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Peter Pan and Wendy pose with the Darling children and the Lost Boys during dress rehearsal Sunday. Kneeling are Ella Fielding and Sydney Martin. Standing from left are Eden Shaw, Jackie Williams, Sari Gabel, Laura Searles, Jessie Dugan, Samuel Friel and Liat Topolosky.

Potomac ALMANAC



Pixie Dust and Never Growing Up

COMMUNITY, PAGE 3

Key Issues At West Montgomery

PAGE 2

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REAL ESTATE SALES, PAGE 4 ♦ ENTERTAINMENT, PAGE 6 ♦ KENNY LOURIE, PAGE 7

PHOTO BY PEGGY McEWAN

News

West Montgomery County Citizens Association

The Potomac Subregion is threatened by a number of bad ideas with enormous impacts to our way of life. From the proposed widening of 495/270, the reemergence of a possible second crossing, to the all too obvious impacts of climate change such as increased flooding, loss of habitat in parkland, and diseases destroying important tree species. Our community is facing several new proposals for senior living facilities including one on River Road that would replace the long time plant nursery. The use of synthetic turf on playing fields has created unforeseen health issues from heat, runoff, and eventual disposal of toxic waste. Sewer and water category changes have always been at the forefront of our efforts to hold the line on sprawl and protect water quality. A variety of issues were addressed at West Montgomery's last meeting. See <https://www.facebook.com/TheWMCCA/>

Forest Bathing (Not What You're Picturing) - Needs Your Forest

BY PRESIDENT SUSANNE LEE

Results continue to pour in confirming the beneficial effects of getting ourselves outdoors. They demonstrate that spending time in nature can result in improved physical, mental, and emotional health and cognitive functioning. Blood pressure and stress hormone levels decrease and immune systems are strengthened. The minimum amount of time required is pegged at 120 minutes a week, but it can be cumulative - in small chunks. And it can occur in a variety of settings - your yard, pocket urban parks, and along the Canal, not just deep in the redwoods.

However, deep in the redwoods is closer to the concept the Japanese have coined "Forest Bathing." The emphasis is not just on being outside, but increasing the potential beneficial effects by being outside in a forested area. The objective is to experience the forest with all of our senses including touching, hearing, and smelling, not just seeing. The person is "bathed," showered down upon, by all aspects of the forest. Research indicates that the forest aroma in particular, yes they bottle it, increases the production of certain beneficial immune cells. Areas with more trees and bigger trees have greater beneficial impacts. And the beneficial effects of exercise were increased when it occurred in forested areas instead of in urban areas with few trees.

So in addition to all the other critical functions trees provide, this is yet another reason why we urge everyone to do whatever you can to stop losing trees, any existing trees, on and off your property. And we urge you to redouble your efforts to plant even more, lots more. Now you will have another reason to feel better when you turn your lawn into a forest. And to increase your impact, when you are deciding what to plant, please take a look at the amazing work and recommendations of Douglas Tallamy, an entomologist at the University of Delaware. Here's a video of one his lectures to enjoy when you are taking a break from your forest bathing: <https://www.youtube.com/watch?v=QEhl2ZwzCr4>. His focus is not just on native plants, but ones that provide "services." And not just to support pollination, but insect populations in general. Insects turn into spectacular butterflies and moths and are food for our declining song bird populations. Spoiler alert - oaks and native

cherries appear to be the best for our area.

Heritage Gardens LLC

SUBMITTED BY SUSANNE LEE

On January 31, 2020 the attorneys for the Heritage Garden developers withdrew their application for a conditional use approval to build a 51 unit townhouse development on this South Glen Road property. This is a huge win for WMCCA and the dedicated neighbors who have opposed this application. While we cannot know the reason the developer decided to withdraw, WMCCA made very strong, compelling arguments in our Motion to Dismiss the application and at the hearing on the Motion before the Hearing Examiner. The developer has withdrawn the application before the Hearing Examiner issued her decision on our Motion. Although it appears the developer may make other proposals for the use of the site, for now we are very happy that the current application was withdrawn and we thank all of the neighbors for their efforts.

Grass is Better Than Synthetic Turf

SUBMITTED BY CAROL VAN DAM FALK

It's the time of the season for state bills to be making their way through committees in Annapolis and this year, the third year of the self-declared climate emergency, we are hoping LR 1967-Use of Public Funds—Playground and Athletic Field Surfaces—Preferences and Prohibitions- makes its way into law.

LR 1967 would restrict the use of state funds for the construction and maintenance of synthetic surfaces (fields and playgrounds) and instead prioritizes and funds state-of-the-art grass and natural materials to build playgrounds and fields. It is cosponsored by House Speaker Delegate Jared Solomon. Delegate Aruna Miller introduced nearly identical language last year, but this time around, momentum is building. At least 10 state lawmakers have expressed their support for the legislation. Plastic synthetic turf is a urethane-backed carpet of colored plastic blades placed on top of a layer of rocks. The plastic contains known toxic chemicals such as heavy metals, phthalates, UV inhibitors, colorants, and flame retardants. Such carpets usually have anywhere from 30,000 to 50,000 pulverized, used tires added for cushioning impacts from falls. The tire crumb waste contains additional known toxic substances including lead, mercury, benzothiazoles, polycyclic aromatic hydrocarbons, carbon black (a known carcinogen), and volatile organic compounds like benzene.

A growing number of studies underscore the danger posed by synthetic surfaces to public health and the environment. The turf industry acknowledges that dangerous heavy metals such as lead are found in dust from playing fields. There is no safe level of lead exposure to children according to the CDC. Aside from chemical exposure, safety is a paramount concern, such as overheating, unexpected failure of infill to cushion falls, sanitation problems (spit, snot, blood that is never cleaned from plastic carpet), and injuries such as skin abrasions, and more frequent joint injury to knees and ankles.

Grass is Better for Our Health & Economy

Natural grass has excelled on cost, quality, and SEE WEST MONTGOMERY, PAGE 5

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Peter Pan Comes to Potomac

Fairy dust and a plan for staying young.

BY PEGGY MCEWAN
POTOMAC ALMANAC

It's all about family and community at Theatre@CBT's upcoming production of *Peter Pan*. The show's producer and Mrs. Darling, Lauren-Nicole Gabel, has two daughters in the show and her husband is in charge of front-of-the-house on performance nights.

Colleen Williams, a pirate, is the mother of another pirate and one Lost Boy.

Mr. Darling, played by Jeff Breslow, and his daughter are both in the play.

And Elizabeth Weiss, who plays the grownup Wendy, and is the main costumer for the cast, is engaged to Captain Hook, Tom Barylski. The couple plans to marry in the fall.

"We pride ourselves on being a family," Weiss said.

For the group's Spring production, one of two they present each year, they always look for a family friendly show that has lots of roles for kids, Gabel said.

"The mission is to build community and also teach the kids," she said.

There are almost three dozen kids in *Peter Pan* which will be presented this weekend, Saturday, Feb. 22 at 8 p.m. and Sunday, Feb. 23, at 2 p.m. at B'nai Tzedek Synagogue, 10621 S. Glen Road.

The group has been working on the production since mid-December according to Laura Searles, who plays the title role. Ac-



Captain Hook (Tom Barylski) and Peter Pan (Laura Searles) prepare to duel in Theatre@CBT's production of *Peter Pan* Feb. 22 and 23.

tors do not have to be members of the congregation, she said, another way to build

community.

Searles said she is a "community theater

actor," so when she heard about auditions she tried out and got the part.

This is not her first role in a musical, that was when she was about seven, when she played Gretel in *The Sound of Music*, she said. Now as one of the adults in the cast, she says she has been in several plays around the area, years after that first role.

"It's a lot of people having fun," she said of community theater.

Breslow, another of the adults in the cast, said he has been doing theater since elementary school.

"I love it, it's fun," he said. "I come from a very musical family, every Sunday we would gather around the piano and sing."

His daughter, Jayna, 8, is one of the Warrior Girls.

"It's a good way for the kids to participate, to see what community theater is about," he said. "You have to be self-reliant and self-disciplined."

Lauren Fielding is the "Child Wrangler" for the production.

"I make sure they have a good experience doing this," she said. "[Help them] learn their dances so they will feel confident."

Peter Pan is a musical based on the play by Sir J.M. Barrie which was first produced in 1904. It came to Broadway in 1954 and now is coming to Potomac through special arrangement with Music Theatre International.

Tickets are \$15 plus a \$3 fee for each performance. To order go to www.bnaitzedek.org and select Community Theatre CBT.

Tickets will also be available at the time of the performance.

PHOTO BY PEGGY MCEWAN

NEWS BRIEFS

First Countywide Distracted Driving Enforcement Effort of 2020

Montgomery County Police will begin the first Countywide distracted driving enforcement effort of 2020 on Friday, Feb. 14. The program, which will be done in conjunction with Maryland State Police, will involve officers from all six County police districts, with the heaviest concentrations based on areas with known high crash risks.

"Sending or reading a text message takes your eyes off the road for about five seconds—long enough to cover a football field while driving at 55 miles per hour," said Wade Holland, Montgomery County's Vision Zero Initiative coordinator. "Distracted drivers are a danger not only to themselves, but also to pedestrians and cyclists. We try many ways to get this message to drivers. Enforcement programs send the message very

loudly."

Approximately 27,000 people are injured or killed annually in Maryland because of distracted driving crashes.

"One out of every two car crashes in Montgomery County involves some type of distraction," said Holland. "Driving is a serious responsibility and requires your full attention. No call or message is worth risking your safety and everyone else on or crossing the roadway."

Penalties for being convicted of illegally driving while holding a cell phone in Maryland can include an \$83 fine for the first offense, \$140 for a second offense and \$160 for third and subsequent offenses.

The penalties in Maryland for writing, sending or reading a text or electronic messages while driving can include a \$70 fine and one point on your license record.

A driver who causes serious injury or death while talking or texting may receive a prison sentence of up to three years and a fine up to \$5,000.

Montgomery County's Vision Zero Initiative encourages drivers to do the following:

- ❖ Leave cell phones in the glovebox when entering the car so you are not tempted to

make calls or answer calls and become distracted.

- ❖ Consider enabling the "Do Not Disturb" mode your phone before getting into the vehicle.

- ❖ Hold your family and friends accountable. Passengers should speak up in the car when the driver is distracted.

- ❖ Designate a passenger as the "designated texter" so the driver is not distracted.

For more on Montgomery County's Vision Zero Initiative to reduce traffic-related deaths and serious injuries, go to <https://www.montgomerycountymd.gov/visionzero/>

Nominate Volunteers for County's Highest Award for Service

Nominations are now open for the Montgomery Serves Awards, Montgomery County's highest honor for volunteer service. This annual awards program, coordinated by the Montgomery County Volunteer Center, recognizes volunteer efforts in

the following categories:

- ❖ Neal Potter Path of Achievement Award, for lifetime service by residents age 60 and older

- ❖ Volunteer of the Year Award, for an individual, in recognition of service performed in 2019

- ❖ Youth Volunteer of the Year Award, for a volunteer age 18 or younger who served in 2019

- ❖ Volunteer Group of the Year Award, for a group or team of two or more people who volunteered together on the same project(s) in 2019

- ❖ Business Volunteer of the Year Award, for community service by a corporation in 2019

To nominate deserving volunteers, complete the appropriate online nomination forms, in the hyperlinked categories above, no later than Friday, Feb. 28, at 5 p.m.

Award recipients will be honored at a gala ceremony attended by County and State dignitaries the evening of Monday, April 27, at Imagination Stage at 4908 Auburn Avenue in Bethesda. Tickets are

SEE NEWS BRIEFS, PAGE 5

Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

December, 2019 Top Sales

IN DECEMBER, 2019, 58 POTOMAC HOMES SOLD
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7 10233 Norton Road — \$1,295,000



8 9118 Bells Mill Road — \$1,257,500



6 8904 Iron Gate Court — \$1,400,000



3 10009 Carmelita Drive — \$1,650,000



5 10610 Alloway Drive — \$1,600,000

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2 12001 EVENING RIDE DR	5	..	5	..	1	POTOMAC ...	\$2,000,000	Detached	1.86	20854	MERRY GO ROUND FARM ...	12/30/19
3 10009 CARMELITA DR	4	..	4	..	1	POTOMAC ...	\$1,650,000	Detached	0.61	20854	MCAULEY PARK	12/12/19
4 11204 RIVER VIEW DR	6	..	5	..	1	POTOMAC ...	\$1,600,000	Detached	1.32	20854	MARWOOD	12/20/19
5 10610 ALLOWAY DR	5	..	4	..	1	POTOMAC ...	\$1,600,000	Detached	2.09	20854	POTOMAC RANCH	12/12/19
6 8904 IRON GATE CT	5	..	5	..	1	POTOMAC ...	\$1,400,000	Detached	2.04	20854	CAMOTOP	12/16/19
7 10233 NORTON RD	5	..	3	..	1	POTOMAC ...	\$1,295,000	Detached	4.99	20854	POTOMAC OUTSIDE	12/12/19
8 9118 BELLS MILL RD	8	..	7	..	1	POTOMAC ...	\$1,257,500	Detached	0.92	20854	POTOMAC OUTSIDE	12/16/19

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BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

COUNTY REC JOB FAIR

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

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

Applicants should bring their resumes, come dressed for success and be prepared to discuss their experience.

The department is looking for dedicated, hardworking and motivated individuals. For questions about the job fairs, contact recreation@montgomerycountymd.gov.

FREE TAX HELP FOR RESIDENTS

County residents earning \$56,000 or less can schedule an appointment for free tax preparation through the Community Action Agency's Volunteer Income Tax Assistance (VITA) program. Free tax assistance is available now through April 15, 2020 at sites throughout the county: Gaithersburg (Mondays), Silver Spring (Tuesdays), Rockville (Wednesdays), East County and Germantown (Thursdays), and Wheaton (Fridays). To make an appointment, visit montgomerycountymd.gov/cashback, call 240-777-1123 or call 3-1-1. TTY users, please call MD Relay (711). To request special accommodations, call 240-777-1123 at least three business days in advance of appointment.

ELECTION WORKERS NEEDED

Montgomery County's Board of Elections

is seeking registered voters to serve as election workers at polling places for the Presidential Primary Election to be held on Tuesday, April 28, 2020.

- ❖ Individuals are needed to serve throughout the county; particularly in the areas of Bethesda, Cabin John, Chevy Chase, Darnestown, Potomac, and Rockville.
- ❖ Due to the diversity within the county, voters who speak multiple languages are needed. Voters who are fluent in both English and Spanish are especially needed in each polling place to meet the requirements of Section 203 of the 1975 Voting Rights Act which stipulates that bilingual Spanish speakers be available at the polling places.

❖ Students 16 years old or older are eligible to register to vote and serve as election workers. Each 16 or 17-year-old applicant must submit a signed permission slip from a parent or guardian. Students serving as election workers may choose to earn up to 25 Student Service Learning (SSL) credits or up to a \$210 stipend. To serve in this paid volunteer position you must be registered to vote in the State of Maryland, able to speak, read, and write the English language, and cannot hold, or be a candidate for, public or party office. In addition, election workers may not serve as a campaign manager for a candidate or as treasurer for any campaign finance entity. Training is required and will be provided

to all election workers. Training includes an online quiz and classroom training. Volunteers will be paid for completing training and working the election. Information on several different positions, including full day and part day assignments, is advertised at 777vote.org. To apply, text SERVE to 77788 or for more information, visit 777vote.org and select the Election Workers link. For other election information, call 240-777-VOTE (8683), visit 777vote.org or the Maryland State Board of Elections' website at elections.maryland.gov, or follow the Montgomery County Board of Elections on Facebook, Twitter and Instagram @777vote.

NEWS BRIEFS

FROM PAGE 3

available at no charge but must be reserved.

Visit the Volunteer Center website at montgomeryserves.org, call 240-777-2600, or email serviceawards@montgomerycountymd.gov.

County-Wide Health Fair Planned For National Public Health Week

The County's Department of Health and Human Services, in partnership with Healthy Montgomery, is planning the second annual county-wide health fair to recognize National Public Health Week (April 6-12). Rather than a traditional health fair in one location, organizers are asking neighborhood associations, health organizations, schools, businesses and other government agencies to host health-related events throughout the county. From health symposiums and screenings to a health display, no event is too large or small. Any group in Montgomery County can participate. If an event is already planned during the week of April 6-12, please register it so that it will count towards National Public Health Week. The goal is to host the "world's largest health fair." Join organizers in this opportunity to focus on health by registering events at NPHW Register Your Event. Groups that register by April 1 will be acknowledged by the County Council with a proclamation to recognize their participation in NPHW. The proclamation is scheduled for April 21.

Also planned during NPHW is the second annual Ulder J. Tillman Memorial Lecture, an event to recognize the contributions made by Dr. Tillman, the County's health officer and chief of Public Health Services from 2004 until her death in 2017. This year's lecture will focus on Trauma Informed Care and Vulnerable Communities and is scheduled for Monday, April 6 at 12 noon in Silver Spring. The event is free and open to the public, but registration is required. Lunch will be served. More information and registration at Ulder J. Tillman Lecture in Public Health. For more information about National Public Health Week, visit www.nphw.org. For information about Montgomery County's events, plus tools and ideas to get started, visit www.healthymontgomery.org or contact Brittany Foushee by email at britanny.foushee@montgomerycountymd.gov or 240-777-1704.

West Montgomery County

FROM PAGE 2

durability. New grass fields limit or eliminate chemical inputs while providing more durability in most conditions. Unlike synthetic turf, they filter water, oxygenate the air, and provide safe, softer, sustainable surfaces for play. In a change from last season, LR 1967 authorizes funding under Program Open Spaces for lifetime costs for maintenance and upkeep of grass ath-

letic fields and drainage systems. The use of grass helps our local economy. Synthetic turf is not manufactured in Maryland. This change should incentivize county public school systems and sports organizations to install natural grass over unsustainable, unhealthy, and cost-prohibitive synthetic surfaces. We will keep you updated on the progress of LR 1967.

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ENTERTAINMENT

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

ONGOING

Kindergarten Orientation.

Wednesday/April 29. Potomac Elementary School is holding Kindergarten Orientation on Wednesday, April 29, 2020. Children who will be 5 years old on or before September 1, 2020 are eligible for enrollment for the upcoming school year. Parents/guardians should notify the school at 240-740-4360 to receive enrollment information and to set up an appointment to participate in the Orientation Program.

Thesis Exhibition.

Now thru Feb. 27. At Artists & Makers Studio, 11810 Parklawn Dr., Suite 210, Rockville. The graduates of The Compass Atelier's Master Artist Program, Class of 2020, will have their Thesis Exhibition at Artists & Makers Studios from Feb. 7-27, 2020. This exhibition will feature the work of 21 graduating artists completed during their Thesis Year of the Master Artist Program. Opening Reception on Friday, Feb. 7 from 6-9 p.m.

Action and Reaction by Mark

Goldman. Now thru March 1. 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

Art Dolls: Figurative Sculptures

Tell a Story. Now thru March 1. 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



Behind the scenes of the Pressenda Chamber Players on March 6.

Open Rehearsal

Friday/March, 1-2:30 p.m. At Westmoreland Church, 1 Westmoreland Circle Northwest, Bethesda. Go "behind-the-scenes" as you listen in to a professional working rehearsal of Pressenda Chamber Players as they prepare Beethoven's String Quartet No. 12 in E&m major, Op. 127 and Schumann's String Quartet Op. 41 No. 1 in a minor. Attend the concert on Saturday, March 7, 2020, at 8 p.m., to hear the works played in their entirety. Free. Visit the website: washingtongconservatory.org

WEDNESDAY/FEB. 19

Potomac Adult Book Discussion. 1-2 p.m. At Potomac Library, 10101 Glenolden Drive, Potomac. Adult Book Discussion of "Killers of the Flower Moon" by David Grann. Ask for the book at the Circulation Desk. No registration needed. New members welcome. Call 240-777-0690.

Make a Suncatcher. 4-5 p.m. At Potomac Library, 10101 Glenolden Drive, Potomac. Show your love for the Potomac Library during Library Lovers' Month. Call 240-777-0690.

Make a Suncatcher. 4-5 p.m. At Potomac Library, 10101 Glenolden Drive, Potomac. Show your love for the Potomac Library during Library Lovers' Month. They'll be making tissue-paper suncatchers that you can take home and hang from your windows. All supplies will be provided while they last. Open to all ages; children under 8 years of age must be accompanied by an adult. Free.

THURSDAY/FEB. 20

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. 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.

FEB. 21 TO MARCH 1.

"The Pirates of Penzance." At F. Scott Fitzgerald Theatre, 603 Edmonston Drive, Rockville. The Victorian Lyric Opera Company presents a new take on a beloved classic, "The Pirates of Penzance." Director Amy Sullivan's Old Hollywood inspired production will dazzle and delight audiences with all the glitz and glamour of your favorite movie musicals. This fully staged production, including full orchestra, captures the spirit of vintage Gilbert

& Sullivan while charting course to wow a whole new generation of opera-goers. Show times are Friday, Feb. 21 at 8 p.m.; Saturday, Feb. 22 at 8 p.m.; Sunday, Feb. 23 at 2 p.m.; Friday, Feb. 28 at 8 p.m.; Saturday, Feb. 29 at 8 p.m.; and Sunday, March 1, at 2 p.m. Tickets are \$28 adults, \$24 seniors, \$20 students with valid ID. Call the F. Scott Fitzgerald Theatre at 240-314-8690 or go to www.vloc.org to purchase tickets online.

SATURDAY/FEB. 22

Potomac English Conversation

Club. 11 a.m. to 12:30 p.m. At Potomac Library, 10101 Glenolden Drive, Potomac. 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.

Sensory-Friendly Storytime. 2:30-3:30 p.m. At Potomac Library, 10101 Glenolden Drive, Potomac. Storytime for children of all ages who prefer smaller groups due to sensory processing disorders. For more information, call 240-777-0690.

Alfio's Live Music. 7-10 p.m. At Alfio's Restaurant, 4515 Willard Ave., Chevy Chase. Featuring the Brooks Tegler; free valet parking.

Stand-Up Silver Spring. 7 p.m. and 9 p.m. At Cissel-Saxon American Legion Post 41, 8110 Fenton Street (blue awning off Fenton Street Parking Lot). Come on out for the hilarious Wendy Wroblewski, Dominic Rivera, Liz Barlow and Allan Sidley. Guaranteed laughs at the very chill and supremely hospitable Post 41. Tickets \$10-\$25. More Info: <https://www.improbablecomedy.com>

Black Classical Music Pioneers. 8 p.m. At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Wild Strumming of Fiddle, by Wynton Marsalis (born 1961), comes from a remarkable 12-movement work that fuses jazz and symphonic music to create a dizzying array of sounds, rhythms and melodies. The Violin Concerto No. 1 (1939) by Florence Price (1887-1953) is a highly accomplished work in the models of the European classical concerto, by the first African-American woman to be widely recognized as a symphonic composer. The Lyric for Strings (1946) by George Walker (1922-2018), the first African-American composer to win the Pulitzer Prize for Music, is a work of intimate beauty. The Symphony No. 1 (1930) by William Grant Still (1895-1978) is the first symphony written by an African-American composer. Its subtitle ("Afro-American") points to the unique style of the work, which includes elements of blues and jazz. Pre-concert lecture 6:45 p.m. Visit

www.nationalphilharmonic.org or call 301-581-5100.

Six Plays in One Day. 8 p.m. At Imagination Stage, 4908 Auburn Ave., Bethesda. Six professional Washington, D.C. area theatre companies will write, direct, rehearse and perform original plays based on similar themes in only 24 hours. The plays will be presented at the 16th annual Play In A Day, a one-of-a-kind event produced by the Bethesda Urban Partnership and Bethesda Arts & Entertainment District. Play In A Day kicks off on Friday evening, Feb. 21 when playwrights and directors come together to receive their assigned themes and props. Playwrights then work through the night to create their 10-minute masterpieces. As the sun comes up, rehearsals begin as teams of directors and actors prepare to make the 8 p.m. performance deadline. Participating theatre companies include: Adventure Theatre MTC (Glen Echo); Flying V (Bethesda); Imagination Stage (Bethesda); The Keegan Theatre (Washington, D.C.); Rorschach Theatre (Washington, D.C.) and Synetic Theater (Arlington). General admission tickets are \$15 and can be purchased online at www.bethesda.org. Remaining tickets will be sold at the door beginning at 7 p.m.

SUNDAY/FEB. 23

Maximizing a Journey to One's

Roots. 1 p.m. At B'nai Israel Congregation, 6301 Montrose Road, Rockville. The Jewish Genealogical Society of Greater Washington (JGSOW) will host the program, Maximizing a Journey to One's Roots presented by Tony Hausner. In this presentation, Tony will describe how his Jewish genealogy research laid the foundation for his travels to towns in Eastern Europe where his and his wife's families lived over the past four centuries, as well as travel to his birthplace of England. Activities begin at 1 p.m. including consultations with the genealogy "mavens" followed by the program beginning at 1:30 p.m. Visit the website <https://jgsgw.org/>

Mardi Gras Special. 1:30-4:30 p.m. At Rosensteel Knights of Columbus of Silver Spring, 9707 Rosensteel Ave., Silver Spring. Experience an uplifting afternoon of New Orleans Mardi Gras music by the Dixieland Express of Maryland. Listen, dance, march and enjoy the delightful music the seven musicians deliver. Cost is PRJC \$20, others \$25; \$22.50 in advance; students free.

MONDAY/FEB. 24

Dance and Laughter for Total Wellness. 11 a.m. to 12 p.m. At Potomac Library, 10101 Glenolden
SEE CALENDAR, PAGE 7

Thursday, February 20, 7-9 pm

"We moved. Is that still aging-in-place?"

Hear from a couple who recently downsized - the what, why and how of their decision AND why it's still aging in place.

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SNOWPEOPLE



Nicholas C.W., from Rockville, poses with his snowman "Charlie" created at Potomac Library Jan. 15



Lovely Kayo, 4, is proud of the snowman she made at the Potomac Library Jan. 15.



Even the adults joined the fun. Library supervisor Amy Chen shows off her creation that includes a broomstick for her snowman.

PHOTOS BY
PEGGY McEWAN

CALENDAR

FROM PAGE 6

Drive, Potomac. Attention Seniors. Want to stay healthy and pursue wellness while having fun?

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.

Top 10 Weeding Tips. 8 p.m. At Brookside Gardens, 1800 Glenallan Avenue, Wheaton. They'll explore proven ways to combat weeds and keep them down to a manageable level, while still being able to enjoy your garden. This talk will also include a list of the most-common weeds and which are the worst challenges to fight off in our local gardens. Warning: some material may be too graphic for gentle gardeners!

TUESDAY/FEB. 25

Teen Writers' 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 our Teen Writers' Club.

WEDNESDAY/FEB. 26

Bokante. 8 p.m. At AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Bokanté is the super group of musicians

from five countries and four continents, formed by Michael League (Snarky Puppy). The group won a recent Grammy Award nomination for their second album *What Heat* in the category of Best World Music Album. Tickets \$39-\$59. Visit the website <https://www.amphystrathmore.com/live-shows/bokante>

FEB. 26-29, MARCH 1

"As You Like It." Wednesday to Saturday 8 p.m.; Sunday at 2 p.m. At the Robert E. Parilla Performing Arts Center, Montgomery College, 51 Mannakee Street, Rockville. Join in this unique take on Shakespeare's idyllic comedy "As You Like It." Written By William Shakespeare, Directed by Dr. Frank Trezza, Adapted by Shaina Taub and Laurie Woolery, Music and Lyrics by Shaina Taub. Tickets are \$10 regular, \$8 seniors, and \$5 students with ID. To order tickets online, visit our Web site at www.montgomerycollege.edu/PAC.

THURSDAY/FEB. 27

Preschool Storytime. 10:30 to 11 a.m. At Potomac Library, 10101 Glenolden Drive, Potomac. Come join our children's librarian for stories

songs and rhymes.

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.

FRIDAY/FEB. 28

Family Bingo Night. 7-9 p.m. At Clara Barton Community Center, 7425 MacArthur Blvd., Cabin John. Celebrity callers—MD House of Delegates members Marc Korman and Sara Love—will call the numbers and keep the action going. Admission and parking are free. Bingo cards \$5 each. Pizza slices and soft drinks available at bargain rates. Bingo Night is sponsored by the Friends of Clara Barton Community Center (www.friendscbcc.org) and the Montgomery County Recreation Department. Proceeds from the event help fund activities and programs at the Center. Call the CBCC office at 240-777-4910.

FEB. 29 AND MARCH 1

Used Book Sale. 9 a.m. At Walter Johnson High School, 6400 Rock Spring Drive, Bethesda. The Walter Johnson High School Used Book Sale will be on Saturday, Feb. 29 and Sunday, March 1, starting at 9 a.m. both days.

One Step Forward, Hopefully Not Two Steps Backward



By KENNETH B. LOURIE

And so, what happens next? There's calm and then there's an eventual storm. The storm to which I refer is what will happen after the March 2nd meeting with my endocrinologist when she will assess and determine the next step in my post-thyroidectomy treatment. Presumably, in conjunction with my oncologist, a coordinated plan will be implemented for treating my two cancers. I can't imagine however, that being treated for two cancers, simultaneously, will be easier than being treated for one. And I doubt, although I don't know, that one medicine will be recommended for the treatment of both my non-small cell lung cancer and my thyroid cancer. We'll know soon enough.

In the interim, I intend to acknowledge and appreciate how easy these next few weeks will be. No appointments with doctors, no diagnostic scans, no procedures, no medicine - and no side effects, and no lab work other than as needed, to measure my calcium and magnesium levels and any other thyroid-related effects. Moreover, I am free to come and go as I please. And it does please me. Because I've earned it. I deserve it and I'm going to bask in it. You think being a cancer patient under constant treatment - for nearly 11 years is in any way amusing? Hardly. I make fun of it to make light of it. Otherwise, the weight of it would crush me. And even though my father always said I had broad shoulders, I'm always fearful that the next result will be the straw that finally breaks this camel's back. After all, I'm only human.

But for now, February 9, as I sit and write, I am three weeks and one day to my next reckoning. And since it's early days yet to know what life will be like after that March 2nd appointment (radiation and/or chemotherapy possibly), I will try to be blissfully ignorant and not think too much how easy and unencumbered my life is at the present. As a cancer patient, ceding control where you can and securing it where you thought you couldn't are keys to managing expectations and minimizing aggravation. Unfortunately, there is no one key that unlocks all doors. And there are plenty of doors, and plenty of doctors too, and plenty of fear waiting for one of your doctors to walk through any of these doors to deliver the results from your most recent cancer-related whatever.

None of which concerns me right now, or rather it shouldn't. And if there's any port in this storm where I can offload some anxiety and get in a little R&R, literally, figuratively, hypothetically, magically, unexpectedly, I should jump at the chance. I am reminded of a conversation I had with my oncologist years ago when I experienced a similar interval between treatment. The medicine I was on had stopped working so we needed to start another, another with unknown benefits and side effects. My oncologist suggested that since I felt good, perhaps we should delay the beginning of the next infusion and that I should take that trip I had always dreamed of because I might never feel this good again. I didn't then and I won't now. When I jump however, I can barely get off the ground.

I haven't exactly been presented this time, with this kind of do-before-you-die opportunity, but there is an erie familiarity to my circumstances. And though I've been down this road trying-to-find out before, I can't be at all certain to what kind of twists and turns await. The last thing a cancer diagnosis provides is a guarantee. Actually, that's wrong. A cancer diagnosis does provide a guarantee: that there are no guarantees. And so, as I prepare for the next phase of my life, the one that begins 11 years after being diagnosed with non-small cell lung cancer, stage IV and being given a 13 month to two-year prognosis to boot, I will quote the late, great Satchel Paige: "Don't look back. Something might be gaining on you."

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

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