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Potomac

ALMANAC

HomeLifeStyle
PAGE 6

A temperate winter day found Cara and Maya Cheriathundam on the tennis court in River Falls.

Staying Active In Winter

NEWS, PAGE 3

Eclectic and Casual
NEWS, PAGE 3

Trone Sworn In
NEWS, PAGE 3

ATTENTION POSTMASTER:
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PHOTO BY DEBORAH STEVENS/THE ALMANAC
REAL ESTATE, PAGE 2 ♦ ENTERTAINMENT, PAGE 6 ♦ CLASSIFIEDS, PAGE 7

November, 2018 Top Sales

IN NOVEMBER 2018, 48 POTOMAC HOMES SOLD BETWEEN \$3,150,000-\$570,000.



2 13309 Drews Lane — \$2,162,500



5 11613 Luvie Court — \$1,480,000



3 11505 Morning Ride Drive — \$2,050,000



8 10714 Cloverbrooke Drive — \$1,800,000



4 12612 Tribunal Lane — \$1,810,000



7 9424 Wing Foot Court — \$1,295,000

Address	BR	FB	HB	Postal City	Sold Price ...	Type	Lot AC	PostalCode	Subdivision	Date Sold	
1 8600 YORK MANOR WAY	6	..	6	3	POTOMAC ...	\$3,150,000 ...	Detached	0.63	20854	AVENEL	11/09/18
2 13309 DREWS LN	4	..	5	1	POTOMAC ...	\$2,162,500 ...	Detached	0.66	20854	MERRY GO ROUND FARM ...	11/06/18
3 11505 MORNING RIDE DR	6	..	6	3	POTOMAC ...	\$2,050,000 ...	Detached	0.58	20854	MERRY GO ROUND FARM ...	11/27/18
4 12612 TRIBUNAL LN	8	..	10	2	POTOMAC ...	\$1,800,000 ...	Detached	2.00	20854	PALATINE SUB	11/30/18
5 11613 LUVIE CT	6	..	5	1	POTOMAC ...	\$1,480,000 ...	Detached	0.74	20854	MERRY GO ROUND FARM ...	11/14/18
6 11405 WOODINGTON TER	7	..	5	3	POTOMAC ...	\$1,398,000 ...	Detached	0.61	20854	BEDFORDSHIRE	11/29/18
7 9424 WING FOOT CT	5	..	5	1	POTOMAC ...	\$1,295,000 ...	Detached	0.33	20854	AVENEL	11/14/18
8 10714 CLOVERBROOKE DR	5	..	4	1	POTOMAC ...	\$1,264,000 ...	Detached	0.50	20854	PINEY GLEN VILLAGE	11/19/18

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PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Staying Active In Winter

Ella Kaplan, Amie and Jake Castle, Clara Smith, Mackenna Show, and Elola Edjona enjoy a mild winter day.

Reid Korva bikes in the River Falls neighborhood.



Walkers and runners take advantage of the outdoors at the C&O Canal last weekend.

Eclectic and Casual Potomac French Market opens on River Road.

BY PEGGY MCEWAN
THE ALMANAC

There is a new shop in town — a place to buy antiques, home goods, gifts, seasonal items and a little bit of anything else.

Potomac French Market opened in mid-November in the River Road location recently vacated by Sonoran Rose.

Owners and Potomac residents Rene Shaw and Teri Troxell chose the name of their shop because, Shaw said, Troxell likes the New Orleans French Market and she enjoys browsing the open-air markets in France.

“It really started as an homage to outdoor shopping, everything under one outdoor space,” Troxell said.

The Potomac French Market has the feel that anything can be found there, like a yard sale with walls and a roof.

There are candles, linens, pillows and throws, all arranged on furniture that is for sale, plus used dishes, new hats and gloves, wall hangings and jewelry.

Tucked along the back wall there



SUBMITTED PHOTO

Rene Shaw and Teri Troxell hang the sign in front of their new store on River Road.

is an old set of Cypress Gardens water skis and two wood and canvas beach chairs.

Shoppers can find items priced from one dollar to \$1,200, Shaw said.

Holiday socks and Christmas ornaments are now on sale for one dollar and a set of antique doors go for \$1,200.

“The story is the wood doors and decorative [‘knobs’] are original, from a Buddhist monastery,” Shaw

SEE ECLECTIC, PAGE 7

Trone Sworn In Representing 6th District.

BY PEGGY MCEWAN
THE ALMANAC

David J. Trone, Democrat, businessman, philanthropist and politician, was sworn in Jan. 3 as the District 6 representative to the U. S. House of Representatives.

Trone is a Potomac resident who takes over the seat vacated by John Delaney who stepped down to devote his time to a presidential run in 2020. Trone defeated Republican Amie Hoeber in the general election. He refused to take outside money and spent over

SEE OFFICIALLY, PAGE 7



David J. Trone, accompanied by his wife June, is sworn in as U.S. Representative (D-6) by House Majority Leader Steny Hoyer.

OPINION

Stop Compelling Distraction of LED Signs

To the Editor:

According to Environmental Health and Safety News America, external driving distractions are the third most deadly driving distraction, following the second most deadly driving distraction — cell phone use and texting. It therefore seems ironic that Potomac's own Cabin John Park Volunteer Fire Department on Falls Road is using their very bright and distracting electronic sign to tell us to not text and drive.

LETTERS

In addition to reminding us not to text and drive, the sign flashes three other images with messages with each brightly colored sign having a moving background — all in five second rotations. It is impossible to not glance at it as you drive by in both directions on Falls Road, which makes it a manifestation of a driving distraction.

The sign is so bright that it compels one's eyes to look at it rather than focusing on the road and the distractions there.

The frequency of the changing lights and messages holds the eye.

One of the great problems with electronic signage, besides the "in your face" distraction and compelling brightness, is the tendency of digital sign owners to feel they have to always have something to say, rather than leaving the sign dark, or leaving one message. These empty sentiments are frequently nothing more than bumper stickers converted to permanent bright lights.



I feel let down by our County Council that has failed to address the proliferation of digital signs, whose brightness extends beyond property lines "creating a harsh brilliance that causes the observer to squint, shield or avert the eyes." (Sec.59-F-4.1(e)(2) of MoCo Zoning Ordinance).

We are on the verge of digital signage disrupting the "curb appeal" of Potomac Village. Visual pollution has already altered the unique character of Potomac Village in the form of more and larger signs; trees cut down; larger

capacity telephone poles; cell towers; 5G Network installations on top of larger poles; increasing impervious surfaces; and now the appearance of digital/ LED signs.

There needs to be a moratorium on approvals of digital signs until the long-term impact on driving distraction and visual pollution can be determined, and our County Sign Ordinance is updated to address digital signs.

Barbara Hoover
Potomac

Repaving Needed, Not Patchwork Repairs

To the Editor:

I read with interest Alan Cohen's Dec. 19 letter "Defect in Repaving" about the standing water problem in the newly paved portions of Falls Road. Although I sympathize with the complaint, I invite Mr. Cohen and others to drive Falls Road and MacArthur Boulevard from River Road to the Clara Barton Parkway.

Both streets are a hodgepodge of repairs, and in many cases the repairs are far worse than the potholes they supposedly "patched."

Several years ago, when Montgomery County assumed the maintenance of Falls Road south of River Road, we were told the county would do a better job of keeping the street in good repair. Clearly, that is not the case. I urge

[Councilmember] Andrew Friedson to drive Falls and MacArthur from River Road to the Clara Barton Parkway. I am certain his conclusion will be the same as that of other Potomac residents: both are in dire need of complete repaving and not patchwork repairs.

Mona M. Signer
Potomac

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.

Chevy Chase High School, 4301 East West Highway, Bethesda. Visit montgomerycountymd.gov for more.

email info@PotomacCommunityVillage.org or visit www.PotomacCommunityVillage.org.

registration opens via ActiveMONTGOMERY.org.

MONTGOMERY COUNTY BUDGET FY20 Operating Budget Forums.

- Montgomery County Executive Marc Elrich is holding five budget forums to seek input from residents about Fiscal Year 2020 (FY20) Operating Budget priorities. The County Executive will announce his recommended FY20 Operating Budget on March 15. FY20 Operating Budget Forums are scheduled as follows:
- ❖ Monday, Jan. 14, 7 p.m. at the BlackRock Center for the Arts, at 12901 Town Commons Drive in Germantown.
- ❖ Wednesday, Jan. 16, 7 p.m. at the Silver Spring Civic Building, One Veterans Place, Silver Spring.
- ❖ Tuesday, Jan. 22, 7 p.m. at the Eastern Montgomery Regional Services Center, 3300 Briggs Chaney Road, Silver Spring.
- ❖ Wednesday, Jan. 23, 7 p.m. at the Mid-County Recreation Center, 2004 Queensguard Road, Silver Spring.
- ❖ Monday, Feb. 4, 7 p.m. at Bethesda-

SATURDAY/JAN. 12

Addiction Family Support.

Saturdays, 9:30-10:30 a.m. at Second Chance Addiction Care, 9800 Falls Road, Suite 7, Potomac. Second Chance Addiction Care, a boutique substance abuse facility, offers free support for anyone with a loved one suffering from addiction. Contact Robert Roth at roth@secondchancecare.com or 301-983-5130. Visit www.secondchancecare.com for more.

THURSDAY/JAN. 17

"Talking With Your Doctor." 7-9 p.m. at Potomac Community Center, 11315 Falls Road, Potomac. Potomac Community Village presents discussion of how to make the most of healthcare appointments with Steve Lorberbaum, PCV Board Member and owner of Assisting Hands Home Care. Free. For more information, to volunteer or get volunteer help, call 240-221-1370,

SATURDAY/JAN. 19

Addiction Family Support.

Saturdays, 9:30-10:30 a.m. at Second Chance Addiction Care, 9800 Falls Road, Suite 7, Potomac. Second Chance Addiction Care, a boutique substance abuse facility, offers free support for anyone with a loved one suffering from addiction. Contact Robert Roth at roth@secondchancecare.com or 301-983-5130. Visit www.secondchancecare.com for more.

TUESDAY/JAN. 22

Summer Camps Registration Opens. 8:30 a.m. Montgomery County Recreation and Montgomery Parks are hosting hundreds of camps that promote active and healthy lifestyles for children. Take advantage of early bird registration through April 5 and receive \$25 off select camps. Summer camps include aquatics, arts, cooking, nature exploration, sports and more. Camp

SATURDAY/JAN. 26

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SATURDAY/FEB. 2

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POTOMAC ALMANAC

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Beyond The Resolution

Keeping a home in order all year long.

BY MARILYN CAMPBELL

For those who resolved to keep a neater, cleaner home in the new year, the issue of how to keep it that way through December can be challenging. After the excitement of the fresh start that January offers, the reality of one's day-to-day life emerges. How to keep that newly purged closet neat when rushing to get to a meeting on time? By February, that cleaned-out sports bin might look a bomb went off at Modell's. From shredding or recycling unwanted mail each day to loading the dishwasher after each meal, adopting a few daily cleaning tips can help maintain that tidy home all year long.

"In general, I recommend keeping up with household duties on a daily basis so none of them become a bigger project," said professional organizer Susan Unger of Clutter SOS.

One of the most basic tasks is making one's bed first thing in the morning. "I think that kick starts you into cleaning and organizing mode and sets the tone for the day," said Preston Taylor of From Chaos to Order. "I also recommend keeping a dust cloth nearby so that you can give your dresser and nightstand a quick dust off so dust accumulation would be one less thing you have to worry about."

Piles of clothing, whether clean or dirty can accumulate quickly and send a home in into disarray. Dedicating five to 10 minutes every evening to rehang clothes and separating items that need to

"If you start a load when you first arrive home from work, you will have time to dry and even fold it before you go to bed, so you're not faced with a mountain of dirty clothes at the end of week."

— Preston Taylor of From Chaos to Order



Wiping down bathroom showers, sinks and counters each day can help keep a home tidy all year long.

PHOTO BY STACY ZARIN GOLDBERG

be dry cleaned can help prevent a backlog. "Be sure to put all clothes away on a daily basis rather than leaving in a chair or floor," said Unger. "Clean clothes should be hung up or put in drawers and dirty clothes in the laundry basket."

Taylor recommends tackling laundry every evening if necessary. "If you start a load when you first arrive home from work, you will have time to dry and even fold it before you go to bed, so you're not faced with a mountain of dirty clothes at the end of week," said Taylor.

When it comes to the bathroom, brief, daily attention to detail can keep dirt from spiraling out of control. Rehang towels, and then wiping it down one's shower each time you take a shower are suggestions from Carmen Garcia of CG Green Clean. "Keep a container of disinfecting wipes in your bathroom and wipe down your counters and sink before going to bed each evening," she said. "Also each night, add a squirt of toilet cleaner to your toilet bowl, wipe down the seat and then flush the toilet. It takes less than five minutes to do all of this but you'd be amazed at the difference it makes at the end of the week, especially in children's bathrooms."

After Holiday Visits, Some Questions

Recognizing signs, early detection empowers families to plan for the future.

Holiday visits with family members or friends not seen as frequently during the year may raise questions about their cognitive health. Although some change in cognitive ability can occur with age, serious memory problems are not a part of normal aging. The Alzheimer's Association encourages anyone who has a question or concern about the state of an aging family member or friend to call its free 24-hour Helpline, 800-272-3900. Recognizing the difference can help identify when it may be time for a loved one to see a doctor. The Alzheimer's Association has a check list of warning signs, along with examples of normal aging. Every individual may experience one or more of the warning signs in different degrees.

- ❖ Memory loss that disrupts daily life.
- ❖ Challenges in planning or solving problems. \

- ❖ Difficulty completing familiar tasks at home, at work or at leisure.
- ❖ Confusion with time or place.
- ❖ Trouble understanding visual images and spatial relationships.
- ❖ New problems with words in speaking or writing.
- ❖ Misplacing things and losing the ability to retrace steps.
- ❖ Decreased or poor judgment.
- ❖ Withdrawal from work or social activities.
- ❖ Changes in mood and personality.

Although the onset of Alzheimer's disease cannot yet be stopped or reversed, an early diagnosis is an important step in getting appropriate treatment, care and support services allows people with dementia and their families. For more information, visit the Alzheimer's Association web site at alz.org or call their toll-free 24/7 Helpline at 800-272-3900.

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ENTERTAINMENT

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

ONGOING

Photography Exhibit: Recovered Memory. Through Jan. 20, Saturdays, 1-4 p.m.; Sundays, 1-8 p.m. at Photoworks at Glen Echo Park. Photoworks hosts the first solo exhibition of work from Frank Van Riper's bestselling book, "Recovered Memory: New York & Paris 1960-1980." Visit glenechophotoworks.org.
Exhibit: "Hard Wired." Through Jan. 31 at Touchstone Gallery, 901 New York Ave. NW Washington, D.C. Tory Cowles of Potomac is represented by Touchstone Gallery, a resident artist in Studio 7 at Alexandria's Torpedo Factory, and an abstract painting instructor at Glen Echo Park's Yellow Barn. Her work evolves out of a spontaneous abstract expressionist process which depends on the rawness of the materials, the unexpectedness of the composition, and the mystery of how materials are transformed. Artist talk, Saturday, Jan. 19, 4-6 p.m. Call 202-347-3787 or visit www.touchstonegallery.com.

Art Exhibit: "Destroy the Picture." Through Feb. 2, Wednesday-Saturday, noon-6 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Beverly Ryan has been a resident artist at the Torpedo Factory Art Center since 2001 and has taught at The Art League School in Alexandria, Va., for 15 years. She has curated several shows of abstract painting, narrative painting and encaustic painting. Between 1949 and 1962, numerous painters including Alberto Burri, Salvatore Scarpitta and Yves Klein produced artwork that incorporated destruction in their

processes. The book *Destroy the Picture: Painting the Void*, written and edited by Paul Schimmel describes the exhibition of these works in Los Angeles at the Museum of Contemporary Art, 2012-2013. In the spring of 2018, this work inspired Beverly Ryan to lead a group of her students to explore destruction and re-creation of artworks from previously unresolved paintings. Visit www.bethesda.org/bethesda/gallery-b.

FRIDAY/JAN. 11

Opening Reception: "Destroy the Picture." 6-8 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Beverly Ryan has been a resident artist at the Torpedo Factory Art Center since 2001 and has taught at The Art League School in Alexandria, Va., for 15 years. She has curated several shows of abstract painting, narrative painting and encaustic painting. Between 1949 and 1962, numerous painters including Alberto Burri, Salvatore Scarpitta and Yves Klein produced artwork that incorporated destruction in their processes. The book *Destroy the Picture: Painting the Void*, written and edited by Paul Schimmel describes the exhibition of these works in Los Angeles at the Museum of Contemporary Art, 2012-2013. In the spring of 2018, this work inspired Beverly Ryan to lead a group of her students to explore destruction and re-creation of artworks from previously unresolved paintings. Visit www.bethesda.org/bethesda/gallery-b.

SATURDAY/JAN. 12

Strategic Self-Publishing. 4-5:30

p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Ariel Mendez, author/illustrator of *Fear and a Friend*, will use her self-publishing experience to show how this can be a viable way to share a book with readers, and will advise on the best practices to do so. Free. Call 240-777-0690.

Comedy as a Second Language. 7:30 p.m. at Silver Spring Black Box, 8641 Colesville Road, Silver Spring. A night of stand-up comedy with immigrant and first generation performers: Pedro Gonzalez (NBC Stand-Up), Davine Ker (Moth StorySLAM), Simone (Comic Strip LIVE), and Anna Tirat-Gefen (rocket scientist, really). \$16-\$22. Get tickets at www.eventbrite.com/e/comedy-as-a-second-language-tickets-52693294061. Visit www.improbablecomedy.com.

SUNDAY/JAN. 13

Live Music. 7 p.m. at Positano Ristorante Italiano, 4948 Fairmont Ave., Bethesda. Shawna Caspi, a singer-songwriter and fingerstyle guitarist based in Toronto, Canada will appear in the World Folk Music Association Showcase. Also featuring Zak Trojano and Eryn Michel. \$10 WFMA members, \$15 general. Email reserve@wfma.net or call 301-744-7740, or tickets at the door if available.

TUESDAY/JAN. 15

Read to a Dog. 4:30 p.m. At Potomac Library, 10101 Glenolden Drive, Potomac. Free. School-age children, especially beginners learning to read and those who want to improve their confidence in reading skills, are invited to practice reading aloud in



Kevin Jang and Hui-Chuan Chen

short (10-15 minute) semi-private sessions with a certified therapy dog. Sign up begins 15 minutes before program. First-come, first-served.

FRIDAY/JAN. 18

Washington Conservatory Concert. 7 p.m. At Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. The concert features violinist Kevin Jang and pianist Hui-Chuan Chen performing works by Sarasate, Chopin, Kreisler and Dvorak. Admission is by donation, with all proceeds going to the performers. Call 301-320-2770.

SATURDAY/JAN. 19

MoComCon. Noon-4 p.m. at the Silver Spring library branch, 900 Wayne Ave., Silver Spring. Montgomery County Public Libraries (MCPL) will host its third comic convention. This convention is open and accessible to all, including seasoned comic conventioners, novices, and the curious of all ages. MoComCon will include a variety of workshops, programs, displays, exhibitors, and cosplay (costume play, dressing up as a character) opportunities – all free of charge. Visit montgomerycountymd.gov/library/programs/mocomcon/.

Artist Talk: "Hard Wired." 4-6 p.m. at Touchstone Gallery, 901 New York Ave. NW Washington, D.C. Tory Cowles of Potomac is represented by Touchstone Gallery, a resident artist in Studio 7 at Alexandria's Torpedo Factory, and an abstract painting instructor at Glen Echo Park's Yellow Barn. Her work evolves out of a spontaneous abstract expressionist process which depends on the rawness of the materials, the unexpectedness of the composition, and the mystery of how materials are transformed. Call 202-347-3787 or visit www.touchstonegallery.com.

SATURDAY-SUNDAY/JAN. 19-20

Alice in Wonderland, Jr. Saturday, 4 and 7:30 p.m.; Sunday, 1 and 4 p.m. at the Randolph Road Theater, 4010

Washington Conservatory

The concert features violinist Kevin Jang and pianist Hui-Chuan Chen performing works by Sarasate, Chopin, Kreisler and Dvorak. Admission is by donation, with all proceeds going to the performers. Friday, Jan. 18, 7 p.m. At Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. Call 301-320-2770.

Randolph Road, Silver Spring. Bravo Productions presents *Alice in Wonderland, Jr.* Visit www.bravoproductions.org.

SUNDAY/JAN. 20

Waltz Dance. 3:30-6 p.m. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Introductory Waltz Workshop from 2:45-3:30 p.m. Featuring Karen Collins & the Backroads Band. This versatile band will provide a lively mix of waltzes with a country & western flair, and a few other couple dances, including Texas 2-step, polka, and swing. Admission is \$13, \$5 for full-time students with student ID. No partner required. Call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, or go to www.WaltzTimeDances.org.

MONDAY/JAN. 21

Honor Rev. Dr. Martin Luther King Jr. 3:30 p.m. at the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. This special tribute ceremony, produced by the Rev. Dr. Martin Luther King Jr. Commemorative Committee and the Montgomery County Office of Human Rights, spotlights Rev. Dr. Martin Luther King Jr's life through dramatic readings, music, dance performances. Free tickets are required and will only be distributed onsite the day of the performance starting at 2:30 p.m. Tickets are first-come, first served and everyone in line will receive a general admission ticket until the venue is filled. Visit www.strathmore.org/events-and-tickets/mlk-tribute.

SATURDAY/JAN. 26

The Young Pianists of Bethesda. 10:30 a.m. At Potomac Library, 10101 Glenolden Drive, Potomac. Hear the Young Pianists of Bethesda as they present *The Story of Ferdinand* by Munro Leaf. A story told in Music and Words illustrated with musical examples. No registration is needed. Call 240-777-0690.



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Our best wishes to all for
a New Year filled with good health,
family and friends!

Learn more at 240-221-1370
www.PotomacCommunityVillage.org



PHOTOS BY PEGGY MCEWAN/THE ALMANAC

An antique day bed is covered with pillows and throws at Potomac French Market.



Furniture, dishes, paintings and an old clock are on display for browsers at Potomac French Market.

Eclectic and Casual

FROM PAGE 3

said. "I was told the ornament in the center is later. It's absolutely beautiful."

Shaw said her favorite piece in the store is an old desk.

"Its old and I just love it," she said showing a well used wooden desk.

Troxell, too selected a piece of furniture as her favorite.

"It's probably the farmhouse table acquired from a barn sale in Potomac," Troxell said. "I love tables and dishes and arranging them."

The two women have known each other for years, Troxell said, they both had children who attended Wootton High School.

They talked and dreamed about going into business together and had their first tent sale in 2017 at the corner of Travilah and Glen roads.

After that They did pop-up markets in the area and had a stall in an antique shop in Buckeystown but are now happy to have a place of their own.

"We are so happy we actually have a key and electricity and can leave it all there," Troxell said.

Shaw and Troxell both said the community has been very supportive of their new

endeavor. Though they do not take items on consignment, they will consider buying antiques residents want to sell. They also have items from local artists and craftspeople for sale. Among those are paintings by Christine Zmuda and locally produced Jed's Honey.

"We would like to find someone local who makes hand knitted or crocheted white baby blankets and caps," Shaw wrote in a text. "We just think every baby deserves a blanket made with love."

To bring the community into the circle of eclectic shopping, Potomac French Market will hold a Tag Sale Friday Jan. 25 through Sunday, Jan. 27.

"It's for anyone who wants to have a garage sale but doesn't want to have it in their home," Shaw said. "They can rent a space from us."

Potomac French Market, 12211 River Road (across from the WSSC water filtration plant) is open 2-6 p.m. Thursday and Friday, 10 a.m. to 6 p.m. Saturday and 11 a.m. to 5 p.m. Sunday.

"Or by appointment or chance," Shaw said.

Call 301-807-9945 or visit potomacfrenchmarket.com.

Officially U.S. Rep. David Trone

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\$18 million of his own money on his campaign, according to the Center for Responsive Politics Open Secrets.org website.

"I was so honored to be sworn-in today as your next Congressman for Maryland's 6th District. Thank you Majority Leader Steny Hoyer for administering the oath and James E. Clyburn for your words of inspiration as we start our first day. Let's get to work," Trone wrote on his Facebook page Jan. 3. He was not available for comment, but on Jan. 1 he posted a New Year message on Facebook, showing his intention for moving ahead with his campaign promises: "June and I would like to wish everyone a Happy New Year! In 2018, I heard on the

campaign trail that people wanted to see more compassion, competence, and civility in Washington. Now my team and I are ready to get to work to bring those values to Congress and to represent the people of Maryland's 6th District."

Trone, 63, is a co-owner of Total Wine & More, a national beer, wine and liquor chain. He is married to June Trone and is the father of four children. He graduated with a bachelor's degree from Furman University and an MBA from the Wharton School, University of Pennsylvania. Local residents can contact Trone through his Montgomery County Office in the Cabin John Shopping Center, 11325 Seven Locks Road, Suite 280. Phone: 240- 907-2392.

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The Road Very Much Traveled



By KENNETH B. LOURIE

Not that I haven't been down this road before, random though its occurrence may have been, but when schedules collide: 24-hour urine collection, pre-chemotherapy lab work, every-three-week infusion, quarterly CT scan and semi annual brain MRI; and of course the follow-up appointment with my oncologist a week or so later to finish the fortnight-long festivities.

The daze leading up to that final Friday are hardly the stuff with which dreams are made. More like nightmares, actually; certainly sleepless nights.

But as you regular readers know from previous columns, there's no real point fretting about it. I mean, what's done is done (what's scanned is scanned) and though I may not want the chips to fall, for the moment, they've already fallen.

Not to be fatalistic, but sometimes, as a cancer patient, ceding control to the realities (you'll note I didn't say "inevitable realities") is part of the process; "going with the flow," as my wife, Dina would say.

At this point, all I can do is wait and hope. I can't do one thing about any of it. I'll know soon enough and if the news is discouraging, I'll deal with it then. I see no advantage in being miserable a week earlier than necessary.

Still, all of these diagnostic demands occurring simultaneously is a bit much. Unfortunately, there's nothing to be done other than to grin (a wry smile, really) and bear it. The calendar/schedule with which my life has become all too familiar (I'm also not saying "consumed"), can hardly be adjusted simply because I don't feel like it.

My life is at stake here. I can't treat it like a household chore. It needs to be adhered to. Wanting circumstances to be different serves no purpose. Accepting reality and integrating the cancer-patient responsibilities into your routine seems a more reasonable course of action.

A few years into my cancer treatment, I remember meeting some of the staff at an off-site cancer-centric function. After exchanging pleasantries, one staff member commended me as being a "very compliant patient."

Not being completely sure what she meant, I asked her to clarify. She said I made all my appointments inferring that some cancer patients don't. Incredulous, I asked further. She sort of half-smickered and said I'd be surprised, which of course I was.

She offered no statistics or anything empirical, but from her reaction, it was not an unusual occurrence. I remember thinking, how do you not be compliant when doctors are working to save your life? Seemed counter intuitive, almost.

So yes, I've been compliant. Extremely so, I'm proud to say.

After my initial diagnosis, I felt I had been given an assignment, so to speak; to save (at least extend) my own life, and I was going to follow doctor's orders accordingly. And even though over the years, I've integrated many non-Western alternatives into my routine, so far as my primary care team (internal medicine doctor and oncologist) was concerned, I've supplemented rather than replaced.

All of which leads me to where I am today: waiting to hear from my oncologist about last week's scans, while swallowing 60-odd pills a day, drinking alkaline water, standing in front of an infrared bulb, and trying to detoxify whenever possible in the hope that together, conventional and non-conventional pursuits will make my immune system stronger and create an environment less hospitable to the growth and movement of the cancer cells that have already been triggered somehow.

The only persistent problem I have is compartmentalizing the presumptive fact that since I was given a "terminal" diagnosis in late February 2009, how is it that I just keep on keepin' on?

Life goes on, generally, I realize, but that's not what I was told would happen. After nearly 10 years, I suppose I'm just a little road weary.

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

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