

# Potomac ALMANAC

Melissa Horowitz, Kynedi Gray, and Christine Cho hold their diplomas at Winston Church High School's graduation ceremony on Friday, May 27 at DAR Constitution Hall.

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PHOTO BY DEBORAH STEVENS/THE ALMANAC

## Looking to the Future

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KEEN Sportsfestival  
Returns Sunday

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MPT Salutes Local Hero  
And all Vietnam War Veterans

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JUNE 1-7, 2016

ONLINE AT POTOMACALMANAC.COM



# KEEN Sportsfestival Returns Sunday

Still time to volunteer.

BY SUSAN BELFORD  
THE ALMANAC

On Sunday, June 5, the fields of Avenel's Community Park will come alive with the squeals, grunts, cheers and high-fives of more than 500 athletes vying in tug-of-wars, kick-ball, volleyball and obstacle course challenges. The KEEN (Kids Enjoy Exercise Now) Sportsfestival 2016 is an annual afternoon of activities and games for children and young adults with disabilities, their volunteer coaches, family members and supporters. This 15th annual sports day celebrates 24 years that KEEN has provided free exercise and recreation programs for young people with developmental and/or physical disabilities. The Sportsfestival will run from 11 a.m. to 2:30 p.m.

"This day is a big, wonderful picnic," said Executive Director Beata Okulska. "We match one volunteer with one athlete and then the fun begins. It's heartwarming to see the joy in the athletes' faces as they play their favorite games with their volunteer. The day gives families a chance to mingle with one another while they support their children." KEEN began in a local gym in 1992 with five children and now serves



A game of tug-of-war from last year's KEEN Sportsfestival.

more than 400 young people through 26 programs and more than 49 monthly sessions including swimming, gym-based sports, fitness, bowling, tennis and music. Each month, KEEN matches a volunteer coach with an athlete. Together they form a team — and every child, no matter what disabilities he or she may have, is enabled to play, exercise and socialize.

This year, United for DC/United Soccer Club coaches will attend the event to lead

the soccer games. Other volunteers from the Rotoract/Rotary Club of Federal City; Jewish Federation of Washington, D.C.; U.S. Air Force; Accenture; and Neiman Marcus of Tysons Corner will also be on hand to help. However, more volunteers are needed. Sign up at [www. http://www.keengreaterdc.org/sports-festival](http://www.keengreaterdc.org/sports-festival). As one KEEN coach stated, "A KEEN parent once told me that the time I spend with his child is a gift to his child, but the truth is I am the one getting a gift."

## BULLETIN BOARD

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.

### VOLUNTEERS NEEDED

**Friends of Clara Barton Community Center** is looking for volunteers to serve on its board and to volunteer at FCBCC events. FCBCC assists the community center staff in designing and implementing the center's programs, promotes the community center's role as a meeting place for teens, adults and senior citizens in the local community, supplements the community center's budget through community-wide fundraising and promotes community-wide awareness of and participation in the center's educational, recreational and social programs. Call FCBCC at 240-777-4910.

### MEMBERSHIP DEAL

**Potomac Community Village** offers a new membership policy. Anyone who joins after April 14 will have their new membership carry over to PCV's next membership year, which starts July 1, and ends June 20, 2017. Thus the 12-month membership period becomes one of 14-plus months, at no additional cost. Anyone wishing to learn more or to join PCV using this special program may submit a membership form at [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org), or contact PCV at 240-221-1370 or [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org).

### BIRTH CERTIFICATES

**Birth certificates** for those born in Maryland are available from the state to any individual born in the State of Maryland. Beginning June 1, they also will be issued at the Dennis Avenue Health Center, 200 Dennis Ave., Silver Spring to

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## Class of 2016 Bids Farewell to Churchill



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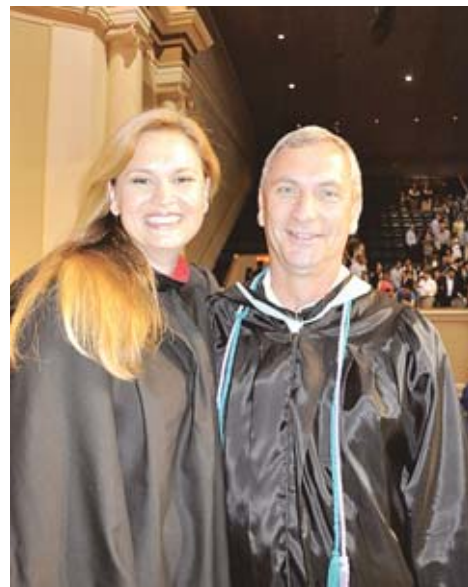
PHOTO BY AARON HWANG/THE ALMANAC

Students of the Class of 2016 are surrounded by families and friends at DAR Constitution Hall.

JJ Bravo, Brandon Schumaker, Mitchell Bloch, and Noah Fogelson



Winston Church High School Principal Dr. Joan Benz hands out the diplomas.



Tisha Thompson who works at NBC Washington is the guest speaker. She graduated from Winston Churchill High School in 1990; her social studies teacher, Douglas Krauss, is retiring after 32 years of teaching at Churchill.



Melvin Cooper, III receives his diploma from Principal Dr. Joan Benz.



Adam Albert, Gabriel Arais, and Berke Arik



One, two, three — the newly graduated Class of 2016 throw their mortarboards in the air.





# MPT Salutes Local Hero

... and all Vietnam War veterans.

BY SUSAN BELFORD  
THE ALMANAC

Retired Navy Captain Michael Cronin graduated in 1963 from the Naval Academy from pilot training in Cecil Field, Fla. in 1965. He immediately deployed for Vietnam, proud to be serving in the U.S. Navy and protecting his country. He flew the A4 Skyhawk on 175 solo combat missions in which his role was to seek out and destroy guided missile sites. Cronin was shot down on Friday, Jan. 13, 1967 by anti-aircraft fire near Than Hoa and immediately captured. He spent six years as a prisoner of war in the Hanoi Hilton and was released in March 1973.

Cronin was awarded the Silver Star and the Gold Star "for conspicuous gallantry and intrepidity while interned as a Prisoner of War in North Vietnam. Lieutenant Commander Cronin's captors, completely ignoring international agreements, subjected him to extreme mental and physical cruelties in an attempt to obtain military information and false confessions for propaganda purposes. Through his resistance to those brutalities, he contributed significantly toward the eventual abandonment of harsh treatment by the North Vietnamese, which was attracting international attention. By his determination, courage, resourcefulness, and devotion, Lieutenant Commander Cronin reflected great credit upon himself and upheld the highest traditions of the Naval Service and the United States Armed Forces." Cronin also received the Legion of Merit, the Distinguished Flying Cross and the Prisoner of War Medal for his heroism, leadership, extraordinary courage, resourcefulness, and sound judgment.

"In prison I was sustained by the belief that I would eventually return home and although the war might last a very long time, the United States would never cease efforts on our behalf, and also, by a simple desire to live to enjoy freedom again," Cronin said. "Our experience is an eloquent testimony to the fact that Americans do not forget those who serve their country. I think it is impossible to appreciate the United States until you have lived where freedom is only a theory. I think that there are few, if any, countries in the world in which so much concern would be shown for such a small number of men."

He continued, "As a POW, you had nothing but time to think. You were issued only a toothbrush and a tin cup, held in solitary confinement and not permitted to communicate with the other POWs. However, we developed a tap code to communicate with each other. It was dismal and depressing, but what choice do you

have? No one escaped. I am one of the lucky ones because I was able to live through it and come home. Fifty-eight thousand servicemen and women died."

Cronin, who serves as president of the Potomac Kiwanis Club, was recently interviewed by Maryland Public Television (MPT) reporters for the three-part series entitled "Maryland Vietnam War Stories." Two hundred-fifty Vietnam veterans from around Maryland were interviewed. From these conversations, 90 were selected — Cronin included — to tell their Vietnam War stories. The three-part documentary "Maryland Vietnam War Stories" premiered on MPT, May 24, 25 and 26 and will run again June 14 - 16 at 8 p.m. It



can also be viewed anytime at [www.mpt.org](http://www.mpt.org) and via the MPT App.

"The most moving part was seeing the footage and hearing the stories," Tom Williams, MPT managing director for communications, said. "I came to fully understand what the experience was for the men and women serving at that time. In the film footage, I was able to witness, watch and hear what these men and women endured — how they sacrificed and at times suffered. The vets speak to how unpopular the war was and how they felt coming home to skeptics and peace marches, rather than being honored for their service and dedication to the U.S. They express the disillusionment they felt after they returned to the U.S."

The Maryland Vietnam War Stories are leading up to LZ Maryland, a two-day event to honor Vietnam veterans as they gather together with family and friends — and the public. The

event will be held Father's Day weekend, June 18 and 19 at the Timonium Fairgrounds. "LZ" is for "landing zone," a safe, clear and ready place for helicopters to land without harm. MPT will make LZ Maryland reflect the same sense of safety. On the MTV website, it stated: "This landing zone is secure from the hurt and pain of the past. We have created a safe landing and welcome you home. We thank you for serving your country. We gather here — with you and your family and friends — to celebrate your service, valor, and sacrifice."

To honor our Vietnam servicemen and women, LZ Maryland will feature a variety of activities and entertainment. There will be a Tribute Ceremony, Saturday at 6 p.m. to salute the region's Vietnam vets and Marylanders who were killed or missing in combat. Additionally, on Saturday afternoon, Marylanders who died in combat or are still missing will be remembered. These 1,017 men and women will also be remembered with a memorial of white empty chairs placed in rows at the infield in silent tribute to those who did not return from the war. There will be a Vietnam "Tour of Duty" Map and a Wall That Heals.

Two stages will feature entertainment including music from the 1960s as well as a performances by the U.S. Air Force Band's "Singing Sergeants" and Celtic Aire ensembles. There will also be a Bob Hope-style USO show and performances by local and regional musicians. Additional activities will include displays of Vietnam-era military vehicles, aircraft, gear and equipment, reunion lounges and more. See <http://vietnam.mpt.org/lzmaryland/> for more information and to purchase tickets or to make donations.

"This is a wonderful and meaningful event to provide the 'Thank you' and 'Welcome Home' that our Vietnam vets never had. It's also a way to pay tribute to the brave men and women who served," Williams said,

Tickets for LZ Maryland are on sale now at the website. Tickets are free for veterans, active-duty military and gold star families. All other tickets are \$5. The event will run from 10 a.m.-10 p.m. on Saturday, June 18 and from 10 a.m.-3 p.m. on Sunday, June 19.

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requestors born after 1939. Those born before 1940 should contact the Maryland Department of Health and Mental Hygiene's Division of Vital Records at 410-764-3063. The fee to obtain a birth certificate is \$32, payable by cash, credit card, check or money order. Applications are available online. Call 240-773-1207 or 311.

### THURSDAY/JUNE 2

**Do More 24.** Online. Do More 24 is United Way of the National Capital Area's 24-hour online

giving day. Visit [domore24.org](http://domore24.org) to donate to local organizations.

### FRIDAY/JUNE 3

**Afternoon Tea and Talk.** 3-4:30 p.m. at Corner Bakery, 10327 Westlake Drive, Bethesda. Potomac Community Village hosts a Tea and Talk for neighbors to get acquainted and share ideas. Free to attend. Call 240-221-1370 or email [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org). Visit

SEE BULLETIN BOARD, PAGE 5

## POTOMAC ALMANAC

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# BULLETIN BOARD

FROM PAGE 4

**www.PotomacCommunityVillage.org.**  
**Application Deadline.** The focus of the Annual Landscape Beautification Contest has changed to emphasize environmentally sensitive plantings that support beauty without toxicity by avoiding non-native and invasive species, helping reduce stormwater runoff, minimizing water use, providing wildlife habitat, and keeping pesticides and fertilizers out of local streams. The 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 County roadsides, medians, or other public locations is also eligible. Call 240-777-7155 or email [mcdot.outreach@montgomerycountymd.gov](mailto:mcdot.outreach@montgomerycountymd.gov) to request an application. Visit [www.montgomerycountymd.gov/dot-dir/outreach/](http://www.montgomerycountymd.gov/dot-dir/outreach/) for more.

## MONDAY/JUNE 6

**Geraldine Brooks Fundraiser.** 7-9 p.m. at Phillips Hall in the Chevy Chase United Methodist Church, 7001 Connecticut Ave., Chevy Chase. Chevy Chase At Home hosts author Geraldine Brooks ("The Secret Chord") with NPR's Guy Raz ("TED Radio Hour.") \$10-\$15. Registration is required, payment in advance only. Visit [www.chevychaseathome.org](http://www.chevychaseathome.org).

## THROUGH JUNE 6

**Public Comment Opportunity.** Montgomery Parks is studying ways to improve access and circulation at Rockwood Manor Special Park,

11001 MacArthur Blvd., Potomac. Parks staff has prepared five concept alternatives and is asking for public input. Visit [ParkProjects.org](http://ParkProjects.org) to view the concept alternatives and to read about the project's history.

## THURSDAY/JUNE 9

**Coffee and Conversation.** 10-11:30 a.m. at Corner Bakery, 10327 Westlake Drive, Bethesda. Potomac Community Village hosts a Coffee and Conversation for neighbors to get acquainted and share ideas. Free to attend. Call 240-221-1370 or email [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org). Visit [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org).  
**Montgomery County Civic**

**Federation Awards.** 6:30-9 p.m. at McGinty's Pub, 911 Ellsworth Drive, Silver Spring. The Montgomery County Civic Federation will hold its annual awards celebration. County officials will present the Star Cup, Sentinel Award and Wayne Goldstein Award to outstanding civic leaders. Find ticket information at [www.montgomerycivic.org](http://www.montgomerycivic.org).

## SUNDAY/JUNE 19

**Rabies Vaccine Clinic.** 8-10:30 a.m. at 7315 Muncaster Mill Road, Derwood. The Montgomery County Animal Services and Adoption Center will hold rabies vaccination clinics through September. The vaccinations

are free with the purchase of a Montgomery County Pet License. Maryland law requires that all dogs, cats, and ferrets over the age of 4 months be continuously vaccinated against rabies. Also by law and beginning at that age, all dogs and cats must have a Montgomery County Pet License. Bring proof of previous rabies vaccinations. All dogs must be leashed and cats and ferrets must be in carriers or otherwise contained. Visit [www.montgomerycountymd.gov/animalservices](http://www.montgomerycountymd.gov/animalservices).

## FRIDAY/JULY 1

**Application Deadline.** The Annual Amateur Photography Contest celebrates the beauty of Montgomery

County and her people. Photos submitted of County locations or residents are judged on effective composition, originality, interest and relevance of the subject matter and technique. Call 240-777-7155 or email [mcdot.outreach@montgomerycountymd.gov](mailto:mcdot.outreach@montgomerycountymd.gov) to request an application. Visit [www.montgomerycountymd.gov/dot-dir/outreach/](http://www.montgomerycountymd.gov/dot-dir/outreach/) for more.

## SUNDAY/JULY 17

**Rabies Vaccine Clinic.** 8-10:30 a.m. at 7315 Muncaster Mill Road, Derwood. See Sunday/June 19 listing. Visit [www.montgomerycountymd.gov/animalservices](http://www.montgomerycountymd.gov/animalservices) for more.

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## ENTERTAINMENT



### National Philharmonic

The National Philharmonic, led by Music Director and Conductor Piotr Gajewski, performs Tchaikovsky's Symphony No. 6 ("Pathétique"). The concert will also feature the National Philharmonic's nearly 200 voice all-volunteer chorale performing Brahms' Gesang der Parzen (Song of the Fates) and Nänie. Concert tickets start at \$29 and are free for children ages 7-17. The concert is on Saturday, June 4, 8 p.m. at the Music Center at Strathmore, 5301 Tuckerman Lane. Visit [www.nationalphilharmonic.org](http://www.nationalphilharmonic.org).

### CALENDAR

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

##### Call for Submissions: GEN-Y 3.0.

VisArts welcomes artists ages 17-27 in the area to submit their application for review for Gen-Y 3.0, an exhibit focusing on young, emerging artists. \$10 application fee. Email Frank McCauley at [fmccauley@visartscenter.org](mailto:fmccauley@visartscenter.org).

##### Photo Exhibit: "Solitudes."

Through June 4, gallery hours at Waverly Street Gallery, 4600 East-West Highway. "Solitudes" is an exhibition about urban isolation. Sarah Hood Salomon utilizes camera motion and slow shutter speeds to add a layer of anonymity to the subjects. Free. Visit [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com) for more.

##### Kaleidoscopes: 200 Years.

June 4 at The Mansion at Strathmore, 10701 Rockville Pike, Rockville. The Brewster Kaleidoscope Society (BKS) returns to Strathmore. The BKS's juried exhibition celebrates 200 years since the tube's invention and features kaleidoscope designers. Admission is free. Visit [www.strathmore.org](http://www.strathmore.org) for more.

**Home Garden Market.** Saturdays in June, 10 a.m.-2 p.m. at North Bethesda Market, 11351 Woodglenn Drive, North Bethesda. North Bethesda Market will host its first Home and Garden Market, featuring plants and home good. Free. Visit [www.northbethesdamarket.com](http://www.northbethesdamarket.com) for more.

##### Thursday Evening Concerts.

Thursdays through July, 6-8 p.m. at Veterans Park, 7800 Woodmont Ave., Bethesda. The concerts offer a diverse range of music including rock, funk, jazz, swing, and reggae. Free. Visit [www.bethesda.org](http://www.bethesda.org) for more.

**Canal Boat Excursions.** April-Oct., Saturday and Sunday, 11 a.m., 1:30 p.m., and 3 p.m. at Great Falls Tavern Visitor Center of the Chesapeake and Ohio Canal National

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[info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org)**

**[www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org)**

## AMAZING LIFESIZED PLAYHOUSES FOR AUCTION!



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# ENTERTAINMENT

Historical Park, 11710 MacArthur Blvd., Potomac. Go on a 19th-century mule-drawn canal boat excursion. Hear tales of what life was like for the families who lived and worked on the canal. Tickets are \$8 for adults (ages 16-61), \$6 for seniors (ages 62+), and \$5 for children (ages 4-15). Call 301-767-3714 for more.

**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).

**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](http://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. \$25. Visit [www.dancesidra.org](http://www.dancesidra.org).

## CAMPS, CLASSES & WORKSHOPS

**Art Explorers Open Studio.** Every Saturday, 10 a.m.-12:30 p.m. at The Candy Corner Studio, 7300 MacArthur Blvd., Glen Echo. Art activities for parents and children. Activities change weekly and there is no pre-registration; \$10 per child. Visit [www.glenechopark.org/saturday-art-explorers](http://www.glenechopark.org/saturday-art-explorers) for more.

**Ceramic Classes.** Various dates and times. VisArts, 155 Gibbs St, Rockville. An opportunity to try the new ceramic workshops. Visit [www.visartsatrockville.org/ceramics](http://www.visartsatrockville.org/ceramics) for a list of class dates, times.

## WEDNESDAY-SATURDAY/JUNE 1-25

**Bethesda Painting Awards Exhibition.** 12-6 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E. Free. Visit [www.bethesda.org](http://www.bethesda.org) for more.

## THURSDAY/JUNE 2

**Great Decisions: Korean Choices.** 12:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. A program of the non-partisan Foreign Policy Association in which local groups gather monthly to discuss U.S. foreign policy topics. Topic for June: Korean Choices. At the end of World War II, Korea was divided in two. The northern half of the Korean peninsula was occupied by the Soviet Union, the southern by the United States. Today, North and South Korea couldn't be further apart. Free. Visit [www.montgomerycountymd.gov/library/branches/potomac.html](http://www.montgomerycountymd.gov/library/branches/potomac.html).

## FRIDAY/JUNE 3

**Art & Soul Charity Auction.** 6:30 p.m. at Silver Spring Civic Center, 1 Veterans Place, Silver Spring. This year's theme, Art and Soul: "Life as Art," embraces the philosophy that art heals, and when children and families participate in creating beauty, they feel valuable. Highlighting the event is recently signed Redskin Vernon Davis, an artist, philanthropist, and athlete. Tickets are \$75. Visit [www.nccf-cares.org](http://www.nccf-cares.org) for more.

**Dance Bethesda: Casino Night.** 8 p.m. at Avant Garde Dance Center, 5268-M Nicholson Lane, Rockville. The evening starts with dance lessons, followed by a party. Tickets are \$15. Visit [www.dancebethesda.com](http://www.dancebethesda.com) for more.

## FRIDAY-SATURDAY/JUNE 3-4

**URBNmarket.** 3:30-8:30 p.m. Friday, 11 a.m.-5 p.m. Saturday at Park Potomac Market, 12500 Park Potomac Ave., Potomac. Shoppers will find local vendors selling items including home decor, pet accessories, jewelry, toys, clothes, bath and beauty products, and gourmet food. There will be a beer garden Friday and live music both days. Free. Visit [www.urbnmarket.com](http://www.urbnmarket.com) for more.

## FRIDAY-SUNDAY/JUNE 3-5

**"Into The Woods Jr."** 8 p.m. Friday-Saturday, 2:30 p.m. Sunday at Herbert Hoover Middle School, 8810 Postoak Road, Potomac. Herbert Hoover Middle School presents the popular fairytale musical "Into the Woods Jr.," directed and choreographed by Patricia B. Groisser. Tickets are \$10. Visit [www.hoovermspsa.org](http://www.hoovermspsa.org) or email Karla Yager at [Karla\\_Yager@mcpsmd.org](mailto:Karla_Yager@mcpsmd.org).

## SATURDAY/JUNE 4

**Imagination Bethesda.** 10 a.m.-3 p.m. at Bethesda's Woodmont Triangle. Activity tents line the streets, face painters bring butterflies and pirates to life and find a stage of live entertainment. Free. Visit [www.bethesda.org](http://www.bethesda.org).

## National Philharmonic Performs

**Tchaikovsky.** 8 p.m. at the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. The National Philharmonic, led by Music Director and Conductor Piotr Gajewski, performs Tchaikovsky's Symphony No. 6 ("Pathétique"). The concert will also feature the National Philharmonic's nearly 200 voice all-volunteer chorale performing Brahms' Gesang der Parzen (Song of the Fates) and Nänie. Concert tickets start at \$29 and are free for children ages 7-17. Visit [www.nationalphilharmonic.org](http://www.nationalphilharmonic.org) for more.

**Washington Balalaika Society's "Musical Strings."** 8 p.m. at F. Scott Fitzgerald Theatre-Rockville Civic Center Park, 603 Edmonston Drive, Rockville. Washington Balalaika Society presents an afternoon with Peter Omelchenko, domra virtuoso with Moscow's Osipov Folk Orchestra. Conductor Svetlana Nikonova leads the 55-musician orchestra, including Washington Balalaika Concertmaster Andrei Savelliev, in a performance of the music of Russia and Eastern Europe. Tickets are \$25, \$20 for seniors, \$15 for students. Visit [www.rockvillemd.gov](http://www.rockvillemd.gov) for more.

## SATURDAY-SUNDAY/JUNE 4-5

**Washington Folk Festival.** 12-7 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. This festival presented by the Folklore Society of Greater Washington in collaboration with the Glen Echo Park Partnership, celebrates the many folk music, dance and craft traditions of the greater Washington area. The Festival features over 450 of the best traditional musicians, storytellers, dancers, and craftspeople in the region. Free. Visit [www.fsgw.org](http://www.fsgw.org) for more.

## SUNDAY/JUNE 5

**Feria De Sevilla.** 11 a.m.-5 p.m. at The Strathmore Campus, 5301 Tuckerman Lane, North Bethesda. The Centro Espanol de Washington, D.C., is bringing a taste of Spain to Strathmore with a Flamenco festival featuring dancers and food. Free. Visit [www.strathmore.org](http://www.strathmore.org) for more.

## MONDAY/JUNE 6

**The Neediest Kids Tournament.** 11 a.m. at TPC Potomac at Avenel Farm, 10000 Oaklyn Drive, Potomac. The Neediest Kids, a program of The National Center for Children and Families (NCCF), provides emergency funds to the 41 percent of Washington area students who struggle for the basic essentials necessary for them to stay in school and thrive. Registration is \$750. Visit [www.nccf-cares.org](http://www.nccf-cares.org) for more.

## TUESDAY-SATURDAY/JUNE 7-JULY 2

**"Five: New Voices at Waverly."** 12-6 p.m. at Waverly Street Gallery, 4600 East-West Highway, Bethesda. This exhibit features fused glass, collage, photography, metal and clay sculpture. Free. Call 301-951-9441 for more.

## JUNE 8-JULY 10

**Brad Blair: "Future Unknown."** Gallery hours at VisArts, 155 Gibbs St., Rockville. Brad Blair creates detailed sculptural monstrosities that allude to the issues of genetic engineering and biotechnology unfolding in today's world. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) for more.

## JUNE 9-19

**"HMS Pinafore."** 8 p.m. Wednesday-Saturday 2 p.m. Sunday at F. Scott Fitzgerald Theatre-Rockville Civic Center Park, 603 Edmonston Drive, Rockville. In one of Gilbert & Sullivan's most popular operettas, Captain Corcoran makes grand plans for his daughter, Josephine, to marry Sir Joseph. Tickets are \$28, \$24 for seniors, \$20 for students. Visit [www.rockvillemd.gov](http://www.rockvillemd.gov) for more.

## FRIDAY/JUNE 10

**"Stages: Confessions of a Theatre Junkie."** 6 p.m. at Margery's Lounge at Normandie Farm

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# ENTERTAINMENT

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**Opening Reception: “Five: New Voices at Waverly.”** 6-9 p.m. at Waverly Street Gallery, 4600 East-West Highway, Bethesda. Celebrate the exhibit featuring five new artists, each working in fused glass, collage, photography, metal and clay sculpture. Free. Call 301-951-9441.

## JUNE 10-JULY 10

**Art Exhibit: Pat Alexander.** Gallery hours at VisArts, 155 Gibbs St., Rockville. Alexander creates an installation of pigmented cast-paper rocks and boulders, cast shadow and small abstract paintings inspired by landscapes in Newfoundland, Canada, Vedaauwo, Wyoming and Turkey. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) for more.

## SATURDAY/JUNE 11

**Rummage Sale.** 8 a.m.-2 p.m. at St. Mark Orthodox Church, 7124 River Road, Bethesda. Furniture, clothes, books, housewares, children’s items, collectibles and more. Free to attend. Visit [www.stmarkoca.org](http://www.stmarkoca.org) for more.

**Celebrate Mama.** 11 a.m.-4 p.m. at Rockville Town Square, 30 Maryland Ave., Rockville. Featuring live entertainment, giveaways, a vendor marketplace, and more. Free. Visit [www.bermanevents.com/celebratemama](http://www.bermanevents.com/celebratemama).

## JUNE 11-JULY 31

**“Turning the Page: Children’s Book Illustrations.”** Gallery hours at The Mansion at Strathmore, 10701



**On Friday, June 24, singer-songwriter Judith Hill will perform at the Bethesda Blues and Jazz Supper Club, 7701 Wisconsin Ave., Bethesda. Tickets are \$40-45. Visit [www.bethesdabluesjazz.com](http://www.bethesdabluesjazz.com) for more.**

Rockville Pike, North Bethesda. In addition to illustrations, the exhibition explores book design, binding, and building in a true celebration of all things picture book. Free. Visit [www.strathmore.org](http://www.strathmore.org).

## THURSDAY/JUNE 16

**Opening Reception: Turning the Page.** 7 p.m. at The Mansion at Strathmore, 10701 Rockville Pike,

North Bethesda. In addition to illustrations, the exhibition explores book design, binding, and building in a true celebration of all things picture book. Free. Visit [www.strathmore.org](http://www.strathmore.org).

## FRIDAY/JUNE 17

**Opening Receptions and Artist Talks.** 7-9 p.m. at VisArts Gallery, 155 Gibbs St., Rockville. Brad Blair

creates detailed sculptural monstrosities that allude to the issues of genetic engineering and biotechnology in today’s world. Pat Alexander creates an installation of pigmented cast-paper rocks and boulders, cast shadow and small abstract paintings inspired by landscapes in Newfoundland, Canada, Vedaauwo, Wyoming and Turkey. These artists will be available

to discuss their art along with others. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org)

## SATURDAY/JUNE 18

**“Turning the Page” Children’s Art Talk & Tour.** 10:15 a.m. at The Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. In addition to illustrations, the exhibition explores book design, binding, and building in a celebration of all things picture book. Children take part in an educational guided tour of the exhibition followed by a hands-on art activity. Tickets are \$5, free for accompanying adult. Visit [www.strathmore.org](http://www.strathmore.org) for more.

**“Turning the Page” Curator’s Tour.** 1 p.m. at The Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Adults enjoy a guided tour of the current collection, an exploration of children’s book illustration. The tour will delve into technique and history of the artists and works. Free. Visit [www.strathmore.org](http://www.strathmore.org) for more.

**Artists Talk: “Five: New Voices at Waverly.”** 6-9 p.m. at Waverly Street Gallery, 4600 East-West Highway, Bethesda. Artists Jill Tanenbaum, Wanjin Kim, Ronnie Spiewak, Kate Radi, and Cristian Ianculescu discuss their work. Each artist works in their own medium. Free. Call 301-951-9441 for more.

## MONDAY/JUNE 20

**Summer Movie Bash.** 2-6 p.m. at Scotland Neighborhood Recreation Center, 7700 Scotland Drive, Potomac. Enjoy the movie “Hotel Transylvania” with popcorn, cotton candy, snow cones, games, arts and crafts. Free. Call 240-777-8075 for more.

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## WELLBEING

# Staying Safe This Summer

## Tips and precautions for avoiding warm-weather hazards.

BY MARILYN CAMPBELL  
THE ALMANAC

**T**he start of summer means pools and backyard grilling. It also means an increased risk of accidents and injuries. Local safety officials are offering safety tips during June, which is National Safety Month.

With warm weather come health threats posed by ticks and mosquitoes. In addition to the Zika virus, which is not currently a local threat, mosquitoes can carry the West Nile Virus, while ticks can spread Lyme disease.

Recommended defenses against these pests include using insect repellent to protect against mosquito bites and eliminating potential mosquito breeding sites like pools of standing water or heavily foliated spaces such as tall grass, where bugs often hide.

"We ... have to be prepared and be ready in the event that we get local spread of [the Zika virus]," said Mary Anderson, a spokeswoman for Montgomery County. "The information on preventing bites and ridding your property of mosquitoes is good whether we have Zika or not."

Local county health departments, including Montgomery and Fairfax, have established websites with current information on the Zika virus. Anderson also recommends a Zika virus webpage, created by the Centers for Disease Control, which includes a map with updated information on areas where Zika is spreading: <http://www.cdc.gov/zika/index.html>

"We're taking the Zika virus seriously and preparing as though as though it could be a potential threat," said Kurt Larrick, spokesman for the Arlington County Department of Human Services.

In addition to insect bites, time spent outside in hot weather can lead to heat-induced illnesses like sunburns, heat rashes, heat exhaustion and heat stroke, and the elderly and very young children are at greatest risk. Health officials say that the best lines of defense include limiting sun exposure, especially between 10 a.m. and 4 p.m., the period considered

the peak intensity hours. Wearing a hat and sunglasses that provide 97 -100 percent protection against both UVA and UVB rays, and applying sunscreen even on cloudy days and reapplying it every two hours or after swimming or sweating are also advised.

"You want to dress lightly and intake a lot of fluid, but avoid alcohol and sugary, sweet drinks when you're in the heat," said Captain Troy Gibbs, a spokeswoman for the Alexandria Fire Department's Community Services Unit. "Staying hydrated by drinking a lot of water is your best bet."

Health officials recommend checking on elderly neighbors who don't have air conditioning and avoiding leaving pets, small children and older adults in small, enclosed spaces like cars, where conditions can turn deadly even after a short period of time in extreme heat.

Local county facilities, including libraries and community centers, are air conditioned and open to the public. Know the warning signs that it's time to get out of the heat, says Gibbs.

"If they stop sweating, that can be a bad sign," she said. "Profuse sweating can be an indicator that the body is trying to compensate, but if a person stops

sweating totally, that is usually not a good sign." While spending time at the pool is a popular cooling method during hot weather, residents should be aware of the potential threat of recreational water illnesses (RWI). Taking a shower with soap and checking the diapers of small children frequently can help keep germs that lead to RWI out of pool water. Health officials say that chlorinated water doesn't kill all germs, diapers sometimes leak and both adults

and children should stay out of the public pool when they are sick. Other preventative measures include frequent hand washing, discouraging children from drinking water that is used for swimming and giving young children bathroom breaks at least every 60 minutes.

"We take safety seriously all the way across the board from pools to barbecuing to riding bikes and even walking," said Larrick.

In addition to RWI, other water-related dangers spike during the summer. Ensuring that children know how to swim, watching young children very carefully when they are near water, swimming with a partner and wearing a life vest when boating are important safety precautions.

**"We're taking the Zika virus seriously and preparing as though as though it could be a potential threat."**

— Kurt Larrick, spokesman,  
Arlington County Department of  
Human Services

## Summer Safety Tips

From the Centers for Disease Control

### Water Safety

- ❖ Learn how to prevent recreational water illnesses (RWI)
- ❖ Always supervise children when in or around water.
- ❖ Teach kids to swim.
- ❖ Learn CPR
- ❖ Install a four-sided fence around home pools.

### Boating Safety

- ❖ Wear a properly fitted life jacket every time you and your loved ones are on the water

### Heat Safety

- ❖ Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
- ❖ Dress in loose, lightweight, light-colored clothing.

ored clothing.

- ❖ Schedule outdoor activities carefully, for morning and evening hours.
- ❖ Stay cool with cool showers or baths.
- ❖ Seek medical care immediate if you or your child has symptoms of heat-related illnesses

### Sun Safety

- ❖ Cover up. Clothing that covers your and your child's skin helps protect against UV rays.
- ❖ Use sunscreen with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside.

### Protection from Mosquitoes and Ticks

- ❖ Use an effective insect repellent when

spending time outdoors.

- ❖ Make your backyard a tick-safe zone.
- ❖ Check yourself and your children for ticks.

### Prevent Injuries

- ❖ Check to make sure that the surfaces under playground equipment are safe, soft, and well-maintained.
- ❖ Supervise young children at all times around fall hazards, such as stairs and playground equipment.
- ❖ Use stair gates, which can help keep a busy, active child from taking a dangerous tumble.
- ❖ Learn concussion signs and symptoms and what to do if a concussion occurs.
- ❖ Make sure kids and teens wear the right protective equipment for their sport or recreation activity.

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Centre View South  
**Zone 5:** The Potomac Almanac  
**Zone 6:** The Arlington Connection  
The Vienna/Oakton Connection  
The McLean Connection  
The Great Falls Connection

## Just a Regular Guy, Hopefully



By KENNETH B. LOURIE

As a long-time cancer patient (seven-plus years), I have heard much cancer talk. I have not read nearly as much, as I was advised early on by my primary care physician to try and refrain from going online too often to research my condition/treatment because the information provided can sometimes be misleading; given my own unique set of medical circumstances, it might not pertain to me, exactly. Mostly I have followed his suggestion. One time, I remember, I couldn't resist and "Googled" my chemotherapy drug. Nine to 12 months was the prognosis. I've lived three-plus years ever since. And though I certainly understand and appreciate the relevance and availability of the "information super-highway," I have, generally speaking, tempered my enthusiasm for such investigative pursuits.

However, as much as I've followed my doctor's advice, I have not been a total blockhead. And one of the concerns I've come to believe is, that with many cancer patients, it's not the actual cancer that kills them but rather the collateral damage the treatment causes to other vital organs, systems, areas of the body, etc. As a matter of fact, I'm living proof, sort of. Presumably, because of seven-plus years of chemotherapy, I have irreparable kidney damage and some unspecified liver damage. Accordingly, every four weeks when I go in for my pre-chemotherapy lab work, my levels of creatinine (kidney) and bilirubin (liver) are measured (among many others) to determine if my treatment can proceed or if waiting a week for a retest would be more prudent. At some point, I think (fear) that I'll have to stop treatment because the damage to certain major organs (as indicated by the levels of bilirubin and creatinine) will pose such a risk/complication that continuing the previous/current course of treatment would be irresponsible (heck, maybe even malpractice, for all I know). The cancer, then untreated, could potentially cause further life-threatening problems. Consequently, I'm always mindful of, and sensitive to, changes/deficiencies I'm experiencing that might indicate a bodily function is no longer working properly: "collateral damage."

Recently, I've had such an occurrence. It's nothing major, so far as I know, and I certainly don't have any supporting lab work to corroborate anything since I'm between infusions, but I've had some difficulty eliminating. Now I don't know if this is a function of age, something I ate and/or drank, something I didn't eat and/or didn't drink or fearfully the cancer doing what it often inevitably and destructively does, but it's atypical, and from what little I've learned over these years, new problems/conditions are noteworthy, generally. As such, this past weekend has been particularly challenging, emotionally as well as physically, not to go to a bad place when you're not able to go all. I wish I could take it all in stride, but left to my own thoughts and chronic discomfort, I find it difficult not to wonder if I have crossed some sort of Rubicon and moreover, worry that the amazing good fortune I've experienced since being diagnosed in late February, 2009, has finally begun to give way to reality. Perhaps, I just need to remember what my Auntie Irene used to say: "This too shall pass," and think ahead, not behind.

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



## News



PHOTOS BY PORTAITPHOTOGRAPHER.COM

**Leadership of Trunnell Electric at the 80th anniversary open house: (far left) Rick Trunnell, co-owner, residential operations manager; Jack Trunnell, co-owner, chief financial officer; Brad Trunnell, vice president of commercial services; (far right) Lee Trunnell, co-owner, president.**

## Celebrating 80 Years

**D**ozens of well-wishers gathered on Tuesday, May 17, at Trunnell Electric's 80th anniversary open house at its Rockville headquarters. Trunnell family members were present to welcome customers, employees, friends, suppliers, representatives of community organizations, and other stakeholders in the family-owned business.

VIP guests came from Therrien Waddell Construction Group; Associated Builders & Contractors; Independent Electrical Contractors; Pepco Holdings; Shulman Rogers; Payroll Network; Early, Cassidy & Schilling; Obsidian Business Solutions; Rexel Electrical Supply; Hopkins & Porter Construction; and CCCI, among others.

Trunnell Electric has served Maryland, District of Columbia and Northern Virginia residents and businesses since 1936. Three sons of co-founder Leroy "Dutch" Trunnell — brothers Jack, Lee and Rick Trunnell — are joined by grandsons Brad and Jeff in continuing the legacy.

Ginanne Italiano, president and chief executive officer of the Greater Bethesda Chamber of Commerce, presented company owners with a plaque commemorating eight



**Christina Johnson, executive director of Rebuilding Together Montgomery County, is enthusiastic about Trunnell Electric's pledge to match donations to the organization by attendees at the Trunnell Electric 80th anniversary open house. Trunnell's co-owner and chief financial officer Jack Trunnell is on the right. The event raised \$1,150 for Rebuilding Together Montgomery County.**

decades of services to the community. Rebuilding Together Montgomery County Executive Director Christina Johnson was also on hand to commemorate the anniversary. The charity received contributions of \$1,150, including matching funds from Trunnell Electric, directly from the event.

For more information, visit [www.trunnellelectric.com](http://www.trunnellelectric.com).



**Three generations and spouses of the Trunnell family at Trunnell Electric's 80th anniversary open house include (from left) Vickie Trunnell, Jack Trunnell, brother Jerry Trunnell, Karen Trunnell, Rick Trunnell, Jean Trunnell, Mason Trunnell, Lee Trunnell, Dianna Trunnell, Matt Trunnell, Jeff Trunnell, and Brad Trunnell.**

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## Sports



PHOTO BY HARVEY LEVINE/THE ALMANAC

**Louis Dubick, seen last year during his senior season at Churchill, scored five goals during his freshman season at the University of Maryland.**

## Dubick's Frosh Season at Maryland Ends with Title Game Loss

The University of Maryland men's lacrosse team lost to North Carolina 14-13 in overtime in the national championship game on Monday in Philadelphia, ending the freshman season of 2015 Churchill graduate Louis Dubick.

Dubick, who finished his high school career as the state's all-time leader in goals, assists, and total points, totaled five goals and two assists during his first year with the Terrapins, who finished the season with a 17-3 record.

Dubick scored a goal during Maryland's 15-14 overtime victory over Brown in the semifinals on May 28 in Philadelphia. Dubick, an Under Armour All-America selection during his time at Churchill, led the Bulldogs to three region championships in four seasons and trip to the state final in 2015.

## Wootton, Whitman Win State Tennis Titles

Tennis players from Wootton and Whitman recently brought home state championships. Wootton's Joseph Brailovsky, the No. 1 seed in boys' singles, defeated Severna Park's Austin Yannone in the championship match 6-2, 3-6, 7-5 on Saturday at Olney Manor Recreational Park.

In boys' doubles, the top-seeded team of Whitman's Jack Welch and Andrew Leung took home the title, beating Churchill's Bennett Yang and Austin Yang 6-2, 6-1 in the final.

In girls' singles, top-seeded Miranda Deng of Wootton beat Sherwood's Lea Owens 6-0, 6-3 to win the title.

In girls' doubles, Whitman's Carina Greenberg and Sarinah Wahl, the top-seeded team, captured the state title with a 6-2, 6-1 win over Liberty's Elle Shatto and Abby Brecker.

In mixed doubles, Wootton's Jake Gordon and Ruchi Nanda finished state runner-up, falling to Walter Johnson's Ethan Kowalski and Jessica Fatemi in the final.

## SCHOOL NOTES

Email announcements to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon.

**Jennifer Sze**, of Potomac, recently participated in the 2016 Symposium for Scholarship and Creativity at University of Findlay (Findlay, Ohio).

The following Potomac residents were initiated into The Honor Society of Phi Kappa Phi: **Dean Kaplan** initiated at University of Maryland, College Park; **Kevin Schechter** initiated at University of Maryland, College Park; **Ashley Sobhani** initiated at Carnegie Mellon University; and **Christin Wade-Vuturo** initiated at University of Georgia.

**Megan Patricia Murphy**, of Potomac, received a bachelor of arts degree in English from Wofford College (Spartanburg, S.C.).

**Maddie Ulanow**, of Potomac, has graduated magna cum laude from Carleton College

(Northfield, Minn.) with a B.S. in political science and was awarded a teaching Fulbright Scholarship to work and learn in Amman, Jordan. Ulanow is a graduate of Churchill High School.

**Ethan Ulanow**, of Potomac, has made dean's list at American University (Washington, D.C.). Ulanow is a graduate of Churchill High School.

**Georgetown Hill Early School** was recently chosen to represent the State of Maryland in a Walgreens video campaign to support Red Nose Day 2016. A local, non-profit preschool with roots in Potomac, Georgetown Hill is using the video as an opportunity to launch a month-long FUNraising effort for its own Red Nose Day Fund.

**Mengizem Tizale**, of Potomac, is one of 1,000 students nationwide to receive the 2016 Gates Millennium Scholarship. Mengizem, a senior at Winston Churchill High School, is one of seven MCPS students to receive this scholarship.

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