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Potomac ALMANAC

Mira Cooper and Lightning
were competing in the Stall
Decorating Contest at the
Potomac Horse Center.

A+
PAGE 5

Equine Holiday Party

PAGE 4

Slow Down the Fast Track Widening 495

PAGE 3

Holiday Greenery At the Library

PAGE 4

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HOLIDAY ENTERTAINMENT, PAGE 6 ♦ KENNY LOURIE, PAGE 7

PHOTO BY DEBBIE STEVENS

DECEMBER 18-24, 2019

ONLINE AT POTOMACALMANAC.COM

NEWS

Poole's Store to Have New Occupant

Tenant for refurbished Seneca Store announced.

BY PEGGY McEWAN
POTOMAC ALMANAC

Montgomery Parks announced the proposed tenant for Seneca Store, known locally as Poole's Store, Dec. 12.

Scott Whipple, project manager for the rehabilitation of the building announced the lease for the use of the store was awarded to Mickey Day of Farm and Home Supply, an independent Southern States supplier.

In awarding the contract to Farm and Home, Montgomery Parks fulfilled its goals to create a working store at the location and create a heritage destination.

This building has been a general store since 1901, according to Whipple.

"The last proprietors, the Poole family, provided a convenient supply of feed and specialized goods and services to local equestrian, hunting, and farming communities in the Poolesville area and throughout the Agricultural Reserve for more than 40 years," he said.

A handful of local residents attended the announcement ceremony, and all seemed happy with the choice of tenant.

Marilyn Poole and her sister Joann Clements have worked at the store since they were teenagers, helping their parents. They continued with Farm and Home Services, running the feed and grain business from the warehouse on the property during the renovation of the store.

"I'm excited to have indoor plumbing," Clements said.

Whipple said he did not know when the store will be open for business as details of the lease



PHOTO BY PEGGY McEWAN

Mickey Day, second from right, from Farm and Home Services, with his parents, Joann Clements and Marilyn Poole on Dec. 12 when Montgomery County Parks announced that Farm and Home Services will be the tenant at the newly refurbished Seneca Store.

have to be worked out.

"I'm so excited to be back in this store," Day said. "We plan to bring it back to what Poole's Store used to be."

Day said he took over the Farm and Home Supply business from his father in 2010. His father started in 1952.

After the meeting, where Whipple introduced several members of the reconstruction team, including archeologist Heather Bouslog, who told the audience about some of the finds her team made when excavating what was once a mill stone pit. Information on the excavation can be found on the Seneca Store website.

As the meeting ended, people shared their Poole's Store memories.

"This store has been in my life

65 years," Barbara Jackson, who lives nearby, said. "My family has been buying things, food, etc., because it was the closest store. You had to go to Rockville. ... I'm glad it's back."

Maryland-National Capital Park and Planning Commission Montgomery Parks acquired the Seneca Store and adjacent Upton Darby miller's house in 1976. The rehabilitation project began in August 2018 and culminated in a ribbon cutting ceremony Oct 2019.

Comments may be submitted online at montgomeryparks.org/projects/public-input from Dec. 13 - 20, or directed via phone or mail to: Scott Whipple, Scott Whipple, Project Manager II, M-NCPPC, 8301 Turkey Thicket Dr., Gaithersburg, MD 20879 301.670.8063

Growing a Social Network

Potomac Community Village seniors and Churchill teens plan intergenerational lunch.

BY PEGGY McEWAN
POTOMAC ALMANAC

23 at Potomac Community Center.

"It's all about making connections," Dita Smith, PCV Volunteer Chair, said. "Seniors stay linked with our local community, and teens can learn from, and connect with, other community members."

SEE SOCIAL NETWORK, PAGE 7

WWW.CONNECTIONNEWSPAPERS.COM

After a successful gathering in August, members of Potomac Community Village and local teens will hold a second get together Dec.

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Trying to Slow Fast Tracking the Toll Lanes

How will Potomac environment, houses and land be impacted?

By Ken Moore
The Almanac

Governors Larry Hogan (R-Md.) and Ralph Northam (D-Va.) pledge their plan for the widening of the American Legion Bridge and privatized toll lanes won't require much disruption to Potomac neighborhoods at all.

Beware said leaders of West Montgomery County Citizens Association. "This is an immediate threat to all of those who live anywhere near where the new lanes will be built," said Susanne Lee, president of West Montgomery.

Find a link to the map at www.cabe495.com.

West Montgomery hosted its regular meeting at the Potomac Community Center last week to alert the public on the potential project that the governors are attempting to fast track before the General Assembly begins its 2020 session on Jan. 8, 2020.

"Have we learned nothing since the Bridge was built and the Beltway opened over 50 years ago," said Lee.

"Study after study documents that where new roads are built or old ones expanded,

they just encourage more driving and more development and are soon filled to capacity," said Lee.

Brad German, co-chair of Citizens Against Beltway Expansion, urged West Montgomery members and Potomac residents to get involved. "What we need is transparency, transit and taxpayer protection in the cause of congestion relief," said German,

CABE is holding a civic rally at the Silver



traffic has grown 390 percent since the bridge opened in 1962, with 235,000 vehicles using it daily. More than 40 percent of the region's population travels this segment of the Capital Beltway, and the region expects to grow by another 1.2 million people by 2040."

ENVIRONMENTALISTS have "grave concerns" over the proposal.

"It is unlawful to proceed in securing implementation partnerships and contracts without completion and consideration of Environmental Impact Studies and related mitigation," said Audubon Naturalist Society Executive Director Lisa Alexander, Potomac Conservancy President Hedrick Belin, and Rock Creek Conservancy Executive Director Jeanne Braha.

They called Hogan and Northam's pitch and plan announced on Nov. 12, 2019 "a flawed process."

"We encourage you to refrain from rushing the process until the appropriate procedures are followed, the environmental impacts

studied and alternatives to vehicular transit are seriously considered," they wrote in a joint letter to the governors on Nov. 15, 2019. "We ask you to fulfill your legal obligations and give full consideration to these important environmental and quality of life concerns."

MONORAIL WOULD BE a different, effective and more environmentally friendly solution, said Robert Eisinger, president of the High Road Foundation, who advocates transportation alternatives.

"When you get a transit mode that is reliable, people are going to use it," Eisinger said at the West Montgomery meeting.

Eisinger explained his pitch for monorail to be implemented first from Frederick to Shady Grove, then to Bethesda, and possibly down the road. Construction can mostly be done offsite, it takes less time to build, rails would be implemented into the existing right of way, and it's more cost effective, he said. "On this particular segment of 270, this is a no brainer," he said. "If we can build it in this segment, it's going to go into other places."

Byron Bloch, a West Montgomery member and an auto safety expert who listened to Eisinger's alternative, lived through the widening of highways in Los Angeles.

"I saw the incessant widening of more and more freeways and it was strangling us. It has encouraged more traffic on the widened roadways and it is insane," he said

"I want to fight for the monorail system. I fully support this. We need this," said Bloch. "It is much more intelligent than paving the way for much more vehicles and asphalt. For our present and future generations, this is the way to go."

"Study after study documents that where new roads are built or old ones expanded, they just encourage more driving and more development and are soon filled to capacity."

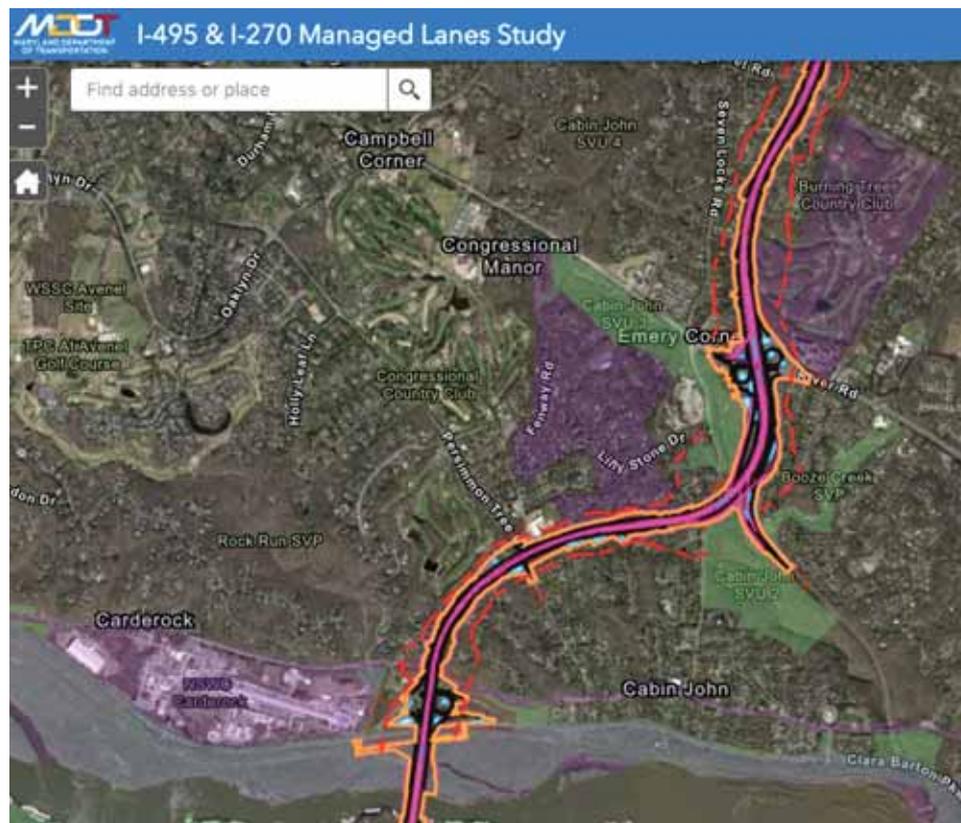
Spring Civic Center on Monday, Dec. 16, after the Almanac's presstime, to try to stop the \$14 billion project.

"Demand the release of origin and destination data, traffic and revenue projections, and other environmental and fiscal impact data needed for a fair and independent analysis of the governor's proposal," said German.

BUT CONSTRUCTION COULD BEGIN in 2021 if the governors successfully implement their plan for widening the bridge and privatizing toll lanes.

The project would replace the existing lanes in each direction across the Potomac River and add two new toll lanes in each direction for approximately three miles between the George Washington Memorial Parkway in Virginia to the vicinity of River Road in Maryland, according to Hogan and Northam.

"The American Legion Bridge has been operating beyond its capacity for nearly four decades," said Hogan and Northam. "Daily



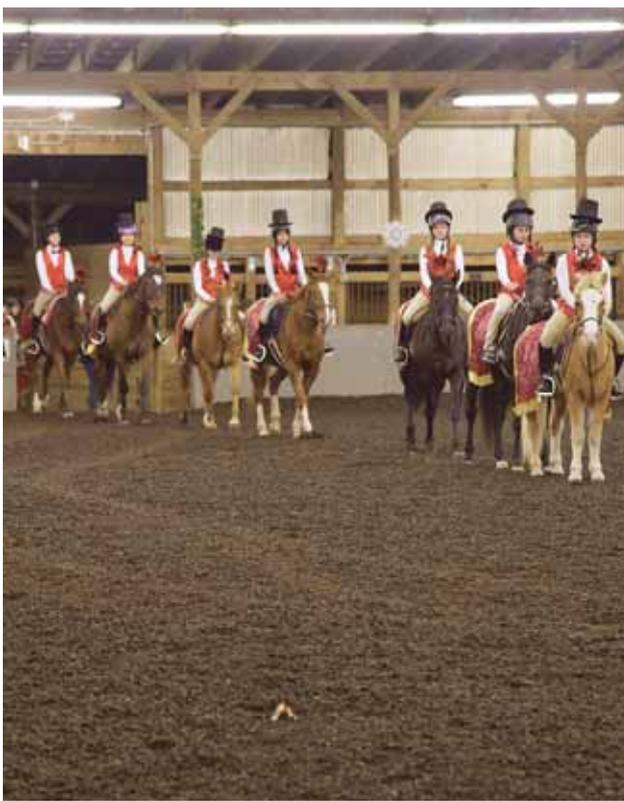
An interactive map shows sunny projections of how small the disturbance could be while adding four toll lanes to the Beltway and American Legion Bridge.

SCREEN SHOT

COMMUNITY



Evie Plazer and Vegas.



The Drill Team performing at the Potomac Horse Center holiday party.



Ella Little and Wendy.

PHOTOS BY DEBBIE STEVENS

Potomac Horse Center Holiday Party.

These girls were competing in the Stall Decorating Contest.

Garden Club Sells Greenery in Library

Potomac Village Garden Club holds annual greens sale.

BY PEGGY MCEWAN
POTOMAC ALMANAC

Potomac Library was buzzing with activity Saturday morning as the Friends of the Library held its monthly used book sale and members of the Potomac Village garden Club set up for its annual Holiday Greens Arrangements Sale.

The sale is a fundraiser for the garden Club which provides all the plantings, mulch and care for the library grounds.

"It turns out to be a great activity and a great fundraiser," garden club member Elaine Gallin said.

There were about three dozen arrangements for sale in the lobby of the library, but members had already purchased many of the total created when members met at the home of Carol Dietzel with bundles of greens from their gardens to use in making the arrangements, member Julie Perlman said.

"It's quite fun because we all get together to do them," Gallin said.



Carol Dietzel adds candles to arrangements at the annual Potomac Village Garden Club Holiday Greens Arrangements sale Saturday.

The garden club was started in 1963 for members to learn more about gardening and floral design and has been working on the library landscaping since 1986 when it opened according to a history and mission statement published by the club in 2014.

"My main thing is to beautify the grounds," Perlman said. "We started when the County stopped [taking care of the landscaping] in

the late 90s. Friends of the Library helps us financially and with the fall clean up."

The group recently created a Peter Rabbit Herb Garden on the parking lot side of the library grounds complete with a statue of Peter in the center.

"One of our members, Linda Lear, wrote a biography of Beatrice Potter [author of the Peter Rabbit books]," Perlman said.



Elaine Gallin helps set up for the Potomac Village Garden Club Holiday Greens Arrangements sale at the Potomac Library Saturday.

That gave the members the idea of creating the garden and they received a grant from a national garden club organization to get the special garden started, she said.

The club, which has 32 members according to president Jean Coffman, does more than work around the library. They have monthly meetings with guest speakers and sometimes go on

field trips to see public gardens. Recently, the club visited Glenstone, a Potomac contemporary art museum on 230 acres of landscaped grounds surrounding the two museum buildings.

Coffman said she has been a member of the garden club for three or four years.

"I joined because I wanted to learn about plants and flowers," she said. "I've learned a lot."

PHOTOS BY PEGGY MCEWAN

Holiday Art Offers Peace and Calm

Local artists say tis the season for creativity to give the gift of harmony.

BY MARILYN CAMPBELL
THE ALMANAC

Textured papers, glue, candles and foliage are materials that local artist Kathryn Coneway uses to teach her students to express some of the thoughts and feelings that arise during the holiday season. Whether creating a sense of calm amid the holiday bustle, dealing with intense emotions or simply providing a time to spend with family and friends, making art can bring about a space for self-expression.

“It allows a time for us to be still and connect with family without worrying about buying presents or being perfect,” said Coneway, who is also an art therapist and author of the book “Collette, A Collage Adventure.” “You can just spend time together making Christmas decorations or holiday presents without judgement. It allows us to be fully present to those we love.”

One family-crafting making project that Coneway teaches involves tissue paper glued to mason jars become candle holders and gifts to give during the holidays.

In Conway’s classes, which include collage and clay labyrinth making, students aren’t taught to use art as a form of meditation. “I also encourage students to find materials in nature like leaves or branches, said Coneway who teaches classes and workshops in Mount Vernon, Alexandria and Great Falls. “My own family made garland out of papers and other decorations with natural items we found in our backyard.”

Fresh mixed evergreen, berries and pine cones tied with a ribbon, were the materials used in a wreath-making class at Falls Church Arts, said Barb Cram, president of the organization. “We’re [also] offering a holiday-themed collage class,” said she said. “We have folks in their own classes like Abstract Expressionism, (or process painting) and watercolor do their own painting of [holiday] subject matter as well.”

Creating art is a form of self-expression which can lead to self-awareness and a connection to others, two practices which are particularly important during times of stress, like the holiday season. “As a lifelong artist [and] educator, I love hearing stories about students who participate in ... a holiday arts fundraiser



Artist Kathryn Coneway encourage students to create art using natural materials such as this wreath made of acorns and felt.

PHOTOS COURTESY OF KATHRYN CONEWAY



Creating candle holders such as these are items that artist Kathryn Coneway says brings families together for a break from the holiday bustle while also making festive holiday presents.

[or] exhibition,” said David Epstein, dean of NOVAarts, the arts program at Northern Virginia Community College. “This shows the impact of the arts and the reach it has in our communities. The arts connects us to our human spirit and brings people together.”

Even those who are not professionally trained artists can benefit from using art as a distraction from the chaotic or less-than-merry aspects or the holiday season, advises Coneway. “Creative practice opens up spaces to live together with uncertainty and vulnerability and to connect through allowing ourselves to be seen and heard,” she said.

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Inter-generational Lunch & Games
for teens to seniors, please RSVP
Monday, Dec. 23, 11:30
Potomac Community Ctr, 11315 Falls Rd

240-221-1370 for details, to RSVP
www.PotomacCommunityVillage.org

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- National Children’s Dental Health Month
2/5/2020.....Valentine’s Dining & Gifts
2/12/2020.....HomeLifeStyle
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HOLIDAY ENTERTAINMENT

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

Holidays and Christmas

NOW THRU DEC. 31

Garden of Lights. At Brookside Gardens, 1800 Glenallan Ave., Wheaton. Sunday - Thursday: 5:30- 9 p.m.; Friday - Saturday: 5:30 - 10 p.m.; Closed December 24-25. Step into a magical winter wonderland illuminated with more than one million dazzling colorful lights shaped into hand-crafted, original art forms of flowers, animals and other natural elements. Stroll from garden to garden enjoying twinkling tree forms, sparkling fountains, and whimsical winter scenes. To avoid long lines, consider visiting on a weeknight, when Garden of Lights is less crowded. Admission: \$25-\$30 per car/van.

DEC. 20-26

"The Nutcracker." At the Robert E. Parilla Performing Arts Center, Montgomery College, 51 Mannakee Street, Rockville. Presented by the Maryland Youth Ballet, this year's production will be new staging and choreography by Artistic Director Olivier Muñoz, newly appointed in 2019. Show times are Dec. 20 at 7 p.m. Dec. 21 at 1 p.m. and 5 p.m. Dec. 22 at 1 p.m. and 5 p.m. Dec. 23 at 1 p.m. and 5 p.m. Dec. 24 at 11 a.m. Dec. 26 at 3 p.m. and 7 p.m. Advance tickets Online - \$27 Children/Seniors (12 & under or 65+), \$34 Adults, \$27 Groups 10+. At-the-Door tickets - \$32 Children/Seniors (12 & under or 65+), \$38 Adults. Visit www.marylandyouthballet.org.

First Night in Alexandria

TUESDAY/DEC. 31

First Night Alexandria. 6 p.m. to 1 a.m. At venues throughout Old Town Alexandria. This 25th Anniversary Celebration is the largest New Year's Eve party in the D.C. region that is safe and fun for the entire family and culminates with a fantastic fireworks finale over the Potomac River at midnight. Kids Karnivals: 6 to 9 p.m. at four warm indoor venues in Old Town, Del Ray and the West End. Live Entertainment: 7 p.m. to 11 p.m. at warm indoor venues throughout Old Town Alexandria. Rockin' on the River: 10 p.m. to 1 a.m. at Waterfront Park, 1 King St., Alexandria. Midnight fireworks: Potomac River at the foot of King St., Alexandria. All Access Admission: \$25 through November 30, 2019; \$30 December 1-30, 2019; \$35 December 31, 2019; Kids Karnival is \$5 for children ages 2-12 and free for parents and infants. Call 703-963-3755 or visit firstnightalexandria.org.

Potomac Calendar

NOW THRU JAN. 5, 2020

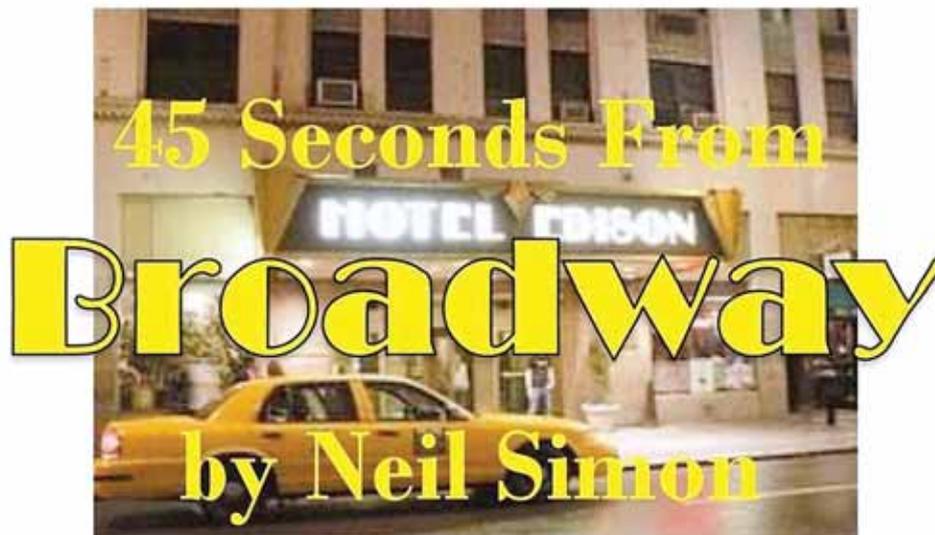
Glen Echo Park Holiday Art Show and Sale. Thursday and Friday, 10 a.m. to 2 p.m.; Saturday and Sunday 11 a.m. to 6 p.m. At Glen Echo Park, Popcorn Gallery and Stone Tower Gallery, 7300 MacArthur Blvd., Glen Echo. Browse and buy fine artworks for everyone on your holiday shopping list, including glass, ceramics, photography, painting, jewelry, holiday ornaments and more. The Shop Arts will be held Saturday Nov. 30 from 12-5 p.m. The Winter's Eve will be held Dec. 14 from 4-7 p.m. Visit the website: glenechopark.org.

NOW THRU DEC. 24

Photos with Santa. 10 a.m. to 9 p.m. At Westfield Montgomery Mall, 7101 Democracy Blvd., Bethesda. Bring the kids to meet with jolly old St. Nick at Westfield Montgomery Mall. Santa heads back to the North Pole on Christmas Eve.

NOW THRU DEC. 24

Santa Toy Drive. Every December, the Cabin John VFD Fire Station decorates its Reserve Engine, loads Santa and a few additional volunteers, and heads out into the community to collect unwrapped holiday gifts for children up



The Jewish Community Theater of Montgomery County, in cooperation with the TBA Players, presents Neil Simon's "45 Seconds from Broadway" on Dec. 21-22 at Temple Beth Ami in Rockville.

Neil Simon's "45 Seconds from Broadway"

Dec. 21-22, At Temple Beth Ami, 14330 Travilah Road, Rockville. The Jewish Community Theater of Montgomery County, in cooperation with the TBA Players, presents Neil Simon's "45 Seconds from Broadway." Show times are Dec. 21 at 8 p.m. (\$18) and Dec. 22 at 1 p.m. (\$15). This funny, warm-hearted comedy takes place at a New York City café nicknamed the "Polish Tea Room," where a famous comedian, an aspiring playwright, a jaded actress, and others swap life stories and cope with life's trials. Tickets at the door or at Eventbrite.com. Presented by special arrangement with Samuel French, Inc., a Concord Theatricals Production. For tickets, visit <https://allevents.in/rockville/neil-simons-45-seconds-from-broadway/1000075741134773>



Enjoy the Garden of Lights at Brookside Gardens in Wheaton from Nov. 22 to Dec. 31.

Garden of Lights at Brookside Gardens

Now thru Dec. 31, At Brookside Gardens, 1800 Glenallan Ave., Wheaton. Sunday - Thursday: 5:30- 9 p.m.; Friday - Saturday: 5:30 - 10 p.m.; Closed December 24-25. Step into a magical winter wonderland illuminated with more than one million dazzling colorful lights shaped into hand-crafted, original art forms of flowers, animals and other natural elements. Stroll from garden to garden enjoying twinkling tree forms, sparkling fountains, and whimsical winter scenes. To avoid long lines, consider visiting on a weeknight, when Garden of Lights is less crowded. Admission: \$25-\$30 per car/van.

to the age of 14. Unopened presents can be brought out to Santa as he passes by, or dropped off at either Cabin John Park VFD Fire Station, 9404 Falls Road, Potomac. The toy drive supports the National Center for Children and Families in Bethesda and the Scotland Drive Community Association in conjunction with Montgomery County Police. The week before Christmas, volunteers begin wrapping and labeling all of the gifts and on Christmas Eve they are delivered to children who otherwise may not have a joyous Holiday. The 2019 Cabin John Park VFD Santa Runs are scheduled by neighborhood.

Schedule

Monday, Dec. 16: Alvermar Woods, Potomac Hunt Acres, Merry-Go-Round Farms, Beallmount,

must be accompanied by an adult.

TUESDAY/DEC. 17

Read to a Dog. 4:30 p.m. At Potomac Library, 10101 Glenolden Drive, Potomac. School-age children, especially beginners learning to read and those who want to improve their confidence in reading skills, are invited to practice reading aloud in short (10-15 minute) semi-private sessions with a certified therapy dog.

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 our Teen Writers' Club. You'll learn new writing techniques, get practice in different writing exercises, share your 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 from 6:30-8 p.m. This program is made possible through the collaboration and support of the Maryland Writers' Association.

WEDNESDAY/DEC. 18

Potomac Adult Book Discussion. 1 p.m. At Potomac Library, 10101 Glenolden Drive, Potomac. Adult book discussion. House of Broken Angels by Luis Alberto Urrea. Ask for the book at the Circulation Desk. No registration needed. New members welcome.

Beaded Snowflakes. 4 p.m. At Potomac Library, 10101 Glenolden Drive, Potomac. Brrr! It's the season for snowflakes! Come to the Potomac Library and create your own beaded snowflakes. All supplies will be provided on a first-come, first-served basis. Children under 8 years old must be accompanied by an adult.

THURSDAY/DEC. 19

Family Storytime. 10:30 a.m. At Potomac Library, 10101 Glenolden Drive, Potomac. Family Storytime (All Ages) - These 25-30 minute programs are designed to delight children of all ages. Filled with diverse stories and activities that promote and develop language skills and imagination. These programs encourage children to develop a lifelong love of reading and learning and introduce them to the culture of reading.

Playdate at the Library. 11 a.m. At Potomac Library, 10101 Glenolden Drive, Potomac. This is a drop-in social playtime for toddlers/preschoolers/Kindergarten and their caregivers. Come meet new friends and enjoy blocks and educational toys. No registration required.

SATURDAY/DEC. 21

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. No registration. Join us at any time! For more information call 240-777-0690.

DEC. 21-22

Neil Simon's "45 Seconds from Broadway." At Temple Beth Ami, 14330 Travilah Road, Rockville. The Jewish Community Theater of Montgomery County, in cooperation with the TBA Players, presents Neil Simon's "45 Seconds from Broadway." Show times are Dec. 21 at 8 p.m. (\$18) and Dec. 22 at 1 p.m. (\$15). This funny, warm-hearted comedy takes place at a New York City café nicknamed the "Polish Tea Room," where a famous comedian, an aspiring playwright, a jaded actress, and others swap life stories and cope with life's trials. Tickets at the door or at Eventbrite.com. Presented by special arrangement with Samuel French, Inc., a Concord Theatricals Production. For tickets, visit <https://allevents.in/rockville/neil-simons-45-seconds-from-broadway/1000075741134773>

SUNDAY/DEC. 22

Normandie Jazz Jam. 2:30-5:30 p.m. At Normandie Farms Restaurant, 1070 Falls Road, Potomac. The seven-piece Conservatory Classic Jazz Band opens and closes with music with a jam session in between. All are welcome to sit back and enjoy. Free for students and jammers/\$10 for others.

Concert Four: Mystic. 5 p.m. At Bradley Hills Church, 6601 Bradley Blvd., Bethesda. Presented by The Thirteen which explores humanity's search for the divine across time and space with German composer Hildegard von Bingen, Spanish composers Victoria and Lobo, Estonian minimalist Arvo Pärt, and contemporary American composer Mason Bates.

SEE CALENDAR, PAGE 7

HOLIDAY ENTERTAINMENT

FROM PAGE 6

Night of Caroling in River Falls.

5:30 p.m. Meets at 7705 Hackamore Drive (Kemp's driveway), Potomac. Join in a night of family fun as the group carols its way through River Falls. Carolers should gather between 5:30-6 p.m. for a 6 p.m. departure. Come enjoy a toasty fire, S'mores, cocoa, and festive fun. Carolers will carol at the intersections below following the route indicated and share Holiday Cheer with the neighborhood. The community can join in at any time. Here's the itinerary:

1. Hackamore and Masters
2. Masters Drive and Horseshoe Lane
3. Coach Street and the Path
4. RF Drive and the Path
5. Hackamore and the Path
6. Hackamore and RF Drive
7. Hackamore and Horseshoe

If you haven't already, sign up so they have a good headcount.

Website: <https://www.signupgenius.com/go/10C0445ABAC29A7F94-holiday>

MONDAY/DEC. 23

Family Movie: "Dr. Seuss' The Grinch." 1 p.m. At Potomac Library, 10101 Glenolden Drive, Potomac. A film that brings a heartwarming message as the curmudgeonly Grinch learns the true spirit of Christmas isn't gifts and candy canes but rather community, connection, kindness, and love.

SATURDAY/DEC. 28

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. No registration. Join us at any time! For more information call 240-777-0690.

SUNDAY/DEC. 29

Waltz Dance. 3:30-6 p.m. At Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd, Glen Echo. Join in a Waltz Dance in the Spanish Ballroom at Glen Echo Park featuring the ensemble Dance du Jour. This versatile band will provide a lively mix of folk waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polka. The 45-minute dance lesson begins at 2:45 p.m. with a half-hour introductory Waltz

workshop and a more advanced move presented the last 15 minutes. Social dancing follows until 6 pm. Admission is \$13. 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. The Glen Echo National Park is located at 7300 MacArthur Blvd., Glen Echo.

MONDAY/DEC. 30

Learn Basic Knitting. 4:30 p.m. At Potomac Library, 10101 Glenolden Drive, Potomac. Knitting is a great way to relax and spend your time. Bring your own needlecrafts or use our limited supplies. For ages 8 and up. All skill levels welcome! Meets once a month (EXCEPT DECEMBER) No registration required.

This program is sponsored by the Friends of the Library-Potomac Chapter.

SATURDAY/JAN. 11

Pianist Alexander Paley. 8 p.m. At Westmoreland Church, One Westmoreland Circle, Bethesda. The Conservatory Concert Series presents Pianist Alexander Paley: Debussy, Scriabin, and Ravel. Guests are invited to attend Wine & Words after the concert for complimentary beverages and an informal Q & A with the performer. For more information: 301-320-2770 or washingtonconservatory.org.

CAMPS, CLASSES & WORKSHOPS

Art Explorers Open Studio. Every Saturday, 10 a.m.-12:30 p.m. at The 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 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

DANCING

Weekly International Folkdancing. Thursdays, 7:30-11 p.m. at Church of the Redeemer, 6201 Dunrobbin Drive, Bethesda. Circle and line dances from Eastern Europe.

Lesson at 7:30, followed by requests. Glen Echo Folkdancers welcome beginners of all ages; no partner needed. Wear comfortable shoes. \$7. Call 301-466-3018 or visit www.dancingplanetproductions.com.

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. Visit 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

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. Visit 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, 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 www.glenechopark.org, 301-634-2222.

Live Music & Dancing. Fridays and Saturdays, 7-11 p.m. in Margery's Lounge, Normandie Farm Restaurant, 10710 Falls Road, Potomac.

Catharsis



By KENNETH B. LOURIE

Having re-read what I wrote in last week's column: "Still Processing," I can't say it made me feel a whole lot better than when I wrote it. Granted, it was a column that had to be written given my self-indulgent tendencies (that I fight against constantly) and the possible crossroads that I may be entering. Nevertheless, if part of the underlying reason why I take up this space every week is to vent and share, as a means, hopefully not to a premature end, I suppose there was stress released there. But the subject matter was so third-rail-ish that even though I've tried to avoid it, I feel adversely affected by the experience.

The subject to which I so ambiguously refer is my own death. Aside from not wanting it to happen, if I don't plan in advance for it having happened, the chaos that will ensue and envelop my wife, Dina, is both unfair and inconsiderate. You see, in our relationship, she's been the social director and I've been the business manager. To quote my late father: "and neither the twain shall meet except on the twack." If I were indeed to predecease my wife, a fairly distinct possibility, not only would there be no twain, there would be no "twack" as well. There would only be trouble, and that's 'trouble' with a capital "T."

It's not so much that there are complications lurking, so far as I understand them: there are no children, no blended family, no special needs situations, no multi-layered business entanglements, no offshore anything (heck, there's very little onshore), our home and bank accounts are jointly owned, no financial thresholds exceeded, no delinquencies and few liabilities; really not much out of the ordinary. However, I get that ordinary is in the eye of the surviving beholder, which is likely not to be me. Therefore, if I want to contribute to my wife's quality of life after I've departed dearly (and to her peace of mind now, quite frankly), apparently a road map of sorts is in the offing. (And believe me, none of this is about control; it's more about initiative.)

I guess there's something in me that feels I need to get it out on paper so that I might act on it in person. Maybe writing about such a grim task minimizes its grimness, sort of like dipping your toe in the water before you jump? Maybe thinking and writing about the anxiety I'm feeling concerning what my wife will have to do after I've died is kind of a mental ice breaker. Not that I'm getting into any details here, it's more of a broad brush," to once again quote my brother, Richard, about the need for consideration and fairness. The underlying problem is that getting into all this after I'm-dead stuff seems and feels incredibly negative. And I try to ignore negativity. In fact, it may very well have been my positivity which has kept me alive all these live-long days.

I'm sure I'm rationalizing (maybe more like "irrationalizing"), as an excuse for not doing what needs to be done, but I've always been good at that. In addition, I keep coming back to it's my life; I'm the one with "the cancer," to quote "Forrest, Forrest Gump," describing his mother's cause of death, as a means of justifying my stubbornness/unwillingness to make certain arrangements. I mean, when you think of it, having cancer is a heck of an excuse. And though I've rarely used it as one, I've always felt it. And with respect to planning for a future I don't have, I have to blame the cancer. It makes you do and think things you might not otherwise do and think. It's not as if anyone is ever prepared for a cancer/serious health diagnosis. Quite the opposite in fact. As such, you either learn to roll with the punches or get knocked down by them.

This recent/current experience hasn't knocked me down or out exactly, but it has made me a little wobbly emotionally, and reminded me just how insidious cancer can be. Once again, and for the first time in years, I seem to be at greater risk than ever. I suppose with risk comes opportunities. Having my tumors "typed" and in turn treated with specific/targeted medicine seems to be present just such an opportunity; exactly what the doctor ordered, literally.

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

Growing a Social Network

FROM PAGE 2

The midday event, from 11:30 a.m. to 1:30 p.m., will feature a pizza lunch, and include board games, cards, help with computer or cell phone questions and time for teens and seniors to get to know more about each other.

"Potomac seniors and teens forge links and discover much to learn from each other," said Mel Rumerman, director of communications for Potomac Community Village. "The groups had so much fun at the very successful intergenerational lunch held at the Potomac Community Center last August that they are replicating the social event which features pizza, cards and games.

Teen coordinator Grace Chen, a member of the PCV board and a student at Churchill High School, enthusiastically endorses the concept.

"It's terrific to surround myself with different people than the people my own age, and to have another perspective from people older

than me," she said.

The Inter-Generational Luncheon will be held from 11:30-1:30 Monday, Dec. 23 at Potomac Community Recreation Center, 11315 Falls Road. There is no cost, but reservations are requested at 240-221-1370 or info@PotomacCommunityVillage.org by Friday, Dec. 20. PCV is a network of neighbors and friends, an all-volunteer nonprofit group which welcomes volunteers and members of all ages, from middle school to adults. The group provides services such as occasional transportation, friendly visits and phone calls, help with computers and cellphones, and with simple household chores, like climbing a ladder to change a light bulb, and programs to create and grow social connections between members and community members. To learn more call 240-221-1370, email info@PotomacCommunityVillage.org or visit www.PotomacCommunityVillage.org.

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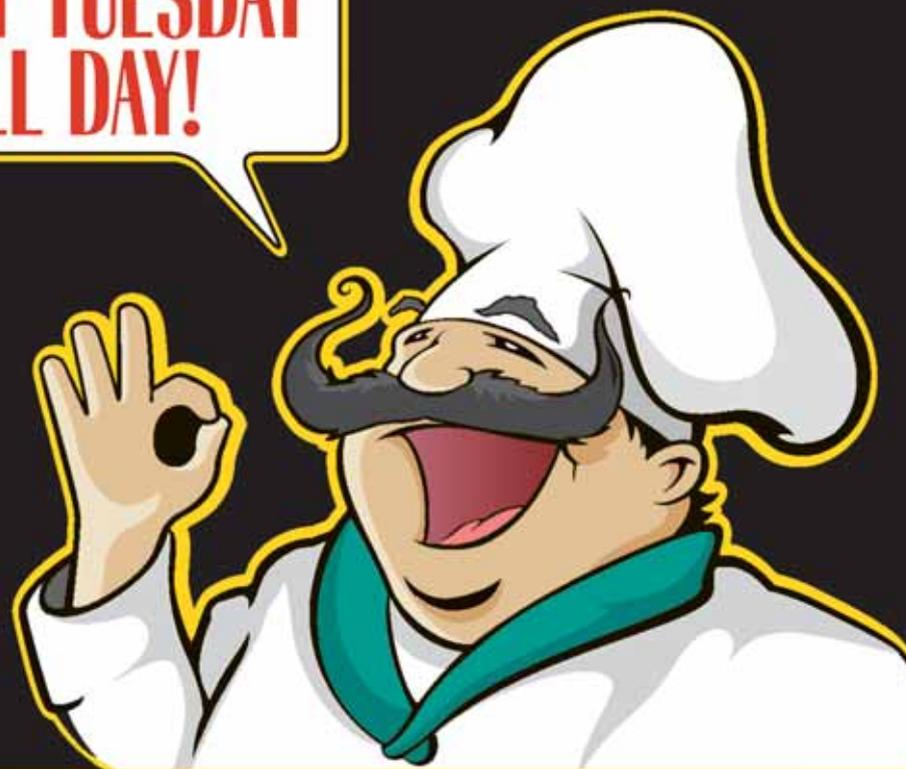
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