the doctors were actually right - both times and I'm just the unfortunate patient to be so wronged?

For 10 or so years, until last January, I was treated for lung cancer - with chemotherapy. However, this past January, the Adam's Apple" tumor appeared and we switched to immunotherapy. The reason for the change: the lung cancer had spread, according to my oncologist. Now, a year later, the story/diagnosis has changed, thanks to my most recent biopsy. The tumor wasn't lung cancer that had spread, it was thyroid cancer that had spread. I didn't even know I had thyroid cancer. Now you're telling me it's spread? How lucky am I? Two cancers for the price of one. I guess this will make health insurance more affordable, sort of like buying in bulk at Costco.

The big question: did my lung cancer treatment inadvertently prevent my thyroid cancer from manifesting/metastasizing or did its non-diagnosis allow it to grow unimpeded and now present this quite unexpected/unanticipated complication? Explain though it may to my oncologist why I haven't succumbed to my original disease, it doesn't quite explain to me what the hell's been going on

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