

Potomac ALMANAC

WELLBEING

PAGE 5

Just graduated from Winston Churchill High School at Constitution Hall: Hannah Wodajo, Aden Ahmad, Emily Feigen, Laura Sneller.

Churchill Seniors Say Farewell

NEWS, PAGE 3

Friedson Waited 15 Years to be Grad Speaker

NEWS, PAGE 2

Wootton Seniors Graduate

NEWS, PAGE 4

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POTOMAC HOMES SOLD, PAGE 6 ♦ ENTERTAINMENT, PAGE 7 ♦ KENNY LOURIE, PAGE 7

PHOTO BY DEBBIE STEVENS

JUNE 5-11, 2019

ONLINE AT POTOMACALMANAC.COM

Meet Your County Council Representative

Andrew Friedson represents Potomac on Montgomery County Council.



Andrew Friedson, County Councilmember.

BY PEGGY MCEWAN
THE ALMANAC

Name: Andrew Friedson,
Member, Montgomery County Council
representing District 1

Party affiliation: Democrat

Age: 33

Residence: Bethesda

Currently reading: Barn Burning Barn Building: Tales of a Political Life from LBJ to George W. Bush and Beyond, by Ben Barnes

Sports and hobbies: still plays in men's [ice] hockey league, enjoys golf and hiking the Billy Goat Trail

Interesting fact: I am the youngest council member ever elected to the council and I represent the oldest demographic.

Andrew Friedson was elected to the Montgomery County Council in November 2018 and seated at noon Dec. 3, 2018. But really, the Council member, representing District 1, which includes Potomac, has been representing Potomac causes since grade school.

Friedson is a life-long Democrat and District I resident. He attended Wayside El-

ementary School, Herbert Hoover Middle School and Winston Churchill High School before going to the University of Maryland, College Park.

He began his advocacy at Wayside while in fifth grade.

He wasn't happy with the safety of his bus ride, he said.

"The bus took a left turn onto Falls Road," he said. "I thought that was an unnecessary risk and that the bus should go back through the neighborhood and take a left onto Glen Road."

He said he asked several times for an appointment to discuss the idea with his principal but never got in. So, the bus continued making the left.

"Eventually there was a crash between the bus and a car at that left," he said.

The bus changed routes after that.

He said the lesson he learned was, "If you see something, say something."

His political "career" continued at Hoover and at Churchill where he was president of the student government.

Friedson said it was just something inside him: being of service and solving issues.

His campaign website said: "Public service has never been a career choice for Andrew. It's always been his calling."

At the University of Maryland Friedson studied political science, government and politics. He served as president of the Student Government and was named outstanding male graduate, receiving the H.C. Byrd Citizenship Award.

Friedson said he worked briefly on the Obama campaign and then ran the campaign of Peter Franchot who was running for Comptroller of Maryland. He later became Franchot's senior policy advisor.

He served as senior policy advisor, deputy chief of staff, and division director for the Comptroller of Maryland, reviewing government contracts to ensure transparency.

He was also appointed by Gov. Larry Hogan to the Maryland Small Business Financing Authority.

"In The summer of 2017, I decided to run for County Council," Friedson said. "I left my job and jumped in full time. The Council is a full-time job and I thought it needed a full-time campaign."

He came out on top in a crowded primary race of eight candidates, getting 28 percent of the vote.

"I took a risk," he said. "To me, public service requires personal sacrifice."

Now on the Council, Friedson serves on the Government Operations and Fiscal

"They don't tell you when you run for student body president that only the senior class president gets to speak at graduation. . . . Turns out, I had to wait a decade and a half, and run for County Council, just to speak at Churchill graduation."

— Andrew Friedson, Potomac's County Councilmember, speaking at Churchill's graduation

Policy Committee and Planning, Housing and Fiscal Policy Committee.

"We are at a crossroads in Montgomery County," Friedson said. "With the costs of keeping the high quality of life, the challenge is to meet those needs in an economy that isn't growing."

The solution, he said, starts and ends with growing the economy, thereby increasing the tax base.

He said he recognizes the problems of affordable housing, transportation and education.

"We solve the housing by building new housing and that is tied to transportation," he said.

As for education, he will work towards getting an increased share of state education appropriations.

In reference to Gov. Hogan's plan to add lanes to 495 and 270, Friedson said the County Council is in general agreement that "We want to focus on the American Legion Bridge and 270 as our first priority for traffic relief."

That includes public trust, he said, and the assurance that the county avoids "Lexis Lanes."

"We share the concerns of many about not taking park or private property," he said.

Overall the Council is going great, Friedson said.

"The best part is that we get along," he said. "We don't agree on every issue, but we work together for collaboration. It should be encouraging for the public to know we work together."

POTOMAC BRIEFS

Community Forum on Policing

County Executive Marc Elrich and Councilmember Will Jawando will host a community forum on policing in Montgom-

ery County on Thursday, June 5, 6-9 pm, in the John F. Kennedy High School auditorium, 1902 Randolph Road, Silver Spring.

County residents will be encouraged to share their experiences and concerns about current policies and actions and to identify

SEE BRIEFS, PAGE 4

WWW.CONNECTIONNEWSPAPERS.COM

Dementia Caregiver Support Group

Facilitated by Andrew Ryan
Alzheimer's Association, National Capital Area Chapter

Held the Third Tuesday of Each Month
3:00 pm to 4:30 pm

Caring for a loved one living with Alzheimer's disease or a related dementia can be very challenging and can often leave you feeling overwhelmed. Arden Courts of Potomac wants to let you know that you are not alone.

OBJECTIVES

- Discover how other family members and caregivers have addressed challenging situations
- Find out valuable caregiving tips from other caregivers
- Get the extra guidance and support you may need from others who are in a similar situation
- Decrease your caregiving stress and improve your well-being

WHO SHOULD ATTEND

Caregivers, family members or friends of those who are living with Alzheimer's disease or a related dementia are invited to attend.

Call (301) 983-3620 or e-mail Potomac@arden-courts.com for more information.

In the event of inclement weather, if the Montgomery County Schools are closed, our group will not meet.



Arden Courts
Memory Care Community

10718 Potomac Tennis Lane • Potomac, MD 20854
(301) 983-3620 • Potomac@arden-courts.com



Jerry Shan and William Chan have a minute together after Winston Churchill High School Graduation.



TJ Richardson, Uriel Zeitz and John Mbeng enjoy the beautiful weather after a beautiful graduation ceremony at DAR Constitution Hall.

PHOTOS BY DEBBIE STEVENS

More than 550 Graduate from Churchill

Advice: Make the choice every day to be good and to see good in yourself and others.

“Fifteen years ago, I was sitting where you currently sit. Literally, in one of those chairs,” said Churchill alum Andrew Friedson to the graduating Churchill class of 2019 on Tuesday, May 28, at DAR Constitution Hall. “They don’t tell you when you run for student body president that only the senior class president gets to speak at graduation. ... Turns out, I had to wait a decade and a half, and run for County Council, just to speak at Churchill graduation.”

Here is the rest of Friedson’s commencement speech:

And I’m truly thankful for the opportunity to be here.

Churchill is a special place. It helped mold me into who I am today, and when you look back, I’m sure it will have done the same for you. But it can be a tough place, too. It comes with pressure. With expectations. With seeing peers as competitors, often, before seeing them as collaborators.

Up to this point in your life, everything has been about achievement. Your grades. Your advanced placements. Your test scores. Your college acceptance. Your sports teams. Your extracurriculars. You’d be forgiven if you felt like a walking Yelp rating – judgments about you courtesy of others. A star rating across your forehead focused on what you are, rather than who you are.

It isn’t just in high school, either. It’s all around us. We live in a world of Instagram and Facebook, Snapchat and Twitter. Social media platforms that certainly have their benefit and their value but exacerbate this obsession with public appearances above



Ebakodibo Thomas, outside Constitution Hall, has just graduated from Churchill.



Hyejin Nicole Park outside DAR Constitution Hall after Winston Churchill HIGH School graduation.

personal depth.

Competing over moments, rather than sharing in them. Capturing moments for others to see, rather than being in the moment ourselves.

Defining ourselves not as people, but as profiles.

Defining our experiences not by enjoyment, but by likes.

Defining our friendships not by quality, but by quantity.

(Now don’t get me wrong. I’m counting

about 3,000 potential Facebook friends in the audience here, and obviously be sure to tag me in your Instagram story!)

But in all seriousness, this virtual world can quickly replace our sense of reality, and the pressure of these broader expectations can take away some of our basic humanity.

Soon, the pressure you felt to give colleges exactly what they want on your applications will be replaced by a similar feeling to give employers what they want with the perfect LinkedIn profile or the ideal re-

sume. It’s easy to be consumed by this endless pursuit of what is expected from and for you. A never-ending race of resume bullets. An accumulation of flashy awards, but nothing that is truly rewarding.

Graduation is an important day in your life. Not just because of what you’ve done, but even more so, because of who you’ve become. Not just because of the likes your posts today will receive, but because of the lessons you learned, with and from whom

SEE CHURCHILL GRAD. PAGE 5

POTOMAC BRIEFS

FROM PAGE 2

future priorities they want to see for a new police chief.

Attendees will be invited to participate in a live, interactive survey. Anyone who can't attend can provide feedback via an online survey that will close at 9 a.m. on Monday, June 10.

C&O Canal, Before and After the Civil War

Great Falls author Mike High will discuss his book about Great Falls, the Potomac River and the Chesapeake & Ohio Canal on Saturday, June 8 at 11 a.m. at historic Smith Chapel, 11321 Beach Mill Road, Great Falls, Va. An avid biker, High will outline highlights from *The C&O Canal Companion*, a guide to the history of the region along the 185 mile canal, including local experience of slavery and emancipation, impact of the railroads and industrialization, as well as his recommendations for recreational uses. The public is invited, including children; light refreshments will be served. The program is free, but pre-registration is suggested, as seating is limited. To register, go to <http://www.smithchapelumc.com>

Smith Chapel United Methodist Church, 11321 Beach Mill Road, Great Falls, VA 22066. Office 571-434-9680

More Airplane Noise for Bethesda, Potomac and Cabin John?

At a recent meeting with the Reagan National Airport community noise working group, the Federal Aviation Administration proposed a new procedure for landing airplanes at the airport that could mean increased noise from further concentrating aircraft over Bethesda, Potomac and Cabin John neighborhoods close to the Potomac River.

The FAA announced its plan to implement a GPS-based procedure that would require the pilot to turn navigating the plane into a landing over to a computer, based on pre-determined geographic positioning points. FAA announced an implementation date of Aug. 15, 2019. A similar channelized procedure for departures went into effect in 2015 is already in place for departures from the airport. Also in 2015, the FAA eliminated an arrival procedure over Northern Virginia increasing air traffic over Montgomery County by 60-70 percent. Ken Hartman, Director of Bethesda-Chevy Chase Regional Services Center, is a member of the noise working group. Since 2015, the Community Working Group has offered 13 recommendations to the FAA for reducing aircraft noise. To date, none have been implemented.

About Those Scooters ...

With dockless bikes and e-bikes having been tested and enjoyed in several areas of Montgomery County, MCDOT announces the expansion of the program to a broader portion of the County, while also testing the introduction of dockless e-scooters. MCDOT will conduct a demonstration project for six months with an option for extension. Lyft will provide e-scooters in the East County Service Area; Bird will provide e-scooters in the West County Service Area; and Lime will provide both e-bikes and e-scooters in both Service Areas. All vendors require that riders be at least 18 years old with a valid driver's license.

On June 1 in Rockville and Silver Spring, the companies held the first of their required monthly training sessions on e-scooters. MCDOT encourages all e-scooter and e-bike riders to attend one of the free public training sessions and to wear a helmet when riding. Sidewalk riding of e-scooters and e-bikes is prohibited.

Users won't be limited to county streets. Montgomery Parks will also permit the use of e-bikes and e-scooters on certain Montgomery Parks hard surface trails including Rock Creek Trail, Sligo Creek Trail up to the Prince Georges County line, Matthew Henson Trail, Long Branch Trail and Northwest Branch Trail (the paved portion south of I-495, up to the Prince Georges County line).

General feedback about the demonstration project or about a specific company participating in the project is welcome.

Send an email to mcdot.commuterservices@montgomerycountymd.gov, or contact MC311 online or by calling 311 from within Montgomery County or 240-777-0311 from outside the County, Monday through Friday from 7 a.m. to 7 p.m.

WELLBEING



PHOTO COURTESY OF NORTHERN VIRGINIA THERAPEUTIC RIDING PROGRAM

Equine Therapy can be used to treat those with PTSD, says Olivia Taylor of the Northern Virginia Therapeutic Riding Program.

PTSD: Recognizing and Healing

During PTSD Awareness Month, clinicians work to raise awareness, treatment options.

BY MARILYN CAMPBELL

“They took all my clothes and made me walk naked for two days so I couldn't escape,” said one woman. “They kill people over nothing,” said another.

These are the descriptions from Latina immigrants of their experiences as they were smuggled from Mexico to the United States. These women and others like them often experience rape, assaults, and gun violence, said Carol L. Cleaveland, PhD, Associate Professor of Social Work, George Mason University.

In a recent paper, “An Exploratory Study of Latina Immigrant Trauma,” she and co-author Cara Frankenfeld, PhD, also of George Mason University, spoke with patients at Mason and Partners Clinic in Springfield, Falls Church and Manassas Park who described events that often left them with Post Traumatic Stress Disorder (PTSD). During June, which is PTSD Awareness Month, mental health professionals are working to raise public awareness of the disorder and a knowledge of the treatments available to those who suffer.

There is often a lack of understanding which makes it difficult to identify said Cleaveland. “PTSD is a shift in how people think, feel and behave in response to a traumatic event they experience. It's something that induces profound terror,” she said.

“[Symptoms include] intrusive thoughts and memories of the traumatic event, such as thinking about the event when you don't want to, having flashbacks or having a strong emotional reaction to a something that reminds you of the trauma,” said Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College.

A person experiencing PTSD might avoid people or experiences that remind them of the trauma, said Bagshaw. “You [can experience] negative thinking about yourself and the world, such as having traumatic expectations or detaching from relationships.”

Managing and healing even severe symptoms is possible with the right strategies. “There are several

very good treatments for trauma,” said Bagshaw.

Among these healing methods is Cognitive Behavioral Therapy (CBT), a form of psychotherapy that teaches how to cope with dysfunctional emotions, behaviors, and thoughts. Another therapy is Eye Movement Desensitization Reprocessing (EMDR) which involves a patient briefly focusing on the traumatic memory under the guidance of a trained clinician and ultimately experiencing relief.

“There is research which shows EMDR is highly effective in desensitizing the trauma,” says Cleaveland.

Therapeutic riding is an emerging therapy that has not been studied extensively for PTSD. “[It] is teaching people to ride and work with horses with the goal of improving their physical or mental well-being,” said Olivia Taylor, Program Director of Northern Virginia Therapeutic Riding Program (NVTRP). “One of the biggest benefits we see for our riders with PTSD is that riding puts them in

the moment, focused on creating a bond with their horse. They're not thinking about past events or being hypervigilant, but feeling peaceful in the moment.”

For those who have strained interpersonal skills related to trauma, such as the ability to trust others, therapeutic riding provides a safe space for working on that proficiency, Taylor said. “Horses are empathetic, non-judgmental creatures, so therapeutic riding provides a great opportunity to work on building a trusting relationship with another living being,” she said.

As an example, Taylor points to one NVTRP rider who suffers from debilitating and life-disrupting anxiety resulting from PTSD. “Over several weeks of riding, she has developed a very strong bond with the horse she rides,” says Taylor. “They share an especially close relationship, and she credits the trust she has in him with her ability to overcome her fears of riding and progress more than she'd ever imagined. We find that this sort of trust and openness to an empathetic relationship carries over into riders' lives beyond the farm, helping them to rebuild healthy lives.”

“It's important for people with PTSD to have hope because they can get better.”

**— Carol L. Cleaveland,
George Mason University**

Churchill Grad

FROM PAGE 3

you learned them, and how you got to this seminal moment in your life.

Take a moment. Take a breath. Reflect on that.

They call this a commencement for a reason. It's the start of a new chapter of your life. For perhaps the first time, no one is in control of your story but you. My challenge for you today is to make a commitment – to define yourself by your own wants, needs, and values rather than allowing yourself to be defined by the expectations of others.

At Churchill, there is pressure to be great. I know it because I've felt it. I've lived it. I've put it on myself.

But if I've learned anything in these past 15 years, it's that greatness is relative. It's temporary. To be great at something is merely to be superior to others. What is great to you today, may not seem great to you tomorrow. What's great to one, may not be great to others.

Being great is measured by how you compare to others. But life is more than an endless competition to be better than those around you.

Don't just define your life on being great. It's far more meaningful to be good. A good person. A good friend. A good colleague. Being good is determined by how you treat others. So focus on treating them well.

First and foremost, though: Be good to yourself.

Take time to find out who you are. What do you care about? Why do you care about it? Once you learn who you are, be who you are, accept who you are, and love who are. Our greatest strengths can be our worst weaknesses, and our worst weaknesses can be utilized as strengths. Don't focus on fixing all your flaws. Focus on being keenly aware of them. The key to a successful life isn't to change who you are – it's to know who you are.

Beyond yourself: Always be good to family and friends.

There is nothing better than a loyal friend and there is no replacement for family. Hug them today. They helped you get here. Thank them for putting up with you, for pushing you, and for getting you to this special moment.

Life is a roller coaster. It will have ups and downs, triumphs and disappointments. You can't control what they'll be and when they'll happen. But what you can control is who you surround yourself with for the ride. Hold them close and cherish them – on happy days like today, and on tough days. You'll need them, and they'll need you, too.

These deep personal relationships are truly the only

rating, the one meaningful measurement of a life well lived. It's through loved ones, not your resume, that you will ultimately be remembered.

Beyond friends and family: Be good to everyone around you.

Life is unpredictable. You can't know where you'll be when you'll need help.

Be good to people generally, and people will generally be good to you. Offer a friendly smile to a stranger. Sit next to someone who's alone. Offer help to someone in need. You never know the difference a small gesture could make in someone else's life, or when you'll need a small gesture to make a difference in yours.

The pressure to always be great is a heavy burden. You'll be amazed how much of that load is lifted if you focus your energy not on competing with the people around you, but on building camaraderie with them. You'll see how you view people around you differently when you emphasize what makes them good, not whether they've achieved greatness.

Before I conclude, I'd like to mention a Winston Churchill line from early in his career in 1908. He said:

"What is the use of living, if it be not to strive for noble causes and to make this muddled world a better place for those who will live in it after we are gone?"

In a few moments, you will get your diploma, received for the relative greatness you've achieved here. It will end one chapter in your life, and begin a new one. The first new day of your forever.

Thanks to this great MCPS education, your families, your friends, your teachers and mentors, the first few chapters have been scripted. The rest of the story now is yours.

What do you want it to say? How do you want to leave the world a better place?

My hope is that your story will be focused on goodness above greatness, on what you want to give with your life, not just what you want to get out of it. Make your story about giving and you will always appreciate living.

Being great is an outcome. Being good is a choice. Make that choice every day, to be good and to see good – in yourself and others. If you do that, your story will be fulfilling and meaningful – and trust me: there is no greater achievement in life.

Source: Text of commencement speech by Andrew Friedson, County Councilmember, at DAR Constitution Hall to Winston Churchill High School graduating class of 2019.

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A special event...

Bob Levey, on his years at WaPo, and his new book, "Larry Felder, Candidate"
\$10 for non-members; apply it to your membership when you join by June 30

Thursday, June 20, 7 – 9 pm

**Potomac United Methodist Church,
9908 South Glen Road, Potomac**

**Details at 240-221-1370 or
www.PotomacCommunityVillage.org**



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Mount Vernon Gazette
Potomac ALMANAC
CENTRE VIEW

You can read any of this week's 15 papers digital editions here:
www.ConnectionNewspapers.com/PDFs

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6/5/19.....Wellbeing
6/12/19.....Father's Day Dining & Gifts
6/12/19.....HomeLifeStyle
6/19/19.....A+ Graduations & Summer Education
6/26/19.....Senior Living:
Connection Families: Summer Life

July

7/3/19.....Wellbeing
7/10/19.....HomeLifeStyle
7/17/19.....A+ Camps & Schools

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Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

March, 2019 Sales, \$655,000~\$745,000

IN MARCH 2019, 46 POTOMAC HOMES SOLD BETWEEN \$2,150,000-\$545,000.



7 9223 Orchard Brook Drive
— \$660,000



8 9204 Gateway Terrace
— \$655,000



1 12018 Devilwood Drive — \$745,000



2 7720 Whiterim Terrace
— \$726,000



6 11201 LONG PINE TRL



5 10945 Whiterim Drive
— \$700,000

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 12018 DEVILWOOD DR	4	3	1	POTOMAC	\$745,000	Detached	0.21	20854	REGENT PARK	03/13/19
2 7720 WHITERIM TER	3	4	1	POTOMAC	\$726,000	Townhouse	0.06	20854	FAWSETT FARMS MANOR	03/14/19
3 9 WANDERING TRAIL CT	4	2	1	POTOMAC	\$716,000	Detached	0.24	20854	FOX HILLS WEST	03/08/19
4 11803 PRESTWICK RD	4	2	1	POTOMAC	\$715,000	Detached	0.20	20854	HIGHLAND STONE	03/28/19
5 10945 WHITERIM DR	3	2	2	POTOMAC	\$700,000	Townhouse	0.04	20854	FAWSETT FARMS MANOR	03/26/19
6 11201 LONG PINE TRL	5	3	0	POTOMAC	\$699,000	Detached	0.56	20854	WILLOWBROOK	03/01/19
7 9223 ORCHARD BROOK DR	4	2	1	POTOMAC	\$660,000	Detached	0.24	20854	POTOMAC COMMONS	03/28/19
8 9204 GATEWATER TER	3	3	1	POTOMAC	\$655,000	Townhouse	0.05	20854	FALLSBERRY	03/01/19

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ENTERTAINMENT

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

ONGOING

Art Exhibit: "Dialogues." Through June 8, gallery hours at Waverly Street Gallery, 4600 East West Highway, Bethesda. In his new exhibit, Cristian Ianculescu explores space as a medium for communication. His works use distance, posture, and rhythm to create volumes which facilitate or inhibit interactions. The intimate scale of the work allows the viewer to exercise the freedom of an outside observer, and maintain a god-like detachment. Visit www.waverlystreetgallery.com for more.

FRIDAY/JUNE 7

Submission Deadline. VisArts, 155 Gibbs Street, Suite 300, Rockville. Frame & Frequency is an ongoing International Video Art Screening Series presented by VisArts that highlights artists whose new media, experimental film, and video works explore contemporary visual culture, and presents an intimate panorama of the variety and breadth of video art in artistic practice today. Video, sound art (up to 8 channels), film, and new media work will be accepted: experimental, documentary, animation, narrative, non-narrative, multimedia, virtual reality, augmented reality, net art, interactive media, etc. All foreign language moving image artworks must have English subtitles. \$5 submission fee. Visit www.visartscenter.org.

Casual Concerts at Glen Echo. 7:30 p.m. at Washington Conservatory of Music at Glen Echo Park, 7300 MacArthur Blvd., Bethesda. Mayumi Pawel, violin and Jaewon Lee, piano, perform music from Japan, Czechia, Argentina. Each concert date will correspond with an Art Walk in the Park, an evening of open studios and artist talks organized by the Glen Echo Park Partnership for Arts and Culture. Admission is free, and donations are welcome at the door. Visit washingtonconservatory.org or call 301-634-2250.

Swing Dance With Big Bad Voodoo Daddy. Beginner lesson, 8-9 p.m., dance, 9-11:30 p.m. at the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Big Bad Voodoo Daddy continues its decades long mission to celebrate and revitalize jazz and swing music—America's original musical art form—and bring joy to audiences around the world. All ages welcome, no partner needed. Band plays two sets. \$30 through June 6 at 5 p.m.; \$40 after and at the door. Tickets at glenechopark.org/DanceTickets.

Pianist: Neville Dickey. 8-11 p.m. at Calvary Lutheran Church, 9545 Georgia Ave., Silver Spring. Neville Dickey, amazing stride pianist from England performs with the Classic Conservatory Jazz Band. This is a rare event. Students are free; PRJC members \$20; others \$25. Email labeaver1@verizon.net for more.

SATURDAY/JUNE 8

Library Book Sale. 10 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Come for the monthly Potomac Friends of the Library Book Sale featuring books, DVDs, and more available for children, teens, and adults. All are welcome. Call 240-777-0690 or visit montgomerycountymd.gov/library/branches/potomac.html for more.

Potomac Conversation Club. 11 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Practice English conversation in a friendly and relaxed setting. New members are always welcome. Adults, seniors. No registration; join any time. Call 240-777-0690 or visit montgomerycountymd.gov/library/branches/potomac.html for more.

Strathmore's Bloom Concert Series: Christie Dashiell. 6 p.m. at Good Hope Neighborhood Recreation Center, 14715 Good Hope Road, Silver Spring. The concerts are part of a collaboration and partnership with Montgomery County Recreation and Strathmore. The concerts are free and family-friendly. Reserve tickets at www.strathmore.org. Visit MoCoRec.com for more about Good Hope.

SUNDAY/JUNE 9

Jazz and Jam. 2:30-5:30 p.m. at Normandie Farms Restaurant, 10710 Falls Road, Potomac. Conservatory Classic Jazz Band open and closes the music with a Jam session in the middle.

www.CONNECTIONNEWSPAPERS.COM



Swing Dance With Big Bad Voodoo Daddy

Big Bad Voodoo Daddy continues its decades long mission to celebrate and revitalize jazz and swing music—America's original musical art form—and bring joy to audiences around the world. All ages welcome, no partner needed. Band plays two sets. Friday, June 7, beginner lesson, 8-9 p.m., dance, 9-11:30 p.m. at the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. \$30 through June 6 at 5 p.m.; \$40 after and at the door. Tickets at glenechopark.org/DanceTickets.

Anyone can jam and everyone has fun. Free for students and jammers; \$10 for others. Email labeaver1@verizon.net or visit PRJC.org for more.

World Folk Music Association Showcase. 7 p.m. at Positano Ristorante Italiano, 4948 Fairmont Ave., Bethesda. Barbara Martin with Lynn Hollyfield and Eli Levy. \$15 WFMA members, \$20 non-members. Pay at the door, credit cards accepted. Visit wfma.net/prshowcase.htm

9th Annual Photo Slam. 7-9 p.m. at Busboys and Poets, 14th and V St. NW. After continuing to draw a capacity crowd to Busboys and Poets as for the past eight years, the Photoworks Photo Slam returns this year in conjunction with the ClickDC photography celebration. This event is limited to 30 Photo Slammers who will face off with projected portfolios in front of a live audience. Entries are \$25 and there is a \$20 suggested donation for spectators. For full details on how to submit for this year's Photo Slam, visit glenechophotoworks.org.

MONDAY/JUNE 10

"The Best of Times." 7:30 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. ArtStream and The Maryland Cabaret present "The Best of Times." The title reflects a theme of looking at yesterday, today and tomorrow, replete with the actor's myriad joys and sorrows. Performers: Jonathan Feifer, Aaron M. Hyndman, Denise M. Green, Adam McCrensky, Leslie E. Moore, Charles A. Outlaw, and Justin N. Turner. Visit www.ampbystrathmore.com or www.artstream.org for more.

TUESDAY/JUNE 11

Teen Writers' Club. 6:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Teens ages 13-18 with a passion for writing are invited to join the Teen Writers' Club. Learn new writing techniques, get practice in different writing exercises, share work, and learn how to critique the work of others. Author Neal Gillen leads the club, which meets on the 2nd and 4th Tuesday of each month. Made possible through the collaboration and support of the Maryland Writers' Association. Call 240-777-0690 or visit montgomerycountymd.gov/library/branches/potomac.html for more.

JUNE 12-JUNE 26

Bicycle Pump Track. Open dawn-dusk in Elm

Street Park, Bethesda. Adults and children can take turns on the track to learn how to ride on a pump track or to simply fine tune their bicycle skills. Call 301-215-6660 or visit www.bethesda.org.

THURSDAY/JUNE 13

Appetizers and Art. 5:30-8 p.m. Meet at Silver Branch, 8401 Colesville Road, Silver Spring. Learn about Silver Spring's public art with free artwork tours on select Thursday evenings during spring and summer 2019. Montgomery Planning will provide appetizers for attendees. Drinks and main entrees are available for individual purchase. The art walk is free; however, registration is limited. Visit www.silverpringdowntown.com/art-walk-tour to sign up.

FRIDAY/JUNE 14

Submission Deadline. Photoworks Gallery announces a Call for Entries for "Worlds Apart," their 2019 Juried Youth Photography Contest and Exhibition.

Young photographers and students are encouraged to submit their work, and their perspectives, to this year's show. This competition seeks to identify that which makes us all the same, and all so different. Designed for students of photography aged 18 and under. Past year's selected photographs have been taken by students as young as 10. Visit glenechophotoworks.org for entries.

SATURDAY/JUNE 15

Bringing Literature to Life. 10:30 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Chris Fascione acts out children's library stories and poems, motivates kids to read, and leaves everyone laughing as he brings literature to life. This is a summertime program for children of all ages and their families. Free. Call 240-777-0690.

SATURDAY-SUNDAY/JUNE 15-16

Shrek the Musical Jr. Saturday, 4 and 7 p.m.; Sunday, 1 and 4 p.m. at the Randolph Road Theater, 4010 Randolph Road, Silver Spring. Bravo Productions presents Shrek the Musical Jr. Shrek (Evan Gerstenblith) and Donkey (Sofie Pileggi - double cast with Alina Miller) are on a quest to rescue a princess and find true acceptance. Visit www.bravoproductions.org for more.

From Weak To Week



By KENNETH B. LOURIE

For the next six weeks or so until mid-July when my bi-monthly CT scan reminder arrives in my inbox, I am on easy street/living the life of Riley. The email will confirm time and place when scans – and face-to-face appointments with my oncologist, are scheduled. Reminders which I really don't need.

I mean, my life is at stake here. What kind of moron ("Why? Are there more than one kind?" to quote Curly Howard of The Three Stooges.) forgets/neglects medical appointments related to one's life when death is looming?

And death for me has been looming since late February 2009. That's when an (now my) oncologist dropped the figurative hammer on Team Lourie after a nearly two-month pursuit to determine the truth for just us: "Non-small cell lung cancer, stage IV," with a "13-month-to-two-year" prognosis.

Talk about devastating news. To say we were all stunned does a disservice to the word "stunned."

To invoke Yoda from "Star Wars," speechless we were.

That was a long time ago, however, and much has occurred. The details of which are somewhere between being lost in the ether and lodged in my brain, generally retrievable should the need arise. A need which I often have when writing this column but one which doesn't manifest itself too much in my daily activities.

Yes, I have cancer, but I try not to make a big or central thing about it. To say, "It is what it is" isn't meant to trivialize the overwhelming nature of a "terminal diagnosis;" it's more an attempt to compartmentalize it somehow. (I just hope the compartment has an infinite amount of space. Otherwise, I fear I'll be in trouble fairly soon.)

But not for the next six weeks. For the next six weeks, I am on cruise control. I will be going about my regular business without too much emotional interference.

I wouldn't exactly say I'm on cruise-control/"passenger" in a self-driving car, but I am able to function without consulting the manual.

This "honeymoon" is as good as it gets for a patient whose life is lived from one diagnostic scan to the next, not knowing, generally, if the you-know-what has hit the fan. It's the sword of Damocles on steroids.

But what else is new?

For a cancer patient? Not much.

This is the life, a life which for us fortunate few, we have to live, despite the initial words to the contrary spoken by our respective oncologists – who were consulting the manual: If patient "X" presents with such and such then his/her prognosis is so-so.

Just last week, my oncologist told me the average life expectancy "for lung cancer patients is one year." And even though I've lived an unexpected life – and met many others who likewise have lived beyond expectations, his assessment of my fellow lung cancer "diagnoses" was still horrifying. (Why not me? I think there's been a misspelling somewhere.)

Misspelling or not, I'll go on pretending life in the cancer lane, as bumpy and in as need of repair as any you can imagine – or have read about in this space, goes on without further adieu, so to speak.

My philosophy has been: "Until they tell me otherwise, and even if they do ... " I have tried, and hope I will continue to try, especially if the future news is not so good, to not become a victim of my own circumstances. And though I have occasionally received some discouraging news, I have tried not to give in to it.

"It's nothing until it's something and even if it's something, it's still could be nothing." That's how I roll.

For the past 10 years plus, I've rolled along managing the "slings and arrows" of my outrageous misfortune: a life-long non-smoker with no immediate family history of cancer diagnosed with an incurable form of lung cancer.

Lucky me. You bet I am.

Alive and reasonably well a decade after the hammer came down.

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

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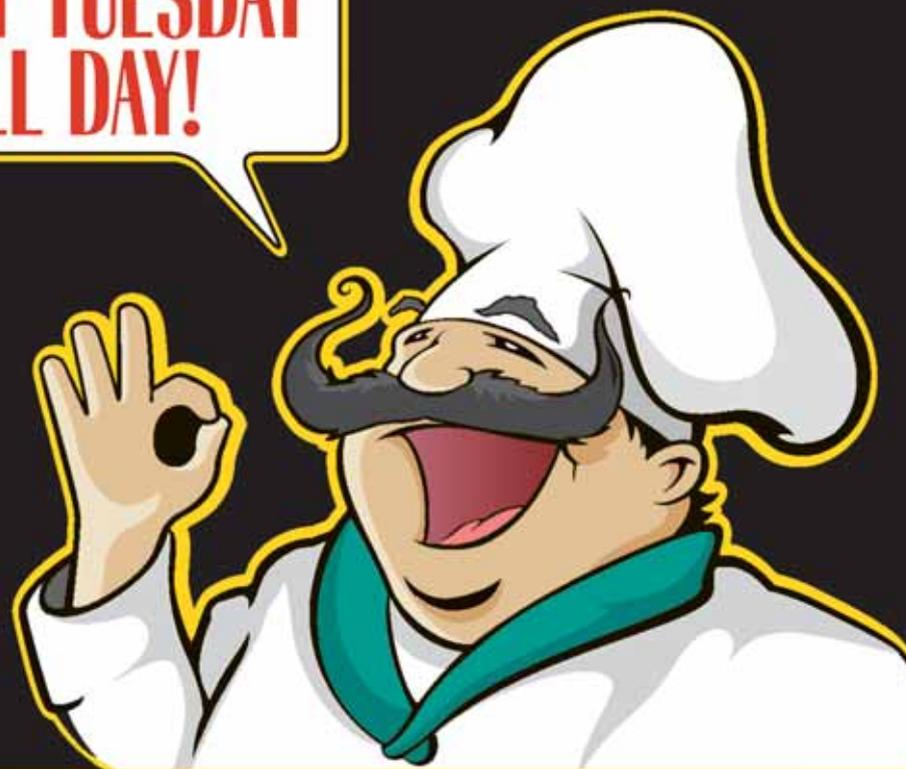
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