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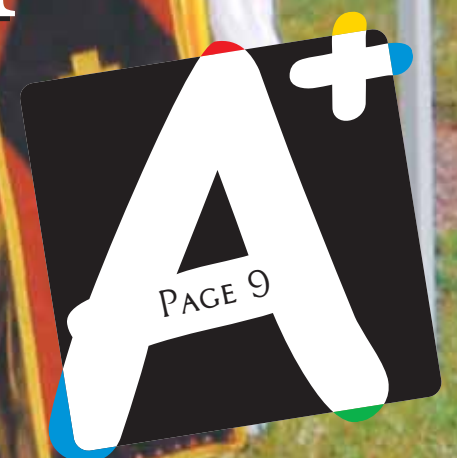
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Representatives of the Piscataway tribe will be on hand for the July 25 dedication of a 25-mile portion of the Sugarloaf Regional Trail in honor of the Native Americans who once called the area home.





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The view at Seneca from the C&O Canal.



PHOTOS BY JEAN PHILLIPS

Native Americans used to live on Conoy Island. The Point of Rock Route 15 bridge is in the background. People can not get to the Island unless they use a boat.

# Following in Ancient Footsteps

A portion of the Sugarloaf Regional Trail will be dedicated in honor of the region's Native American history.

BY AMBER HEALY  
THE ALMANAC

A project more than 30 years in the making will see its completion on July 25, as a 25-mile portion of the Sugarloaf Regional Trail is dedicated to the area's Native American tribes.

This trail sheds light on such things as how Native Americans here lived, what types of villages and buildings did they have, how did they use the forests, rivers and fields to support these communities."

— Sarah Rogers,  
Executive Director,  
Heritage Montgomery

providing a wealth of information on the historical properties in Montgomery County and the surrounding ar-

eas in the meantime.

"We are a small non-profit organization with a large commitment to record and preserve Montgomery's upcounty area, especially Sugarloaf Mountain and the Potomac River," she said. As a result, the organization has spent the past three years exploring, researching and gathering information on a specific portion of the trail that is of special significance to the area's original residents.

In the first year, her group identified the boundaries of the trail, which will reach from Point of Rocks, home of the Piscataway tribe from the mid-1600s until 1722, down to Seneca, which the tribe called "Cohongarooto," or "The land above the falls." Much of the information used in determining which portion of the trail to include in the dedicated area came from the Maryland Room in the C. Burr Arts Library in Frederick, along with collaboration with Virginia Busby, an archeologist, who introduced Coleman to the Piscataway Tribe.

"This year, we go heavily into research, finding wondrous information, visiting a local archeological dig, handling local artifacts and meeting with the tribe," Coleman said. The tribe was invited to "dedicate the trail with joyful sounds and dances." Next year, her group will publish trail guides pointing out plants and wildlife of importance to the tribe in the region.

Most importantly to Coleman and the tribe, the trail will provide a symbolic return to land of great importance to their culture.

"The Piscataway Native Americans we met with are enthusiastic about the dedication. They are coming home, and requested passage for their elders to Conoy Island," Coleman said. "There is no road access to Conoy Island. With Dr. Busby's assistance, we arranged with the Depart-



CONTRIBUTED PHOTO

**Wearing traditional attire and performing traditional dances and songs, the Piscataway tribe will help dedicate a 25-mile stretch of hiking trail that stretches from Point of Rocks to Seneca in honor of the region's Native American cultural heritage on July 25.**

ment of Natural Resources to carry them to their island on the day of the dedication where they will have a private ceremony. The DNR generously agreed and has already taken members of the Sugarloaf Regional Trails across to Conoy on an exploratory trip."

She noted that the Piscataway tribe had no written language during the era in which they lived at the intersection of the Monocacy and Potomac Rivers, where the trail will be dedicated, and instead used stories to pass along their history and heritage.

Sarah Rogers, executive director of Heritage Montgomery, said she's thrilled to see the dedication take place.

## Attend the Ceremony

The dedication of a 25-mile portion of Sugarloaf Regional Trail's Native American Heritage Trail is scheduled for Saturday, July 25, from noon until 4 p.m. at the Monocacy Aqueduct. Members of the Piscataway Dance and Drum Corp will be on hand performing, explaining their traditions and costumes while explaining the uses of native plants. For more information, go to [www.sugarloafretrionaltrails.org](http://www.sugarloafretrionaltrails.org).

"Heritage Montgomery supports this effort because of the importance of celebrating the historic First Peoples of the area," she said. "In a time when understanding and protecting our natural resources is becoming increasingly important, it is very helpful to look back to earlier cultures and understand how they used and stewarded the land we now call home."

Until the trail is dedicated, "there is no significant interpretation of Native peoples available to the public," which makes this trail the first in Montgomery and Frederick counties to tell the stories of the tribes who lived here. "There are many Native Americans living here today and many are eager to share their culture and history. This trail sheds light on such things as how Native Americans here lived, what types of villages and buildings did they have, how did they use the forests, rivers and fields to support these communities."

While the trail is located along the C&O Canal towpath, Coleman stressed that the towpath will not be changed in any way.

"The irony is that the Indians were long gone before the canal was built and its builders went right through one village, destroying half," Coleman said. "The towpath is a National Park and will be enhanced by this information, but in no way at all will it be disturbed. We hope visitors will have our trail guide in one hand and that the new information will bring them joy, increase their knowledge and open their minds to the ancient cultures."



# OPINION

## Opposing Application for a Country Inn

To the Editor:

Recently, the owner of Old Angler's Inn (OAI) in Potomac, Mark Reges, filed a conditional use application with Montgomery County to build a "country inn" on property which is adjacent to the restaurant. Our homeowner and civic associations strongly oppose this application and we wish to set the record straight as to information being disseminated about the proposal.

The proposed "country inn" is a 9,000-square-foot building with a commercial kitchen and four guest suites that will be rented on a nightly basis, just like a motel. The purpose of the facility is to host wedding receptions, banquets, corporate events and business meetings. The proposed "country inn" and OAI are related businesses. This is neither a "country inn" in the traditional sense nor is it "wholly compatible with ... the surrounding community" as stated by Mr. Reges.

The property is located in a residential neighborhood and is zoned R-200 meaning that it is

suitable for residences with approximately one-half-acre lots. Within a mile of the site there are hundreds of homes and the area is unquestionably residential in character. The Potomac Subregion Master Plan discusses the desire to maintain the residential nature of the area and that special exceptions, now called conditional uses, should be limited in order to protect "residential communities from incompatible design of special exception uses."

Our associations have specific concerns regarding the increased noise, traffic and parking problems along MacArthur Boulevard, the impact on neighborhood safety, and the economic and environmental damage that this proposal would cause. The Potomac Subregion Master Plan also calls for increased scrutiny in reviewing applications on properties adjacent to the C&O Canal National Historical Park. As a narrow river valley adjacent to water, sound carries extraordinary distances. Adverse impacts to the C&O Canal NHP include the noise generated by such a venue on park visitors and

the additional traffic and congestion to an already overused access point along the river.

Mr. Reges is asking diners of OAI to sign a petition in support of the "country inn." Patrons should not be misled into believing that the surrounding residential neighborhoods support this proposal or that it is necessary. There are many existing venues for wedding receptions and banquets in or near Potomac. Not only is there no economic need for the facility, there is no benefit to the surrounding residential neighborhoods or the greater Potomac community. We strongly oppose this proposal.

**Stephen Lehrman**, River Falls Homeowners Association

**Keith Williams**, Civic Association of River Falls

**Curtis Uhre**, Brickyard Coalition Inc.  
**Ginny Barnes**, West Montgomery County Citizens Association

**Gary Miller**, Woodrock Homeowners Association

## The Yu Crew of Potomac Wins National Awards

The Yu Crew, LLC, a Potomac-based public relations agency, walked away with some of the public relations industry's and association's top national awards last month. Its principal, Pattie Yu, has been a longtime resident of Potomac.

The virtual public relations firm was honored in New York for its work on launching the inaugural World Thrombosis Day for the International Society of Thrombosis and Haemostasis. That international campaign on blood clots earned a PRSA (Public Relations Society of America) Silver Anvil for Events and Observances Under Seven Days and a PRSA Award of Excellence for Public Service. The Silver Anvil is considered the Oscar of best public relations practices.

Later that month, the campaign was recognized by the American Society of Association Executives as the 2015 Overall Gold Circle Award winner. In addition, the agency and client won the ASAE's 2015 Gold Circle Award for Integrated Communications Cam-

paign and ASAE's 2015 Gold Circle Award for Media/Public Relations Campaign. For another client, Casualty Actuarial Society, the Yu Crew's work earned an ASAE's 2015 Gold Circle Merit Award.

Most recently, the agency's digital strategist, Shannon Toher of Washington, D.C., was named one of Washington Women in Public Relations' 2015 Emerging Leaders, recognized for the impact she has made on the communications industry.

The Yu Crew has a network of communications professionals around the country with creative designers and programmers, illustrators, media strategists, senior counselors and digital experts. The virtual agency celebrates its fourth year in business later this month.

Its principal, Yu, held senior leadership positions at some of the country's largest public relations agencies before co-founding GYMR Public Relations which grew to be a top 10 independent PR agency. She was a partner at



PHOTO BY RHODA BAER

**Receiving the public relations industry's Silver Anvil at a ceremony in New York are (from left) International Society of Thrombosis and Haemostasis client Louise Bannon, senior counselor Stephenie Fu, digital strategist Shannon Toher, and principal Pattie Yu of Potomac.**

Fleishman-Hillard (FH), International in D.C. where she built the social marketing and health practices from the ground up.

Yu is a graduate of University of

Maryland at College Park where she holds a B.S. in journalism and M.A. in communications and a certificate in journalism from New York University.

### COUNTY COMMISSION VACANCY

#### Commission on Common Ownership Communities

The deadline for application is July 23.

See <http://www.montgomerycountymd.gov/boards/index.html>.

County Executive Isiah Leggett is seeking applicants to fill one vacancy on the Commission on Common Ownership Communities for a professional associated with common ownership communities, such as an

attorney (who represents community associations, developers, housing management or tenants), a person involved in housing development and real estate sales, or a professional community association manager.

The commission has 15 voting members. Eight are unit or lot owners or residents, and seven are professionals associated with self- and professionally managed common ownership communities. The commission advises

the County Executive and County Council on common ownership of property, and promotes public awareness of the rights and obligations necessary to maintain property values and quality of life in common ownership communities. The commission conducts administrative hearings, acting as a court of law when disputes are not resolved through the Office of Consumer Protection.

Members serve three-year terms with-

out compensation, but are eligible for reimbursement for travel and dependent care for meetings attended. Meetings are held the first Wednesday evening of each month.

There are also monthly committee meetings and hearings.

Members are required to file a confidential financial disclosure statement within 15 days of Council confirmation and each annual period thereafter.

## POTOMAC ALMANAC

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PHOTOS BY DEBORAH STEVENS/THE ALMANAC

## At Potomac River Festival 2015

**Kayakers participate in the Potomac River Festival's Great Falls race on Saturday, July 11. The downriver race is a quick descent of 60 vertical feet through the Potomac's class V+ (extreme) Great Falls.**



## County Receives National Achievement Awards

Montgomery County has received 30 National Association of Counties Achievement Awards this year for outstanding programs.

The following departments and programs received awards:

- ❖ **Consumer Protection** – Permit Pirates – Exposing Unlicensed Contractors;
- ❖ **Correction and Rehabilitation** – ServSafe Training for Food Service Workers; a Correctional and Restaurant Foundation Partnership;
- ❖ **County Executive's Office** – Montgomery County Maryland Financial Transparency Suite; SCALE: Safe Community Alert Network;
- ❖ **Economic Development** – Creation of BioHealth Innovation, Inc.;
- ❖ **General Services** – Strathmore Concert Hall Humidification/HVAC Systems Performance Upgrade; Maryland Smart Energy Communities Program;
- ❖ **Health and Human Services** – Implementing an Electronic Health Record in a Health/Human Services Agency; Senior Hunger: Reaching Those Who are in Need; Creating a Culture of Equity Workshop; Integrated Practice Model – Intensive Teaming;
- ❖ **Housing and Community Affairs** –

Burtonsville Commercial Revitalization Program;

- ❖ **Libraries** – Libraries and Communities: Collaborative Partnerships for Success; Data@Your Finger Tips: dataMontgomery & Montgomery County Public Libraries, Md., Taxonomy; Marrying Technology with Traditional Learning: The Go! Kits for Young Children at Montgomery County Public Libraries, Md.;

- ❖ **Management and Budget** – Montgomery County Grants Portal;

- ❖ **Permitting Services** – One-Stop Shop Fire and Life Safety Permitting and Inspection;

- ❖ **Police** – Managed Search Operations Program;

- ❖ **Recreation** – Montgomery County Recreation's Senior Center Transportation; Montgomery County Recreation Food, Fun & Fitness; Montgomery County Recreation Emergency Management Communication Plan and Exercise;

- ❖ **Technology Services** – Tax Assessment System; GIS Web Portal; Moving to the Cloud Montgomery County's Transition to Office 365;

- ❖ **Transportation** – Improving Pedestrian Safety in Parking Lots; Traffic Signal System Modernization; Social Solutions of Public Works; Ride On Realtime; YOLO (You Only Live Once) High School Pedestrian Safety Ed Program; and IFB Generator Application.

## Scam Alert

Montgomery County's Office of Consumer Protection warns property owners not to be fooled by a deceptive letter which encourages consumers to pay \$99 to petition to have their property tax assessment reviewed. This direct mail solicitation gives the false appearance that it is from a state or local government agency, provides a return address that is, in reality, a mail-drop location, and fails to disclose that there is actually no cost for property owners in Montgomery County to personally petition for a tax assessment review. Information regarding this matter has been reported to the U.S. Postal Inspection Service. Consumers who have provided credit card information or sent checks to this merchant may file a complaint with Montgomery County's Office of Consumer Protection. The Maryland State Department of Assessment and Taxation provides information at [www.dat.state.md.us/sdatweb/appeal.html](http://www.dat.state.md.us/sdatweb/appeal.html) regarding how to file a petition to have a property tax assessment reviewed. For more information, call 240-777-3636 or visit the Office of Consumer Protection's website at [www.montgomerycountymd.gov/consumer](http://www.montgomerycountymd.gov/consumer).

## Deer Hunt Program Proposed

Montgomery Parks, part of The Maryland-National Capital Park and Planning Commission is proposing a pilot Archery Managed Deer Hunting Program at two parks from September through November 2015, and during January 2016. The pilot is being proposed to address the overpopulation of deer on parkland in urban communities where safety regulations prohibit the use of firearms. If approved, the proposed program will complement the department's managed hunting and Park Police sharpshooting initiatives.

Montgomery Parks is currently seeking public comment on the proposed initiative through July 30 as part of its evaluation process. Comments may be submitted at [www.ParksDeerManagement.org](http://www.ParksDeerManagement.org) or by mail to:

M-NCPPC, Deer Management Initiatives,  
12535 Milestone Manor Lane  
Germantown, MD 20876

All comments, excluding any personal identifying information, will be posted at [www.ParksDeerManagement.org](http://www.ParksDeerManagement.org).

Montgomery Parks' pilot Archery Managed Deer Hunting Program is proposed for Great Seneca Stream Valley, Unit 1 (Germantown) and Watts Branch Stream Valley Park, Units 1 & 2 (Potomac). The parks will remain open to the public if the program is approved.

Archery hunters will be selected based on experience, a background check, safety and ethics training, and results of an accuracy proficiency requirement. Participants will take an orientation program which includes a review of strict, clear guidelines for the hunts. A maximum of six participants will be permitted to hunt at a given time in each park, beginning in September. Signage will be posted at all park entrances, trailheads and key access points, to inform park users of the hunts.

Participants will receive maps identifying safe and permissible hunting areas; signs will be posted as well to delineate these areas. Hunting will occur from a stationary, elevated position, with shots restricted in distance and directed into a safe backstop.

## Earned Sick Leave Law

Montgomery County Executive Isiah Leggett on July 2 signed into law Bill 60-14, which requires most employers doing business in the county to provide earned sick and safe leave to employees for work performed in the county.

Enactment of the bill makes Montgomery County one of the few local jurisdictions in the nation to have some form of required sick and safe leave requirements for employees.

Leggett was joined at the ceremony held at the Silver Spring Civic Building by Council President George Leventhal and Councilmembers Nancy Navarro, Tom Hucker and Hans Riemer. Also attending were State Senators Susan C. Lee and Nancy King and Delegate Kirill Reznik. A special guest was U.S. Department of Labor Secretary Thomas Perez.

Earned sick and safe leave is paid leave that can be used for the injury or illness of the employee or the employee's immediate

SEE NEWS BRIEFS, PAGE 11



# ENTERTAINMENT

Email community entertainment events to [almanac@connectionnewspapers.com](mailto: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 children's stories. Free. Visit [www.store-locator.barnesandnoble.com/event/4824850-21](http://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](http://www.bennysbargrill.com).

**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](http://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 has sent athletes to Major League Baseball. Visit [www.bigtrain.org](http://www.bigtrain.org) for more.

**Shop Estiletta at Yogaso Boutique.** First Friday of each month through Aug. 7, 10 a.m.-9 p.m. at Yogaso Boutique, 11803 Grand Park Ave. Hand-selected Spanish and Italian designer pieces for sale. Free event. Contact Lacey Faeh at [lacey@ronziodigital.com](mailto:lacey@ronziodigital.com).

**Bugs Bunny Programs.** Aug. 1-16, Saturday and Sunday, at 11:30 a.m. at the AFI Silver Theatre, 8633 Colesville Road. Bugs Bunny programs presented by AFI. Tickets are \$5. To view show schedule, visit [www.afi.com/silver/](http://www.afi.com/silver/).

**"Garfield, The Musical With Cattitude."** Various times and 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](http://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](http://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](http://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](http://www.downtownsilverspring.com).

**Butterfly Exhibit.** 10 a.m.-4 p.m. daily from through Oct. 25 at Brookside Gardens, 1800 Glenallen Ave., Wheaton. Free. Visit [www.montgomeryparks.org](http://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](http://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,

## THROUGH AUG. 14

**"The Parent Trap."** Various times at Imagination Stage, 4908 Auburn Ave., Bethesda. Twins raised separately by divorced parents meet at summer camp and trade places. Tickets are \$10. Visit [www.imaginationstage.org](http://www.imaginationstage.org) for more.

## 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](http://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](http://www.waverlystreetgallery.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](http://www.bethesda.org).

## 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](http://www.strathmore.org).

## 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](http://www.r-m-t.org).

## 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](http://www.visartsrockville.org) for more.

## WEDNESDAY/JULY 15

**The Chi-Lites feat. Marshall Thompson Concert.** 7:30 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Find a live performance by R&B artists, The Chi-Lites and Marshall Thompson. Tickets are \$40. Visit <http://bethesdabluesjazz.com/>.

**Layers and Frames.** 8 p.m. at Villain & Saint, 7141 Wisconsin Ave, Bethesda. All ages are welcome to enjoy the music of this global-folk duo. Doors open at 6 p.m. \$12 admission. Visit [www.villainandsaint.com/shows/](http://www.villainandsaint.com/shows/)

## THURSDAY/JULY 16

**Born Crooked.** 8 p.m. at Villain & Saint, 7141 Wisconsin Ave, Bethesda. Ages 18 and over are welcome to



PHOTO CONTRIBUTED

**Country music performer Maggie Rose hails from Potomac, Md. She will perform on Thursday, July 16 at the 9:30 Club, 815 V St. NW, Washington D.C. Tickets are \$25. Visit [www.930.com](http://www.930.com) for more.**

spend the evening listening to the bluesy alternative rock music of this brother-sister duo. Doors open at 6 p.m. \$8 admission. Visit [www.villainandsaint.com/shows/](http://www.villainandsaint.com/shows/).

**Carolyn Malachi, War & Treaty, Tonya Blount and Stacy B Concert.** 8 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Grammy-nominated R&B artist Carolyn Malachi headlines the evening, which will also include performances by War & Treaty, Tonya Blount and the "D.C. Queen of Blues," Stacey Brooks. Tickets are \$30. Visit <http://bethesdabluesjazz.com/>.

## 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](http://www.washingtonartworks.com).

**"The Art of Jazz" Concert: Secret Society with Robert T. and Anissa Hargrove Concert.** 8 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Some of the area's top jazz musicians perform. Tickets are \$30. Visit <http://bethesdabluesjazz.com/>.

**Summer Firefly Hike.** 8-9 p.m. at the Locust Grove Nature Center, 7777 Democracy Blvd. Hike and learn about the biology and environment of fireflies. Tickets are \$3 per person. Visit [www.LocustGroveNature.org](http://www.LocustGroveNature.org).

**Dukes of Dartford.** 9 p.m. at Villain & Saint, 7141 Wisconsin Ave, Bethesda. Ages 21 and over are welcome to enjoy the music of this rock 'n' roll group. Doors open at 6 p.m. \$8 admission. Visit [www.villainandsaint.com/shows/](http://www.villainandsaint.com/shows/).

## 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](http://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](http://www.waverlystreetgallery.com).

**Rockville Rotary Twilight Runfest.** 7-11 p.m. beginning and ending on N. Washington St. Run and raise funds for the City of Rockville Recreation Fund. Celebrate finishing the race with a party and live entertainment. Free. Visit [www.rockvilletownsquare.com](http://www.rockvilletownsquare.com).

**"Into the Woods."** 7:30 p.m. at Concord-St. Andrews Church. 5910 Goldsboro Road, Bethesda. Sondheim's musical is performed as part of the Bel Cantanti Summer Opera Festival. Student tickets start at \$15, seniors are \$22, and adults are \$25. Visit [www.belcantanti.com](http://www.belcantanti.com) for more.

**Chopteeth.** 8 p.m. at the AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Chopteeth perform funky West African beats mixed with popular American music. Doors open 90 minutes prior to show. Tickets \$20-30. Visit [www.ampbystrathmore.com](http://www.ampbystrathmore.com).

**Zed Dreppin.** 9 p.m. at Villain & Saint, 7141 Wisconsin Ave, Bethesda. Led Zeppelin classics performed by a tribute band. Doors open at 6 p.m. \$7-\$8. Visit [www.villainandsaint.com/shows/](http://www.villainandsaint.com/shows/).

**Joe Clair and Friends Presents: Hotter Than July Comedy Event.** Shows begin at 7 p.m. and 10 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Comedians Larry Lancaster, Vanessa Fraction and Freddie Ricks perform. Tickets are \$20. Visit <http://bethesdabluesjazz.com>.

## SUNDAY/JULY 19

**Lauren Acampora and Emily Mitchell Reading.** 2 p.m. at The Writer's Center, 4508 Walsh St., Bethesda. Lauren Acampora reads from "The Wonder Garden" and Emily Mitchell reads from "Viral." Free. Visit [www.writer.org](http://www.writer.org) for more.

**Celebration of Music and Culture of Colombia.** 7:30 p.m. at the AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Colombian native Varela leads a celebration of his native land. Doors open 90 minutes prior to show. Tickets \$10-25. Visit [www.ampbystrathmore.com](http://www.ampbystrathmore.com).

## MONDAY/ JULY 20

**Blinddog Smokin' Concert.** 7:30 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Enjoy a live performance by Blinddog Smokin' with special guest star Bobby Rush. Tickets range from \$25-\$30. Visit <http://bethesdabluesjazz.com/>.

**Havenly Cardio Party.** 7:30-9 p.m. at SoulCycle Bethesda, 4931 Elm St., Bethesda. Complimentary SoulCycle class courtesy of Havenly, an online interior designer. Free. Contact [events@havenly.com](mailto:events@havenly.com).

## MONDAY-TUESDAY/JULY 20-21

**Show Cooking Event.** 5-10 p.m. at The Urban Winery, 949 Bonifant St., Silver Spring. Chefs, restaurateurs, Italian food lovers, gourmets, foodies and wellness practitioners may participate in 10 hours of theory and practice followed by a dinner with local, traditional cuisine paired with truffles dishes. Tickets are \$199 per person. Register at [www.eventbrite.com/event/16657515076/](http://www.eventbrite.com/event/16657515076/).

## TUESDAY/JULY 21

**Cooking Class.** 6:30-8:30 p.m. at Jaleo, 7271 Woodmont Ave., Bethesda. Learn how to make paella. Taste select tapas and drink wine or sangria. \$75 per person. Call 301-913-0003.

## JULY 21-25

**Bethesda Outdoor Movies.** 9 p.m. at the corner of Norfolk and Auburn avenues. Each night one of the following movies will play: "Sixteen Candles," "Chef," "The Hunger Games: Mockingjay, Part I," "Mrs. Doubtfire" and "Imitation Game." Free. Visit [www.bethesda.org](http://www.bethesda.org).

## WEDNESDAY/JULY 22

**Behind the BARN.** 5:30-6:30 p.m. at Founding Farmers, 12505 Park Potomac Ave., Potomac. "Behind the BARN" is an exclusive symposium to learn more about bar offerings at Founding Farmers. Beverage Director, Jon Arroyo, will be leading a discussion. Tickets \$45. Visit [www.tiketails.bpt.me](http://www.tiketails.bpt.me).

**NRBQ Concert.** 7:30 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Listen to



# ENTERTAINMENT

jazz, blues and rock music performed by NRBQ. Tickets are \$20. Visit <http://bethesdabluesjazz.com/>.

**Karen Briggs.** 8 p.m. at the AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Gospel meets fiddle with this live performance by Karen Briggs. Doors open 90 minutes prior to show. Tickets \$25-35. Visit [www.ampbystrathmore.com](http://www.ampbystrathmore.com).

**Open Mic Night hosted by Brian Weber.** 8-11 p.m. at Villain & Saint, 7141 Wisconsin Ave., Bethesda. Sign up to perform at this rock 'n' roll music hall or sit back and enjoy listening to undiscovered talent. Free admission. Visit [www.villainandsaint.com/shows/](http://www.villainandsaint.com/shows/).

**Rob Bell.** 8:30 p.m. at The Fillmore, 8656 Colesville Road, Silver Spring. Christian artist Rob Bell makes a stop on his "Everything is Spiritual" tour. Doors open at 7:30 p.m. Tickets start at \$25. Visit [www.fillmoresilverspring.com](http://www.fillmoresilverspring.com).

## THURSDAY/JULY 23

**Summer Pot-Luck Dinner.** 6-8:45 p.m. at the Potomac Community Center, 11315 Falls Road. Open to all, bring food to share. Appetizers if first letter of last name is A-F; main dishes if F-K; salads/sides if L-R; and desserts if S-Z. Free to attend. RSVP by calling 301-424-9318.

**D-Erania and Friends Concert.** 7:30 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Watch a live performance by saxophonist D-Erania, with support from her band. Tickets range from \$10 - \$20. Visit <http://bethesdabluesjazz.com/>.

**Hackensaw Boys.** 8 p.m. at the AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. A live bluegrass performance by a Charlottesville-based band. Doors open 90 minutes prior to show. Tickets \$25-35. Visit [www.ampbystrathmore.com](http://www.ampbystrathmore.com).

**Waka Flocka Flame.** 8 p.m. at The Fillmore, 8656 Colesville Road, Silver Spring. Rap artist Waka Flocka Flame performs live. Doors open at 7 p.m. Tickets start at \$30. Visit [www.fillmoresilverspring.com](http://www.fillmoresilverspring.com).

**HuSBAND.** 8 p.m. at Villain & Saint, 7141 Wisconsin Ave, Bethesda. Listen to the Americana sound of indie-rocker Michael Paolino. Doors open at 6 p.m. \$5 admission. Visit [www.villainandsaint.com/shows/](http://www.villainandsaint.com/shows/).

## FRIDAY/JULY 24

**Jowell y Randy.** 8 p.m. at The Fillmore, 8656 Colesville Road, Silver Spring. Puerto Rican reggaeton duo perform. Doors open at 7 p.m. Tickets start at \$48. Visit [www.fillmoresilverspring.com](http://www.fillmoresilverspring.com).

**Gerardo Contino y Los Habaneros Concert/Dance Night.** 8 p.m. at Bethesda Blues & Jazz Supper Club,

7719 Wisconsin Ave., Bethesda. Find a live performance by the celebrated Cuban artist Gerardo Contino and his band. Tickets are \$25 (\$35 day of the show). Visit <http://bethesdabluesjazz.com/>.

**Better Off Dead.** 9 p.m. at Villain & Saint, 7141 Wisconsin Ave, Bethesda. Ages 21 and over are welcome to enjoy the dark sound of this classic rock band. Doors open at 6 p.m. \$10 admission. Visit [www.villainandsaint.com/shows/](http://www.villainandsaint.com/shows/).

## JULY 24-AUG. 16

**Adventure Theatre MTC Presents:**

**"Oliver."** Fridays at 7 p.m.; Saturdays at 2 p.m. and 7 p.m.; Sundays at 2 p.m. and 7 p.m. at Round House Theatre, 4545 East-West Hwy, Bethesda. Based on the classic Charles Dickens' story, "Oliver" chronicles the life of a young orphan in 19<sup>th</sup> century London. Tickets are \$35 for students and \$45 for adults. Visit [www.adventuretheatre-mtc.org](http://www.adventuretheatre-mtc.org)

## SATURDAY-SUNDAY/JULY 25-26

**Sidewalk Tasting Menu.** 11:30 a.m.-4 p.m. at Jaleo, 7271 Woodmont Ave., Bethesda. During this year's Bethesda Row Sidewalk Sale, taste select dishes and drinks. \$25. Visit [www.jaleo.com/bethesda](http://www.jaleo.com/bethesda).

## SATURDAY/JULY 25

**Sculpting in Clay: The Brain.** 10 a.m.-12 p.m. at National Museum of Health and Medicine, 2500 Linden Lane, Silver Spring. Sculpt a clay brain. Free. Call 301-319-3303 for reservations.

**Performance of "The Sword in the Stone."** 1-2 p.m. at Davis Library, 6400 Democracy Blvd., Bethesda. The Rainbow Company Interactive Theater will be performing. The event is sponsored by The Friends of the Library, Davis Chapter. Free. Visit [www.montgomerycountymd.gov](http://www.montgomerycountymd.gov).

**The Nighthawks Concert/Dance Night.** 8 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Live performance from The Nighthawks blues band. Tickets are \$20. Visit <http://bethesdabluesjazz.com>.

**The Thangs.** 9 p.m. at Villain & Saint, 7141 Wisconsin Ave, Bethesda. Synthetic tracks by '80s-influenced band. Door open at 7 p.m. \$10 admission. Visit [www.villainandsaint.com/shows/](http://www.villainandsaint.com/shows/).

## SUNDAY/JULY 26

**Federal Poets Reading.** 2-4 p.m. at The Writer's Center, 4508 Walsh St. Jacqueline Jules, Judith McCombs, Don Illich, Michael H. Levin, among other members of the Federal Poets read their work. Reception and signing will follow. Free. Visit

[www.writer.org](http://www.writer.org).

## MONDAY/JULY 27

**The Vamps.** 7 p.m. at The Fillmore, 8656 Colesville Road, Silver Spring. British pop band hop the pond and perform live. Doors open at 6 p.m. Tickets start at \$33. Visit [www.fillmoresilverspring.com](http://www.fillmoresilverspring.com).

**Dan Montgomery.** 8 p.m. at Villain & Saint, 7141 Wisconsin Ave, Bethesda. Americana folk music of singer/songwriter Dan Montgomery. Doors open at 6 p.m. \$5 admission. Visit [www.villainandsaint.com/shows/](http://www.villainandsaint.com/shows/).

## TUESDAY/JULY 28

**"Women at War."** 6-7 p.m. at the National Museum of Health and Medicine, 2500 Linden Lane, Silver Spring. Learn about the challenges of addressing women's health in battlezones. Free. Visit [www.medicalmuseum.mil](http://www.medicalmuseum.mil).

**The Purple Xperience Concert.** 8 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. The Purple Xperience is a Prince tribute band led by Doctor Fink. Tickets are \$30. Visit <http://bethesdabluesjazz.com/>.

## WEDNESDAY/JULY 29

**AFI Theatre Presents "Cheatin'."** 7 p.m. at the AFI Silver Theatre, 8633 Colesville Road. Animated film by Bill Plympton about love, adultery, and revenge. General Admission \$12, Senior \$10, Child \$7. Visit [www.silver.afi.com](http://www.silver.afi.com).

**VMA's Faculty and Alumni Band Concert.** 7:30 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Enjoy a night of jazz with the Virginia Music Adventure's faculty/alumni band and their special guest, The Doc Dikeman Band. Tickets are \$15. Visit <http://www.bethesdabluesjazz.com/>.

**Rise Against.** 8 p.m. at The Fillmore, 8656 Colesville Road, Silver Spring. Melodic hardcore band from Chicago perform live. Doors open at 7 p.m. Tickets start at \$38. Visit [www.fillmoresilverspring.com](http://www.fillmoresilverspring.com).

**Open Mic Night hosted by Brian Weber.** 8-11 p.m. at Villain & Saint, 7141 Wisconsin Ave, Bethesda. Sign up to perform at this rock 'n' roll music hall or sit back and enjoy listening to undiscovered talent. Free admission. Visit [www.villainandsaint.com/shows/](http://www.villainandsaint.com/shows/).

## THURSDAY/JULY 30

**Jason Masi Band.** 8 p.m. at Villain & Saint, 7141 Wisconsin Ave, Bethesda. Ages 21 and over are welcome to the folk-rock sound of singer/songwriter Jason Masi. Doors open at 6 p.m. \$12 admission. Visit [www.villainandsaint.com/shows/](http://www.villainandsaint.com/shows/).

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# SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

## JULY

7/29/2015..Professional Profiles & Business in the Community

## AUGUST

8/5/2015 ..... Wellbeing

8/12/2015 ..... HomeLifeStyle

8/19/2015 ..... A+ Camps & Schools – Back to School – Private Schools

8/26/2015 ..... Newcomers & Community Guide Pullout

## SEPTEMBER

9/2/2015 ..... Wellbeing

Labor Day is Sept. 7

9/9/2015..HomeLifeStyle Pullout – Real Estate & New Homes

9/16/2015 ..... A+ Camps & Schools Open Houses

9/23/2015 ..... Fall Fun, Food, Arts & Entertainment

9/30/2015 ..... Professional Profiles & Your Business in the Community

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# Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

## May, 2015 Sales, \$1,000,000~\$1,255,000



**8 10823 Hillbrooke Lane — \$1,090,000**

**6 9917 Conestoga Way — \$1,181,000**



**9 11145 Willowbrook Drive — \$1,085,000**



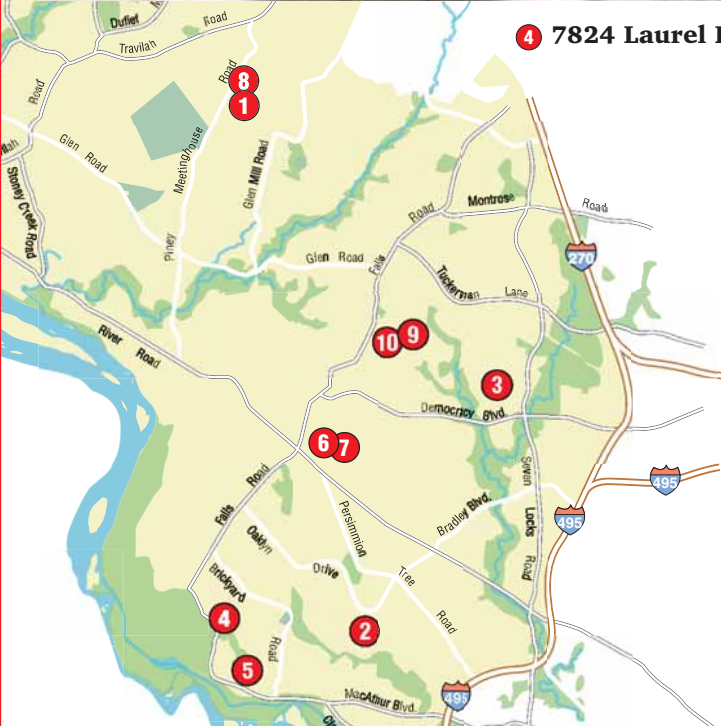
**7 9912 Sorrel Avenue — \$1,100,000**



**4 7824 Laurel Leaf Drive — \$1,200,000**



**5 7313 River Falls Drive — \$1,190,000**



Address .....	BR	FB	HB	...	Postal	City ..	Sold Price ....	Type .....	Lot AC ..	PostalCode .....	Subdivision .....	Date Sold
<b>1</b> 10702 MAPLECREST LN .....	5	..	5	..	1	POTOMAC	...\$1,255,000 ....	Detached ....	0.31 .....	20854 .....	PINEY GLEN VILLAGE .....	05/28/15
<b>2</b> 7941 SANDALFOOT DR .....	5	..	5	..	1	POTOMAC	...\$1,239,000 ....	Detached ....	0.22 .....	20854 .....	AVENEL .....	05/01/15
<b>3</b> 10509 DEMOCRACY LN .....	5	..	4	..	1	POTOMAC	...\$1,224,000 ....	Detached ....	0.23 .....	20854 .....	INVERNESS FOREST .....	05/29/15
<b>4</b> 7824 LAUREL LEAF DR .....	4	..	5	..	1	POTOMAC	...\$1,200,000 ....	Detached ....	0.43 .....	20854 ....	FAWSETT FARMS MANOR ...	05/21/15
<b>5</b> 7313 RIVER FALLS DR .....	5	..	5	..	1	POTOMAC	...\$1,190,000 ....	Detached ....	0.35 .....	20854 .....	RIVER FALLS .....	05/23/15
<b>6</b> 9917 CONESTOGA WAY .....	4	..	3	..	2	POTOMAC	...\$1,181,000 ....	Detached ....	0.44 .....	20854 .....	POTOMAC VILLAGE .....	05/29/15
<b>7</b> 9912 SORREL AVE .....	4	..	2	..	2	POTOMAC	...\$1,100,000 ....	Detached ....	0.37 .....	20854 .....	POTOMAC VILLAGE .....	05/27/15
<b>8</b> 10823 HILLBROOKE LN .....	5	..	4	..	1	POTOMAC	...\$1,090,000 ....	Detached ....	0.20 .....	20854 .....	PINEY GLEN VILLAGE .....	05/29/15
<b>9</b> 11145 WILLOWBROOK DR ....	4	..	4	..	1	POTOMAC	...\$1,085,000 ....	Detached ....	0.39 .....	20854 .....	FOX HILLS .....	05/28/15
<b>10</b> 11105 STACKHOUSE CT .....	4	..	3	..	2	POTOMAC	...\$1,000,000 ....	Detached ....	0.30 .....	20854 .....	PINE KNOLLS .....	05/28/15

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# Unschedulering Summer Play

**Experts praise the benefits of free play for children.**

BY MARILYN CAMPBELL  
THE ALMANAC

**W**hat was once a time for catching fireflies, swimming and exploring has evolved into a period of elite day camps, academic enrichment classes and top-dollar sports clinics.

For many children, summer is packed with so many activities that it can hardly be called a break, say local educators, reminding parents of the benefits of unregulated play.

“Camps and activities are fine in moderation because children need structure,” said Andrew Clarke, Ph.D., an Arlington-based child psychologist. “But allowing children to have free time during the summer is important for their self-confidence and overall well-being. ... Children can become enriched simply by being allowed to explore their own environments.”

**NOT ALL CHILDREN** are naturally self-directed, but parents can provide minimal structure through which children can gain the benefits of unstructured free time.



PHOTO BY MARILYN CAMPBELL

**Art supplies and games that allow for creative play can be an important part of unstructured free time.**

For example, help children develop a list of potential activities that might interest them. This could assist children who have difficulty thinking of things to do on their own or who might be prone to saying “I’m bored” when faced with free time and no planned activities.

“I recommend giving kids suggestions of various activities and having them choose,” said Stacie B. Isenberg, Psy.D., a child psychologist based in Bethesda, Md. “Sometimes it is helpful to make a list together with them and post it on the refrigerator or other prominent place.”

Isenberg suggests including activities such as playing board games, reading books, hula hooping, kicking around a ball, blowing bubbles, doing mazes, puzzles or painting.

“When it’s time for a new activity, have them check out the list,” she said.

It’s especially beneficial if the activity won’t require constant supervision. “Provide safe spaces for them to play in,” said Joan L. Ehrlich, Ph.D., a coordinator in the Interpreter Services Office at Northern Virginia Community College. “If you know the space is safe, you can give them more leeway to play on their own, and can pull back on the direct supervision.”

**PARENTS SHOULD ALSO SET** boundaries and standards regarding acceptable and unacceptable activities, she continued. “When my kids were small, we had designated ‘no screen’ time. It was wonderful to hang back and watch them engage in a board game or card game. You would be amazed at what kids will choose to do when televisions, computers [and other electronics] are not an option. Nothing against those devices, but, let’s face it, they can be addictive which makes it hard to compete with other healthy, educational options.”

“All you need to do to facilitate unstructured downtime is to not over schedule them ... and provide an open-ended learning environment,” added Gail Multop, an early childhood education professor at Northern Virginia Community College. She believes the tools for such play are simple: “Puzzles, books, an art table with supplies and time outdoors in nature.”

Georgia Institute of Technology (Atlanta, Ga.).

**Nicole Gottret** has received dean’s list recognition at Georgia Institute of Technology (Atlanta, Ga.).

**Joshua A. Dalva, Anna D. Fasolyak, Melissa J. Heller, Alexandra N. Hermes, Kembo K. Matungulu, and Deanna M. Myer** have graduated from Boston University (Boston, Mass.).

**Caroline Chiaramonte**, a member of the class of 2017, has qualified for the dean’s list at Loyola University Maryland (Baltimore, Md.).

recognition for the spring 2015 semester at Mount St. Mary’s University (Emmitsburg, Md.).

**Kyle I. Kressman** has graduated from Wagner College (Staten Island, N.Y.) with a degree in psychology.

**William Zaret** has been named to the spring 2015 dean’s list at Mansfield University (Mansfield, Penn.).

**Rachel Simon** has graduated from Widener University (Chester, Pa.).

**Abigail Ross** has received faculty honors at

## New School Immunization Requirements

Montgomery County health officials urge parents of students entering seventh and eighth grade to be sure their students show proof of vaccination against Tetanus-diphtheria-acellular pertussis (Tdap) and Meningococcal meningitis (MCV4) prior to the start of the 2015-2016 school year. Students not in compliance with Maryland vaccination requirements will be excluded from attending school until they provide documentation of the required Tdap and MCV immunizations. The requirements are in place throughout the State of Maryland.

Parents should contact their doctor to make sure their child is properly immunized and submit a copy of the documentation to the child’s school health nurse no later than Monday, Aug. 31, the first day of the 2015-

2016 school year.

A vaccination clinic will be held on Saturday, Aug. 29 from 11 a.m. to 2 p.m. at Montgomery County Public Schools’ Carver Educational Center, located at 850 Hungerford Drive in Rockville.

Appointments are required and can be made at <http://www2.montgomerycountymd.gov/VaccineClinic/>. A parent or designated adult must be present with a parent-signed consent form at the time of vaccination.

For more information on immunizations, call the Montgomery County Department of Health and Human Services’ Immunization Program at 240-777-1050 or School Health Services at 240-777-1550. For specific information, parents may contact their child’s school health nurse.

Email announcements to [almanac@connectionnewspapers.com](mailto: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.

### MONDAY/JULY 20

**Seminar** 5:30-7 p.m. at The Hilton, 1750 Rockville Pike, Rockville. “Minimally Invasive Fibroid Removal and Conditions That Affect Fertility,” a presentation about fertility and medical techniques. Free. Visit [innovativegyn.com](http://innovativegyn.com).

### THROUGH WEDNESDAY/JULY 22

**Beyond Words: Grief Expression through Art Making.** 6:30-8 p.m. at Montgomery Hospice, 1355 Piccard Dr., Rockville. Workshop occurs every Wednesday for three weeks. For anyone grieving the death of a loved one. No art experience necessary. Free and open to any Montgomery County resident. Contact L. Tebelman at [ltebelman@montgomeryhospice.org](mailto:ltebelman@montgomeryhospice.org).

### TUESDAY/AUG. 4

**Writing a Successful Business Plan.** 9 a.m.-noon at Maryland Women’s Business Center, 51 Monroe St. Plaza East 20, Rockville. Attend an interactive workshop about the principles of a business plan. \$35. Visit [www.marylandwbc.org](http://www.marylandwbc.org).

### THURSDAY/AUG. 6

**Stay Healthy on Vacation.** 6:30-8 p.m. at the Sweet Life Wellness Clinic, 60 Market St., Suite 206, Gaithersburg. Seminar on travel tips focused on wellness and weight loss. Free. Visit [www.sweetlifewellness.com](http://www.sweetlifewellness.com).

### THURSDAY/SEPT. 10

**Great Decisions: Syria’s Refugee 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](http://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](http://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/](http://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](http://fpa.org).

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# BULLETIN BOARD

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## 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](http://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/](http://www.bethesdajewish.org/registration/).

## PUBLIC INPUT WANTED

**Planners to Present Concepts on Downtown Bethesda.** On Thursday, Dec. 11, county planners will present their concepts to the Montgomery County planning board on the future of downtown Bethesda. Will be available online. The feedback loop will be up Dec. 8-19 and accessible 24/7 via computer, mobile device or laptop. Visit [www.montgomeryplanning.org](http://www.montgomeryplanning.org).

## GUIDE DOG FOSTERS NEEDED

**Guiding Eyes for the Blind** – Montgomery Region is looking for volunteers to foster and train future guide dogs. Volunteers will foster a specially bred guide dog for 14 months, attend bi-monthly training classes, and teach the pup house manners, people skills and socialization within the community. Dog crates, training equipment and monthly medications are provided. Contact Margie Coccodrilli at 301-869-2216 or [gebraiser@comcast.net](mailto:gebraiser@comcast.net) or visit [www.guidingeyes-md.org](http://www.guidingeyes-md.org).

## SUPPORT GROUPS

**Suicide Grief Support Group.** At JSSA, 6123 Montrose Road, Rockville.

This ongoing bereavement support group is for those who have lost a loved one to suicide. This group meets every first and third Monday. No charge. Pre-registration is required to attend. Call 301-816-2708.

**Because I Love You** is a nonprofit organization dedicated to supporting parents of troubled children of any age. The group helps parents deal with drugs, runaways, truancy, verbal abuse, physical abuse, curfew violations and other misbehavior, as well as help parents deal with themselves, to manage and live their own lives without obsessing over their child's behavior. The group meets 7:30-9:30 every Thursday at Bethesda United Methodist Church Room 209, 8300 Old Georgetown Road, Bethesda. Visit [www.becauseiloveyou.org](http://www.becauseiloveyou.org), email [hbrite1@netzero.com](mailto:hbrite1@netzero.com) or call 301-530-3597.

**Adult Bereavement Groups.** Dates and times vary depending on group members. Hospice Care, 518 S. Fredrick Ave., Gaithersburg. Peer driven support groups in those in need of support. Free. Contact Penny Gladhill at 301-990-8904, or [Pennyg@hospicecaring.org](mailto:Pennyg@hospicecaring.org).

**Suicide Grief Support Group.** Meets every first and third Monday at JSSA, 6123 Montrose Road, Rockville. A bereavement support group for those who have lost a loved one to suicide. Call 302-816-2708 to register and for more.

**What's Next?** Dates and time are not yet announced. JSSA, 200 Wood Hill Road, Rockville. A co-ed support group for young adults, 18+, with learning disabilities. It will address the emotional and social changes and challenges to occur as a natural sequence of growth, as well as increased freedom and responsibilities. Call 301-610-8382 to register.

## ONGOING

**ChildLink** is a free County service provided by the Department of Health and Human Services, Early Childhood Services, which provides information, resources and referrals to residents with young children. Visit [www.montgomerycountymd.gov/childlink](http://www.montgomerycountymd.gov/childlink).

The **29<sup>th</sup> Annual Landscape Contest** is open to community groups, businesses, public institutions and other organizations undertaking landscaping projects that enhance the appearance of commonly owned sections of commercial or residential properties in Montgomery County. Landscaping along roadsides, medians, or other public locations is also eligible for the award. Nominations are due by June 22. Visit [www.montgomerycountymd.gov](http://www.montgomerycountymd.gov).

For the **24<sup>th</sup> Annual Amateur Photography Contest**, photos of County locations or residents are judged on effective composition, originality, interest and relevance of the subject matter, and technique. Categories include Montgomery County by day or by night, County landmarks, people, and people at work. There is also an optional youth category for aspiring photographers age 18 and younger who wish to be judged only against their peers. Applications due by June 30. Visit [www.montgomerycountymd.gov](http://www.montgomerycountymd.gov).

Reservations for **Carderock Picnic Pavilion and Marsden Tract Group Campsites** are now available online. Visit [www.recreation.gov](http://www.recreation.gov).

**Master Gardener Plant Clinics.** Montgomery County Master Gardeners are available to answer gardening questions at 14 walk-in plant clinics. Bring plant and insect samples, garden problems and questions.

- ❖ Bethesda: Saturdays, April-Sept., 10 a.m.-1 p.m. at Davis Library, 6400 Democracy Blvd.
- ❖ Chevy Chase: Saturdays, April-Sept., 10 a.m.-12 p.m. at Audubon Naturalist Society, 8940 Jones Mill Road
- ❖ Gaithersburg: Saturdays, April-Sept., 10 a.m.-2 p.m. at Gaithersburg Library, 18330 Montgomery Village Ave.
- ❖ Gaithersburg/Darnestown: Saturdays, May-Sept., 10 a.m.-1 p.m. at Quince Orchard Library, 15831 Quince Orchard Road
- ❖ Gaithersburg: first Saturdays of each month, May-Oct., 10 a.m.-2 p.m. at Kentlands Farmers Market, 301 Main St, Main Street Pavilion
- ❖ Germantown: Wednesdays, May-Sept., 6:15 p.m.-7:45 p.m. at Germantown Library, 19840 Century Blvd.

## "Scant" Know For Sure Anymore



By KENNETH B. LOURIE

After six years, four months and two weeks since being diagnosed with stage IV, non-small cell lung cancer (the "terminal" kind), I can say with certainty that I have no sense of what my next CT scan, scheduled for July 15th, will indicate. Previously (multiple scans over multiple years), I've felt something in my upper chest/lungs where the largest tumors are located and the subsequent scan showed nothing of consequence. On other scan occasions, I've felt nothing of consequence in my chest and the scan showed tumor growth, enough to change my medication. On still other scan occasions, I have felt something in my chest (where the tumors are located), and sure enough the CT scan showed some growth. Finally, and conversely, on still other CT scans, I've felt nothing of consequence and there was no tumor activity of concern. As a result of these four contradictory-ish indicators of possible growth/no growth, for the weeks, then days, leading up to my every-three-month CT scan, I never know what to think I feel any more than I know what to feel I think. Thirty or so scans into my cancer-controlled life, I'm still teetering emotionally before, during and after the computerized tomography. And though the actual scan itself takes less than a minute, the damage is done and can only be undone after we learn the results.

Which oddly enough presents another similarly juxtaposed problem. In the early years, during our post-scan "scanxiety," waiting the week or so until our next face-to-face appointment with my oncologist to learn the results was unbearable, so usually I would call a day or two later and get a message to him or my oncology nurse, attempting to speed up a response. Typically, I would hear back sooner rather than later. Eventually, e-mail communication became part of the process, and after my scan was completed, I started e-mailing my oncologist directly, advising him of my status and asking for results.

Usually, the news was good. Occasionally the news was not. And though my oncologist would rather have delivered bad news in person, he certainly could appreciate how difficult it was for me/patients to wait, so he continued to e-mail. One time however, the post-scan e-mail he sent us was discouraging and said he would discuss it further at our next appointment, scheduled as usual within the week. When he saw us in person, he was surprisingly upbeat and immediately told us/apologized for having e-mailed us some incomplete information concerning my scan, and told us instead that the "results were good," not bad, something about the radiologist comparing the wrong scan (he had me at "results were good"), the exact kind of potential miscommunication waiting and discussing results in person eliminates. As a result, we have, with experience gained over the last few years, begun to be able to wait for the appointment to discuss the scan and not stress too much in the interim, generally.

Since we stopped e-mailing and requesting scan results, my oncologist oddly enough has, on his own initiative, e-mailed us good news, not e-mailed us bad news and not e-mailed us good news. This inconsistency has remade the time leading up to the scan stressful again, because now we don't know what not hearing from the oncologist might mean; heck, it might mean nothing, it just might just be that he's on vacation (as was the actual case one time and it was no one's responsibility to inform us of anything so no one did). Of course, we didn't know, so naturally we went negative thinking it was bad news.

Similar to the CT scan results meaning/not meaning, this is not exactly two halves making a whole, this is more like eight quarters making up two different wholes. Unfortunately, easy is the last thing it has become, when it's the first thing it needs to be. Cancer is tough enough on its own. It doesn't need any help. I'm extremely grateful to still have a chance. I just wish I had more of a choice.

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

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PHOTO BY HARVEY LEVINE/THE ALMANAC

**Bethesda Big Train infielder Zach Kirtley was selected as a 2015 Cal Ripken Collegiate Baseball League all-star.**

## Big Train in First Place At All-Star Break

The Bethesda Big Train entered the 2015 Cal Ripken Collegiate Baseball League all-star break with a 23-9 record, leading the South division by 4 1/2 games over the Vienna River Dogs.

Bethesda split a double-header with the Herndon Braves on Monday, dropping the first game 2-1, while bouncing back to win the second, 7-2. Tim Yandel went 3-for-4 with a home run and two RBIs for the Big Train in Game 2.

The all-star game is scheduled for 7:30 p.m. on Wednesday,

July 15 at Shirley Povich Field in Bethesda.

Nine Big Train players were listed on the South all-star roster as of Tuesday: Harrison Crawford (third base); Justin Morris (catcher); Zach Kirtley (middle infielder); Logan Farrar (outfielder); Cody Brown (outfielder); Chris Lewis (outfielder); Walker Sheller (pitcher); Drew Strotman (pitcher); and Yandel (pitcher).

Entering Tuesday's action, Lewis led the league with 25 RBIs and was tied for the league lead with four home runs.

### NEWS BRIEFS

FROM PAGE 5

family. It also can be used for time off needed due to domestic violence suffered by the employee or a member of the employee's immediate family.

Bill 60-14 enables workers to earn up to seven days paid leave per year for health reasons or domestic abuse. The bill will take effect on Oct. 1, 2016, for most employees.

## Nominations Sought For Arts and Humanities Awards

Montgomery County Executive Isiah Leggett is seeking nominations for the annual County Executive's Excellence in the Arts and Humanities Awards to be presented at a special ceremony on Monday, Oct. 26.

Now in its 14<sup>th</sup> year, the Executive's Awards are conferred on individual artists, scholars, organizations and cultural patrons. The following recognitions will be presented: the Education Award, Community Award, Volunteer Award, Outstanding Artist or Scholar Award, Business or Individual Patron Award and Emerging Leader Award.

Members of the community are invited to nominate an individual or group worthy of an award. The deadline for nominations is July 31.

## 'Summer of Safety' Offers Advice

Montgomery County has launched "Summer of Safety," an educational social media and online resource of safety and prevention information targeted to the summer season.

The Summer of Safety campaign provides safety information to the public throughout the summer months via social media channels, a county webpage and community outreach events and activities. Daily safety message tweets using "#MoCoSafety" are sent from the Montgomery County and other county departments' twitter feeds to alert followers to new safety information added to the Summer of Safety webpage through Aug. 30. Those without access to, or whose preference is not to use social media, can sign up on the Summer of Safety webpage [www.montgomerycountymd.gov/summersafety](http://www.montgomerycountymd.gov/summersafety) for weekly email delivery of the safety tips.

The goal of the campaign is to improve safety by raising awareness about common summertime risks and provide a county-unified information resource for ways to reduce those risks and prevent hazards.

Summer is a time when children and adults engage in biking, swimming, playing, grilling, hiking and traveling. The campaign includes safety tips, videos, quizzes and other resources to educate the public about staying safe while enjoying fun, summertime activities.

The tips focus on safety issues related to pedestrians, swimming pool use, summer storms, picnics and cook-outs, preventing Lyme disease, life-saving methods such as CPR and other topics. Every Mon-

day, the campaign introduces new safety topic messages and post any "this-just-in" safety and event information based on what's going on in the news.

Find it all on the Summer of Safety webpage at: [www.montgomerycountymd.gov/summersafety](http://www.montgomerycountymd.gov/summersafety).

## Cautions About Lyme Disease

County health officials urge residents to learn about Lyme disease and how to protect themselves when they are outdoors.

Lyme disease is an illness caused by the *Borrelia burgdorferi* bacteria and is caused by the bite of a tick infected with the bacteria. Lyme disease was first recognized in Lyme, Conn. in 1975 and is most prevalent in the Northeast and upper Midwest areas of the United States. The U.S. Centers for Disease Control and Prevention reported 27,203 cases of Lyme disease in 2013. Maryland reported 1,198 cases in 2013 and Montgomery County had 86 reported cases of Lyme disease that same year.

Symptoms of Lyme disease may include headache, fever, muscle and joint aches, fatigue and a rash often characterized by a distinctive "bull's-eye" rash. If left untreated, Lyme disease can progress to more serious problems, including joint and muscle swelling and heart disease.

The best defense against Lyme disease is to protect against tick bites. Ticks do not jump or fly onto humans, but wait on low vegetation and attach themselves to hosts (mice, deer, humans) as they walk by. The following steps will help protect against Lyme disease:

- ❖ Avoid tick-infested areas such as tall grass and dense vegetation.
  - ❖ Walk in the center of mowed trails to avoid brushing against vegetation.
  - ❖ Keep grass cut and underbrush thinned in yards.
  - ❖ Follow directions carefully if chemicals are used for tick control or hire a professional.
  - ❖ Eliminate the living places of small rodents.
  - ❖ Wear light-colored clothing so that ticks are easier to see and remove.
  - ❖ Tuck pant legs into socks and boots. Wear long-sleeved shirts buttoned at the wrist. Tuck shirts into pants to keep ticks on the outside of clothing.
  - ❖ Conduct tick checks on yourself, your children and your pets every four to six hours for several days after you have been in a tick infested area.
  - ❖ Apply tick repellent to areas of the body and clothing that may come in contact with grass and brush. Repellents include those containing up to 50 percent DEET for adults or less than 30 percent for children. A repellent/pesticide containing 0.5 percent permethrin may be applied to clothing, but should not be used on skin.
  - ❖ Follow directions carefully and do not overuse repellents. Some tick repellents can cause toxic or allergic reactions.
  - ❖ Ask your veterinarian to recommend tick control methods for your pets. Animals can get Lyme disease but they do not transmit these diseases to humans. However, pets can bring ticks into the house.
- For more information about Lyme disease, go to [www.montgomerycountymd.gov/lymedisease](http://www.montgomerycountymd.gov/lymedisease).

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#### MCLEAN, VIRGINIA

Luxury abounds in this newly constructed 6 bedroom, 8.5 bathroom home with a stunning gourmet kitchen, expansive master suite, elevator to all levels & guest house. 5-car garage. \$3,850,000  
Mark McFadden 703-216-1333



### INTERNATIONAL OFFERING

#### KENWOOD, CHEVY CHASE, MARYLAND

Renovated & expanded in 2005 to perfection! 6BR, 4.5BA on 4 levels + elevator. Elegant proportions on large lot backing to parkland. \$3,595,000  
Susie Maguire 202-841-2006  
Kathy Kiernan 301-523-7926



### INTERNATIONAL OFFERING

#### WESLEY HEIGHTS, WASHINGTON, DC

Fabulous renovation 6 bedrooms, 5.5 baths. Glass across rear of the home brings outdoors in. French doors lead to professionally designed gardens. Elevator, heated garage, 5 fireplaces. \$2,695,000  
Theresa Burt 202-258-2600



### INTERNATIONAL OFFERING

#### BRADLEY FARMS, POTOMAC, MD

14,000+/- SF estate on large landscaped lot with extensive areas for formal & casual entertaining. 8BR, 7FBA, 3HBA, separate apts. \$2,275,000  
William F. X. Moody  
Robert Hryniewicki 202-243-1620



#### AVENEL, POTOMAC, MARYLAND

Gorgeous 5BR, 5.5BA with 7,100 +/-SF in gated community. High ceilings, gourmet kitchen, 3-car gar, 3 fpls. Walkout LL & 2 decks. \$1,999,000  
William F. X. Moody  
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#### POTOMAC, MARYLAND

Panoramic golf course and lake views will take your breath away. Beautiful sun-drenched home with 5 bedrooms 4.5 baths. Wonderful living and entertaining spaces. \$1,899,000  
Traudel Lange 301-765-8334



#### BETHESDA, MARYLAND

Urban residence in heart of Bethesda. 2 bedrooms, 2.5 baths, den, living room with fireplace. Approximately 2,600 SF condo plus 286 SF on two terraces, two parking spaces. \$1,850,000  
Sherry Davis 301-996-3220



#### BETHESDA, MARYLAND

Stunning 1.2 acre lot with tennis court, lap pool, and tree house. Graciously designed, sun filled, dramatic ceilings, and walls of glass. 6 bedrooms, 5 full & 2 half baths. \$1,635,000  
Traudel Lange 301-765-8334



#### CAPITOL HILL, WASHINGTON, DC

Completely renov, 4 finished levels with 2,950+/- SF of living space! 5BR/4.5BA, private garden, 1 block to Metro. Garage+driveway prkg. \$1,575,000  
William F. X. Moody  
Robert Hryniewicki 202-243-1620



#### RIVER FALLS, POTOMAC, MARYLAND

Impeccably maintained 6BR/6.5BA home, gourmet eat-in kitchen, lrg FR, main liv office, sun-room, elevator. Fully fin basement w/ home gym & sauna. Pool, patio & more! Whitman. \$1,565,000  
Lisa Stransky Brown 202-368-6060



#### RED BUD RUN FARM, STEPHENSON, VA

Federal era home on nearly 69 acres. Restored & expanded combining old charm & modern convenience. Stream flows through property. \$1,400,000  
Carole Miller 540-687-2233  
Kevin Keane 540-687-2221



#### BETHESDA, MARYLAND

Beautiful Colonial home in park like setting, close in Potomac. Renovated, custom finishes, chefs kitchen, & screened-in porch. Fully finished LL & walk-out to stone patio. Whitman 4BR/4.5BA. \$1,297,000  
Traudel Lange 301-765-8334



#### RIVER QUARRY, BETHESDA, MARYLAND

Three year old gated community, three level townhouse with floor plan for a modern lifestyle, custom upgrades, 9'ceilings, 5 bedrooms, 5 baths, large patio, prof. landscaping. \$1,199,000  
Traudel Lange 301-765-8334



#### POTOMAC, MARYLAND

Stately home at the end of a quiet cul-de-sac. 4 bedrooms, 3.5 baths. Hardwood floors, new granite counters, cabinets, & appliances. Large deck overlooking wooded area. \$1,160,000  
Traudel Lange 301-765-8334



#### BETHESDA, MARYLAND

Hidden sanctuary in sought after Glen Echo Heights. Light-filled charmer with designer appointments. Backyard oasis with pool. \$1,145,000  
Marianne Prendergast 703-676-3030  
Will Prendergast 703-434-2711



#### ROCKVILLE, MARYLAND

Award winning condo in sought after King Farm! 2BR & 2FBA, light-filled with lovely views. Chef's kitchen, morning room, large LR/DR. 1-car garage and elevator in secure building. \$399,000  
Lynne Tucker 301-404-0464

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