

Potomac ALMANAC

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On Sunday evening, more than 300 mourners came to a vigil at the site of crash that killed Alexander Murk and Calvin Jia-Xing Li, both 18. Murk and Li graduated in June from Wootton High School.



Holiday Schedule For Independence Day

Montgomery County government will observe the following holiday schedule for Independence Day on Friday, July 3 (observed):

County Offices – closed

Libraries – closed

County liquor stores – open (open on July 4, 10 a.m. – 6 p.m.)

Recreation – all indoor and outdoor aquatic facilities will be open as scheduled; on July 4 the Germantown Indoor Swim Center will close at 3 p.m., all other aquatic facilities will close at 6 p.m.; swim lessons will meet as scheduled; administrative offices, senior centers and community recreation centers will be closed

Montgomery Parks — most Parks facilities are open during holiday weekend. For operating schedules, visit www.MontgomeryParks.org.

Ride On – Saturday schedule

Metrolus – Saturday schedule (Saturday supplemental on July 4)

Metrorail – Saturday schedule (special service on July 4)

Refuse/recycling pickup – regular collection (no collection on Saturday, July 4) — There will not be a “slide;” regular collection services will be provided the week before and after the holiday.

Transfer Station – open (closed on Saturday, July 4)

Parking at public garages, lots, curbside meters – free

MCPS Administrative Offices – closed

State offices and courts – closed

Two Begin New Terms on Planning Board

The Montgomery County Planning Board, part of the Maryland-National Capital Park and Planning Commission (M-NCPPC), reinstated Casey Anderson (D) as Planning Board Chair and Norman Dreyfuss (R) as a member of the Board. Both will serve four year terms.

Anderson and Dreyfuss were sworn in by the Clerk of the Circuit Court, Barbara Meiklejohn, at the start of the Planning Board meeting on June 25. The other members of the five-person Planning Board are Amy Presley (R), Natali Fani-González (D) and Marye Wells-Harley (D).

The County Council originally appointed Anderson to the Planning Board in June 2011 and designated him as chair in July 2014. Dreyfuss was first appointed to a partial term in February 2010 and will now begin his second full term. Both members applied for reappointment.

The Montgomery Planning Board oversees the Montgomery County Planning Department and Montgomery Parks. Several of the board’s priorities related to parks include activating urban parks; increasing ball field capacity and facilities for active recreation; and enhancing and expanding the parks’ world class trail network, according to Anderson.

Anderson is a Silver Spring resident, attorney and community activist. Previously, Anderson served on the boards of the Washington Area Bicyclist Association, Citizens League of Montgomery County, Coalition to Stop Gun Violence and Committee for Montgomery. He is also a former vice president of the Woodside Civic Association and executive vice chairman of the Silver Spring Citizens Advisory Board. Anderson holds undergraduate and law degrees from Georgetown University, and a graduate degree in journalism from Columbia University.

Appointed to the Planning Board in February 2010, Dreyfuss, is executive vice president of IDI MD, the developer of Leisure World and other developments throughout the Washington, D.C., region. Dreyfuss, who has worked in all aspects of community development, co-chairs the county’s annual Affordable Housing Conference. He formerly served as commissioner on the Montgomery County Housing Opportunities Commission. A resident of Potomac, Dreyfuss holds a law degree from American University and degrees in mechanical engineering and fine arts from Rutgers University.

NEWS



PHOTOS BY DERORAH STEVENS/THE ALMANAC

Heritage Days

Thirty-five sites in the county hosted musical performances, history and nature hikes, art exhibits, re-enactments, games and crafts last weekend in honor of local history. Above, visitors board the canal boat at the C&O Canal.



Domonkos and Peter Subert greet the mules Dolly and Eva held by Brock Dinch.



Ary Farrell, Emily Taylor, Mark Edwards, Zenas Dowdell, and Cassandra Sohyda are park rangers.

C&O Canal Handbook Re-released

The revised Chesapeake and Ohio Canal Official National Park Handbook has been re-released by the C&O Canal Association and is available for sale in C&O Canal National Historical Park Visitor Centers or on-line at www.candocanal.org/store.html and at www.eparks.com/store/.

This update of the 1991 handbook is 20 pages longer than the original. It was developed through a partnership between the C&O Canal Association and the C&O Canal National Historical Park. It retains all of the informative illustrations and historical photographs that the original was known for, with many updates and additions, including:

- ❖ Revised text to reflect recent research and findings about the canal’s history;
- ❖ Features reflecting the improvements and additions to the park’s recreational and interpretive opportunities;
- ❖ Revised photographs that show present day

views of the canal’s features;

- ❖ Updated maps that reflect revisions to the park, nearby trails, and access routes;
- ❖ An updated printed resource listing;
- ❖ A new list of Internet resource web addresses.

The project to develop the revised handbook was conducted on a volunteer basis and the Association funded book printing. Association members Steve Dean, Karen Gray, and Dward Moore supported the project.

To celebrate the re-printing of the handbook, the park is holding several book launch events with contributors Steve Dean and Karen Gray. These events will be held at:

- ❖ Great Falls Tavern Visitor Center, July 25, 10 a.m. – 12 p.m.
- ❖ Cumberland Visitor Center, August 22, 10 a.m. – 12 p.m.
- ❖ Williamsport Visitor Center, August 29, 10 a.m. – 12 p.m.

Mourning Two Alexander Murk and Calvin Jia-Xing Li, who just graduated from Wootton, dead in Potomac crash.

On Sunday night, more than 300 members of the Wootton High School community came to a vigil at the site of a crash that killed two young men who had just graduated.

Alexander Murk and Calvin Jia-Xing Li were both 18, rear-seat passengers who died in the single car accident on Thursday evening, June 25.

"They were high-spirited young men; they were good students, all doing well, going off to college," said Dr. Michael Doran, Wootton principal. "They were popular good-looking boys."

Sunday's vigil was the second vigil, with the first at Thomas Wootton High School on Friday.

"Students told stories that were touching, funny, hard to listen to," Doran said. "But it was helpful for each of the kids to be there and hear those stories."

Alexander Murk, Calvin Jia-Xing Li and Samuel Joseph Ellis, who was critically injured, all celebrated their graduation just weeks before on May 27 at DAR Constitution Hall.

Police continue to investigate the crash that occurred shortly before midnight on Thursday, June 25. Preliminary investigation indicated that the four young men in the car, a 2006 Acura TSX, had attended an underage drinking party in the area, according to police. Samuel Joseph Ellis was driving when they left the party, traveling west on Dufief Mill Road near Travilah Elementary when the car left the road, hitting several "fixed objects," police said. Detectives of the Collision Reconstruction Unit are working with officers from the Alcohol Initiatives Section to investigate the events leading up to the collision, and say that they



PHOTO BY DEBBIE STEVENS/THE ALMANAC

More than 300 came to Dufief Mill Road to mourn Alexander Murk and Calvin Jia-Xing Li who died in a crash on Thursday, June 25.

are investigating speed, alcohol and lack of seat belts as possible factors.

Ellis was driving; Murk and Li were in the back seat and were "discovered deceased at the scene," according to police reports.

The front seat passenger, who is not being identified due to the on-going investigation, was taken to an area hospital with non-life-threatening but serious injuries.

"At the hospital, I saw the parents of two sets of kids who are going to live, and two sets of parents who are preparing to bury their children," said Doran.

While school is out of session for the summer, Wootton is open and counselors are available for students, graduates and family members who can drop in.

"We're here for the kids, they know that," Doran said. "Young people going through their stages of grief, but for many this is really the first the person who has been close to them who has died. ... Everyone is

working through it in their own different way."

Doran also noted the dangers of the passage from high school graduation until the beginning of college.

"It's a dangerous time for these kids. They think they are invincible. There's lots of data out there that says that it's a really scary time between those two milestones, between graduating and starting college. They are mobile, they've got friends, they take risks. ... They have momentary lapses of good decision-making."

Murk was set to attend Penn State; Li would have attended the University of Maryland.

SERVICES

❖ Alexander Murk, beloved son of David W. Murk, Capt., USCG (Ret.) and Pamela Murk. Brother of Benjamin Douglas Murk and Cameron Arthur Murk. Grandson of Douglas and LuEllen Robertson and

Margery Pittsinger Murk and the late Arthur Murk. Nephew of Karen Virginia Murk, Stephen Arthur Murk and Amy Jennifer Murk. Friends will be received at Pumphrey's Bethesda-Chevy Chase Funeral Home, 7557 Wisconsin Avenue, Bethesda, on Wednesday, July 1, from 3 to 5 and 7 to 9 p.m. In lieu of flowers memorial contributions may be made to the Leukemia and Lymphoma Society, 1311 Mamaroneck Ave., White Plains, NY 10605. See more at: <http://www.pumphreyfuneralhome.com/obituary/Alexander-William-Murk/Potomac-MD/1522743#sthash.456na1wN.dpuf>

❖ Hines-Rinaldi Funeral Home, 11800 New Hampshire Ave., Silver Spring is in charge of arrangements for Calvin Jia-Xing Li. Details have not been available by Almanac's deadline. See <http://obits.dignitymemorial.com/dignity-memorial/obituary.aspx?n=Calvin-Li&lc=9738&pid=175185924&uid=2826730b-16b9-4d36-afd9-176036b59104>

'I Have Words'

BY EVVA STARR
NEWSPAPER/YEARBOOK ADVISOR,
WOOTTON HIGH SCHOOL

From Evva Starr's blog:

Two nights ago a car accident took the lives of two young men in the Wootton High School community. Yesterday I was with a group of their friends, who asked me for words of comfort. I had none to give. All I could do was sit with them in their pain, and share it.

Today I have words.

First, you will not always hurt as painfully as you do today. Eventually your stomach will unclench and your chest will expand fully and your head will stop pounding. Eventually you will think of Alex and Calvin and you will feel sunny inside. Be patient with yourself in the meantime. Do what people tell you — eat, drink water, exercise, sleep, be with

the people you love.

Feeling less physical pain doesn't mean you will ever miss them less. You will never stop missing them. You will see their shadows at every place you used to go together, at every gathering of friends, at your reunions and weddings. It will seem impossible that they aren't there, because it is. Don't be afraid of those shadows: welcome them. Say out loud that you miss them, five, 10, 20 years from now. Others will be grateful you have voiced what they are all thinking. Second, do not turn blame inward or outward. You think you know many of the factors that went into the accident. Some you might know, others you will never know. Spending any amount of time trying to go back and find the moment you could have changed things is worthless. Not one thing you did or could have done would have altered the events of that night. It happened, it's over. If you blame yourselves or each other, you will fall apart. You need each

other. Fall together. Third, Alex and Calvin are not a lesson or a warning. Their lives were about so much more than that. Their deaths do not define them. The 18 plus years they lived define them. The families who loved them, their friends, the things they said and did, the futures they lost — all of that makes up the young men they were. Do not reduce them to a cautionary tale or a statistic, the way the media has. Don't diminish the brilliant sparks of light Alex and Calvin were by simplifying them. They were complex human beings; keep them that way. Try not to be frustrated or maybe even enraged when you see others professing grief you feel is less justified than your own. People are shown on the news crying or quoted in the media or show up sobbing at a vigil or funeral and you see them and think, "They didn't know him like I did. She should just stop." Alex and Calvin touched hundreds of people's lives. It is a testament to them that so many people

mourn them so much. Grief sets off older losses as well. Someone might be remembering a brother who died in similar circumstances 20 years ago. Or a grandfather who died last month. Or maybe they are empathetically suffering the pain of others. If it really upsets you, just look away, but try as hard as you can not to judge.

Finally, know that those two beautiful young men were made of stardust, held together by electricity and gravity, just as each of us are. Stardust, like all matter, can never be destroyed. They will be with you, for the rest of your lives. All you must do to summon them is to think of them.

Evva Starr is the newspaper and yearbook adviser at Thomas S. Wootton High School, and she writes a blog called "After Deadline." This post is titled: "I Have Words." Starr gave permission for the Potomac Almanac to quote from it. <http://evvastarr.com/1/post/2015/06/i-have-words.html>

LET'S TALK Real Estate



by Michael Matese

Real Estate As An Investment

Real estate is a cash generating asset that can only appreciate with time, given proper care and today's market is a good time to think about investing. Real estate is like gold or silver; it appreciates in value, but since it is a tangible asset, it doesn't function like a bond or a stock that can lose value in a heartbeat. There are three main forms of return on investment with real estate: appreciation, cash flow and return on taxes. Each of these things should be considered before you decide to become a real estate investor and a Realtor® can help you with these decisions.

- **Appreciation.** Appreciation represents the majority of returns on investment. Properties can increase in value a great deal over time and if your goal is long term, the land/house will yield great benefits later.

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- **Return on taxes** - many investors in the higher tax brackets are less concerned with the cash flow and tend to focus more on the tax advantages an investment property can provide or your home's purposes, and reach for the sky(light)!

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**POTOMAC
ALMANAC**

NEWS



PHOTO COURTESY OF PETE PRINGER VIA TWITTER

Safety Advisory

U.S. Park Police were part of crew near Great Falls on Sunday, June 28, advising a few swimmers to get out and stay out of Potomac River. A safety reminder from the National Park Service and Montgomery County Fire and Rescue Service: swimming or entering the water without a boat is prohibited. The Potomac River is extremely high after recent rains, making it even more dangerous.

BULLETIN BOARD

Email community 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.

SATURDAY/JULY 4

Free Taxi Rides. 10 p.m.-4 a.m. Free cab rides will be offered to patrons throughout Montgomery County. During this six-hour period, area residents celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI (8294) and be afforded a safe way home. Must be 21 or older to call a SoberRide. Visit www.wrap.org/soberride/ for more.

MONDAY/JULY 13

Health and Quality of Life Forum. 1-3 p.m. at Holiday Park Senior Center
3950 Ferrara 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/SEPT. 10

Great Decisions: Syria's Refugee

SEE BULLETIN BOARD, PAGE 5

River Warnings!

The Potomac River is a hazardous force that deserves our constant respect. The 22 mile section of the river from Georgetown to Seneca has **four** dangerous areas that are unsafe for any type of water related recreation including boating, canoeing, fishing, swimming, wading or rock hopping. **Do not enter the water.** This warning applies to the river areas around the Washington Aqueduct Dam, Great Falls, Little Falls Dam, and Little Falls Rapids. Serious and often fatal accidents occur at these locations **every** year.

Where boating is permitted:
Be Water Wise and Think Before You Sink



Swimming water is never calm and very dangerous.



Wear a life jacket.



Boat with a dangerous.



Know water area and its hazards.



Never feed over dams or in flooded rivers.



Wear a wet suit in winter and spring when boating.



Great Falls, Virginia



Little Falls Dam

Washington Aqueduct Dam:

A water supply dam for Washington, D.C. located just above the Great Falls. If this hazardous dam doesn't stop you, the falls just below it will! The Great Falls, MD, parking lot is the **last** take-out before the dam.

Great Falls:

Where the Potomac River drops 40 feet over a steep jagged rock wall and into a narrow gorge. The falls are impossible. Use the C&O Canal to bypass the dam and falls. You can enter the river at Rocky Cove below the falls.

Little Falls of the Potomac:

Located just upstream from Chain Bridge, this narrow chute of extremely powerful currents is hazardous. Many boaters and fishermen have drowned here. Take your boat out along the canal in the immediate vicinity of Hyams Cove Island. You can reenter the river at Fletcher's Boat House.



Little Falls Dam:

Located four miles downstream from Chain John Bridge, this innocent-looking small vertical drop is **deadly**. The river flowing over the dam is recycled back toward the dam wall rather than downstream, trapping any object including people in the backwash. Many who end up in this vicious backwash drown. **Stay away!** The last take-out before the dam is the C&O Canal in the immediate vicinity of Hyams Cove Island.

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Perlis Elected President of Potomac Community Village

Barry Perlis, who was named Potomac Citizen of the Year in October by the Potomac Chamber of Commerce, was elected president of local nonprofit Potomac Community Village (PCV) in June. His term of office begins on July 1.

Prior to being elected president, Perlis served as a PCV vice president. Other elected officers include:

❖ Vice President Joan Kahn, a professor of sociology at the University of Maryland.

❖ Vice President Jill Phillips, who was named Potomac

Businessperson of the Year last fall, along with her husband John. They are the owners of Squeals on Wheels Petting Zoo.

❖ Treasurer Leonard Cahan, rabbi emeritus of Potomac's Congregation Har Shalom.

❖ Secretary Shirley Dominitz, one of the founders of Potomac Community Village.

Potomac Community Village is a volunteer nonprofit group that provides social, educational and wellness activities with a mission of enabling Potomac residents to remain in their homes as they age, and be contributing members of



Barry Perlis



Joan Kahn



Jill Phillips



Leonard Cahan



Shirley Dominitz

the community.

Members are linked with neighbors who provide assistance when needed with transportation, computer problems, simple household

chores and other services.

Its service area is the 20854 zip code.

PCV is part of a nation-wide movement of more than 400 vil-

lages, with more than 40 in the Washington, D.C. area.

For more information, www.PotomacCommunityVillage.org, or 240-221-1370.

BULLETIN BOARD

FROM PAGE 4

Crisis. 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.

THURSDAY/OCT. 1

Great Decisions: Human Trafficking in the 21st Century. 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.

SUNDAY/OCT. 4

Great Names Community Lecture Series. 3-5 p.m. at Bethesda Jewish Congregation, 6601 Bradley Blvd., Bethesda. Bethesda Jewish Congregation presents Jeff Malka, Jewish genealogist. Open to all. Free, but RSVP to secure a seat. Call 301-469-8636 or visit www.bethesdajewish.org/registration/.

THURSDAY/NOV. 5

Great Decisions: Brazil's Metamorphosis. 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.

SUNDAY/NOV. 15

Jewish Community Day. 10 a.m.-5 p.m. at University of Maryland Hillel,

7612 Mowatt Lane, College Park. The Jewish Federation of North Bethesda will host "Routes: A Day of Jewish Learning 2015." Find more than 70 sessions of informative seminars and events. Visit www.shalomdc.org.

SUNDAY/NOV. 22

Great Names Community Lecture Series. 3-5 p.m. at Bethesda Jewish Congregation, 6601 Bradley Blvd., Bethesda. Bethesda Jewish Congregation presents Cokie and Steve Roberts, syndicated columnists. Open to all. Free, but RSVP to secure a seat. Call 301-469-8636 or visit www.bethesdajewish.org/registration/.

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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

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.store-locator.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.

"Dreams of Speed... Supercharged." Through July 4, Tuesday-Saturday 12-6 p.m. at The Waverly Street Gallery, 4600 East-West Highway, Bethesda. Artist Tom Kenyon works with collage and block prints to create images interpreting car culture. Free. Visit www.waverlystreetgallery.com for more.

"Sharpened." Through July 5 during 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.

"Hidden District." Through July 12, Saturdays 1-4 p.m., Sundays 1-8 p.m. at Photoworks Gallery at Glen Echo Park, 7300 MacArthur Blvd. Photo essay by Steven Marks based on his interpretation of the District of Columbia. Admission is free. Visit www.glenechophotoworks.org.

"These Mirrors are Not Boxes." Through July 12, 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.

Creative Crafts Council 30th Biennial Exhibit. Through July 26, during 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.

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

Dancers Pay Tribute To Mother Theresa

Potomac Nrityalaya will perform "Joy of Loving," an Odissi (an Indian classical style of dance) multi-media dance drama showcasing Mother Teresa's legacy of love and compassion for the needy. The show will premiere on July 11 at 7 p.m. at the Parilla Performing Arts Center, Montgomery College, 900 Hungerford Drive. Tickets are \$15 for students and senior citizens. General admission is \$20, reserved seating is \$25. Email joyofloving11@gmail.com for tickets.



PHOTO CONTRIBUTED

has sent athletes to Major League Baseball. Visit www.bigtrain.org for more.

"Garfield, The Musical With Cattitude." Various times on various days through Aug. 23 at Adventure Theatre, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Garfield the Cat sings and dances in a child-friendly production. Tickets are \$19.50 for children 1 and up. Visit www.adventuretheatre-mtc.org.

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.

Nando's Spicy Saturday Nights. 6:30-8:30 p.m. on Saturdays through Sept. 26 at Fountain Square Plaza. Local bands perform. Free. Visit www.downtownsilverspring.com.

Yoga on the Plaza. 7 p.m. on Wednesdays through Sept. 30 at Fountain Square Plaza. Take a mixed-level vinyasa flow yoga class from Grace Yoga instructors. Free. Visit www.downtownsilverspring.com.

Butterfly Exhibit. 10 a.m.-4 p.m. daily from July 1 to Oct. 25 at Brookside Gardens, 1800 Glenallen Ave., Wheaton. Free. Visit www.montgomeryparks.org for more.

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.

Paint Night. 5:30-8 p.m. on first and second Mondays of the month through December at Sweet Frog, 100 Lexington Drive, Silver Spring. Spiritual Unicorn art sponsors a night of painting. Tickets are \$10 for children and \$15 for adults. Visit www.spiritualunicornart.com.

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 for more.

Thang Ta. Wednesdays, 6-7 p.m. at Sutradhar Institute of Dance and Related Arts, 1525 Forest Glen Road, Silver Spring. Learn the ancient art of the sword and spear. 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.

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.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.

Mommy & Me (& Daddy, Too). Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-alongs, prizes and more. 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.

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

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 year-round 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-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 through Aug. 21, 8:30 a.m.-3 p.m. Before care and extended care is available.

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.

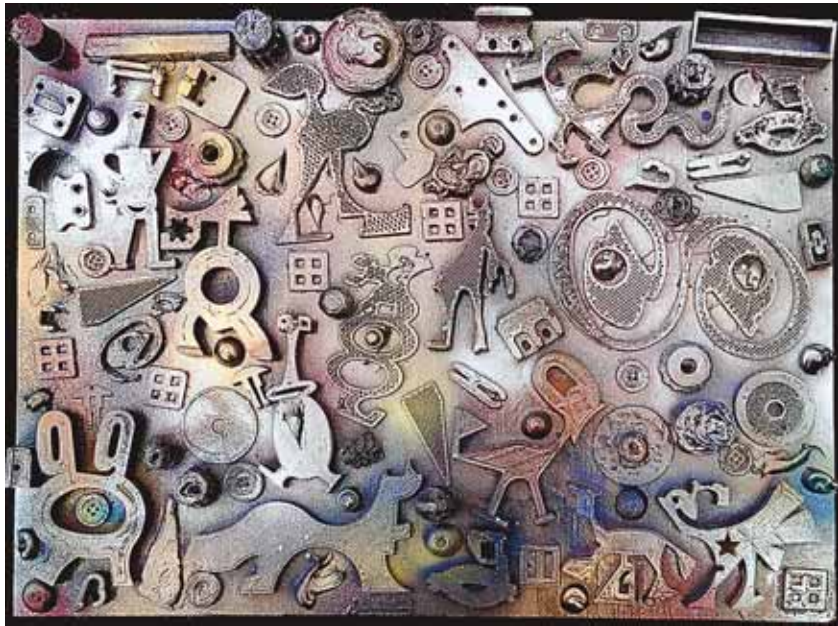
Bethesda Central Farm Market. Sundays, 10 a.m.-1:30 p.m. at Bethesda Elementary School, 7600 Arlington Road, Bethesda Shop for a range of fresh and local products from over 60 vendors. Free. Visit www.centralfarmmarkets.com.

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



IMAGES COURTESY OF THE ARTIST



Local Artist To Hold Two-Day Show

Artist Sam Miller will hold a two-day art show at the Yellow Barn Gallery at Glen Echo Park July 11-12, 12-6 p.m. on Saturday and 12-5 p.m. on Sunday. The exhibit will display his new work including, “Painting in the third degree” and “Face from a Veil.” Visit www.sammillerarts.com.

Saturday, and 12-4 p.m. and on Sunday. Artist and art professor at Montgomery College Stephen T. Hanks will present a three-day exhibit of abstract and realistic content and a presentation, “The Art of Creative Reaction.” Free. Visit www.sthanks.com.

FRIDAY/JULY 3

“Off the Wall” Reception. 6-9 p.m. at Washington ArtWorks, 12276 Wilkins Ave., Rockville. Purchase art work for less than \$500. Free to attend. Visit www.washingtonartworks.com.

JULY 3-31

“Off the Wall” Gallery hours at Washington ArtWorks, 12276 Wilkins Ave., Rockville. Purchase art work for less than \$500 from an open call sponsored by the Washington School of Photography. Free to attend. Visit www.washingtonartworks.com.

SATURDAY/JULY 4

Gaithersburg 4th of July Fireworks 2015.

5 p.m. at Montgomery County Fairgrounds, 16 Chestnut St., Gaithersburg. Gaithersburg celebrates America’s birthday with live music, food and fireworks. Free. Visit www.dc.about.com/od/4thofjuly/a/GaithFireworks.html.

Autism Speaks 5K. 6:30-9:30 a.m. at Potomac Library Parking Lot, 10101 Glenolden Dr. Potomac. This is the 15th Annual Autism Speaks 5K Run and 1 Mile Walk. Registration is \$40 until July 3, \$45 on the day of the race, and \$20 for children at all times. Visit www.autismspeaks5k.org for more.

Rockville’s Independence Day Celebration 7 p.m. at Mattie J.T. Stepanek Park, 1800 Piccard Drive (King Farm), Rockville. This celebration will feature live music and food vendors. The Mayor and Council of Rockville will host the event. Visit www.rockvillemd.gov.

TUESDAY/JULY 7

Great Wines You’ve Probably Never Heard Of. 7-9 p.m. at Washington ArtWorks, 12276 Wilkins Ave., Rockville. Learn about “undiscovered” wines from various locations, price points, and pairings. Tickets are \$75. Visit www.washingtonartworks.com.

JULY 7-AUG. 1

“Benthos.” Tuesday-Saturday 12-6 p.m. at Waverly Street Gallery, 4600 East-West Highway, Bethesda. Artist Nikki O’Neill uses glass, raw mineral compounds, metals, salts, and oxides to explore her visual interpretations of the origin of life. Free. Visit www.waverlystreetgallery.com for more.

WEDNESDAY/JULY 8

Faculty Concert. 7:30 p.m. at Cedar Lane Unitarian Universalist Church, 9601 Cedar Lane, North Bethesda. Celebrate the 10th annual Musical Arts and Dance (MAD) Week. Among the featured performers will be accordion player Billy McComiskey

and fiddler Brendan Mulvihill and more. Tickets will be \$20 in advance, \$27 at the door, \$15 in advance for students with ID and children and \$22 at the door. All tickets are general admission. Call 301-960-3655 or visit www.imtfolk.org.
Raekwon and Ghostface Killah. 8 p.m. at The Fillmore, 8656 Colesville Road, Silver Spring. Rap artist Raekwon performs alongside Wu-Tang Clan member Ghostface Killah. Doors open at 7 p.m. Tickets start at \$27.50. Visit www.fillmoresilverspring.com.

JULY 8-AUG. 1

“Abstraction II.” Wednesday-Saturday, 12-6 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Painter and printmaker Michael Gross works in Abstract Expressionism. Free. Visit www.bethesda.org.

THURSDAY/JULY 9

Teyana Taylor. 7:45 p.m. at The Fillmore, 8656 Colesville Road, Silver Spring. R&B artist Teyana Taylor performs live. Doors open at 6:30 p.m. Tickets start at \$35. Visit www.fillmoresilverspring.com.

JULY 9-30

Backyard Theater for Children. Thursdays at 9:30 a.m. and 11:30 a.m. at Outdoor Backyard Theater Stage at Strathmore, 10701 Rockville Pike, Rockville. Entertaining and educational concerts occur twice a day. Tickets are \$8. Visit www.strathmore.org.

FRIDAY/JULY 10

“Abstraction II” Exhibit Opening. 6-9 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Painter and printmaker Michael Gross works in Abstract Expressionism. Celebrate his new exhibit. Free. Visit www.bethesda.org.
Shark Week Screening. 8 p.m. at Fountain Plaza, Silver Spring. Find shark week special promotions and a film screening. Free. Visit www.downtownsilverspring.com.

The Persuasions. 8 p.m. at the AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Acappella icons perform live. Hear tributes to Frank Zappa and The Beatles. Doors open 90 minutes prior to show. Tickets \$25-35. Visit www.amphystrathmore.com/live-shows.

’80s vs. ’90s Dance Party Hosted By Biz Markie. 8 p.m. at The Fillmore, 8656 Colesville Road, Silver Spring. Dance to ’80s and ’90s music at a party hosted by rapper Biz Markie. Doors open at 7 p.m. Tickets start at \$22. Visit www.fillmoresilverspring.com.

FRIDAYS-SUNDAYS/JULY 10-26

“The Best Little Whorehouse in Texas.” Fridays and Saturdays, 8 p.m.; Sundays, 2 p.m. at Rockville Civic Center Park, 603 Edmonston Drive, Rockville. Rockville Musical Stages the The Larry King and Carol Hall musical comedy. Tickets are \$20-22. Visit www.r-m-t.org for more.

SATURDAY/JULY 11

Sam Miller Art Show. 12-6 p.m. at The Yellow Barn Gallery at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The Yellow Barn Gallery will display the work of Sam Miller. Miller’s work has been featured widely, and will present an array of works, including landscapes, portraits and abstracts. Email Sam

Miller at SamMillerArts@gmail.com or call 301-455-9665.

“Joy of Loving” Dance Drama. 7 p.m. at The Robert A. Parilla Performing Arts Center, Montgomery College, 51 Mannakee St., Rockville. Watch a dance-drama featuring the work of Mother Teresa. Tickets are \$15 for students and senior citizens. General admission is \$20, reserved seating is \$25. Email joyofloving11@gmail.com for tickets.
Ballroom with a Twist. 8 p.m. at the Music Center at Strathmore, 5301 Tuckerman Lane, Rockville. Professional dancers from “Dancing with the Stars” and “So You Think You Can Dance” share the stage with American Idol finalist Von Smith. Tickets are \$35-75/. Visit www.strathmore.org.

The Vi-Kings. 8 p.m. at the AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. The Vi-Kings perform music from The Beatles, The Rolling Stones, Clearwater Revival, and more. Doors open 90 minutes prior to show. Tickets \$15-25. Visit www.amphystrathmore.com/live-shows.

Mint Condition. 8 p.m. at The Fillmore, 8656 Colesville Road, Silver Spring. R&B ensemble performs live. Doors open at 7 p.m. Tickets start at \$43. Visit www.fillmoresilverspring.com.

SUNDAY/JULY 12

Sam Miller Art Show. 12-6 p.m. at The Yellow Barn Gallery at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The Yellow Barn Gallery will display the work of Sam Miller. Miller’s work has been featured widely, and will present an array of works, including landscapes, portraits and abstracts. Email Sam Miller at SamMillerArts@gmail.com or call 301-455-9665.

TUESDAY/JULY 14

In This Moment. 7:30 p.m. at The Fillmore, 8656 Colesville Road, Silver Spring. Los Angeles-based Metal band perform. Doors open at 6:30 p.m. Tickets start at \$33. Visit www.fillmoresilverspring.com.

JULY 15-AUG. 16

“Rust Sun Bible Corn.” Gallery hours at Gibbs Street Gallery at VisArts Rockville, 155 Gibbs St., Rockville. Photographer Kim Llerena has documented rural towns for this exhibit. Free. Visit www.visartsrockville.org for more.

FRIDAY/JULY 17

Great Wines You’ve Probably Never Heard Of. 4-6 p.m. at Washington ArtWorks, 12276 Wilkins Ave., Rockville. Learn about “undiscovered” wines from various locations, price points, and pairings. Tickets are \$75. Visit www.washingtonartworks.com.

SATURDAY/JULY 18

URBNmarket Bethesda. 11 a.m.-5 p.m. at the Bethesda Metro Plaza, 7450 Wisconsin Ave., Bethesda. Shoppers can find local vendors selling one-of-a-kind items, including pet accessories, jewelry, toys, clothes, and more. Free. Visit www.urbnmarket.com for more.

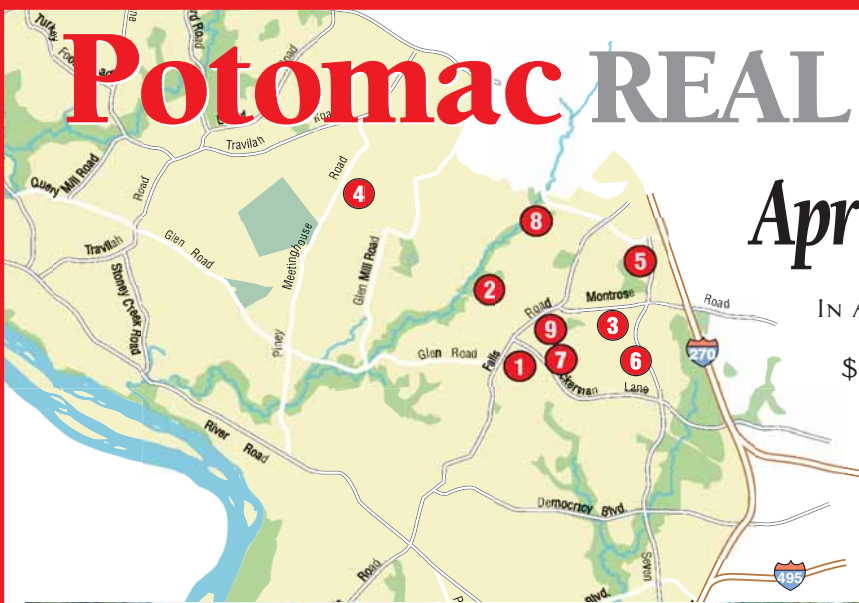
“Benthos” Opening Reception. 6-9 p.m. at Waverly Street Gallery, 4600 East-West Highway, Bethesda. Celebrate artist and bio-scientist Nikki O’Neill’s use of glass, raw mineral compounds, metals, salts, and oxides to explore her visual interpretations of the origin of life. Free. Visit www.waverlystreetgallery.com for more.

Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

April, 2015 Sales, \$672,000~\$750,000

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8 16 Starlight Court — \$675,000



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3 12020 Devilwood Drive — \$710,000

9 8710 Victory Lane — \$672,000



6 11613 Gainsborough Road — \$689,000



7 11608 Gowrie Court — \$686,000

Address	BR	FB	HB	...	Postal City ..	Sold Price	Type	Lot AC ..	PostalCode	Subdivision	Date Sold	
1 11600 KAREN DR	5	..	3	..	1	ROCKVILLE	\$750,000	Detached	0.75	20854	LAKE NORMANDY ESTS	04/29/15
2 12408 BOBBINK CT	4	..	3	..	0	ROCKVILLE	\$725,000	Detached	0.26	20854	COPENHAVER	04/15/15
3 12020 DEVILWOOD DR	4	..	2	..	1	POTOMAC	\$710,000	Detached	0.25	20854	MONTGOMERY SQUARE	04/24/15
4 10515 SUNNY BROOKE LN ...	3	..	3	..	1	POTOMAC	\$700,000	Townhouse .	0.05	20854	PINEY GLEN VILLAGE	04/16/15
5 5 KETTLE POND CT	5	..	3	..	0	POTOMAC	\$699,900	Detached	0.32	20854	POTOMAC WOODS EAST ...	04/15/15
6 11613 GAINSBOROUGH RD ..	5	..	3	..	1	POTOMAC	\$689,000	Detached	0.28	20854	REGENCY ESTATES	04/09/15
7 11608 GOWRIE CT	5	..	3	..	0	POTOMAC	\$686,000	Detached	0.23	20854	HIGHLAND STONE	04/23/15
8 16 STARLIGHT CT	4	..	3	..	1	ROCKVILLE	\$675,000	Detached	0.28	20854	HORIZON HILL	04/21/15
9 8710 VICTORY LN	4	..	2	..	1	ROCKVILLE	\$672,000	Detached	0.19	20854	HIGHLAND STONE	04/22/15

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WELLBEING

Ensuring Safe July 4th

From swimming to fireworks, safety precautions for a festive Independence Day.

BY MARILYN CAMPBELL
THE ALMANAC

It was a near accident at camp last summer that sparked action by one parent. Elementary school-aged campers splashed in the pool. Everyone was having fun. Then tragedy almost struck.

Jackie Wheeler says one second her 7-year-old son was frolicking on top of the water and the next he was bobbing just below the surface, gasping for air.

"One of the counselors took his eyes off of Noah for one second, and he started to struggle," said Lee. "Ultimately, the life-guard had to jump in and save him."

Wheeler didn't witness the incident, but its recounting was difficult for her to hear. That brush with danger became a defining moment for her family. She enrolled her son, who is now 8, and her daughter Ava, who is 4, in private swimming lessons at the YMCA in Bethesda.

"I want them to be safe around the water, and I want them to be able to save themselves or someone else if necessary," said Wheeler.

She's not the only one thinking about safety. As Independence Day approaches and time spent at the pool, outside in sweltering temperatures and at fireworks shows increases, public health and safety officials are working to raise awareness about potential hazards.

WATER SAFETY

Ensuring that children learn to swim and keeping a close watch on them at the pool or beach are two ways that officials encourage water safety.

Parents and caregivers should also be mindful of recreational water illnesses, which are caused by swallowing or coming in contact with contaminated water in swimming pools and other bodies of water. Help reduce the risk of recreational water illnesses by showering with soap and water before entering a pool, taking frequent

bathroom breaks and conducting regular diaper checks followed by washing hands with soap and water, say local health officials.

HEAT SAFETY

Sunburn is another health concern when swimming outdoors.

"Protect your skin and eyes from the sun's damaging rays [by] wearing protective clothing and sunglasses," said Kenya Fluellen, associate professor of nursing at Northern Virginia Community College in Alexandria, Va. "Always use sunscreen with a minimum SPF of 30."

Heatstroke is the number two killer of children after car crashes, and Fairfax County has joined with the National Highway Traffic Safety Administration to remind parents and caregivers about the dangers of leaving children unattended in a car, particularly during the summer, which can lead to heatstroke and even death.

"You should never leave a child alone in the car, and that is certainly true in the summer when the temperatures are on the rise and cars get hot very quickly," said John Silcox, public safety information officer, Fairfax County Health Department.

Fairfax County officials say there were 30 heatstroke deaths of children left in vehicles in 2014. Most parents simply forgot their children were with them. "Put something in the back of your car, such as a bag or a cell phone, so you'd be certain to check before leaving the car," said Silcox.

FIREWORKS SAFETY

While fireworks are synonymous with July 4th celebrations, creating a fireworks display at home is illegal in some local jurisdictions. In both Alexandria, Va., and Montgomery County, for example, all fireworks are illegal to possess or discharge, including gold label sparklers. In Fairfax County, any firework that explodes, emits a flame, sparks higher than 12 feet, or performs as a projectile is prohibited. Arlington County, Va, has similar prohibitions.



PHOTO COURTESY OF ARLINGTON COUNTY FIRE DEPARTMENT

Fireworks are sold at a local stand at Lee Highway and N. Harrison Street in Arlington. Fireworks are synonymous with July 4th celebrations, but creating a fireworks display at home is illegal in some local jurisdictions.



PHOTO COURTESY OF JACQUELINE WHEELER LEE

Ava and Noah Lee take private swimming lessons in Bethesda, Md. Safety officials encourage parents to make sure their children learn to swim.

"We always remind people that the best and safest way to enjoy July 4th is to go to a professional show and let the professionals handle it and just enjoy the show," said Lieutenant Sarah-Maria Marchegiani, spokeswoman for the Arlington County Fire

Details

Local Fireworks Laws and Safety Information

- ❖ Arlington: <http://fire.arlingtonva.us/fire-code-information/fireworks/>
- ❖ Alexandria: http://alexandriava.gov/fire/info/news_firedisplay.aspx?id=62314
- ❖ Fairfax County: www.fairfaxcounty.gov/fr/prevention/fmfireworks.htm
- ❖ Montgomery County: www.montgomerycountymd.gov/mcfrs-info/tips/citizens/fireworks.html

Heat and Car Safety

- ❖ www.safercar.gov/parents/index.htm

Water Health and Safety

- ❖ www.redcross.org/prepare/disaster/water-safety
- ❖ Arlington: <http://health.arlingtonva.us/environmental-health/recreational-water-illness-rwi/>
- ❖ Alexandria: <http://alexandriava.gov/AquaticHealth>
- ❖ Fairfax County: www.fairfaxcounty.gov/hd/eh/pools/pool-safety.htm
- ❖ Montgomery County: www.montgomerycountymd.gov/mcfrs-info/tips/citizens/pool.html

Department. "Some people don't know that sparklers are dangerous for kids. They burn hot enough to cause third degree burns. We recommend that adults be the only ones to ignite fireworks."

If you do want to put on your own backyard Independence Day illumination show, check local regulations, allow fireworks to cool completely and douse them with water before discarding them, advises Marchegiani.



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Zone 6: The Arlington Connection
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Quality of Life

By KENNETH B. LOURIE



Throughout my nearly six and a half years of cancer treatment, starting at the initial Team Lourie meeting on February 27, 2009, when my oncologist suggested I take that vacation I've always dreamed of (to which I exclaimed "WHAT!?!"), my quality of life has always been important to him. Whenever there has been a treatment blip on my radar, and changes had to be considered/made to my protocol, my oncologist has regularly asked if I wanted to continue treatment, take a break from treatment or stop it altogether and enjoy, if possible, whatever above-average good health I was experiencing while I could, because I might not experience it again and if I did, it might not last too long. Ergo my quality of life. Diagnosis-to-date however, I have always opted to continue to damn the torpedoes and infuse full speed. Oddly enough, continuing to infuse has worried me less than not infusing at all.

As I progress through year seven, I am wondering yet again about quality of life. Though we are not at any kind of crossroads – treatment or otherwise, and my lab work continues to indicate that my body is able to tolerate my every-three-week infusions of Alimta, I do have my less-than-stellar moments. This is particularly so for the seven to ten days immediately following my infusion. It is during this time when a certain predictable side effect occurs, having first manifested itself about six months ago, to make me less pleasant than I'd prefer to be. What happens is I don't eat, not too much anyway. Because I can't. Because I won't. Because something somewhere – internally, psychologically, physically – is preventing me from doing so. In general, the whole idea of eating is a total turn off. And given my nature/proclivities, I need it to be a turn on. As a result, I'm always hungry. And then I get tired from not eating (no energy). Then I take a nap. Then at bedtime, I'm unable to fall asleep because I've slept some already. Eventually, I do get some sleep, but I end up having a restless, interrupted, short, REM-less sleep and wake up tired the next day when the routine starts all over again; except now I'm tired to begin the day and don't have any interest in breakfast, so I get no boost to start. The marijuana pills I wrote about don't help. Consequently, I seem to be stuck in this cycle of depressing miserableness (is there any other kind?). Not gaining any pleasure from one of the staples of my existence is an extremely discouraging set of circumstances and is making Kenny a very dull boy, or at least duller than I usually am.

But, and it's a HUGE but, the treatment is so-far-so-good, working; the tumors have not grown or moved – and I'm alive and reasonably well.

Still, one week of every three, I'm not a happy camper (and if I were actually camping – out of doors – I'd be even less happy, since I don't camp). The question becomes, sort of: is camping all that important (euphemistically speaking)? Obviously, to me, living hungry is more important than dying satiated. But I don't like being depressed and miserable one third of my time. That is an in-e-quality of life with which I'm not particularly pleased. Life goes on though, and for that, I'm over-the-top grateful – and amazingly, maybe even randomly, lucky. I just wish I could savor my next meal as much as I savor my survival. As my Auntie Irene used to say: "This too shall pass," until two weeks from now, that is.

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

News

Midyear Financial Checkup

Local financial experts offer advice for assessing financial health.

By MARILYN CAMPBELL
THE ALMANAC

For those who set financial goals in January, perhaps as part of a New Year's resolution, the beginning of summer provides an ideal opportunity to re-access those targets, say financial experts.

"Mid-year is an excellent time to check-in and evaluate your efforts," said Glen Buco West Financial Services in McLean, Va. "Have you been 'paying yourself first' to meet your short and long-term debt reduction or savings goals?"

One factor to consider is the process by which one makes decisions financial decisions. "There are two basic principles that make behavioral economics so powerful," said Buco. "[First] the tendency to be overly optimistic about our own self-control, and [second] the endowment effect and loss aversion" he said. "With all good intentions, we may think that we have the ability to save for certain goals, but most people tend to spend all of their monthly income without allowing for additional savings."

To combat these tendencies, it is important to set concrete goals and monitor your progress toward those goals. For those who might have difficulty adhering to a savings plan, Buco said, "it may be beneficial to establish automatic payments to savings accounts or use auto-enrollment and auto-escalation features to your retirement accounts, if available," he said. "With the money saved, evaluate your investment goals. The stock market recently set a record high and interest rates remain very low. Has your allocation changed and do you remain diversified?"

For those looking to decrease their debt with high interest rates and large monthly payments, this might be a time to reassess one's financial landscape. "You must be aware of an illness before seeking a cure," said Theresa Wansi, Ph.D., professor of finance, Marymount University in Arlington, Va. "Conduct a debt analysis to evaluate your financial health, make a summary of all debt and income sources. People are usually amazed at how much they've spent in relation to their income."

"If a person is serious about paying off debt, they can't spend all their money on other things and use what's left over to pay

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Up a Tree

Who to call when a cat is 80 feet up a tree? Not even the fire department can reach that high.

While many people in Potomac woke up to Saturday morning's heavy rains worrying about their trees, Jody Irving was worried about her cat, Kahleesi, who had spent the night at least 80 feet up in a tree.

"Our beloved but apparently dumb kitty has been stuck in a tree all night," Irving posted to the neighborhood listserv. "Does anyone have any advice? She is way beyond standard ladder length."

Kahleesi was stuck, about the equivalent of 8-stories in the air, and did not show any signs of coming down on her own despite the downpour.

Soon, Irving located Mike Fried, who specializes in tree care, with some cat rescue on the side. His website estimates that he has saved between 400-500 cats in arboreal distress since 1977.

Fried climbed 80 feet up before he had to cut the limb the cat was on. She rode the limb to the ground and then shot into the house for some food.

Mike Fried of Comprehensive Tree Care in Frederick climbs more than 80 feet up a tree near MacArthur Boulevard in Potomac to rescue kitty Kahleesi in Saturday's rainstorm.



Tabby Kahleesi was soaked and hungry after her ordeal.



Maybe Kahleesi will choose to spend more time with her favorite toy rather than climbing 80 feet into trees after her adventure and rescue in Saturday's rainstorms.

PHOTOS CONTRIBUTED



Church Fundraiser

Kate Whistler displays items at the rummage sale earlier this spring at St. James' Episcopal Church.



St. James' Episcopal Church, 11815 Seven Locks Road, holds a rummage sale approximately twice a year. This was held on April 25.

PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Checkup

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off debt," said Steve Pilloff, assistant professor of finance, George Mason University in Fairfax, Va. "They need to have paying off debt as part of the first line of set items in their list of critically important bills."

Once a financial picture is clear, create a payment plan, listing all debts in order of decreasing interest rates and debt amounts, advised Wansi. "What do you payoff first?" she asked. "If you don't have enough cash to pay your bills, you want to eliminate the lowest bill amounts first to free up money. ... If you're financially sound and you don't have a liquidity problem, the wisest thing to do is pay off the debts with highest interest rates."

Don't be afraid to negotiate better repayment terms. "There is always room for improvement," said Wansi. "Transfer credit card balances to cards with lower interest rates or negotiate directly with your creditors and ask for lower interest rates. If creditors realize you are really in a jam, they can eliminate the interest rate, even if they have to close the card."

For those struggling with mortgage payments, Wansi recommends trying to refinance or making modifications to avoid defaulting on a home loan. "Take advantage of government programs designed to help you work with your lenders to give you better terms," she said. One such program is the Home Affordable Refinance Program, better known as HARP.

"Another thing you can do is increase the frequency of your payments," continued Wansi. "Lenders can offer a biweekly payment plan."

Regardless of one's financial situation, it is imperative to make more than minimum payments. "When you only make minimum payments you are a slave to your lender," said Wansi.

Once you've hatched a debt repayment plan, take inventory of your spending and saving habits. "You have to try to save because every penny counts," she said. "Unfortunately, we're not in a saving society."

"Consider it an expense like heating and food bills that [you] have to pay every single month," said Pilloff.

Consider credit counseling "if your cash outflow exceeds your cash inflow or if you're missing payments or are over your credit limits," said Wansi. "Get a reputable company from [the Better Business Bureau] and be careful of companies offering to settle your debt. Bad companies will tell you to pay them, pocket the money and leave you in a worse financial state."

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