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PAGE 10

Potomac ALMANAC

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REAL ESTATE, PAGE 4 ♦ ENTERTAINMENT, PAGE 9 ♦ CLASSIFIEDS, PAGE 11



S'mores (left), half-llama and half-alpaca, stands in the snow with Ernie, an alpaca.

Facing Up To Winter

NEWS, PAGE 3

Building a Choral Powerhouse

PEOPLE, PAGE 5

From School Site To Senior Living

NEWS, PAGE 7

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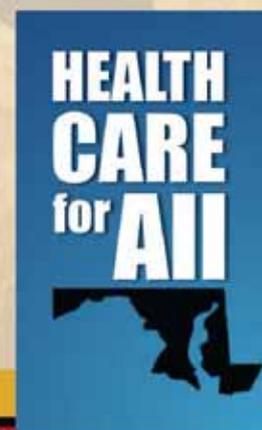




PHOTO BY DEBORAH STEVENS/THE ALMANAC

Enjoying the snow at Bretton Woods.



A blue jay visits a backyard feeder.



A cardinal perches in the snow.



PHOTOS BY MARY KIMM/THE ALMANAC

Montgomery County Public Schools were closed Monday, Jan. 14. The county received 10.8 inches of snow, according to the National Weather Service.



Montgomery County Fire & Rescue Service responded to about 300 calls for service — 10 percent were collisions — due to the snowstorm, according to its spokesman Pete Piringer. Crews were challenged all day on a variety of calls — car crashes, sledding accidents, and cooking mishaps. Maryland State Police said they responded to over 1,000 calls for service during this winter storm as of Sunday, Jan. 13, about 10 p.m. including 264 crashes throughout the state.



PHOTO BY DEBORAH STEVENS/THE ALMANAC

Trucks ready to plow the snow.

Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

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2 12408 Beall Spring Road — \$1,237,500



7 17 Paddock Court — \$1,150,000



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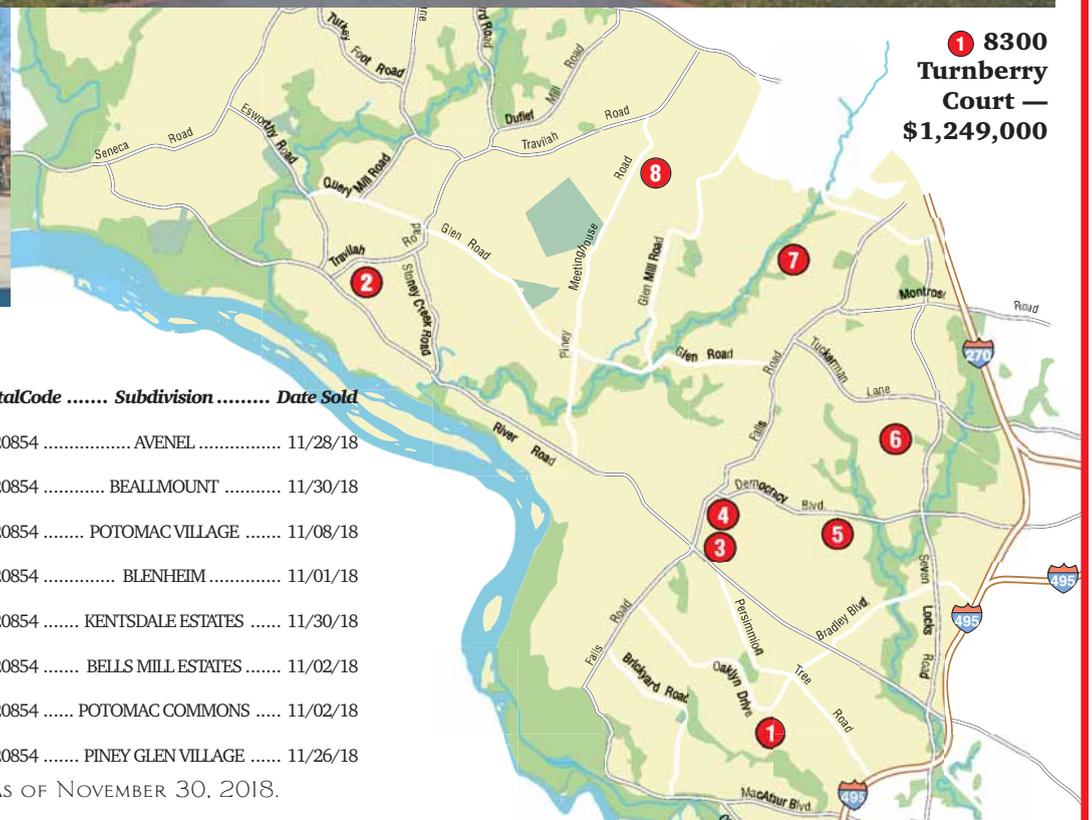
4 10237 Holly Hill Place — \$1,220,000



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Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 8300 TURNBERRY CT	3	3	1	POTOMAC	\$1,249,000	End of Row	0.17	20854	AVENEL	11/28/18
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3 9904 HALL RD	4	4	2	POTOMAC	\$1,235,000	Detached	0.47	20854	POTOMAC VILLAGE	11/08/18
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6 10904 BELLS RIDGE DR	4	4	1	POTOMAC	\$1,168,800	Detached	0.26	20854	BELLS MILL ESTATES	11/02/18
7 17 PADDOCK CT	6	5	0	POTOMAC	\$1,150,000	Detached	0.24	20854	POTOMAC COMMONS	11/02/18
8 10508 BEECHKNOOLLN	5	4	1	POTOMAC	\$1,125,000	Detached	0.25	20854	PINEY GLEN VILLAGE	11/26/18

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The North Bethesda Middle School Chorus won Mix107.3's 2018 K-8 Holiday Choir Competition last month.

How To Build a Choral Powerhouse

Potomac resident grew middle school chorus from 28 to 287 students.

BY ASHLEY CLAIRE SIMPSON
THE ALMANAC

When it came time last month for choir director and Potomac resident Jason McFeaters to choose 40 out of 287 students to sing on the air for local radio station Mix 107.3, he didn't have to think too much.

"It's unusual how big and talented a chorus we have," said McFeaters, North Bethesda Middle School (NBMS) chorus teacher. "We won this contest then had to go to the radio studio to perform, so I pulled 40 names out of a hat."

Those 40 students, along with their 247 choral counterparts, have the privilege of being part of something that both welcomes everyone and rakes in accolades every year.

"It speaks to the quality of the program that I can take any group of kids knowing they will sound good," said McFeaters, who also chairs the NBMS music department. "It also attributes to how we do things, and why kids like to be a part of the chorus. A football coach would never pick 40 names out of a hat to determine who would play at a big football game."

McFeaters's mass of middle schoolers are also members of a choir larger than other middle school singing groups. NBMS's chorus represents more than 20 percent of the entire school population, which hovers around 1,150. It is a group that McFeaters himself had grown from 28 to 287 in the 15 years since he first set foot in the local school.

"It's a massive group," McFeaters said. "It was 28 kids when I started – only four boys, and the rest girls. It's funny because the chorus director before me actually chose to leave the school because she didn't think it was possible to grow the program. But, when I came on board, the kids were pretty hungry. They were ready to get good. So, I inherited that small group, and then recruited. It just grew and grew and grew."

He thought outside the (voice) box when it came to recruiting. And, then his strategy had a domino effect.

"Students used to run the mile every Friday in PE class, so I would go and run it with them every week," he said. "As we'd be running, I would tell them how singing was both cool and fun. It was all about getting my name and face out there so that I'd be more approachable. I also went on all the school ski trips to ski with the students. I chaperoned everything so that I could really connect with them."

So, by the end of these runs – and trips – NBMS students had plenty of compelling reasons to join their school's growing chorus.



Jason McFeaters

"THE CLASS doesn't require any previous singing experience, so we end up having kids of all these various different backgrounds and skill levels," McFeaters said. "A lot of kids sign up because their friends are in it. Then, they get to be a part of something that's the best. From the beginning, kids would join in clusters. Then, we were winning contests, so kids joined for that. Then, we added in more field trips, and more came on board for that."

Chorus is an elective course taken every day of the school week, and is a class open to 6th, 7th, and 8th graders alike.

"It's a class, every day, five days a week," McFeaters said. "It's so big it ends up being five classes split into groups of 60. When we all practice together, we have to be in the cafeteria or the gym."

NBMS eighth grader Matthew Ashman

has been in the school chorus since sixth grade, and he couldn't imagine his middle school experience without it.

"Chorus has made every year of middle school better," Matthew said. "It's the one part of every day that I really look forward to. Mr. McFeaters teaches differently from my other teachers. There's something about the way he leads us that makes Chorus a really good class."

Although Matthew has always had a deep interest in music, many of his friends have joined Chorus simply because it is a fun way to spend part of the school day.

"I love the performances most of all, and it's awesome because a lot of my friends are in chorus, even though not many of them pursue musical things outside of school," Matthew said. "Still, we all very

SEE BUILDING, PAGE 11

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OPINION

One-Horse Open Sleigh

Reflections on a Potomac childhood of 50 years ago.

BY DOROTHEA DICKERMAN

*"Jingle bells! Jingle bells!
Jingle all the way
Oh, what fun it is to ride
In a one-horse open sleigh!"*

So goes one of the most beloved winter tunes, conjuring images of old-fashioned jollity and outdoor fun sometime in the snows of yesteryear, before automobiles, television and the internet became ubiquitous. But can you imagine riding in a one-horse open sleigh down River Road in Potomac for real?

I can, because I did it, on a January day about 50 years ago. The Potomac of my childhood had far fewer residents than today. Space between houses was wide open, due to the 2-acre zoning still enforced in some parts of our town today. The village had no chain stores, no Giant, no Safeway, no Starbucks, no pizza parlor. Mitch & Bill's Esso (now Exxon) was owned by two talented men actually named Mitch and Bill. Two tiny grocery stores, a beauty parlor (still there), a small drug store located in the same building where the current Walgreen on the east of River Road is (with a lunch counter and its stools that spun me around until I got dizzy), a bank, a hardware store, an antique store, and a car repair shop that also fixed tractors filled out most of the rest of the Village at Falls and River Roads.

From our perspective as children, the coin of the realm was horses. Many Potomac neighbors had barns. As a horse-crazy girl, like all my girlfriends, my favorite store in Potomac was The Surrey. Potomac was about horses, and The Surrey was horse-central. An antique surrey, black, with a fringe, high spoked wheels and leather seat stood in the grass in front of the store's large bay window. I tried to imagine what it would have been like to ride in it, drawn by an elegant horse. The bulletin board outside The Surrey's door was always bedecked with index cards advertising horses and ponies for sale, stalls to rent, hay for delivery. When you pulled open the door, the sleigh bells on the inside jangled merrily and the scent of leather saddles and boots, potpourri and the

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

faint musty scent of horses enveloped you like a warm blanket. The Surrey sold gifts like tiny Christmas tree ornaments of foxes in top hats and checkered waistcoats, or brass paperweights shaped like a stirrup or a horseshoe, cards with old-fashioned families riding in open sleighs along snowy country roads. There were deep recesses where tack, saddle soap and horse blankets were sold. A toy section featured books on all types of horses, instructions on horse care and riding, miniature stables and a wide variety of miniature horses, plastic Palominos, suede Morgans with fur manes and tails, elegant Arabians with one forefoot forever pawing the air. My girlfriends and I collected and played with them in mismatched herds the way other girls played with Barbie dolls. Sometimes they came with tack and saddle, sometimes we fashioned them ourselves and "rode" them through "trail rides" amid the "trees" of someone's mother's dining room table and chairs. When we were older, we rode on the Potomac bridle trails and through the large fields and acres of woods, whether on our own pony or a friend's, or at Mrs. Foley's at the intersection of Persimmon Tree Road and Bronson Drive. Afternoons after school and weekends, we rode, or curried, brushed and cleaned tack.

It snowed a good deal in the Januaries and Februaries of my early Potomac childhood. Well over a foot of the full fluffy stuff, multiple times a winter was not unusual. We all often lost power for days, which meant wood-burning fireplaces to heat our houses, candles and kerosene lanterns to see by. Roads didn't get plowed unless Potomac residents plowed them with tractors. There were no SUV's. Cars had to use snow tires and chains at times, if they could go anywhere at all in the deep snow. I even remember my mom cooking dinner over a fire in the fireplace when we had no power. I loved being snowed in — it was so beautiful on Potomac's dark evergreens, great for sledding, snowmen and snow fort building. Watching my mom cook over the fireplace allowed me to time travel to "olden days," as if I could live the life of a child in 1920, 1820, or earlier.

So, you can imagine my delight, loving horses, deep snow and the fantasy of traveling backwards through time to bygone eras, when one of my neighborhood girlfriends, on a cold January day announced that her father proposed hitching up one of their horses to their antique sleigh and taking us for a ride around Potomac.

Her family lived across the street, and their front pasture, surrounded by the traditional three-board white fence on the front and framed by apple trees on the back, always contained several equines contentedly grazing amid a riot of buttercups in the spring. But in

the winter, they were all snug and blanketed in the barn. When my Dad and I had waddled through the drifts to their barn, we found her dad, red plaid earmuffs adorning his head, had pulled the ancient wood sleigh out of their barn. The sleigh gleamed quietly as if proud of itself, black glossy runners bowing up like a boat's prow in the front. Cracked red leather seats held heavy wool sleigh blankets. My dad knew horses, having grown up working with them on farms, even riding one, alone, to school every day at the age of six. He and my friend's dad backed their paint into the traces and fastened her into the maze of buckles and straps of her harness with ease. They lifted the two of us into the sleigh, tucking those huge weighty blankets over, under and around us.

"When you get moving, it is going to be very cold," my dad said. "There is no windshield in a sleigh."

My friend's dad hopped up onto the seat, put on a leather cowboy hat over the ear muffs, picked up the reins and slapped them on the paint's rump. The sleigh jolted forward and slid down the drive and onto our street. Riding in a horse-drawn sleigh, you are aware of two things at once: the smoothness of the ride and the silence. With no motor, you feel more grounded in a sleigh, for amid the beautiful silence, you hear only light scudding from the runners on the snow, creaking from the sleigh and occasional slapping of the reins against the horse.

Dad had been right; it was blisteringly cold and the wind coaxed tears from my eyes, so I pulled myself down further in the horse-scented sleigh blankets and looked around. The scenery of our street, its tall trees laden with snow bending their branches down, fence posts capped with their top-hats of snow, the pond with its layer of ice streamed by at a pace neither too fast to blur them, nor so slowly that it bored me to look at them, for the scenery always changed at the right speed.

At the end of our street, my friend's dad asked if we wanted to go back to the barn or up River Road to the Village.

"Up River Road!" we shouted together.

"Okay, I need to let people know we are coming. Sleighs can't stop quickly like a car. They glide to a stop," he said, opening the box under the seat. And what do you think he took out of that box?

Two long leather straps and a horse collar, each twinkling with big sleigh bells. He attached the straps to the harness and put the collar over the paint's head. Back on the seat, he picked up the reins and slowly we made the turn onto River Road. Another jolt and we moved forward at speed. The sound as we glided along was magical, as if a thousand tiny fairies released their laughter from those bells into the arctic air, into the snow-swaddled landscape, across the drifts amid the fields penned in by whiteboard fences, all the way up River Road to the Village to The Surrey, with two tiny girls singing "Jingle Bells, Jingle Bells; Jingle all the way" at the top of their lungs from the one-horse open sleigh.

POTOMAC ALMANAC

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NEWS

From School Site to Senior Living

Citizens group learns about plans for South Glen Road senior living facility.

BY PEGGY MCEWAN
THE ALMANAC

West Montgomery County Citizen Association invited representatives from The Wormald Companies to its January meeting to learn about the company's plan to build a senior living facility on the 4th Presbyterian School property on South Glen Road near Norton Road.

Ken Wormald, a managing partner in his family's company which, he said, was founded in the basement of his parents' home on Gary Road, shared the vision for developing the 30-acre property.

"What we kept hearing from a number of sources was senior living," he said.

The plan is to make [the development] look like single homes, create 18 estate homes interconnected by trails. Within each estate home would be three single family homes, Wormald said.

Each of those homes would be three bedroom, the idea being that there would be room for a live-in caregiver, if necessary, and/or visiting children or grandchildren.

Wormald said research shows that people want to downsize yet stay close to the community they know, making the new community – Heritage Gardens – appropriate for the needs of many Potomac residents.

The community would be independent living, no services would be offered, senior residents would be responsible for obtaining the help they need as they "age in place."

To that end Wormald Companies partnered with Sage Life Senior Living, a company offering customized wellness options, "all designed to ensure that you continue to live life on your terms," according to the company's website.

Among things seniors want is to "move into a nice community with a lot of activities and not move again," said Kim Smith of Sage Life. "The big trend in senior living is a la carte services."

"We are proposing an [on site] Sage Life Concierge Navigator," Smith said, "to help coordinate care givers, maximize resources and keep costs down."

More than 60 people were at last Wednesday's meeting and they had many questions for Wormald.

Several of those had to do with the placement of the houses and the fate of the five or six buildings left by the school.

The newest of the school buildings would be retained and used as a community center, Wormald said.

Neighbors were concerned about the conservation area and run off from building and the new roads that the development would require.

The Kilgore Branch runs through the property and continues down to meet the Watts Branch where the Glen roads meet.

"I'm concerned about the forest loss," WMCCA president Ginny Barnes said.

When asked, Wormald said they plan to provide 13 or 14 acres as forest conservation.

Others were concerned about traffic on Glen Road, a two-lane designated Rustic Road.

Wormald said they are planning to close the current entrance to the property opposite Norton Road, farther west where there is better sight distance for pulling out into Glen Road.

Nearby neighbors had questions about how regrading for the development would affect them.

The 30 acres are currently zoned R2, a county designation allowing one residential building on two acres.

"You are basically putting in a very high-end townhouse development in R2," Susanne Lee, WMCCA member, said.

"This is an information gathering meeting, so we know what's going on," Barnes said. "We heard about [the proposed development] from the neighbors so I invited Ken. I think it appropriate for [him] to share the plan with the group."

In an email after the meeting, Barnes said, "WMCCA has not taken a position on the proposal for 'Heritage Gardens' senior living housing. The BOD [Board of Directors] will vote at our next BOD meeting in late January. Meanwhile we plan to meet with Planning Board staff and continue our fact finding on the proposal and the property itself."

Honoring Martin Luther King, Jr.

BY PEGGY MCEWAN
THE ALMANAC

Potomac residents hoping to get out and do some good in the community will have plenty of opportunity this coming weekend.

The Montgomery County Volunteer Center and Montgomery Parks will host a number of volunteer opportunities for the Martin Luther King Jr. Day of Service, Monday, Jan 21.

"The Day of Service is a national initiative to honor Dr. King's legacy and empower individuals to improve their communities by making the holiday a 'Day On, Not a Day Off,'" according to a press release from Montgomery Parks.

The Volunteer Center event, held from 1-3 p.m. Monday, Jan. 21 at The Bethesda North Marriott Conference Center, 5701 Marinelli Road, Rockville, will have service projects to benefit area nonprofits, educational sessions and information tables for individuals, families and groups according to the center's website.

Last year the Bethesda North Marriott Conference

Center attracted more than 3,500 attendees. The event included 34 volunteer fair exhibits and 46 organization-led service projects including making fleece blankets, crafting greeting cards and packing nonperishable food in boxes for seniors and others in need, according to the website.

Though there are many volunteer opportunities throughout the county, a few of the Montgomery Parks' single activities are nearby:

Locust Grove Nature Center, 7777 Democracy Blvd. invites residents of all ages to a family friendly day of clean up around the grounds and inside the center. Bring a bag lunch. Work gloves and tools will be provided on site. SSL hours are available.

Clean up days will be from 10 a.m. to 2 p.m. Saturday, Jan. 19 and Monday, Jan. 21.

For fun and exercise, Cabin John Ice Rink is having a School's Out Skate Day Monday, Jan. 21 from 9-11:30 a.m. for children 6-12 years. The day includes a group ice skating lesson, practice skate time, arts and crafts and games.

Visit www.montgomerycountymd.gov/volunteer-center or www.montgomeryparks.org.



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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.

Teen Writers' Club. Tuesdays through May 28, 2019, 6:30-8 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Teens (13-18) with a passion for writing are invited to join the Teen Writers' Club. Learn and practice new writing techniques, share your work, and learn how to critique other works with author Neal Gillen. Free. Email acsagillen@aol.com.

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. For more information, 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/.

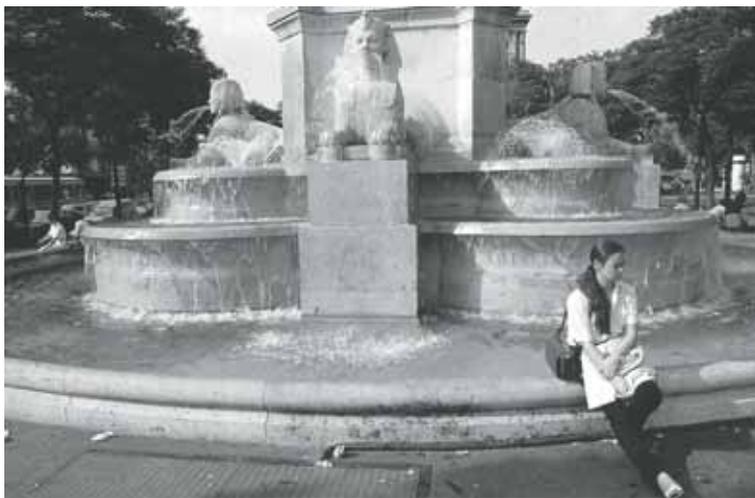
Artist Talk: "Hard Wired." 4-6 p.m. at Touchstone Gallery, 901 New York Ave. NW Washington, D.C. Tory Cowles of Potomac is represented by Touchstone Gallery, a resident artist in Studio 7 at Alexandria's Torpedo Factory, and an abstract painting instructor at Glen Echo Park's Yellow Barn. Her work evolves 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 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, go to www.WaltzTimeDances.org or e-mail info@WaltzTimeDances.org.



Photography Exhibit: Recovered Memory

Photoworks hosts the first solo exhibition of work from Frank Van Riper's bestselling book, "Recovered Memory: New York & Paris 1960-1980." Recovered Memory: New York and Paris 1960-1980 is a meditation on time and place: before the internet and 24/7 news; when one could visit the Eiffel Tower without seeing police and automatic weapons, when a ride on the New York subway cost 15 cents, when the smell of fresh-baked baguettes wafted over nearly every Parisian neighborhood, and when the Coney Island parachute ride still thrilled thousands. The exhibition opens with a reception, lecture and book signing on Friday, Dec. 14, 6-8 p.m. Dec. 14-Jan. 20, Saturdays, 1-4 p.m.; Sundays, 1-8 p.m. at Photoworks at Glen Echo Park. Visit www.glenechophotoworks.org for more.

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.

Seed Exchange. 12:30-4 p.m. at Brookside Gardens in Wheaton. These seed swaps are in-person and face-to-face. Bring extra seeds and

swap them with other gardeners. Everyone will leave with a bag full of seeds, new garden friends, and planting advice. \$20 per person. Registration is now open at WGSeedExchange-BG.brownpapertickets.com

Opening Reception: "Place and Displacement." 5-7 p.m. at Photoworks in Glen Echo Park at 7300 MacArthur Blvd, Glen Echo. Featuring photos by Andrew Currie and Patricia Howard and curated by Fabian Goncalves Borrega. The show intertwines the series *House to House and Suburbs* by Pat Howard and Andy Currie. In both series, images of inhabited and desolated towns and suburbs share similar sense of alienation produced by powerless and meaningless life. Visit www.glenechophotoworks.org.

SATURDAY-SUNDAY/JAN. 26-27

National Philharmonic. Saturday at 8 p.m.; Sunday at 3 p.m. At The Music Center at Strathmore's Concert Hall, 5301 Tuckerman Lane, North Bethesda. International pianist Haochen Zhang, who won the gold medal for the 2009 Van Cliburn Competition at the age of 19, will join Philharmonic Music Director and Conductor Piotr Gajewski in performing Johannes Brahms' Piano Concerto No. 1 in D minor and Pyotr Ilyich Tchaikovsky's Symphony No. 5 in E minor. Both Zhang and Gajewski

are former child prodigies. There will be a pre-concert lecture on Saturday, from 6:45-7:15 p.m., and Sunday, from 1:45-2:15 p.m. Ticket prices are \$34-\$88 and are free for young people age 7-17. Call 301-581-5100 or visit nationalphilharmonic.org.

JAN. 26-MARCH 3

Photography Exhibit: "Place and Displacement." Gallery hours at Photoworks in Glen Echo Park at 7300 MacArthur Blvd, Glen Echo. Featuring photos by Andrew Currie and Patricia Howard and curated by Fabian Goncalves Borrega. The show intertwines the series *House to House and Suburbs* by Pat Howard and Andy Currie. In both series, images of inhabited and desolated towns and suburbs share similar sense of alienation produced by powerless and meaningless life. Visit www.glenechophotoworks.org.

SUNDAY/JAN. 27

Jewish Genealogy Society of Greater Washington Monthly Meeting. 1:30 p.m. at B'nai Israel Congregation, 6301 Montrose Road, Rockville. The Jewish Genealogical Society of Greater Washington presents "Write and Publish Your Family History with Online Print-on-Demand" presented by Beth Galletto. The Society is open to all those interested in Jewish genealogy. \$5 for guests. Call 301-452-2979.

MONDAY/JAN. 28

Off the Hook Stitching. 4:30 p.m. At Potomac Library, 10101 Glenolden Drive, Potomac. Free. Crocheting and knitting are both great ways to relax and spend time. Join other stitchers and share ideas while working on needle crafts brought from home. For ages 8 and up. All skill levels welcome. Meets once a month. No registration required. This program is sponsored by the Friends of the Library-Potomac Chapter. Call 240-777-0690.

SATURDAY/FEB. 2

18th Annual All-star Tribute. 7:30 p.m. at Rock Creek Mansion, 5417 West Cedar Lane, Bethesda. Tribute on the 60th Anniversary of the fateful Winter Dance Party plane crash, featuring the music of rock n' roll legend Buddy Holly and fellow tour stars Ritchie Valens and the Big Bopper. General admission seating, large dance floor and cash bar and kitchen will be open. Emceed by British radio host Colin Davies (www.theprofessorrocks.com). \$25-\$30. Tickets at www.brownpapertickets.com/event/4031795.

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How to Talk About Vaping

Approaching conversation about dangers of e-cigarettes.

BY MARILYN CAMPBELL

Jessica DeBoer's 13-year-old son just returned to school after a six-day suspension because he was caught vaping in the boys bathroom of his elite private school. Until she received a call from one of the school's administrators, DeBoer was not familiar with the practice and never dreamed her son would partake in it.

"Now I feel like I might have been naive considering how widespread it seems to be," she said. "My son told me that many of the kids in his school have tried vaping and some even do it regularly."

Vaping is the use of e-cigarettes to inhale and exhale an aerosol, often referred to as vapor, which is produced by an e-cigarette or similar device. The term is used because e-cigarettes produce an aerosol that consists of fine particles, many of which contain varying amounts of toxic chemicals.

For parents like Deboer, keeping the line of communication open is a key weapon in keeping kids away from e-cigarettes, says therapist Lisa Baguio, LCSW. "Before talking with your teen about vaping, or any sensitive issue for that matter, educate yourself and make sure you know what you're talking about," she said. "Kids know more than we give them credit for. Be prepared with unrefutable facts and scientific evidence because you can guarantee yourself that your kids will have their own set of facts, which are often false."

Once you have those facts, be prepared to share them during a conversation with your teen. "It's important that parents are open and honest with their

children," said child psychologist Laurie Jones, Psy.D. "You first have to tell them your expectations. For example, 'In our family, we have zero tolerance for e-cigarette or tobacco use of any kind.' You then should explain the dangers and risks involved and make sure that your teen knows that this is not your just opinion, but proven hazards."

A teen might be less likely to engage in vaping if they can connect it to negative consequences that affect them personally, advised marriage and family counselor Joyce McCarry, M.A. "One thing that teens value is their image among their peer group," she said. "If vaping a substance causes bad breath, that will deter a teen from using it. If getting caught vaping means that they are kicked off a sports team, that will be a deterrent."

A parent's best tactic is creating an environment where one's teen feels comfortable sharing information about vaping and working with them collaboratively to find ways to avoid it, says McCarry. "You want your child to let you know if they're vaping or have friends who are doing it," she said. "You can also let them know that if they're ever in a situation where they're being offered an e-cigarette, real cigarettes or drugs or anything dangerous, that they can call you and you will pick them up immediately with no questions asked."

"You also want you to give your child a way to get out of a risky social situation without feeling embarrassed," continued McCarry. "I have a patient whose parents tell him to text them a numerical code whenever he's in a precarious situation with friends. The parents know to call his cell phone and tell him that there's a family emergency and he needs to come home right away. This gives the child an excuse to leave without feeling embarrassed or like he'll be ridiculed for not engaging in risky behavior."

"You also want you to give your child a way to get out of a risky social situation without feeling embarrassed."

— Joyce McCarry, M.A.

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Students in chorus listen to their teacher, Jason McFeaters, a Potomac resident who built the North Bethesda Middle School Chorus from 28 to 287 members in 15 years.

Building a Choral Powerhouse

FROM PAGE 5

much enjoy chorus together. I already do a lot with music – guitar, piano, drums, so, I will say, I’m not sure if I would have stuck with Chorus if Mr. McFeaters hadn’t been the teacher.”

EVERY YEAR, the NBMS chorus has two major in-school performances, along with a handful of local and state competitions.

Get a group of nearly 300 adolescents together, and the odds of harmonious communication are pretty small. McFeaters, however, isn’t the least bit beleaguered in working with middle schoolers.

“I can honestly say that my passion for music, and these kids, has just continued to grow over the years,” he said. “I love what I do. They come in at sixth grade as babies, and then leave ready for high school as little adults.”

By the time McFeaters himself – a Baltimore native – was in middle school, he had already realized that music would forever define his life.

“I was in chorus and I played saxophone in the school band,” he said. “I came from a town that wasn’t very affluent. Not a lot of kids from my school went to college. When it started to show that I was a talented musician, I stuck out like a sore thumb. I quickly realized that it was my ticket. I got a music scholarship for college, and I haven’t looked back. I always knew that music was what I wanted to do.”

After graduating from Johns Hopkins University’s Peabody Conservatory with a Bachelor’s Degree in Music Education, McFeaters went on to earn his Master’s De-

gree in Saxophone Performance from the University of Michigan.

From there, yet before turning NBMS’s chorus into an award-winning group, McFeaters taught college students at the University of Windsor in Canada.

“Then I taught for two years at a middle school in Baltimore,” he said. “That was my first experience with a middle school chorus.”

No one can teach the art of performance better than a performer, and McFeaters fits that bill. In addition to teaching, he plays saxophone professionally. So, when he first got to NBMS and met that original 28-student chorus, he immediately recognized their drive and desire for success.

“There is a rating standard for Maryland school choruses,” McFeaters said. “The best rating a chorus can get is a ‘1,’ for superior. When I came in at North Bethesda, I saw that they had been rated as a ‘2’ for a long time.

Those 28 kids in chorus my first year, they wanted to get that ‘1.’ They were hungry. They did it. That made me realize, ‘I can do anything with these kids.’”

Fifteen years, three children, and plenty of professional musical endeavors later, McFeaters is happy right where he — and the NBMS chorus — is.

“I can’t even think of any particular goals we are striving for because we are already so great now,” McFeaters said. “It’s a big, high-quality thing, I’m just in La La Land and enjoying the ride. I’ll be [at NBMS] for a long time. I’ve had lots of opportunities to go other places, but I’m not going anywhere.”

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What To Right About



By KENNETH B. LOURIE

Today, Jan. 12, 2019 is National Glazed Donut Day and the day after my most recent post-scan appointment with my oncologist. A day when, if I’m lucky – as I have been for the past 10 years – my world will change for the better (donut consumption notwithstanding). However, the ‘world’ to which I refer is one fraught with danger and offers no more guarantees than I’ve been accustomed to.

To invoke the late, great Rod Serling: I am now entering “The Immunotherapy Zone.”

Yes, a brand new – for me – treatment protocol: new drug, new side effects, new frequency, new lifestyle/fewer hassles (potentially), and most importantly: shrinkage (possibly), of my tumors, especially my “Adams Apple” tumor, as I’ve come to nickname the mass just below my Adams Apple (which is sort of bothering me, if you want to know the truth).

The nature of cancer treatment as I’ve experienced it – and learned from my oncologist is – if the drug is working, you continue it until it isn’t (sounds simple I know). When it stops working, you change as the cancer has figured out the drug’s intent. (Cancer cells are smart that way.)

Generally speaking, the cancer drug doesn’t start working (shrinking, stabilizing) after it has stopped working (growing). Over my nearly 10 years, I have switched drugs upwards of a dozen times.

Now, I am switching again: to Opdivo, an immunotherapy drug, a class of drugs that didn’t even exist a decade or so ago when I was first diagnosed, and one that has only been approved for the treatment of lung cancer since 2015. A drug that, to quote the television advertisement: “offers a chance at longer life.”

And so, Team Lourie, two-thirds of it anyway, made the decision to switch and fight. Starting this Friday, I will be infused into the great unknown.

From what my oncologist explained yesterday, aside from the possible benefits, Opdivo has some potentially unpleasant side effects. However, continuing with my present infusion drug, Alimta, now that there’s been some growth, is also likely to produce some unpleasant side effects: growth and movement.

And more growth/movement is the worst side effect, relatively and comparatively speaking. So we chose a definite over a maybe. If we continue with Alimta, there will be growth – definitely (that’s how cancer works). If we opt for Opdivo, maybe there won’t be growth, and maybe there might even be some shrinkage (the good kind).

As for lifestyle changes, there are, according to my oncologist, some quality of life improvements as well, or at least, more weeks in the month when potentially I’ll be less impacted by my disease/treatment. Which along with my quality of life has always been a concern of my oncologist.

And, without getting into the details, I’m ready for a change.

Combined with the possibility of tumor shrinkage and fewer/different side effects (some patients report few side effects from Opdivo), I wouldn’t say switching to an immunotherapy drug was enticing/a “no-brainer,” but it does offer an alternative of sorts. And given where I’ve been treated from and where I’ll be treated now, I am ready for something different.

Changing drugs is always a risk though; it could improve my life or it could make matters worse, a ‘worse’ from which quite frankly I might not recover (do you remember my yo-yo down-the-stairs visual from a few columns ago?). And I am familiar, unfortunately, with some less-than-encouraging accounts of patients not faring so well.

I just hope there’s not a hole in my thinking. Oh wait. That’s a hole in my donut. No worries. I’m happy to buy the donut and I never complain about the hole. That’s the trade-off. I’m hoping, given the potential benefit of Opdivo, I can likewise live/trade-off with side effects.

My philosophy has always been to take the good with the bad – and vice versa, and after almost 10 years of rolling with the punches, I see no reason to change now.

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



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