

## LET'S TALK Real Estate



by Michael Matese

#### Virtual Tours-Smile, You're on TV!

Virtual tours are a great tool for today's home owner to use, especially in a competitive market. Photos are good, but to allow a buyer to sit in the comfort of their own home and view yours, staged at its best, will give a seller the edge that can be necessary. You can sit down and discuss with your REALTOR® how you would like to present your home, the specific things that will make it stand out among the others.

Is your fireplace a special marble? Do your French doors span floor to ceiling? Can you see local landmarks from the back deck? What about the kitchen? What makes your home unique? What could make a buyer say "That's it! That's the one I want!"? A 360 degree tour of the rooms of your house can bring the buyer to you and is well worth the effort, making your home stand out in the crowd. Show off your house and bring it to the forefront of the luxury home market.

For professional advice on all aspects of buying and selling real estate, call:

MICHAEL MATESE Long & Foster Realtors 301-806-6829

**⋒** Mike@michaelmatese.com **R** 

## News



Tree clearing along Seven Locks Road for Potomac Highlands, a development of 23 townhouses on 5.24 acres.



Rendering of new townhouses "coming soon" on Winchester Homes' website at winchesterhomes.com/potomac.

## New Townhouses Coming on Seven Locks Road

inchester Homes will soon be constructing 23 townhouses on 5.24 acres along Seven Locks Road across from the Heights School in Potomac.

The steep, previously heavily wooded site has had just one small house on it until now. The developer has cleared trees in preparation for breaking ground for the townhouses. A sign on the property indicate the townhouses will be priced from \$1 million.

In 1992, the Montgomery County Planning Board, in the Final Draft Potomac Subregion Master Plan, recommended acquisition of the property as an extension to Cabin John Regional Park, but the property owner objected and the County Council disapproved the Planning Board recommendation.

The property is adjacent to other townhouse developments, and by approval of all townhouses, the county was able to preserve a significant amount of forest, including specimen trees, on the back and edges of the property.

See WinchesterHomes.com/



The heavily wooded, 5.24 acres of the former Burley property was approved in 2013 for development with 23 townhouses.

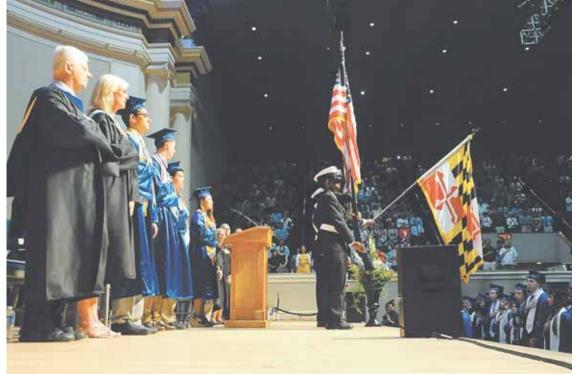




**T**o honor dad on Father's Day, send us your favorite snapshots of you with your dad and The Potomac Almanac will publish them in our Father's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail photos, send to:

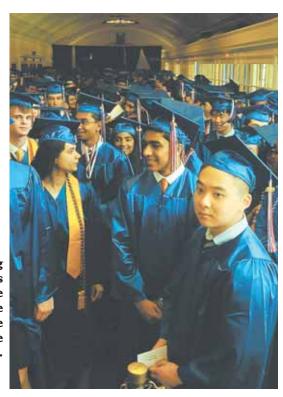
editors@connectionnewspapers.com

## News



The honor guard presents the colors at the 2015 Thomas **Spriggs** Wootton graduation ceremony on May 27 in D.A.R. Constitution Hall.

> Phillip Hwang takes his place as the graduates are called to line up for the processional.



## Wootton's Graduates March into the Future



Classmates Elijah Kaplan, Kyle Saggar and Jared Beinart meet up in the north wing outside of D.A.R. Constitution Hall for the graduation ceremony.

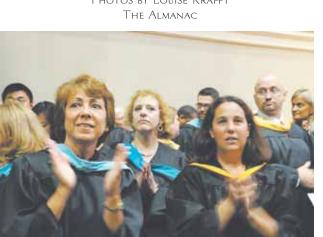


Class sponsors Randy Alton and Suzanne Pykosh.



Senior class officers Dhananjay Sharma, Anna Lee, Ethan Frymark and Maxwell Strasser take their places onstage for the ceremony.

Photos by Louise Krafft The Almanac



The faculty applauds as the Class of 2015 enters.



The Wootton Chamber Singers perform the National Anthem.

"'The time has come,' the Walrus said, and as we end our journey together, I hope that the dreams and goals of each graduate will be achieved and that they all create a life of substance and joy."

— Principal Dr. Michael Doran



The audience applauds the graduates

Ashley Dasuki relaxes with friends

## News







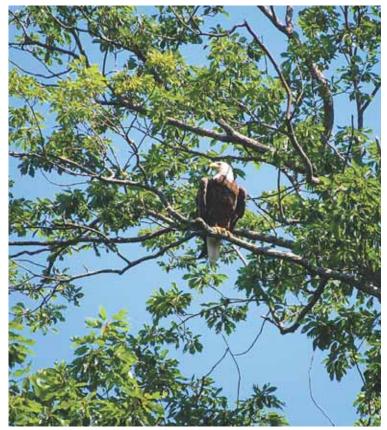
#### To Alleviate Backups

A new traffic light was installed over the past several weeks at Brickyard Road and MacArthur Boulevard to help alleviate backups at the evening rush hour following the installation of a light at MacArthur and the Clara Barton Parkway. On Monday, June 1, the new light at brickyard and MacArthur was blinking red for the first time. Previously that intersection was controlled by all-way stop signs.



#### Last Day of May on Towpath

A paddleboarder works her way up towards Violettes Lock on the C&O Canal on Sunday, May 31.



A Bald Eagle sat in the trees above the Potomac River and the C&O Canal near Blockhouse Point on Sunday, May 31.



A paddleboarder on the C&O Canal by Blockhouse Point has a dog on board. The dog is wearing a personal floatation device.



Photos by Emma Kimm Dixon The Almanac



Birders were treated to the Bald Eagle, plus Baltimore Orioles, a Prothonotary Warbler, Cedar Waxwing and many more species of birds along the C&O Canal Towpath near Blockhouse Point.

## BULLETIN BOARD

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

#### THURSDAY/JUNE 4

**Great Decisions: U.S. Policy** 

**Toward Africa.** 12:30-2 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Great Decisions, a national program of the non-partisan Foreign Policy Association is sponsored by Friends of the Library, Potomac Chapter. Most months there is a guest speaker. The program is free and open to the public; bring a brown bag lunch. A copy of the 2015 Briefing Book is available at the Information Desk. The book cannot be checked out; it takes about an hour to read the relevant article. Books can be ordered at fpa.org.

#### SATURDAY/JUNE 6

National Trails Day. 8:30 a.m. at Fletcher's Cove, 4940 Canal Road, Washington, D.C. Help the Potomac Conservancy clean up along the C&O Canal. Volunteers will receive free vouchers for a canoe, kayak or bike

rental. Visit www.potomac.org. **The Ungrateful Shred.** 9 a.m.-12 p.m. at the Clara Barton Community Center, 7425 MacArthur Blvd., Cabin John. Clean Cut Shredding is offering shredding services for sensitive documents. A donation of \$3-5 is suggested based on quantity. Call 240-777-4910 for more

SUNDAY/JUNE 7 **Self Defense Seminar for Teens** 

and Adults. 3-5 p.m. at East West Taekwondo, Cabin John Mall, 11325 Seven Locks Road. Self-defense seminar for teens and adults. Attendees ages 10 and older will learn basic kicks, releases, strikes and safety tips in the event of front, back, and ground attacks. No experience is necessary. Fee \$40 if pre-registered, \$50 for walk-ins. Reserve space at EastWestTKD.Events@ gmail.com or 301-461-6770.

#### **MONDAY/JUNE 8**

County Council Meeting— Transportation, Infrastructure, Energy & Environment. 9:30 a.m. at Council Hearing Room, 100 Maryland Ave., Rockville. The Montgomery County Council will hold a forum to discuss: Expedited Bill 53-14, Bill 54-14, Bill 55-14. Visit www.montgomerycountymd.gov/ council.

**County Council Meeting—** Planning, Housing and Economic Development. 2 p.m. at Council Hearing Room, 100 Maryland Ave., Rockville. The Montgomery County Council will hold a forum to discuss: ZTA 15-04, **Educational Institutions - Exemptions** and Standards. Visit www.montgomerycountymd.gov/ council.

Deadline for Entries. 11:59 p.m. Photoworks is seeking entries for a juried youth photography competition. The theme is "#selfie" and the competition is open to students 18 and under. The entry fee is \$25. Email photoworks.gallery@ gmail.com for more.

**TUESDAY/JUNE 9** County Council Meeting. 9:30 a.m.

at Council Hearing Room, 100 Maryland Ave., Rockville. Visit www.montgomerycountymd.gov/ council.

Public Hearing. 1:30 p.m. in the Third Floor Hearing room of the Council Office Building, 100 Maryland Ave. The hearing will address Expedited Bill 24-15 that would modify the amount of the tip credit an employer can use to calculate the minimum wage for a tipped employee, and more. Those interested in testifying at the public hearing can sign up by calling 240-777-7803. The deadline to sign up is June 8 at 5 p.m. View the meeting streaming live through www.montgomerycountymd.gov. To obtain copies of the bill call 240-777-7910 or go to tinyurl.com/kjbxfjq.

#### WEDNESDAY/JUNE 10

County Council Meeting. 9:30 a.m. at Council Hearing Room, 100 Maryland Ave, Rockville. The Montgomery County Council will hold a forum to discuss Senior Town Hall at Leisure World. Visit www.montgomerycountymd.gov/ council.

Health and Quality of Life Forum. 6-7:30 p.m. at Executive Office Building 101 Monroe St., Lobby Auditorium, Rockville. Residents are invited to participate in community conversations sponsored by Healthy

Montgomery, an effort to improve the health of Montgomery County residents. Attendees will have the opportunity to comment. Visit www.montgomerycountymd.gov

**THURSDAY/JUNE 11 County Council Meeting—Health &** SEE BULLETIN BOARD, PAGE 9

## **OPENING DAY CAPITOL POLO CLUB**

3 P.M., Sunday, June 7

Be part of the action - cheer on your favorite team, stomp divots, pet a polo pony!

"RED, WHITE and BLUE" Match

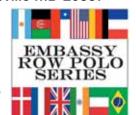
sponsored by Javier Donatelli, Tit Equine Veterinarian, LLC

**TEAMS: America vs England** 

Wear red, white and blue and get in free. Only \$40/car otherwise. Grandstand seating and tailgating available. Capitol Polo Club is located at 14660 Hughes Road, Poolesville MD 20837



For more information, contact Melanja Jones, Polo Manager



Melanja@capitolpolo.com or visit www.capitolpolo.com

## FREEMAN'S

## Sell Your Fine Musical Instruments with Us

As America's oldest auctioneer, Freeman's has been a constant within the art market for more than 200 years. Built on the expertise of our specialists and our traditions of excellence, generations of collectors have benefited from buying and selling fine art, antiques, and jewelry with our firm. We are pleased to introduce a new auction to the 2015 autumn season. Curated by specialist Frederick Oster, an internationally recognized authority on the violin family and American fretted instruments, this new sale will include violins, violas, violoncellos, basses, cellos, and guitars.

For a complimentary auction estimate with a view to sell in the upcoming sale, please contact Mr. Oster. He will be in the area on these dates:

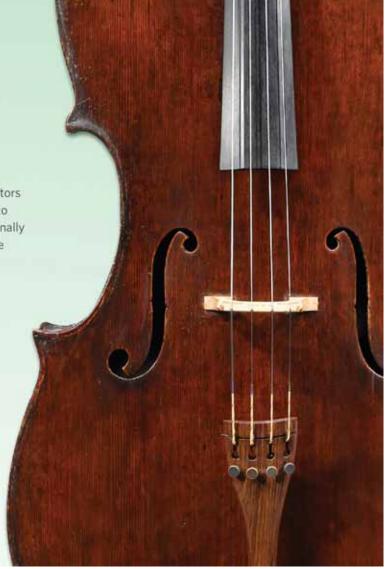
Baltimore/Washington, DC June 8-9

Frederick Oster | 215.940.9830 foster@freemansauction.com

Musical Instruments Auction 11/20/15

www.freemansauction.com

To be offered November 20 A Fine Italian Violoncello by Joannes Tononi of Bologna c.1700 \$150,000-250,000



## Entertainment

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

#### **ONGOING**

- "Birds of the Deep Water." Through June 6. 12-6 p.m. Tuesday-Saturday at Waverly Street Gallery, 4600 East-West Highway, Bethesda. Artist Evelyn Jacob has created digital imagery depicting waterfowl in flight and with water. Admission to the gallery is free. Visit www.waverlystreetgallery.com.
- Children's Storytime. Wednesdays and Saturdays, 10 a.m. at Barnes & Noble Booksellers, 4801 Bethesda Ave., Bethesda Listen to employees read modern and classic children's stories. Free. Visit www.storelocator.barnesandnoble.com/event/4824850-21.
- Adult Single Night. Saturdays, 9 p.m. at at Benny's Bar & Grill, 7747 Tuckerman Lane, Potomac. Find a DJ, open dance floor, and other singles. No cover charge. Visit www.bennysbargrill.com.
- Kid's Cooking Classes. Last Saturday of each month, 10 a.m. or 11 a.m. at Dawson's Market, 225 N Washington St, Rockville. Children ages 4-6 may take a simplified cooking class at 11 a.m. after older children learn to make meals and snacks at 10 a.m. Admission is \$5. Visit www.dawsonsmarket.com.
- **Canal Boat Excursions.** Through mid-June. 11 a.m., 1:30 p.m. and 3 p.m. at The Great Falls Tavern Visitor Center, 11710 MacArthur Blvd. Take a historic cruise down the canal and learn about life for canal workers. Tickets are \$5-8, plus an additional \$5 to enter the park. Call 301-767-3709.
- 301-767-3709. **The Bethesda Big Train.** Through August.
  Shirley Povich Field in Cabin John Regional
  Park, 10600 Westlake Drive. The collegiate
  league baseball team The Big Train plays in the
  Cal Ripken Collegiate Baseball League, a
  wooden-bat collegiate league that has sent
  athletes to Major League Baseball. Visit
  www.bigtrain.org for more.
- Friday Night Live. Fridays through Sept.4, 6:30-9 p.m. at Rockville Town Square. Find diverse music each week. Local restaurants will be selling food outdoors. Free. Visit www.rockvilletownsquare.com for a full schedule
- **Art Walk in the Park.** First Fridays through October. 6-8 p.m. Glen Echo Park. Enjoy pottery, calligraphy, glass work, and much more. Visit www.glenechopark.org for more.
- VisArts Cocktails and Canvas Class. at VisArts in the Painting & Drawing Studio, 155 Gibbs St., Rockville. Price \$40. Visit www.visartsatrockville.org/cocktails-and-canvas
- 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. The cost is \$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. Visit capitalblues.org for more.
- for all. Visit capitalblues.org for more.

  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 until midnight. Admission \$16-\$18, age 17 and under \$12. Visit www glenechonark org for more
- www.glenechopark.org for more. **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. Visit www.glenechopark.org or call 301-634-2222 for more.
- Contra and Square Dance. Fridays and Sundays 7-10:30 p.m. in the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. The evening can include square dances, mixers, waltzes and other couple dances. All Contra and Square dances are taught, no partner necessary. Lessons at 7 p.m., followed by the called dance with live music at 7:30. \$13 for nonmembers, \$10 for FSGW members, \$5 ages 17 and under. Visit www.glenechopark.org or call 301-634-2222 for more.
- Late Night Comedy. Fridays (open mic night) and Saturdays (established comedians) at Benny's Bar & Grill, 7747 Tuckerman Lane, Potomac. Benny's is open 8 a.m.-1 a.m. Fridays and Saturdays. Visit www.BennysBarGrill.com.
- **Drop in Art Activities.** Every Saturday 10 a.m.-12:30 p.m. in the Candy Corner Studio at Glen Echo Park, 7300 MacArthur Blvd., parents and children can explore a new art form or theme. \$10/child, parent combo. Drop-in only. Visit www.pgip.org for more
- www.pgip.org for more.

  Mommy & Me (& Daddy, Too). Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-a-longs, prizes and more. Visit rockvilletownsquare.com/events/mommy-and-me.
- **Live Music & Dancing.** Fridays and Saturdays, 7-11 p.m. in Margery's Lounge, Normandie Farm Restaurant 10710 Falls Road. Dance to the music of Barry Gurley. Call 301-983-8838 or visit www.popovers.com for more.
- **Glen Echo Park Films.** Saturdays and Sundays. Arcade Building, 7300 MacArthur Blvd., Glen Echo. Films about the Park's history are shown on rotation in the lobby. Free. Visit www.glenechopark.org for more.
- SilverWorks Studio & Gallery. Wednesdays, Thursdays, Saturdays and Sundays, 10 a.m.-6 p.m. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. SilverWorks Studio & Gallery is a working silversmith studio and includes an ongoing exhibition, as well as sales of the work of artist-in-residence Blair Anderson. Free. Visit www.silverworksglenechopark.com.
- Art Glass Center at Glen Echo. All day
  Wednesdays; Fridays, 10 a.m.-2 p.m.;
  Saturdays, 10 a.m.-4 p.m.; Sundays, noon-4
  p.m. Art Glass Center, Glen Echo Park, 7300
  MacArthur Blvd., Glen Echo. Ongoing
  exhibitions feature work of Resident Artists
  Christine Hekimian, Sue Hill, Michele Rubin,
  Sherry Selevan, Bev and Zayde Sleph and Janet
  Wittenberg. Sculpture, vessels, functional art
  and jewelry are for sale. Classes are taught yearround for beginner, intermediate and advanced
  students. Visit
- www.artglasscenteratglenecho.org for more. **Glen Echo Pottery.** Through December, Saturdays and Sundays, 12-5 p.m. Glen Echo Pottery, 7300 MacArthur Blvd., Glen Echo. The Gallery shows the work of 29 individual potters and instructors at Glen Echo Pottery. Wheel-





## 'Hidden District' Opens at Glen Echo Park

Photographer Steven Marks has taken pictures all over the District of Columbia and its surrounding territories to capture an unseen side of the city. "Hidden District" is a collection of those photographs on display at the Photoworks Gallery at Glen Echo Park, 7300 MacArthur Blvd. through July 12. Admission to the gallery is free. Visit www.glenechphotoworks.org for more.

throwing demonstrations are offered most Saturdays and Sundays, noon-2 p.m. Children are welcome. Visit www.glenechopottery.com/ gallery for more.

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

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

Downtown Bethesda Concert Series.
Thursdays, 6-8 p.m. at Veterans Park. The
Bethesda Urban Partnership produces concerts
each summer with a diverse offering of music.
Free. Visit www.bethesda.org.

**Silver Spring Summer Concert Series.**Thursdays, 7 p.m., June 18-August 6 at Veterans Plaza. Find R&B, Funk, Zydeco and more. Free. Visit www.montgomerycountmd.gov.

#### CAMPS, CLASSES & WORKSHOPS

Registration Open. The spring issue of the Montgomery County Guide for Recreation and Parks Programs features a variety of classes and programs designed to help participants stay active and have fun, including aquatics, sports, therapeutic recreation services and active adult senior programming. Registration is available online, by mail or in person at the Montgomery County Recreation Administrative Offices at

- 4010 Randolph Road, Silver Spring, or by fax at 240-777-6818. Visit www.montgomerycountymd.gov/rec or call 240-777-6840 for more.
- **VisArts**, 155 Gibbs St., Rockville, offers a variety of camp sessions for spring and summer. Visit www.visartscenter.org or call 301-315-8200.
- Summer Camps One-week and two-week sessions offered June 15-Aug. 21, 8:30 a.m.-3 p.m. Before care and extended care is available.
- Young Artists. One-week sessions that nurture the budding talents of students with ageappropriate visual art projects in an assortment of media (ages 5-6).
- **Artistic Adventures.** Two-week sessions that promote creativity as children experience an assortment of visual art media and are exposed to gallery exhibitions (ages 7-12).
- to gallery exhibitions (ages 7-12). **Art Quest.** One-week sessions that promote creativity as children experience an assortment of visual art media and are exposed to gallery exhibitions (ages 7-12).
- **Lola's Lab.** June 29-July 2 or Aug. 17-21. A performance art camp where imagination flows through interactive stories, expressive arts, and fantasy (ages 5-10).
- ♦ Teen Camps One-week half-day sessions offered July 6-31, 8:30-11:30 a.m.; 12:15-3:15 p.m.
- **Teen Art Institute.** Teens explore fused glass, painting and drawing. Camp will be held at VisArts (ages 13-18).
- **Teen Art Institute.** This ceramic class gives teens the opportunity to explore clay in depth with

#### FOOD & DRINK

**Potomac Village Farmers Market.** Thursdays, 2-6:30 p.m. at Potomac United Methodist Church, at 9908 S Glen Rd. Visit www.potomacvillagefarmersmarket.net for more.

**Bethesda Farm Women's Market.** Year-round, every Wednesday, Friday and Saturday, 7:30 a.m.-4 p.m., at 7155 Wisconsin Ave. Visit www.farmwomensmarket.com for more.

**Bethesda Central Farm Market.** Sundays, 10 a.m.-1:30 p.m. at Bethesda Elementary School, 7600 Arlington Road, Bethesda Shop for a range of fresh and local products from over 60 vendors. Free. Visit www.centralfarmmarkets.com.

**Pike Central Farmers Market**. Saturdays, 9 a.m.-1:30 p.m., near the Shriver Aquatic Center in the bus parking lot at the intersection of Old Georgetown Road and Executive Blvd. Visit www.centralfarmmarkets.com for more.

**Kensington Farmers Market**. Year-round on Saturdays, 8 a.m.-noon. at Kensington train station parking lot on Howard Avenue. Visit tok.md.gov/events/farmers-market for more.

**Winery and Market.** Thursday-Saturday 11 a.m.-6 p.m. Sundays 12 p.m.-6p.m. Rockland Farm Winery and Market, 14525 Montevideo Road, Poolesville. Offers fruit, veggies, pasture-raised meats, wine tasting and tours. Visit www.rocklandsfarmmd.com or call 301-825-8075.

## ENTERTAINMENT

handbuilding and the wheel. Camp will be held in the art ceramic at Richard Montgomery High School (ages 13-18). **2015 Musical Theatre Intensive** 

Summer Camp. For actors, dancers and singers ages 13-18. The program will run for two weeks from July 12-25 at the Sandy Spring Friends School in Sandy Spring, Md. Campers can participate in daytime or overnight camp. The daytime camp will feature students in a final showcase the last Friday of camp. Students who participate in the overnight intensive camp will take part in a full production of the musical "Once on this Island!" Visit

www.youngartistsamerica.org. **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. Vist 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 for a list of class dates, times.

Summer Fun Centers. June 22-July 31. 8 a.m.-6 p.m. at various locations. Summer Fun Centers are for children 5-12. Children will participate in crafts, sports, drama and more. Call 240-777-6811 or Visit www.montgomerycountymd.gov/rec.

#### **JUNE 3-30**

"Constructions and Meditations." gallery hours at Artists and Makers Studios, 11810 Parklawn Drive, Rockville. Artist Tory Cowles' exhibit is based in abstract expressionism. www.artistsandmakersstudios.com.

#### JUNE 3-JULY 5

"Sharpened." Gallery hours at VisArts at Rockville, 155 Gibbs St., Rockville. Artist Greg Braun explores a fascination with custom motorcycles through drawing, video and sculpture. Admission to the gallery is free. Visit www.visartsatrockville.org.

#### THURSDAY/JUNE 4

"A Taste of Broadway." 7 p.m. at B'nai Israel, 6301 Montrose Road, Rockville. The B'Nai congregation holds its annual fundraiser. Tickets are \$20 for adults, \$10 for children, with a \$50 maximum fee for families. Contact Marcia Levine to RSVP at 301-466-3662 or marcialevine2@verizon.net.

#### FRIDAY/JUNE 5

Book Signing. 1-3 p.m. at World Bank Group InfoShop Bookstore, 1776 Pennsylvania Ave. NW, Washington, D.C. Potomac resident Heath Suddleson will be signing copies of his book "The Attitude Check: Lessons in Leadership." Free. Call Michelle Whitman at 405-458-5642.

"Constructions and Meditations" **Opening Reception.** 6-9 p.m. at Artists and Makers Studios, 11810 Parklawn Drive, Rockville. Join artist Tony Cowles to celebrate his solo exhibition. Free. Visit www.artistsandmakersstudios.com.

"Hidden Districts" Opening **Reception.** 6-8 p.m. at at Photoworks Gallery at Glen Ech Park, 7300 MacArthur Blvd. Celebrate the new exhibit featuring photo essays by Steven Marks and take an "Art Walk in the Park." Free. Visit www.glenechophotoworks.com

Washington Conservatory 2014-15 Piano Plus! Concerts. 7:30 p.m. Westmoreland Congregational United Church of Christ, 1 Westmoreland

Circle, Bethesda, Concert series features members of the Washington Conservatory faculty and guest artists. Free, donations welcome. Visit washingtonconservatory.org or call 301-320-2770 for more.

Mary Wilson. 8 p.m. at The Bethesda Blues Jazz and Supper Club, 7719 Wisconsin Ave., Bethesda. One of the original Supremes, Mary Wilson will perform. Tickets are \$40. Visit www.bethesdabluesjazz.com.

#### JUNE 5-JULY 12

"Hidden District." Saturdays 1-4 p.m., Sundays 1-8 p.m. at Photoworks Gallery at Glen Echo Park, 7300 MacArthur Blvd. "Hidden District" is a photo essay by Steven Marks based on his interpretation of the District of Columbia. Admission is www.glenechophotoworks.org.

#### **SATURDAY/JUNE 6**

Imagination Bethesda. 10 a.m.-3 p.m. at the intersection of Woodmont Avenue and Elm Street, Bethesda. Imagination Bethesda is a street festival for children with activities, live entertainment and more. Free.

Visit www.bethesda.org. **Dawson's Doggy Dip.** 11 a.m.-2 p.m. at Dawson's Market, 225 N Washington St, Rockville. Bring your dog for a day in the sun. Find vendors, samples, and more. Free. Visit www.dawsonsmarket.com.

Video Game Music Concert. 7 p.m. at F. Scott Fitzgerald Theatre, 603 Edmonston Drive, Rockville. The Washington Metropolitan Gamer Symphony Orchestra will perform a concert of orchestral video game music. Free. Visit www.wmgso.org.

**"A Night in Vegas."** 7-11 p.m. at 4935 Bar & Kitchen, 4935 Cordell Ave., Bethesda. Nourish Now hosts a 4th annual fundraising gala with vegas-style games and more. Tickets are \$150. Visit www.nourishnow.org.

House Concert Series. 7:30 p.m. in Bethesda. Arlington-based IBIS Chamber Music presents concerts in private homes, followed by a reception. Proceeds fund community concerts. \$25, limited space. Email susan@ibischambermusic.org or call 703-755-0960 for reservations. Visit ibischambermusic.org for more

#### SATURDAY-SUNDAY/JUNE 6-7

Salsa Showcase. 8 p.m. at Glen Echo Park Spanish Ballroom, 7300 MacArthur Blvd., Glen Echo. Find a Salsa dance and Performance Showcase debuting the Latin Motion 2015 Student and Semi-Pro routines and featuring performances by other performance companies. Tickets are \$18. Visit www.oohsalsa.com.

#### **JUNE 6-JULY 12**

"These Mirrors are Not Boxes."

Gallery hours at VisArts, 155 Gibbs St., Rockville. Six local women display their art based on the complexities of contemporary identity. Admission to the gallery is free. Visit www.visartsatrockville.org.

#### **JUNE 6-JULY 26**

**Creative Crafts Council 30th** 

Biennial Exhibit. Gallery hours at The Strathmore Mansion, 10701 Rockville Pike, North Bethesda. The Creative Crafts Council presents an exhibit of useful art. Free. Visit www.creativecraftscouncil.org.

#### SUNDAY/JUNE 7

Taste of Wheaton. 11 a.m. at Wheaton Triangle, Silver Spring. Find food samples and wine tastings from local restaurants. The event is free, but food samples range from \$1www.visitmontgomerv.com.

Sports Festival. 11 a.m.-2:30 p.m. at Avenel Park, 10051 Oaklyn Dr. An annual afternoon of activities and games is hosted by KEEN Greater DC (Kids Enjoy Exercise Now). Team up with KEEN athletes for tug-of-war, obstacle course challenges, kickball, and volleyball.See

www.keengreaterdc.org. **Waltz Dance.** 2:45 p.m. Waltz workshop, 3:30 p.m. dance at The Spanish Ballroom, 7300 MacArthur Blvd. The Mavitz Ensemble will provide music for couple dances including the Waltz and Hambo. Tickets are \$10. Visit www.waltztimedances.org.

**Concert.** 7 p.m. at Bethesda Blues and Jazz, 7719 Wisconsin Ave., Bethesda. The Stampinato Brothers will celebrate the release of band member Bill Stark's new album, "I See Trouble." Ruthie and the Wranglers will also perform. Tickets are \$25. Visit www.BethesdaBluesJazz.com

#### THURSDAY/JUNE 11

**Creative Crafts Council 30th Biennial Exhibit Reception.** 7

p.m. at The Strathmore Mansion, 10701 Rockville Pike, North Bethesda. The Creative Crafts Council presents an exhibit of useful art and presents awards to artists for their work. Free. Visit www.creativecrafts council.org for more.

#### **JUNE 11-21**

"Ruddigore." Thursday, Friday, Saturday, 8 p.m.; Sunday, 2 p.m. at Rockville Civic Center Park, 603 Edmonston Drive, Rockville. Watch a two-part comic opera from the gothic era. Tickets are \$15-25. Visit www.rockvilleliving.com for more.

#### **MID JUNE-JULY**

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#### WEDNESDAY/JUNE 17

Yappy Hour. 6-8:30 p.m. at Denizens Brewing Company, 1115 East West Highway, Silver Spring. Sample craft beers. Dogs are welcome. Tickets are \$15 per person or \$25 per couple. Visit www.mchumane.org

#### FRIDAY-SUNDAY/JUNE 19-28

"'Til Death Do Us Part" and "War of the Stars" Fridays at 7:30 p.m., Saturdays, and Sundays at 2:30 p.m. at Silver Spring Black Box Theater. 620 Pershing Drive, Silver Spring. Inclusive Theatre Company ArtStream provides acting and theatre classes to people with physical or learning disabilities. Tickets are \$12.50 in advance, \$15 at the door. Visit www.art-stream.org.

#### **SATURDAY/JUNE 20**

Silver Spring Blues Festival. 10 a.m. at Fountain Plaza. Find two stages for entertainment, food and shopping. Free. Visit www.downtownsilverspring.com.

**Tour of the Rocklands Farm** 

Winery. 10 a.m.-2 p.m. at Rocklands Farm, 14525 Montevideo Road, Poolesville, Dawson's Market in Rockville is partnering with Rocklands Farm for a tasting trip to the vineyard. Tickets are \$30/\$55 for couples. Tickets include the trip to and from the farm, tasting fees and a boxed lunch. Call 240-428-1386 to

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## WELLBEING

## Summer Fun, Summer Safety Tips for averting summer danger.

By Marilyn Campbell
The Almanac

t's a familiar call. The sun beams down from mid-summer sky. Temperatures rise above 95 degrees Fahrenheit, but safety conditions start to plummet.

"People will have been walking on the mall all day and then go to Arlington National Cemetery to watch the Changing of the Guard and they start to feel light-headed and dizzy," said Lt. Sarah-Maria Marchegiani, spokeswoman for the Arlington County Fire Department. "The times that I've responded, they usually have only one small water bottle with them and they've been in the heat all day. It's often tourists, but people who live here, too."

While summer ushers in vacations, trips to the pool, barbeques and fireworks it also brings the potential for safety hazards. From recreational water illness to heat-related illnesses, summer fun can turn into a nightmare. Public health and safety officials have several tips for lessening summer safety risks.

#### WHEN THE TEMPERATURE SPIKES,

#### BULLETIN BOARD

From Page 5

**Human Services.** 9:30 a.m. at Council Hearing Room, 100 Maryland Ave., Rockville. The Montgomery County Council will hold a forum to discuss Montgomery Cares Advisory Board, Bill 60-14, Human Rights and Civil Liberties. Visit www.montgomerycountymd.gov/council.

**County Council Meeting—Government Operations and Fiscal Policy.** 2 p.m. at Council Hearing Room, 100 Maryland Ave.,

Council Hearing Room, 100 Maryland Ave., Rockville. The Montgomery County Council will hold a forum to discuss: MC311 intake for County employees and retirees, MC311 data access. Visit www.montgomerycountymd.gov/ council.

#### FRIDAY/JUNE 12

**County Council Meeting—Liquor Control.** 9:30 a.m. at Council Hearing Room, 100

Maryland Ave. Visit www.montgomerycountymd.gov/council.

#### MONDAY/JUNE 15

County Council Meeting—Education. 9:30 a.m. at Council Hearing Room, 100 Maryland Ave., Rockville. Visit www.montgomerycountymd.gov/council.

Committee Forum. 7 p.m. at 100 Maryland Ave.,

so does the risk of heat-related illnesses. Lengthy exposure to 90-plus degree heat can lead to heat stroke, heat exhaustion cramping and, in extreme cases, death.

"Heatstroke can occur when the ability to sweat fails and the body temperature rises quickly," said Kenya Fluellen, associate professor of nursing at Northern Virginia Community College.

"The brain and vital organs are affected as the body temperature rises to a dangerous level."

In addition to wearing loose-fitting clothes that are light in color and taking breaks from the heat and drinking two to four glasses of water for every hour one is exposed to high heat, health officials say applying sunscreen, limiting physical activity and wearing a hat or using an umbrella to block direct sunlight should also be added to the list of summer safety precautions.

"People can underestimate the power of the heat. Safety is always our number one priority," said Marchegiani. "If you have an elderly neighbor or anyone with mobility issues, check on them, especially when we have a storm and the power goes out."

Third Floor Hearing Room of the Council Office Building, Rockville. The County Council will host the Montgomery County Democratic and Republican central committees for a forum on the new law that will allow candidates for County Council and County Executive to qualify for partial public financing for their campaigns. See www.montgomerycountymd.gov/council/ondemand/index.html

#### MONDAY/JUNE 15

County Council Meeting—Transportation, Infrastructure, Energy & Environment. 9 a.m. at Council Hearing Room, 100 Maryland Ave., Rockville. The County Council will hold a forum to discuss: Supplemental appropriation, Bill 52-14, Bill 18-15. Visit www.montgomerycountymd.gov/council.

#### MONDAY/JUNE 15

County Council Meeting—Planning,

Housing and Economic Development. 2 p.m. at Council Hearing Room, 100 Maryland Ave., Rockville. Visit www.montgomerycountymd.gov/council.

#### TUESDAY/JUNE 16

**County Council Meeting—Health & Human** 

WHILE STRATEGIES for beating the heat include trips to the pool and water parks, these cool-down activities come with health precautions. Being aware of the potential for spreading germs can prevent recreational water illnesses, which can occur as a result of swallowing or having other contact with contaminated water.

Health officials advise swimmers to shower with soap before entering a pool, take bathroom breaks once per hour and take a rinse shower before returning to the water

Washing your hands after changing diapers or using the restroom and checking a child's diapers every half-hour to an hour are tips that are also advised.

Water safety is another summer concern. "Enroll children over the age of three in swimming lessons," said Fluellen. "Don't rely on lifeguards to watch over your children."

**INSECTS ARE ANOTHER** summer sighting that can be a prelude to danger. In fact, the Fairfax County Board of Supervisors proclaimed June at Fight the Bite Aware-

**Services.** 9:30 a.m. at Council Hearing Room, 100 Maryland Ave., Rockville. Visit www.montgomerycountymd.gov/council.

#### TUESDAY/JUNE 16

**County Council Meeting.** 2 p.m. at Council Hearing Room, 100 Maryland Ave., Rockville. Visit www.montgomerycountymd.gov/council.

#### WEDNESDAY/JUNE 17

Health and Quality of Life Forum. 7-9 p.m. at MidCounty Regional Services Center, 2424 Reedie Drive, Wheaton. Residents are invited to participate in community conversations sponsored by Healthy Montgomery, an effort to improve the health of Montgomery County residents. Attendees will have the opportunity to comment. Visit www.montgomerycountymd.gov.

#### THURSDAY/JUNE 18

County Council Meeting—Government
Operations and Fiscal Policy. 9:30 a.m. at

Council Hearing Room, 100 Maryland Ave., Rockville The Montgomery County Council will hold a forum to discuss: OHR Teleworking Policy, Executive Regulation 16-13, Amendments to Personnel Regulations. Visit www.montgomerycountymd.gov/council. ness Month. One bite from a disease-carrying mosquito or tick can lead to life-changing illnesses such as West Nile virus or Lyme disease.

"Anyone can get infected with these illnesses, but people over the age of 50 are at greater of developing more severe forms," said Joshua Smith, Fairfax County environmental health supervisor. "We can find mosquitoes with West Nile virus anywhere in the county that is why we encourage people to take precautions."

Those safety measures include eliminating standing water, treating standing water and spraying your yard. Using an insect repellent containing DEET, remaining indoors at dawn and early evening, and installing, repairing or replacing screens on both windows and doors to keep insects outdoors are also recommended.

"It is important to use common sense, stay hydrated and respect Mother Nature," said Kurt Larrick, spokesman for the Arlington County Department of Human Services. "And some groups are more at risk [such as] infants, teens, older adults, and those with certain health conditions."

#### SCHOOL NOTES

Email announcements to almanac@connectionnewspapers.com. Deadline is Thursday at noon. Photos are welcome.

The following students have been selected as 2015 National Merit Scholarship winners: **Marisa Lu, Chaitanya Singh, Talia Lily Brenner,** and **Lauren M. Phillips** attend Walt Whitman High School; **Nipun Kottage** and **Paul M. Neves** attend Wootton High School.

#### SPORTS BRIEF

## Bethesda Big Train To Face T-Bolts In Home Opener

The Bethesda Big Train, a member of the Cal Ripken Collegiate Baseball League, will face the Silver Spring-Takoma Thunderbolts in its home opener at 7:30 p.m. on Wednesday, June 3 at Shirley Povich Field. The Big Train has finished league runner-up the last three seasons. Bethesda won three consecutive league titles from 2009 to 2011.

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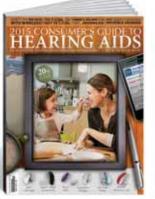
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# Weight For It;

By KENNETH B. LOURIE

Given some post-chemotherapy eating challenges I've experienced during the past few months, and the subsequent weight loss which has occurred, my oncologist has prescribed Dronabinol, common brand name: Marinol. Dronabinol, a.k.a. THC, is "a man-made form of the active natural substance in marijuana" synthesized to stimulate my appetite. It's been my observation over the six-plus years that I've been a chemotherapy patient, that weight loss is a particularly worrisome indicator. Steps are often taken to make sure that the patient - especially during the six-hoursper-day, three-days-a-week, heavy-duty chemotherapy often infused at the beginning of treatment - eats regularly and ingests sufficient vitamins and nutrients. Though I haven't suffered too much of late, other than the eating/tasting problem I've described, my oncologist was quick to this fix. No eating is no good. And even though the potential side effects: "dizziness, drowsiness, confusion, feeling 'high,' an exaggerated sense of well being, lightheadedness, nausea, vomiting or stomach pain," don't exactly turn me on; neither do they bum me out. I need to eat – doctor's orders - so if marijuana pills are the ticket, then I'm ready to buy. Someone has to do it, and as a cancer patient/survivor trying to stay in the game, these pills are a much appreciated resource to help fend off an evil adversary.

This is a road I have been down before in the 70s, but that was more of a pleasure trip. This is a completely different road and trip, and therefore one that requires thinking and treating outside of the box, if necessary. And since I don't want to be boxed, I need to remain open to remedies and alternatives that might offer a glimpse into a future that six years ago was not assured. In fact, assurances were the last thing I was given. What I was given, as you regular readers know, was a "13-month to two-year" prognosis with a corollary admission from my oncologist: "I can treat you but I can't cure you." Having successfully navigated an extremely bumpy road since February, 2009, I am still afraid for myself and fearful of my circumstances. Nevertheless, giving in is not an option. Nor is giving up. These pills are just another addition to my ever-expanding arsenal (most recent additions: wheat grass, beta glucans, dandelion root, milk thistle). This is a dynamic time in cancer research and when one considers the conventional along with the non-conventional, there are reasons for hope and dare I say, excitement, for our respective futures.

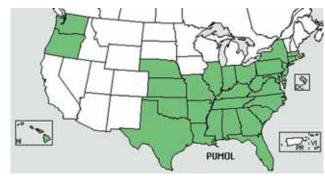
It's ironic to consider that back in the day, smoking marijuana was thought to possibly contribute to or even cause lung cancer and now, decades later, it is being prescribed by oncologists for their lung cancer patients to help them cope with the side effects of their treatment. When we first met my oncologist, it was mentioned that I smoked pot in the 70s and perhaps that was a cause of my current diagnosis. The doctor's response was that he wasn't interested in the nast he was only interested in the present/future and treating me forward. And so too have I embraced that philosophy. My life now is about securing a future, not explaining a past.

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

## OPINION



Kudzu vines engulfing trees.



USDA map of the vine's growing territory.

## Kudzu: 'The Vine That Ate the South'

By Carole Funger The Almanac

ost people living in the Potomac area are used to a sight common along the beltway and area roadsides. That is, thick masses of coiling, dark green vines climbing all over other native trees and shrubs. This plant is known as kudzu. And like it or not, its reputation is spreading.

What is kudzu, exactly, and how did it get here? Also known as Japanese arrowroot, kudzu's scientific name is Pueraria montana, var. lobata, a species related to the legume family. Deep green and naturally aggressive, it is a perennial vine native to East Asia and the Pacific. Its name comes from the Japanese kuzu.

Kudzu was introduced to the United States in 1876 during the Centennial Exposition in Philadelphia where it was featured as an ornamental vine on the Japanese pavilion. Easy to grow and virtually maintenance free, the large-leafed plant with fragrant purple flowers captured the interest of the American pub-

About a half-century later, farmers began to observe that kudzu could also be used as a cheap source of animal feed for their grazing livestock. And, as the thick vines carpeted the ground, it helped prevent soil erosion. Recognizing this, the United States Department of Agriculture (USDA) began importing kudzu for erosion control in the 1930s.

From about 1935 to the mid-1950s, the USDA encour-

A close-up of the kudzu leaf aged farmers in the south to plant kudzu on their land, in some cases paying them a subsidy of \$8/day. Over 1 million acres of kudzu were planted during this period, as farmers sowed their fields with the invasive vine.

It didn't take long for things to get out of hand, though, and kudzu began spreading rapidly through the southern states, prompting some people to label it "The Vine That Ate the South." It gobbled up other plants as it rapidly reproduced, covering hundreds of acres of land per year. Finally in the late 1950s, kudzu was recognized as the noxious weed it had become, and the Agricultural Conservation Program removed it from the list of acceptable species. In 1972, the USDA classified it as a weed.

Kudzu now grows primarily in the northeast U.S., where it is invasive in naturalized areas extending from Connecticut to Florida

and as far west as Texas. Growing with alarming speed, it has become a serious threat to other native plants. Kudzu spreads by runners that root at the nodes to form new plants. According to the National Park Service, the vine grows as much as 60 feet per season, or about 1 foot per day.

some estimates, kudzu is spreading at the rate of 150,000 acres annually. The plant is easily outpacing attempts to control it either by herbicides or mowing, or a combination of both. Left unimpeded, the large-leafed vine easily blankets other species, plunging them into deep shade and depriving them of light. Coiling around tree trunks and other woody plants, it sometimes uproots them entirely as it smothers the landscape.

Yet, across the world, kudzu has had many uses, going back centuries in time. The root, which can grow up to the size of a human being, has been an integral part of traditional Chinese medicine for centuries, where it is known as ge gan. Modern medicine also recognizes the kudzu root as a good source of isoflavones, which have shown promise in treating migraines and cluster headaches.

Still others insist the vine has value in the landscape, where it aerates the soil with its deep taproots that act as pipelines for minerals to flow from subsoil to topsoil. And, it continues to help with erosion.

Kudzu blooms from the end of July through December, sending forth purple flowers with a scent reminiscent of grapes. Perhaps that's why there are so many recipes for kudzu jelly. Some admirers of the vine swear its flowers can detoxify the liver and provide an effective

In Asia, kudzu leaves have been used for centuries to make herbal teas and tinctures. And in Japan, the vine's root is often substituted for cornstarch.

Lastly, there is kudzu art. Regina Hines, a textiles artist, has been working with the woody plant for years. Weaving the vines into baskets, jewelry and other vessels, she embellishes her art with crystals, beads and silver. Her stunning work has been featured in galleries, museums and art centers across the

A word of warning: Before you go out foraging along the roadside for kudzu for medicines, tea, jelly or art, first make sure that it hasn't been sprayed with herbicides.

#### - Letter to the Editor

## Role of Potomac Community Village

Thank you very much for your coverage in the May 27 issue of Potomac Community Village's birthday party on May 21. However, your article said we had the pleasure of having Congressman John Delaney as our speaker that evening. We did not. Instead, we heard from Jay Kenney, chief of Montgomery County's Aging and Disability Services unit, who spoke on the predicted significant increase in the number of age-65 and up county residents over the next 30 years, a huge increase in the number of over 100s in that same time period, and how the county is responding to this demographic challenge.

Potomac Community Village (PCV) was also very pleased to have honored five Potomac businesses that evening (as shown in the photo you published) for their support of PCV's mission to enable Potomac residents to remain in their homes as they

age. PCV is partnering with still another Potomac business on Wednesday, June 10, when Tally Ho Restaurant will donate to PCV 20 percent of what is spent from 5-9 p.m. that evening by PCV's members and friends, whether dine-in, take-out or delivery. We invite the entire community to show their support of our mission by eating dinner with us that evening.

Potomac Community Village (PCV) is a volunteer nonprofit group that provides social, educational and wellness activities, enabling members to be vibrant, contributing members of our community. We link members with neighbors who assist with transportation, computer assistance, simple home repairs and other services. More information about us can be found at www.PotomacCommunityVillage.org. PCV is part of a nationwide movement of more than 400 Villages, with more than 40 in the Washington, D.C. area.

#### Sheila Moldover

Communications Chair Potomac Community Village

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