

# Potomac ALMANAC

HomeLifeStyle

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Corinne Piccardi is deputy fire chief at Cabin John Park Volunteer Fire Department.

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1/25/2017.....Winter Fun, Food, Arts & Entertainment; Valentine's Preview

#### FEBRUARY

2/1/2017.....Valentine's Dining & Gifts I  
2/1/2017.....Wellbeing - National Children's Dental Health Month  
2/8/2017.....HomeLifeStyle  
2/8/2017.....Valentine's Dining & Gifts II  
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## Firefighters Connect with the Community

**Helping community is bottom line for Cabin John Park Volunteer Fire Department deputy fire chief.**

BY PEGGY MCEWAN  
THE ALMANAC

**C**orinne Piccardi, deputy fire chief at Cabin John Park Volunteer Fire Department, follows her heart. Piccardi, 46, who grew up in Australia, came to the United States as a high school exchange student, “loved it”, she said, and resolved to return for good.

Years later, as a teacher commuting down River Road every day, she saw a sign on the Fire Station 10, near Seven Locks Road, reading: “volunteers needed.”

“So I thought, ‘why not,’” she said. “I came in and it took off from there.”

She said she wanted to do something other than teaching.

She taught physical education and health at Washington Episcopal School in Bethesda, working with students in grades pre-K through eight. A career she enjoyed, she said.

But teaching young children, she said,

does not often provide immediately visible results, but as a volunteer with the fire department, she sees results right away.

“We’re really proud that the fire department saves lives,” Piccardi said.

She said she liked being a firefighter right away, starting at the bottom rung of the ladder as a probationary member, taking hours of training and working her way up to full membership and qualifications as EMT, working ambulance runs and as a firefighter able to drive the company’s fire trucks.

“I like running calls,” she said, “because when it comes down to it, I like helping people.”

As the years passed and Piccardi became more involved in fire and rescue work, she retired from teaching.

Some of that was because she had moved to Baltimore and the commute to Bethesda took, sometimes, as long as three hours, some because the cost of daycare for her daughter was so high she decided to stay home and be a full time caretaker.

“I was spending more time with other people’s kids than my own,” she said.

Still, she stayed with her new career as a firefighter and paramedic, and is now full time with Carroll County — and still a volunteer with Cabin John Park Volunteer Fire Department.

Piccardi is proud of the Cabin John Park volunteers and want the community to know more about them.

“We have over 100 volunteers between administration and operational members,”



**Corinne Piccardi is deputy fire chief at Cabin John Park Volunteer Fire Department.**

she said.

The company operates out of two stations, Station 10 on River Road, where Piccardi started, and Station 30 on Falls Road.

“Between the two stations we run about 3,500 calls per year,” Piccardi said.

She often emphasizes the place the department has in the community.

The company participates in parades, does the December Santa Runs, collects toys for the National Children’s Center in Bethesda and two Potomac communities. Among its most noticeable fundraisers are

the annual Christmas tree sale and birthday parties at the station.

Money from the fundraisers is used directly in the Potomac community, notably for the lifesaving apparatus firefighters and paramedics use.

Besides raising much needed funds, Piccardi said they want to get into the community to know people and become known to them.

“So you are not just seeing us on your worst day,” she said.

Piccardi is expected to become chief of Cabin John Park Volunteer Fire Department when a new chief is elected in December 2017. The current chief, Jim Seavey, is retiring at the end of the year after about 36 years Piccardi said.

If she is elected, Piccardi will be the first volunteer female chief officer in Montgomery County.

Though she admits that firefighting and rescue work is a male dominated occupation she said she has never had a problem as a female member.

“Montgomery County is very good about equal opportunity,” she said.

She does not think in terms of gender while at work.

“They are my firefighters,” she said. “Whether you are male or female you get the job done.”

And, she adds, the call for new volunteers is still out.

Anyone interested can get more information at [www.cjpvfd.org/volunteer](http://www.cjpvfd.org/volunteer).

## New Year, New Order

**Organizing an unruly linen closet.**

BY MARILYN CAMPBELL  
THE ALMANAC

**I**f retrieving an item from the top shelf of one’s linen closet sets off an avalanche of mismatched sheets and tattered towels, it might be time for a linen closet reorganization. With a plan and a few tools, tackling the mess won’t be a daunting task, say local organizers and designers.

To start, take inventory of existing linens and toiletries to determine storage needs, says Kelly Emerson, designer/showroom manager at Aidan Design.

**HOME LIFESTYLE** “Begin by organizing like items together,” she said. “For example gather bedding and towel sets for specific rooms [like] the guest, master and kids rooms, in groupings so that they are easily identified. If you have the space, consider labeled bins to identify the rooms to which each set belongs.” Install an LED light inside the closet operated by an automatic switch, so that the light turns on when the door is opened, suggests Chuck Kheil, vice president of Fred Home Improvement, a division of Case. “Create multiple

depth shelves, such as deeper shelves on the bottom, shallower shelves higher up,” he said. “Deeper lower shelves will allow more efficient use of space.”

Organize storage so the most frequently used items are most easily accessible. Allot extra space on upper shelves for seldom-used supplies, like extra blankets and pillows. “Dedicate a shelf to toiletries,” said Emerson. “Group tall bottles together ... and use trays or decorative baskets to organize smaller items.”

“If one closet is used for multiple bathrooms, consider creating a dedicated shelf for each bathroom,” added Kheil. Devise a solution that is adjustable and flexible enough to handle future changes. “Consider custom built-ins where possible for a more decentralized storage approach,” said Emerson. “This allows for easy access to everyday items and takes some pressure off the main linen closet.”

One final recommendation, for those with limited space, a clear over-the door shoe holder is a tool that professional organizer Susan Unger of ClutterSOS in Vienna advises, “It changes dead space — the back of the door — into a fabulous space [by] ... holding toiletries. Unger and fellow organizer Lauri Mennel co-authored the book, “Fifty Shades of Organizing.”



**Built-in shelving by Case/Fred Home Improvement helps keep the linen closet of this Potomac laundry room organized.**

# OPINION

## About the Potomac Almanac

**H**appy New Year. We need your help in 2017. As local, weekly newspapers, the Connection's mission is to deliver news that readers need close to home, to help readers enjoy great local places and events, to advocate for community good, to call attention to unmet needs, to provide a forum for dialogue on local concerns, and to celebrate and record milestones and events in community and people's lives.

If you know people or organizations doing important work, something newsworthy or something that might make a good feature story, let us know.

We want to know if someone in your family or your community published a book, became an Eagle Scout, raised money for a good cause, accomplished a feat like running a marathon or having an art show.

We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries. Send a photo and tell us about it in 200 words or less to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).

We feature events in our weekly calendars. We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc.

To have the best chance of getting an event included in our calendar ahead of time, email us the details of the event (who, what, where, when, why) three weeks ahead of time. Email to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).

After your event, email us a photo and a note so we can consider including it in our coverage. Be sure to include the names of all the people who are in a photo, and say when and

where the photo was taken.

We also publish notes about news and events from local businesses. Notes about openings, new employees, anniversaries are welcome.

Of course we are interested in your news tips and your questions about what is happening in your community.

We are always looking for contributing writers and photographers.

The Connection Newspapers are published by Local Media Connection LLC, an independent, locally owned company.

The publications and websites include the Alexandria Gazette Packet, the Mount Vernon Gazette, the Centre View, the Potomac Almanac and individual Connection papers and websites serving McLean, Great Falls, Vienna/Oakton, Oak Hill/Herndon, Reston, Springfield, Burke, Fairfax, Fairfax Station/Clifton/Lorton, Arlington, Centreville, Chantilly/Fair Oaks, Alexandria and Mount Vernon.

The publications and websites have won hundreds of awards for news and community coverage just in the past few years, including the Virginia Press Association Award for Integrity and Community Service for coverage of efforts to prevent and end homelessness, and Best in Show for information/art for coverage of local parks.

The operation of these community-serving publications is entirely funded by advertising. The papers are delivered free to homes and businesses throughout Northern Virginia, and through free digital subscriptions, with more than 150,000 readers across the region. If you or your organization appreciate the Connection publications, please support them by patronizing our advertisers and by spending a portion of your marketing budget with us.

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### LETTER

## Admiring Students' Works

To the Editor:

Regarding the student talent edition:

What a brilliant idea it was to showcase the art and writings of our community's young students in the Dec. 28, 2016 edition of the Almanac. The array of talent among these learners is stunning.

One small editorial item spoke to me — the piece about traffic in Potomac by 11-year-old Chase Pantezzi who noted that "drivers on the one lane bridge next to Glen Road do not know what they are doing ... jams by the bridge go all the way the hill ... they really should widen it."

Amen to that, Chase. Widening it won't wreck or even diminish the beauty of the magnificent glen environment but will cut the personal environmental terror factor when we navigate that stretch. Meanwhile, I hope the art edition is a feature the Almanac will repeat annually, if not more often and perhaps, include photos of some three-dimensional works as well.

**Joel Albert**  
Potomac

### BULLETIN BOARD

Email announcements to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

#### VOLUNTEERS NEEDED

Volunteers are needed to assist sexual assault, domestic violence victims, and their families through the Victim Assistance and Sexual Assault Program (VASAP) of the Montgomery County Department of Health and Human Services. Interviews are currently being conducted for a December 2016 training session. 240-777-1355 or [www.montgomerycountymd.gov/vasap](http://www.montgomerycountymd.gov/vasap).

#### SATURDAY/JAN. 14

**River Clean Up.** 10 a.m.-1 p.m. Fletcher's Cove, 4940 Canal Road, Washington, D.C. The Potomac Conservancy is looking for volunteers to help kick off 2017 by honoring Martin Luther King Jr. with a day of service along the river. [potomac.org](http://potomac.org)

#### TUESDAY/JAN. 17

**Local Area Transportation Review Mitigation Payment, Bill 51-16.** 1:30 p.m. at the Third

Floor Hearing Room, Council Office Building, 100 Maryland Ave. Bill 51-16 that would establish a local area transportation review mitigation payment; authorize the Council to set the rates by resolution after a public hearing; and amend the law concerning the development impact tax for transportation improvements.240-777-7803

#### THROUGH JAN. 20

**Naming Contest.** Montgomery County Executive Ike Leggett launched the start of a naming contest to brand the county's Bus Rapid Transit (BRT) system, which in the next few years is expected to transform the transportation alternatives available in the county. Montgomery County is in discussions with Howard County to make the first BRT line in the network along US 29 a bi-county service. The naming contest will be held through Jan. 20 to help brand the BRT system. The public will be asked to select one of three possible names — Flash, Rapid or Swift — and will automatically be entered to win prizes through random drawings. Voting will occur online on MCDOT's newly released BRT website: [GetOnBoardBRT.com](http://GetOnBoardBRT.com) or by texting MOCOBRT to 77453 and then following instructional prompts.

#### BEGINS JAN. 23

##### Job Search Training for Seniors.

9 a.m.-4 p.m. JCA's Career Gateway Program can help hone a resume, polish networking and interviewing skills, use Internet job search resources more effectively, and turn age and experience to an advantage. Each session of the Career Gateway features 30 hours of small-group classroom instruction over five days, comprehensive take-home materials, practical exercises, and a long-term mentor. \$75. Session III takes place Jan. 23, 25, 27, 30, Feb. 1, 2017. Call Ellen Greenberg at 301-255-4215 or email [egreenberg@AccessJCA.org](mailto:egreenberg@AccessJCA.org).

#### BEGINNING JAN. 24

##### Environmentally Sound

**Gardening.** 9:30 a.m.-2:30 p.m. at the Agricultural History Farm Park, 18410 Muncaster Road, Derwood. Classes meet Tuesdays, Wednesdays and Fridays and continue into March. Faculty and staff of the University of Maryland Extension, as well as other experts in the green industry present horticulture lectures that cover a variety of topics. Registration deadline is Friday, Dec. 30, 2016. Class size is limited and filled on a first-come, first-served basis. The training fee is \$325. Call 301-590-

SEE BULLETIN BOARD, PAGE 5

## POTOMAC ALMANAC

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#### PUBLISHER

Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
[@MaryKimm](mailto:@MaryKimm)

#### EDITORIAL

PHONE: 703-778-9415

#### E-MAIL:

[almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com)

#### EDITOR

Steven Mauren, 703-778-9415  
[smauren@connectionnewspapers.com](mailto:smauren@connectionnewspapers.com)

#### ASSISTANT EDITOR

Mike Salmon  
[msalmon@connectionnewspapers.com](mailto:msalmon@connectionnewspapers.com)

#### CONTRIBUTING WRITERS

Susan Belford, Carole Dell,  
Cissy Finley Grant, Carole Funger,  
Colleen Healy, Kenny Lourie,  
Ken Moore

#### Contributing Photographers

Harvey Levine, Deborah Stevens

#### Art/Design:

Laurence Foong, John Heinly,  
Ali Khaligh

#### Production Manager

Geovani Flores

#### ADVERTISING

For advertising information  
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#### ACCOUNT EXECUTIVES

Display Advertising:  
Kenny Lourie 301-325-1398  
[klourie@connectionnewspapers.com](mailto:klourie@connectionnewspapers.com)

#### Andrea Smith 703-778-9411

Classified Advertising  
[asmith@connectionnewspapers.com](mailto:asmith@connectionnewspapers.com)

#### Debbie Funk

National Sales & real Estate  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

#### David Griffin

Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

#### Jerry Vernon

Executive Vice President  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**CIRCULATION: 703-778-9427**  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)

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# BULLETIN BOARD

FROM PAGE 4  
2836 to register.

## THURSDAY/JAN. 26

**Raising Adult Children and Grandchildren.** 7-9 p.m. at the Bolger Center, 9600 Newbridge Drive. Clinical social worker Roberta Drucker shares professional experience in counseling those who seek support on life issues. Specialized training is particularly applicable to adult parents and children sharing a home. 301-983-7000

## BEGINS FEB. 27

**Job Search Training for Seniors.** 9 a.m.-4 p.m. JCA's Career Gateway Program can help hone a resume, polish networking and interviewing skills, use Internet job search resources more effectively, and turn age and experience to an advantage. Each session of the Career Gateway features 30 hours of small-group classroom instruction over five days, comprehensive take-home materials, practical exercises, and a long-term mentor. \$75. Session IV takes place Feb. 27, March 1, 3, 6, 9, 2017. Call Ellen Greenberg at 301-255-4215 or email [egreenberg@AccessJCA.org](mailto:egreenberg@AccessJCA.org).

## FEBRUARY-MARCH

**Delayed Opening for Local Library.** Montgomery County's Little Falls Library at 5501 Massachusetts Ave., Bethesda, which has been closed for a refresh, will not open in January as planned due to flood-related damage.

## BEGINS APRIL 24

**Job Search Training for Seniors.** 9 a.m.-4 p.m. JCA's Career Gateway Program can help hone a resume, polish networking and interviewing skills, use Internet job search resources more effectively, and turn age and experience to an advantage. Each session of the Career Gateway features 30 hours of small-group classroom instruction over five days, comprehensive take-home materials, practical exercises, and a long-term mentor. \$75. Session V takes place April 24, 26, 28, May 1 and 3, 2017. Call Ellen Greenberg at 301-255-4215 or email [egreenberg@AccessJCA.org](mailto:egreenberg@AccessJCA.org).

## GUIDE DOG FOSTERS NEEDED

**Guiding Eyes for the Blind -** Montgomery Region is looking for volunteers to foster and train future guide dogs. Volunteers will foster a specially bred guide dog for 14 months, attend bi-monthly training classes, and teach the pup house manners, people skills and

socialization within the community. Dog crates, training equipment and monthly medications are provided. Contact Margie Coccodrilli at 301-869-2216 or [gebraiser@comcast.net](mailto:gebraiser@comcast.net) or visit [www.guidingeyes-md.org](http://www.guidingeyes-md.org).

## DATES FOR NEXT SCHOOL YEAR

The Montgomery County Board of Education approved the start and end dates for the 2017-2018 school year at its Nov. 15, 2016 meeting. The school year will begin on Tuesday, Sept. 5, 2017, and the last day of school will be no later than Friday, June 15, 2018.

## SUPPORT GROUPS

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

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

**Because I Love You** is a nonprofit organization dedicated to supporting parents of troubled children of any age. The group helps parents deal with drugs, runaways, truancy, verbal abuse, physical abuse, curfew violations and other misbehavior, as well as help parents deal with themselves, to manage and live their own lives without obsessing over their child's behavior. The group meets 7:30-9:30 every Thursday at Bethesda United Methodist Church Room 209, 8300 Old Georgetown Road, Bethesda. Visit [www.becauseiloveyou.org](http://www.becauseiloveyou.org), email [hbrite1@netzero.com](mailto:hbrite1@netzero.com) or call 301-530-3597.

**Adult Bereavement Groups.** Dates and times vary depending on group members. Hospice Care, 518 S. Fredrick Ave., Gaithersburg. Peer driven support groups in those in need of support. Free. Contact Penny Gladhill at 301-990-8904, or [Pennyg@hospicearing.org](mailto:Pennyg@hospicearing.org).

## ONGOING

**SUPPORT.** Two county services can help residents find out more about services for seniors and individuals with disabilities. The Aging & Disability Resource Unit (ADRU),

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**CHINESE NEW YEAR CELEBRATION**  
"YEAR OF THE ROOSTER"  
SUNDAY, JAN. 22, 2017  
4:30 - 7:30 P.M.

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Everyone is invited to an evening in celebration of the Chinese New Year. Come share in the rich culture of dance, music, art, exercise and much more.

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for a listing of all our upcoming trips and socials.

# Learning About Aging-In-Place

The Potomac Community Village (PCV) will be hosting a Prospective Member Get-together on Sunday, Jan. 22 from 2 to 4 p.m. inviting those interested in learning more about the non-profit group to attend and chat with Potomac neighbors over refreshments.

PCV is an all-volunteer network of friends and neighbors, providing programs and services so members can live active and healthy lives while aging-in-place in their own Potomac homes and neighborhoods. The Get-Together will be held at a private Potomac home. To ask questions, get location and directions, phone 240-221-1370 or email to [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org) before Jan. 18. Learn about our mission of "thriving in place" independently.

To learn more about Potomac Community Village, see [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org).

## BULLETIN BOARD

FROM PAGE 5

part of the Department of Health and Human Services, provides assistance, referrals to services and specific information to seniors, individuals with disabilities and caregivers by telephone and in-person. The Connect-A-Ride program provides information and referral for older adults and adults with disabilities about transportation options; including public, private and volunteer transportation services. In addition, the program assists callers with applications for programs such as the Escorted Transportation Program, Call-n-Ride and Metro Access. Language interpretation is available for both services. The Aging & Disability Resource Unit is open Monday and Friday 8:30 a.m. to 5 p.m. and open Tuesdays, Wednesdays and Thursdays 8:30 a.m. to 7:30 p.m. Call the ADRU at 240-777-3000. The Connect-a-Ride program, funded by Montgomery County and operated by the Jewish Council for the Aging, is open Monday through Friday 9 a.m. to 5 p.m. Call Connect-a-Ride at 301-738-3252.

**The Montgomery County Commission on Common Ownership Communities (CCOC)** has launched a new online training program for common ownership community board members. Visit [www2.montgomerycountymd.gov/CCOC-Training](http://www2.montgomerycountymd.gov/CCOC-Training).

**Montgomery Parks** is launching a new registration system, ActiveMONTGOMERY. The new system replaces ParkPASS and RecWeb, the two separate

registration systems currently used by Montgomery Parks and Montgomery County Recreation, respectively. ActiveMontgomery provides one location, with just one username and password, for people to register for classes from either organization. Visit [www.ActiveMontgomery.org](http://www.ActiveMontgomery.org).

**ChildLink** is a free County service provided by the Department of Health and Human Services, Early Childhood Services, which provides information, resources and referrals to residents with young children. Visit [www.montgomerycountymd.gov/childlink](http://www.montgomerycountymd.gov/childlink).

Reservations for **Carderock Picnic Pavilion and Marsden Tract Group Campsites** are now available online. Visit [www.recreation.gov](http://www.recreation.gov).

Registration for **Montgomery County Summer Recreation and Parks Programs** has opened. Register by visiting [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec) and downloading an application.

**Master Gardener Plant Clinics.** Montgomery County Master Gardeners are available to answer gardening questions at walk-in plant clinics. Bring plant and insect samples, garden problems and questions. Drop off plant and insect samples, Monday-Friday, year-round, 8:30 a.m.-4:30 p.m. at 18410 Muncaster Road, lower level, Ballard Phone Room.

**English Classes.** The Literacy Council of Montgomery County is offering free day and evening English classes (beginning, intermediate and advanced levels) to adult county residents at several locations.

Prospective students must attend a 3 1/2 hour orientation in Rockville. The Literacy Council is always looking for volunteers to help in a variety of ways. For more information email [info@literacycouncilmd.org](mailto:info@literacycouncilmd.org) or call 301-610-0030.

**Shades of Green Program.** The Montgomery County Planning Department is offering free trees to qualifying property owners in certain urban districts of Montgomery County. Qualifying property owners are invited to participate in the program by filling out a form at [www.montgomeryplanning.org/shadesofgreen](http://www.montgomeryplanning.org/shadesofgreen).

**Catholic Bible Study.** Monday evenings and Wednesday mornings at Our Lady of Mercy Catholic Church, 9222 Kentsdale Drive, Potomac. The local chapter of "Walking With Purpose" invites women to personal study, small group discussion and speakers designed to link everyday challenges with biblical teaching. Childcare available. Visit [walkingwithpurpose.com](http://walkingwithpurpose.com) or email [wwwp.olom.details@gmail.com](mailto:wwwp.olom.details@gmail.com) for more.

**Youth Basketball Registration.** Montgomery County Recreation is now accepting team and individual registrations for youth basketball leagues and programs for all skill levels. Call 240-777-6870 or visit [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec) for more.

**Career Gateway Program.** Learn how to write a resume, polish networking, interviewing skills and use internet job search resources more effectively. Each session of the Career Gateway features 30 hours of small group

classroom instruction over five days, comprehensive take home materials, practical exercises and a long-term mentors. Cost is \$75. Call 301-255-4215 or [egreenberg@AccessJCA.org](mailto:egreenberg@AccessJCA.org) for more.

The county's **Department of Permitting Services (DPS)** is conducting a "sign sweep" to get rid of signs posted illegally in county right-of-ways. DPS plans to have regular sweeps throughout the year. Call 311 to report signs in the public right-of-way for removal.

**Victims of graffiti** should file a report with Montgomery County Police by calling 301-279-8000. Make sure to take a photo of the graffiti. Property owners are responsible for removing graffiti on their property. Visit [graffitifree.org/contact.html](http://graffitifree.org/contact.html).

Find information for home care, housing, transportation, or senior lifestyle issues by calling the **Senior HelpLine** at 301-255-4200. This free service, offered by the Jewish Council for the Aging, and open to everyone, provides expert referrals to more than 4,000 resources in the area.

County residents can drop off **bulky rigid plastic items** such as laundry baskets, kiddie pools, chairs, trash cans and pet carriers at the Shady Grove Solid Waste Processing Facility and Transfer Station. All items should be empty, rinsed and free of loose dirt, soil, etc.

**Connect-A-Ride** offers low-priced transportation to medical appointments, pharmacies, grocery stores and more for low-income, disabled residents 50 and over. Contact the Jewish Council for the Aging at 301-738-3252.

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PHOTO BY MORGAN HOWARTH

This new home office by Anthony Wilder Design/Build incorporates a custom-designed cord control system.

## Organizing a Home Office

Design ideas for workspace order.

BY MARILYN CAMPBELL  
THE ALMANAC

Whether located in a basement, spare bedroom or kitchen corner, one of the keys to creating a functional home office is organization. Local designers offer suggestions for styling a space that is both practical and aesthetically appealing.

“Start by thinking about how you



PHOTO BY ROBERT RADIFERA

Organizing small office supplies, like this one by Aidan Design, can be accomplished with a series of coordinated containers for tools such as pencils, scissors and markers.

“Custom built-ins make a huge difference [because] you can tailor the storage space to individual needs and create more functional spaces.”

— Shannon Kadwell, Anthony Wilder Design/Build

would like to use your home office and plan accordingly,” said Megan Padilla, senior designer at Aidan Design. “Will it be a desk that easily converts to a homework station or craft area or a

dedicated home office for the everyday telecommuter?”

Keeping office equipment out of sight will give the space a home-like feel, says Padilla.

SEE DESIGN IDEAS, PAGE 9

Join us for a free special event...

Thursday, Jan. 26, 7 – 9 pm

“Relating with our Adult Children and Grandchildren”

with social worker Roberta Drucker

Bolger Center’s Franklin Building  
9600 Newbridge Drive, Potomac  
Please use Parking Lot #1

Questions?  
240-221-1370

[www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org)

We didn’t inherit the earth from our parents. We’re borrowing it from our children.

—Chief Seattle (1788-1866)  
Suquamish/Duwamish chief

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Deirdre Courtney, Au.D., CCC-A, F-AAA  
Doctor of Audiology

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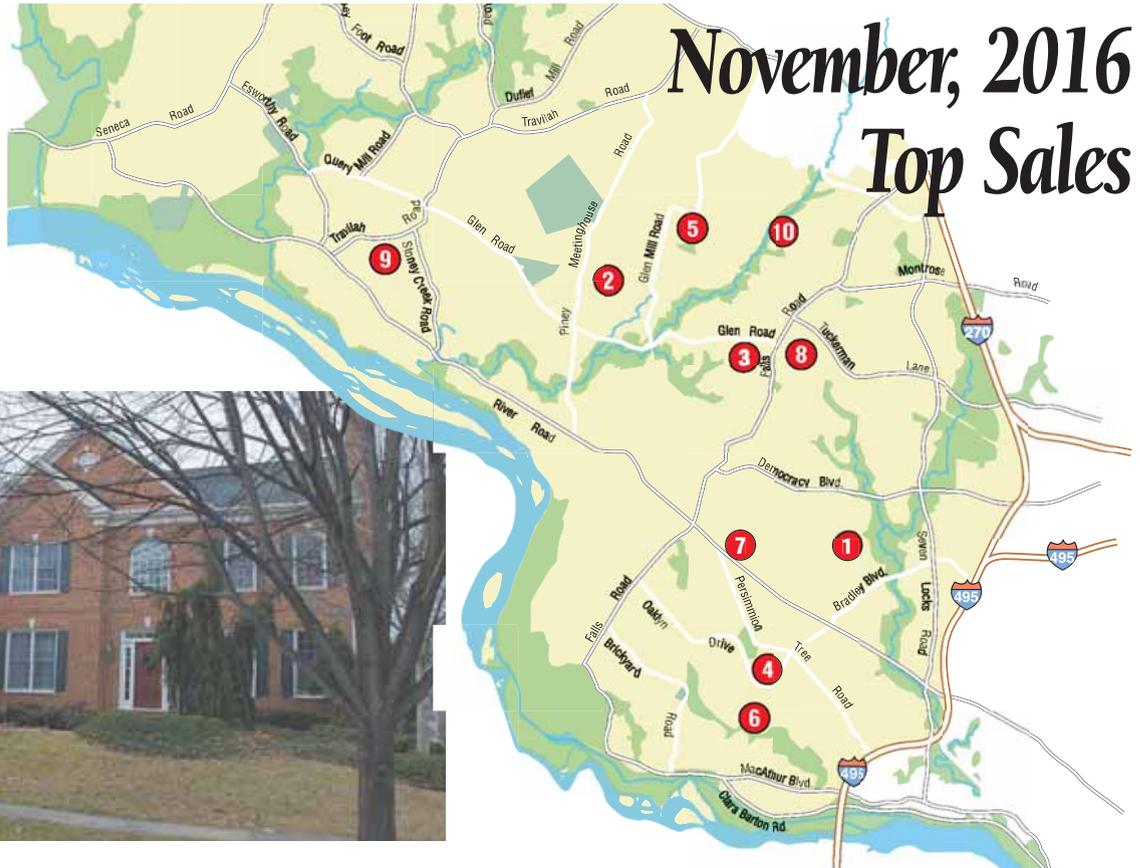
# Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

IN NOVEMBER 2016, 40 POTOMAC HOMES SOLD BETWEEN \$1,400,000-\$480,000.

## November, 2016 Top Sales

**5** 10400 Sandringham Court — \$1,200,000



**3** 11500 Ridge Mist Terrace — \$1,338,000



**7** 9601 Sotweed Drive — \$1,400,000



**1** 9540 Purcell Drive — \$1,400,000



**4** 9412 Crimson Leaf Terrace — \$1,212,500

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 9540 PURCELL DR	5	5	2	POTOMAC	\$1,400,000	Detached	0.52	20854	MCAULEY PARK	11/21/16
2 12205 MEADOW CREEK CT	5	5	1	POTOMAC	\$1,375,000	Detached	2.01	20854	PINEY GLEN FARMS	11/04/16
3 11500 RIDGE MIST TER	5	4	2	POTOMAC	\$1,338,000	Detached	0.22	20854	CLAGETT FARM	11/02/16
4 9412 CRIMSON LEAF TER	4	3	1	POTOMAC	\$1,212,500	Detached	0.53	20854	AVENEL	11/22/16
5 10400 SANDRINGHAM CT	5	4	1	POTOMAC	\$1,200,000	Detached	0.46	20854	PT ROCKVILLE OUT RES. 3	11/01/16
6 9612 BEMAN WOODS WAY	4	3	1	POTOMAC	\$1,125,000	Townhouse	0.12	20854	AVENEL	11/18/16
7 9601 SOTWEED DR	4	4	1	POTOMAC	\$1,100,000	Detached	0.41	20854	MASS AVE HIGHLANDS	11/23/16
8 9105 SHAD LN	6	5	1	POTOMAC	\$1,075,000	Detached	0.51	20854	LAKE NORMANDY ESTS	11/08/16
9 12404 BACALL LN	5	4	1	POTOMAC	\$1,006,634	Detached	4.31	20854	STONE CREEK ESTATES	11/25/16
10 12845 HUNTSMAN WAY	6	4	1	POTOMAC	\$1,000,000	Detached	0.25	20854	POTOMAC COMMONS	11/04/16

**6** 9612 Beman Woods Way — \$1,125,000



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# Design Ideas for Workspace Order

FROM PAGE 7

This can be accomplished by using storage solutions like printer drawers.

Practical home office organizational solutions include roll-out trays for computer accessories like printers and a wire management system above and below the desk for power cords and computer cables both on top of the desk, advises Chuck Khiel, vice president of Fred Home Improvement, a division of Case. "Create a Bluetooth operational office space," he said.

"Organizing all of the smaller office supplies can be accomplished with a series of coordinated containers for tools such as pencils, scissors and markers ... or within drawers," added Padilla. "Consider a mix of drawer heights to allow ample storage for smaller desk supplies as well as your typical file folders."

Use open shelving to allow for quick access to frequently used items and book storage. "[It] can also make a



PHOTO BY ROBERT RADIFERA

Storage solutions such as those in this office by Megan Padilla help make home offices aesthetically appealing.

smaller space feel more expansive," said Padilla.

If a home office is in a spare bedroom, closets can be repurposed and organized to hide copy and fax machines, says Shannon Kadwell, interior designer at Anthony Wilder Design/Build.

"Add fabric bulletin boards in prominent locations and in a complementary color for visual appeal," she said. "Custom built-ins make a huge difference as you can tailor the storage space to individual needs and create more functional spaces."

## PEOPLE NOTES

Email announcements to [almanac@connectionnews.com](mailto:almanac@connectionnews.com). Deadline is Thursday at noon. Photos are welcome.

Potomac area award winners of the **Keep Montgomery County Clean and Green Annual Beautification Landscape and Amateur Photography Competitions and Adopt A Road Clean Sweeps Awards** include:

- ❖ (New) Honorable Mention: Cranbrook Court Circle, The Neighbors of Cranbrook Court, Bethesda;
- ❖ (New) Award of Merit: East Bethesda Citizens Association, East Bethesda Garden Club and Community - Bethesda
- ❖ (New) Honorable Mention: Lybrook Court Circle, The Neighbors of Lybrook Court - Bethesda
- ❖ (Environmental) Award of Excellence: Jamestown Creek Wild Plant Sanctuary, Westmoreland Hills Garden Club - Bethesda
- ❖ Sustained Excellence: Tucker Station Homeowners Association, First Year - Potomac;
- ❖ Award of Excellence: Willows of Potomac, Public Institutional - Potomac
- ❖ First Year: Westmoreland Hills Corner Garden, Westmoreland Hills Garden Club - Bethesda;
- ❖ Fourth Year: HTCA Triangle Garden, Huntington Terrace Citizens' Association - Bethesda Sustained Excellence: Bethesda Row, Bethesda
- ❖ Art and Photography Awards
  - First Place: "Silky Waters" by Steve Brick - Potomac;
  - First Place: "Great Falls" by Sam Lin - Potomac;
  - Second Place: "Charles E. Mercer on the Canal" by Alan Kolnik - N. Bethesda
  - Second Place: "The Mystical Woodmont Triangle" by Pamela Coleman - Bethesda

Six residents were inducted into the 2016 Human Rights Hall of Fame by the Montgomery County Office of Human Rights, including Potomac residents **Mindy G. Farber, Sharan London** and **Terry Vann**. Farber is a civil rights lawyer who co-founded and co-organized the mediation program for the Montgomery County Office of Human Rights. London worked on ensuring the rights and conditions of the homeless since 1996 as the executive director of the Montgomery County Coalition for the Homeless. Vann promoted advocacy and mediation on civil rights concerns and complaints.

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**Thursday, Jan. 19th, 2016 - 5pm-8pm**  
 Where: Sun Design McLean Office  
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*Seminars run from 5pm-6:30pm. Dinner to follow. Please arrive at 4:45pm for check-in.*  
*Seating is limited!*

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**Seminars:**  
**2017 Kitchen + Bath Trends**  
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lost (adj): 1. unable to find the way.  
 2. not appreciated or understood.  
 3. no longer owned or known

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# ENTERTAINMENT

Email community entertainment events to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

## ONGOING

### 2016 Inaugural Video Art Exhibition

5-7 p.m. at Glen Echo Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Photoworks showcases a group of female visual artists who use video to reveal the personal, the intimate and the artistic. Desires, dreams and fears are all visually explored in Photoworks' Inaugural Video Competition and Exhibition, curated by Na'ama Batya Lewin. Free. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org) for more.

**Playful and Spirited: Paintings and Glasswork.** Throughout January at Bethesda Library, 7400 Arlington Road. Featured artists are Patricia Dubroof and Jill Tanenbaum. Meet the artists on Thursday, Jan. 5, 5-7 p.m.; Tuesday, Jan. 10, 11:30 a.m.-1:30 p.m.; Wednesday Jan. 25, 6:30-8:30 p.m.; and Sunday Jan. 29, 3-5 p.m. 301-385-4039

**Club Friday.** Through March 17, 7-9 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. Children grades 3-6 are invited to participate in games, crafts, movies, sports and more. Membership fee is \$88.

[www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec).

**Children's Storytime.** Wednesdays and Saturdays, 10 a.m. at Barnes & Noble Booksellers, 4801 Bethesda Ave., Bethesda Listen to employees read children's stories. Free. Visit

[www.store-locator.barnesandnoble.com/event/4824850-21](http://www.store-locator.barnesandnoble.com/event/4824850-21).

**VisArts Cocktails and Canvas Class.** at VisArts in the Painting & Drawing Studio, 155 Gibbs St., Rockville. Price \$40. Visit [www.visartsatrockville.org/cocktails-and-canvas](http://www.visartsatrockville.org/cocktails-and-canvas) for more.

**Thang Ta.** Wednesdays, 6-7 p.m. at Sutradhar Institute of Dance and Related Arts, 1525 Forest Glen Road, Silver Spring. Learn the ancient art of the sword and spear. \$25. [www.dancesidra.org](http://www.dancesidra.org).

**Weekly Blues Dance.** Thursdays 8:15-11:30 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd. Capital Blues presents rotating DJs and instructors with beginner workshop 8:15-9 p.m., no partner necessary. \$8 for all. [capitalblues.org](http://capitalblues.org)

**Weekly Swing Dance.** Saturdays, 8 p.m.-midnight. The DC Lindy Exchange presents a swing dance with live music in the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Beginner swing dance lesson at 8 p.m., followed by dancing. Admission \$16-\$18, age 17 and under \$12. [www.glenechopark.org](http://www.glenechopark.org).

**Argentine Tango with Lessons.** Most Sundays, 6:30-11 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Argentine Tango lessons followed by a Milonga most Sunday evenings. Beginner lesson 6:30-7:30 p.m. and intermediate lesson 7:30-8:30 p.m. Cost is \$15/lesson and includes the Milonga. For just the Milonga, cost is \$10 and the open dance with DJ runs 8:30-11 p.m. No partner required. [www.glenechopark.org](http://www.glenechopark.org), 301-634-2222.

**Contra and Square Dance.** Fridays and Sundays 7-10:30 p.m. in the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. The evening can include square dances, mixers, waltzes and other couple dances. All Contra and Square dances are taught, no partner necessary. Lessons at 7 p.m., followed by the called dance with live music at 7:30. \$13 for nonmembers, \$10 for FSGW members, \$5 ages 17 and under. [www.glenechopark.org](http://www.glenechopark.org), 301-634-2222.

**Late Night Comedy.** Fridays (open mic night) and Saturdays (established comedians) at Benny's Bar & Grill, 7747 Tuckerman Lane, Potomac. Benny's is open 8 a.m.-1 a.m. Fridays and Saturdays. [www.BennysBarGrill.com](http://www.BennysBarGrill.com).

**Drop in Art Activities.** Every Saturday 10 a.m.-12:30 p.m. in the Candy Corner Studio at Glen Echo Park, 7300 MacArthur Blvd., parents and children can explore a new art form or theme. \$10/child, parent combo. Drop-in only. [www.pgip.org](http://www.pgip.org).

**Mommy & Me (& Daddy, Too).** Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-alongs, prizes and more. [rockvilletownsquare.com/events/mommy-and-me](http://rockvilletownsquare.com/events/mommy-and-me).

**Live Music & Dancing.** Fridays and Saturdays, 7-11 p.m. in Margery's Lounge, Normandie Farm Restaurant, 10710 Falls Road. Dance to the music of Barry Gurley. 301-983-8838 [www.popovers.com](http://www.popovers.com).

**Chocolate Factory Tours.** Fridays and Saturdays, 2-5:45 p.m. at SPAGNVOLA Chocolatier, 360 Main St., Gaithersburg. Take a short tour of The Truffle Factory facilities. Free.

## Martin Luther King Day Events

### MONDAY/JAN. 16

**MLK Day of Service Volunteer Fair.** 1-3 p.m. at Bethesda North Marriott Conference Center, 5701 Marinelli Road. Planned projects include packaging food for the hungry, creating blankets for hospice, and cutting patterns to create shoes for children in Uganda. Most, if not all, will be pre-approved for Student Service Learning hours. 301-822-9200

**MLK Day Camp.** 1-4 p.m. at My Gym Potomac, 11325 Seven Locks Road. Drop children off for three hours of fun at My Gym including themed games, crafts, gymnastics, sports and snack. \$40 members, \$45 non-members, sibling discount. [potomac@mygym.com](mailto:potomac@mygym.com), 301-983-5300

[www.spagnvola.com](http://www.spagnvola.com).  
**Glen Echo Park Films.** Saturdays and Sundays, 10 a.m.-6 p.m. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Films about the Park's history are shown on rotation in the lobby. Free. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**SilverWorks Studio & Gallery.** Wednesdays, Thursdays, Saturdays and Sundays, 10 a.m.-6 p.m. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. SilverWorks Studio & Gallery is a working silversmith studio and includes an ongoing exhibition, as well as sales of the work of artist-in-residence Blair Anderson. Free. Visit [www.silverworksglenechopark.com](http://www.silverworksglenechopark.com).

**Art Glass Center at Glen Echo.** All day Wednesdays; Fridays, 10 a.m.-2 p.m.; Saturdays, 10 a.m.-4 p.m.; Sundays, noon-4 p.m. Art Glass Center, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Ongoing exhibitions feature work of resident artists. Sculpture, vessels, functional art and jewelry for sale. Classes are taught year-round for beginner, intermediate and advanced students. Visit

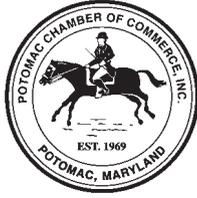
[www.artglasscenteratglenecho.org](http://www.artglasscenteratglenecho.org) for more.

**Yellow Barn Studio & Gallery.** Saturdays and Sundays, 12-5 p.m. The Yellow Barn Studio & Gallery presents free exhibitions of emerging artists' work. Each weekend features the work of a different artist. Most artwork is also for sale. [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com).

**Acoustic Open Mic.** Wednesdays, 7-11 p.m. at Benny's Bar & Grill, 7747 Tuckerman Lane. Everyone welcome to perform. Wine bottles are 50 percent off. [www.bennysbargrill.com](http://www.bennysbargrill.com).

**Potomac Games Group.** Wednesdays, 6:30 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. The world is in the midst of a Golden Age of new board and card games for players of all ages. Free. Contact event host Randy Hoffman at 412-983-5411 or [wrandyhoffman@gmail.com](mailto:wrandyhoffman@gmail.com).

**CAMPS, CLASSES & WORKSHOPS**  
**Art Explorers Open Studio.** Every Saturday, 10 a.m.-12:30 p.m. at The



## Normandie Farm



THE POTOMAC CHAMBER OF COMMERCE  
in partnership with  
**Normandie Farm Restaurant**  
invites you to a  
**NETWORKING EVENT!**

Thursday, January 19, 2017 • 4:00 PM – 6:00 PM  
10710 Falls Road • Potomac, MD 20854  
Cost: Potomac Chamber Members: \$10.00 • Non-Members: \$15.00  
Cash Bar available

NORMANDIE FARM IS GENEROUSLY PROVIDING  
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301-299-2170

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Bring your business cards and  
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THE CONNECTION

Newspapers & Online

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<b>JANUARY</b>	
1/11/2017.....	HomeLifeStyle
1/18/2017.....	A+ Camps & Schools
1/25/2017.....	Community Guide
1/25/2017.....	Winter Fun, Food, Arts & Entertainment; Valentine's Preview
<b>FEBRUARY</b>	
2/1/2017.....	Valentine's Dining & Gifts I
2/1/2017.....	Wellbeing - National Children's Dental Health Month
2/8/2017.....	HomeLifeStyle
2/8/2017.....	Valentine's Dining & Gifts II
<b>Valentine's Day is February 14</b>	
2/15/2017.....	A+ Camps & Schools
2/22/2017.....	Pet Connection

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- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Daleton Connection

# ENTERTAINMENT

**Candy Corner Studio**, 7300 MacArthur Blvd., Glen Echo. Art activities for parents and children. Activities change weekly and there is no pre-registration; \$10 per child. Visit [www.glenechopark.org/saturday-art-explorers](http://www.glenechopark.org/saturday-art-explorers) for more.

**Ceramic Classes**. Various dates and times. VisArts, 155 Gibbs St, Rockville. An opportunity to try the new ceramic workshops. Visit [www.visartsatrockville.org/ceramics](http://www.visartsatrockville.org/ceramics) for a list of class dates, times.

## FRIDAY/JAN. 13

**Potomac After Hours**. 9:15-11 p.m. at the Potomac Community Recreation Center, 11315 Falls Road. Activities include an obstacle course, board games and carnival games. Grades 6-8. \$5. [activemontgomery.org](http://activemontgomery.org)

## SATURDAY/JAN. 14

**River Clean Up**. 10 a.m.-1 p.m. Fletcher's Cove, 4940 Canal Road, Washington, D.C. The Potomac Conservancy is looking for volunteers to help kick off 2017 by honoring Martin Luther King Jr. with a day of service along the river. [potomac.org/](http://potomac.org/)

**Winter Blues Activities for Dogs**. 11 a.m.-1 p.m. at St. Luke's Episcopal Church, 6030 Grosvenor Lane, Bethesda. Learn about indoor activities that will provide exercise and mental stimulation without braving the cold. Learn how to keep dogs happy and occupied all winter long, leave dogs at home. Free. [yourdogfriend.org/free-workshops/](http://yourdogfriend.org/free-workshops/) or 301-983-5913.

## MONDAY/JAN. 16

**MLK Day of Service Volunteer Fair**. 1-3 p.m. at Bethesda North Marriott Conference Center, 5701 Marinelli Road. Planned projects include packaging food for the hungry, creating blankets for hospice, and cutting patterns to create shoes for children in Uganda. Most, if not all, will be pre-approved for Student Service Learning hours. 301-822-9200

**MLK Day Camp**. 1-4 p.m. at My Gym Potomac, 11325 Seven Locks Road. Drop children off for three hours of fun at My Gym including themed games, crafts, gymnastics, sports and snack. \$40 members, \$45 non-members, sibling discount. [potomac@mygym.com](mailto:potomac@mygym.com), 301-983-5300

## THURSDAY/JAN. 19

**55 and Older Basketball**. 9:30 a.m.-noon at the North Potomac Recreation Center 13850 Travilah Road. This is pick-up basketball, not a league, come as often as possible. 240-773-4800

**An Acoustic Evening with Lyle Lovett and John Hiatt**. 8 p.m. at the Strathmore, 5301 Tuckerman Lane. \$55-95, 301-0581-5199

## SUNDAY/JAN. 22

**Chinese New Year Celebration**. 5-8 p.m. at the Potomac Community Center, 11315 Falls Road. An evening celebrating the year of the rooster and the Chinese culture of dance, music, and arts as well as tasting of ethnic food (appetizers). Free. 240-777-6960

**Potomac River Jazz Club Jam Session**. 3-6 p.m. at Normandie Farm Restaurant, 10710 Falls Road. Bring instruments and sit in with the Conservatory Classic Jazz Band during the first set, or just listen to the great sounds of classic jazz, Dixieland, and swing. \$10 admission, free for jammers and students. 301-762-3323 or [prjc.org](http://prjc.org)

**Proactive Member Get-Together**. 2-4 p.m. at Potomac Community Village, 11701 Ambleside Drive. A volunteer network of friends and neighbors, providing programs and services so members can live vibrant, active and healthy lives while aging-in-place in their own Potomac homes and neighborhoods. [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org) or 240-221-1370

## TUESDAY/JAN. 24

**AARP Safe Driving Class**. 10:30 a.m.-3:30 p.m. at Potomac Library, 10101 Glenolden Drive. Tune up driving skills, learn safe driving strategies, and update knowledge of rules of the road. Learn about normal age-related physical changes and how to adjust driving to allow for these changes. Completion may lower auto insurance premiums. \$15 for AARP members; \$20 for nonmembers. Register online at [www.montgomerycountymd.gov/library.Thursday/Jan.26](http://www.montgomerycountymd.gov/library.Thursday/Jan.26)

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## Slippery Hope



By KENNETH B. LOURIE

When you're diagnosed with a terminal form of cancer, you spend a lot of time talking to yourself, not aloud; well, mostly not aloud, trying to convince yourself of a million and one things that don't lead to that inescapable conclusion: premature death (I know, any death is premature). And when you get sick, as I am now and have been for the past 10 days; not getting worse, just not getting better; it is, at least for me, not only next to impossible, but impossible as well, not to think that perhaps this is the time when you have crossed the Rubicon.

Though what I am referring to are merely/mostly cold symptoms: sneezing, coughing, runny nose, nasal congestion, watery eyes, occasional headache; no temperature or sore throat, no vomiting, no nausea; it's easy to rationalize that I am simply experiencing a severe seasonal reaction to some strain of something which is, if what I hear from friends and family is true, something which is definitely going around. However, that assessment would presume I'm a relatively normal person, 'normal' meaning not a person diagnosed with stage IV, non-small cell lung cancer. Ergo, the conversations me, myself and I are constantly having with ourselves.

And though the answers rarely change (always minimizing, never reinforcing a negative, accentuating the positive), I have to admit the longer I live through these blips on the radar, the less conviction I am able to sustain in my ongoing attempts to talk myself into or out of, whatever the case may be, the challenges emotionally and/or physically, that characterize one's life living with cancer. And believe me, 'living with cancer' is all it's cracked up to be, and I'm one of the lucky ones, a survivor, nearly eight years in fact, post my Feb. 27, 2009 face-to-face appointment with an oncologist; my new best friend, who lowered the diagnostic boom to Team Lourie that day.

I think I can say with some certainty that the one constant in my life these past eight years has been the many conversations I've had with myself. Trying to maintain an even keel; heck, any keel that would keep me emotionally afloat. Obviously, encouraging and supportive words from others have filled many gaps, but there are way more gaps when I'm alone that need to be filled. Reading, writing, 'rithmetic, radio, television and the Internet, fill some and provide distraction for others, but still there are many more times when you're left alone with your thoughts; when the rubber really hits the road and somehow you must get through the night or the post-chemo weak or the before, during and after "scxiety" and navigate the slings and arrows of the outrageous misfortune which has befallen you.

Mostly I have been successful. Occasionally though I have been depressed. Occasionally I have felt lonely. Occasionally I have felt out of control. And more than occasionally, I have just plain worried. Like now, when I'm sick and tired and wondering if persistent cold symptoms portend the beginning of something worse. After all, I do have lung cancer so any breathing-related and/or coughing problems could indicate an exacerbation of my underlying condition, or so I would guess.

Ah yes, guessing. That's perhaps the real problem. How do you stop yourself from going down that rabbit hole, especially when you've already quadrupled the back end of the number of years: two, offered up by your oncologist eight years ago? I don't suppose I could experience a normal life expectancy after being given a terminal diagnosis. Could I? I guess it's possible. Probable? I wouldn't know. However, there's no harm thinking about it. Except if you're thinking about it all the time.

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

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